

JOIN THE SELF-CARE REVOLUTION

MODULE FIVE: EARTHING, ELECTRO-SANITIZING & GROWING YOUR OWN GARDEN

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The Self-Care Revolution™ Topics

Module 1: Your Thoughts And Food As Medicine

Module 2: Heart And Breath Matters

Module 3: Transmute And Release Trauma

Module 4: Unleash Your Brain Power

Module 5: Earthing, Electro-Sanitizing, And Growing Your Own Garden

Module 6: Power Of Relationships (Self, Others & Money)

Module 7: Exercise As Medicine

Module 8: Empowerment

Module 9: Power Of Community

Module 10: Be Fabulous At Any Age

Module 11: Power Of Gratitude

Module 12: Celebrate Life And Pay It Forward!

WELCOME TO THE SELF-CARE REVOLUTION!

MODULE FIVE of TWELVE: EARTHING, ELECTRO-SANITIZING & GROWING YOUR OWN GARDEN

Did you know that we are “energy” beings? In this module as you engage with the Self-Care Revolution™ you will learn how to tap into your full potential along with learning about common culprits for digestive disorders, anxiety, depression and insomnia. Take the time to listen live to each and every interview, as your tool box for “Earthing” gets filled up with endless exercises, techniques and new skills.

Where in the world do you feel the best, mentally, emotionally, and spiritually? What is your favorite way to connect with the Earth? Hiking? Swimming in the ocean? Gardening? Do you think electrical appliances, cell phones, WI-FI, and other indoor pollution affects your health? Join us in this module as we learn how to restore our health by Earthing, electro-sanitizing, and growing your own garden.

Listen to this module’s experts and join with the Self-Care Revolution to strengthen the network that is weaving the support for all who care to improve health and wellness as individuals, families, in our communities and as part of the global community in stewardship of the earth and one another.

What Is The Self-Care Revolution™?

Launched in January 2013, the Self-Care Revolution is the gift to humanity from the Santa Fe Soul Health and Healing Center and its Founder, Dr. Robyn Benson, DOM. Her caring and passionate heart and commitment arises from travel throughout 70 countries and over twenty-two years of practice and extensive trainings. These experiences have given her an overview, an expansive network and an effective creative approach in dealing with the healthcare crisis in America.

The mission of the Self-Care Revolution™ and our Self-Care Coaches™ (true mentors and guides) is to change the face of healthcare through the fundamentally different approach where "It All Starts with You".

The Self-Care Revolution™ evolved in response to a modern world epidemic where diseases such as diabetes, Alzheimer’s, obesity, cancer, fatigue, pain, stress, anxiety, and depression are running rampant. Many people have given up on our current disease-management model of healthcare and are seeking alternative, holistic, and more effective means to facilitate healing.

The vision of the Self-Care Revolution™ is to save millions of lives by transforming the way people look at healthcare. The goal is to teach people that “it all starts with you and within you” and that self-care is the solution to the healthcare crisis we are facing. Basically, almost each and every one of us has the power and ability to heal ourselves through informed choices and a healthy lifestyle.

It is our mission to touch one million lives with the purpose of creating a world of people committed to their Self-Care, thus contributing to healthier communities and, in turn, to a healthier planet.

Why Is Self-Care So Effective?

The Self-Care Revolution™ brings world-renowned experts in traditional medicine, alternative healing, integrative medicine, personal growth, spirituality, new cutting-edge technology, and the expertise of the Self-Care Coaches to support the subscribers in all areas of optimal health and “Self-Care.”

The Self-Care Revolution™ is a one-of-a-kind educational and empowering interview series with world-renowned leaders who have agreed to hold nothing back and to give you their best transformational work that will move you toward abundant health and happiness NOW.

We are empowering individuals with the necessary skills, knowledge and practical tools to radically change the course of their health and life.

We have interviewed over 100 top experts and continue to add to the interview series each and every module.

The Self-Care Revolution™ movement creates awareness of reversing and preventing disease, and finding the cure from within. Our priorities are:

- Revolutionizing our members' awareness of whole-body wellness—mind, body and spirit—and supporting them as they take action based on the education and resources we provide.
- Educating our members on self healing, enriching their lives and empowering them to effect change in themselves and their environment. Providing our members with the resources and support to effectively live a healthier, happier, sustainably vibrant life enabling them to actualize their own dreams.

Why Should Self-Care Be Important To You?

Did you know that 40% of all bankruptcies in this country are due to unmanageable healthcare costs due to an unforeseen health crisis? How will you prevent this from happening to you or your family?

It's vitally important that you take the time to ask yourself these questions:

- What are you willing to commit to today to ensure your healthy future?
- What Self-Care strategies will you implement each day that will promote your best daily energy and vitality (food, thoughts, exercise)?
- What is the impact you want to make in the world with your optimal, radiant and sustainable health through your commitment to body-mind-spirit Self-Care?

By purchasing this Module (and investing in the other eleven Modules of this series) you have taken an important step toward Self-Care. We invite you take the next step and become a valued member (for free) of the Self-Care Revolution™, a weekly, educational and empowering tele-seminar and so much more.

Don't take this journey alone; invite your friends and family, too.

For more information on any of the membership levels and upcoming events visit:
www.JoinTheSelfCareRevolution.com

This is an exciting opportunity to create powerful changes for yourself and collective wellness worldwide. This revolution is raising awareness to a new level of understanding of what is “The True Health Care”.

Join us in this call to action to create a world that works for everyone with health and vitality.

**With love from Robyn, Kevin and your Self-Care Revolution team,
The Best Gift you can give another is a healthy you!**

About Santa Fe Soul Health & Healing Center:

Santa Fe Soul Health & Healing Center for holistic and preventative healthcare is the vision of founder and director Robyn Benson, Doctor of Oriental Medicine. We welcome you into this beautiful space to meet our highly experienced health care professionals where you will learn about the benefits of many services such as Acupuncture, Biofeedback, Chiropractic, Therapeutic Massage and IV Therapies, as well as our innovative leading-edge energy technologies.

Santa Fe Soul was built from the ground up in 2004 as a consciously created sacred space for health and healing with the purpose of offering you the best health care. Our community of practitioners will work together with you to compliment any medical treatment you may be undergoing. For more information, feel free to visit us online:

www.SantaFeSoul.com

JOURNAL

EARTHING, ELECTRO-SANITIZING, AND GROWING YOUR OWN GARDEN

Are you aware of the power of Earthing (getting outdoors, going barefoot and breathing in fresh air) in your everyday life? Do you take time each day to unplug from technology?

Did you know that you are an 'energy being' first and foremost, even before your biology and chemistry functions? In this module as you engage with the Self-Care Revolution™ you will learn how to tap into your full potential while learning how daily exposure to indoor electrical pollution is the source of digestive disorders, anxiety, depression, insomnia and more.

Take the time to listen live to each and every interview, as your tool box for 'Earthing' gets filled up with endless exercises, techniques and new skills.

*Each day take just 10 minutes each morning and evening to write about how **you will incorporate Earthing and Electro-Sanitizing into your daily life.** Is it possible you can grow a small garden inside or outside your house?*

In the next module you will learn about the **'Power of Relationships to Self, Others & Money'**

Let us know how you are doing. *We are here to support you!*

Questions:

Where in the world do you feel the best mentally, emotionally, and spiritually?

What is your favorite way to connect with the Earth? Hiking? Swimming in the ocean? Gardening?

Do you think electrical appliances, cell phones, Wi-Fi, and other indoor pollution affects your health?

At least 10 days this month, spend time in nature or walking on grass, or simply getting outdoors more. How did that feel?

To continue the journal, become a free Self-Care Revolution™ member at JoinTheSelfCareRevolution.com

Testimonials:

“The Self-Care Revolution™ is brilliant as it speaks to the only solution for the health care crisis we are in. *Take responsibility for your health.*”

Norm Shealy, MD, PhD

“The Self-Care Revolution™ is on the cutting edge of Americans and our global community taking Responsibility for their Health, Wealth and State of Happiness.”

Steve Rose (Health and Wealth Advocate)

“The Self-Care Revolution™ is truly phenomenal, and is a revolution and a movement whose time has come. I can't think of a better cause that we each need to awaken to daily in order to do our great work in the world. All I can say is the speakers have been outstanding.”

Vince Hughs (Entrepreneur)

“Self-Care is the True Health Care. That says it all! Thank you for taking me on this fabulous journey with you and your incredible speakers. I am a changed woman from the inside out.”

Helen Stucky (Historian, Founder of Wellness Weavers)

“Nothing like Rockin' my Self-Care this year. I feel and look better, and my career and prosperity is better than ever. The tools I have learned are priceless. My Self-Care Lifestyle is here to stay. Watch out world!”

Hillary S. (Hautepreneur, Designer)

Pay It Forward:

A big part of the Self-Care Revolution™ is the "*Pay it Forward*" message, so much so that we dedicated one full month to it, with seven speakers. Why not pass this book forward to someone else after you are complete with it, so that Self Care, the True Health Care message, will awaken in every single person on this planet. And ahhhhh, imagine how much more peace, true joy and connection that will bring into our lives.

WITH LOVE FROM YOUR SELF-CARE REVOLUTION SUPPORT TEAM!

PEDRAM SHOJAI

Well.org | OMD, DOM, Chi Gong Master, Film Maker

VITALITY: THE SECRET MISSING INGREDIENT IN HEALTHCARE

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Robyn: Hi, everyone, and welcome to month 5 of the Self-Care Revolution™. My name is Robyn Benson. I'm a Dr. of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center and I'm here with my co-host.

Kevin: Hi, I'm Kevin Snow, the desert shaman and I work here at Santa Fe Soul as well.

Robyn: We're excited about today. This is our debut of month 5 and this is all about Earthing, electro sanitizing your life and growing your own garden. And we're starting off this whole month with Dr. Pedram Shojai. How are you today?

Pedram: Hi guys! Doing well, thank you.

Robyn: We love having you here! Looking back, we really started preparing for this month in, I think, in September. Certainly one of my favorite months. I'm very excited about this day because we're also going to be listening to Dr. Magda Havas and Marcel coming up right after Pedram and then we also have Sandra Ingerman. So please stay tuned, this is quite an amazing day, and just so you know this is a 12 month series, and we are going to be having our live event June 20th-23rd. We're really excited about that—now we have 18 – 19 speakers. And we want to let you know, we're actually going to be talking about Pedram's film, *Vitality*. He is going to be showing his film live on Friday night, the 21st of June.

So once again, welcome Dr. Pedram! We love having you here! Thanks for being here today with us, all the way from L.A.

Pedram: Good to be here. Looking forward to seeing you guys in person, in Santa Fe. Hanging out in New Mexico, that's going to be fun.

Robyn: Congratulations on your film. I'm just thrilled that *Vitality* came out in

March, I believe, of this year. We're certainly going to be asking quite a few questions about that. But I'm going to start by introducing you.

Dr. Shojai is a renowned author, filmmaker, and lecturer. And as I mentioned, he's a doctor of Oriental medicine. He is a former monk, who is a Qigong Master and meditation teacher who has been working with doctors from around the world to create a new model for healthcare centered around vitality.

I love the name of your film. So why don't we just start out with that. You're young; you're in your thirties, so tell us a little about your career. How you got into acupuncture, how you got into medicine, and we'll start with that question.

Pedram: Sure. I guess bird's-eye view is I was a young overachiever. Went straight to UCLA pre-med, had already past out of my first year in units, and I had the pleasure of getting an internship at a prestigious part of the medical center over there. And I quickly became aware of how miserable everyone was around me.

Simultaneously and concurrently, I've been a part of the martial arts my whole life because I was pretty ADD as a kid and my dad basically said "Throw that monkey into some Karate." And I'd worked my way up in the martial arts and I was in my Kung-Fu school at the time and I had hurt myself, just in doing some technique, and some guy just presses a pressure point and it got better! I go, "Awe, come on!" and he said, "No, you should come by. I know you're interested in medicine, you should come by and check what I do in the clinic." And so I went.

At the time I couldn't explain what it was that I had seen, but I couldn't deny that I had seen it. And so, as I had started to become more and more intrigued with all of the energy medicine, Jedi stuff, the miserable people over at UCLA were not really making a salient case for me to want to keep doing what they did for a living. It just so happened, that it was a door that opened and moved me into the Oriental medical side.

At the time I was studying with a Daoist, Abbott, in my Kung Fu tradition. He kind of came out of nowhere and I was not quite there yet in terms of my staging for my training. I think I might've been a brown belt at the time. He said, "Look, I really want you to become part of this monastic program and become a Taoist monk." It was a 4-year, intensive Taoist studies curriculum with Thai-Chi and Qigong and all the things that were involved.

I took a sabbatical and traveled through Asia and did a bunch of stuff, which was

really cool. But I'll tell you, it was really easy to be enlightened in the Himalayas. It really is. Try sitting in rush hour traffic in Los Angeles, being late to something with a conference call going on, and then find your cool. So when I came back from sabbatical I started a practice. Then I quickly decided, "Here I am in my twenties [at the time], I'm going to change the world and draw my sword and charge"—that type of thing. And I got to this place where I said, "Okay, well, I guess the lack of integration that's in this medicine needs to be resolved. Why are Western doctors and Eastern doctors not talking?"

So I started my own medical group. Quickly grew it to three offices, and we're busy, and boppin' around. And what happened was I got stuck in this insurance model. We could only get paid for things if they were diagnosable illnesses.

Here I am with \$150,000 a month in overhead trying to figure out how to keep the lights on and keep my people paid. Then things like MRI's and surgery centers and these types of conversations started coming around the boardroom because that's what really pays. And that's when I took two-steps back and said, "This isn't the game I got into. What am I doing here?" That's when I really stepped into education and corporate wellness and lecturing and preventative medicine.

Four or five years after that decision is when *Vitality* was born. And it took a good three years to make because I traveled the world interviewing some of the best doctors that we know. And so it became an argument for a vitalistic form of medicine versus the mechanistic form of medicine that we've been led to believe is the answer to everything. Which is replaceable parts and chemicals to shift things in a very abrupt way, and "You're fine. Go back to work." And as you guys know, that's not wellness. That's not vitality.

So we created the model of vitality around what are the basic premises of lifestyle and good, clean, healthy living that engender this thing that creates this vitality that flows from within? And how do we enhance vitality to stay vibrantly alive instead of waiting for sickness to come upon us and then go in to someone and, flopping on their table, say, "Please fix me, doctor"? So that became the basis of this movement, this conversation, and it's been a fun ride ever since.

Robyn: Wow, so you went from a huge practice, \$150,000 overhead—that's astonishing—to, "Okay, I don't want this lifestyle; I've got a bigger message. I'm going to travel the world." I think that's wonderful.

Just to mention to all the viewers, I've seen this film, it's incredible. Even though I

just met Pedram in January, after seeing his film I just knew I wanted him to be part of this big message, this big movement, with the Self-Care Revolution™. So with this title, *Vitality: The Secret Missing Ingredient in Healthcare*, can you elaborate a little bit more about the secret missing ingredient in healthcare?

Pedram: Well, the problem with the current system is science is great so long as we stay scientific. So when a doctor says to me, “I don’t believe in chiropractic,” or “I don’t believe in acupuncture,” I say, “What are we, a church?” What is there to believe?

If we’re talking placebo and belief to help you feel better, that’s a whole different conversation, I’d love to get into that dialogue. But when people start talking about believing in bodies of work, I say, “Well, if you’re a true doctor, then you’re a scientist, and you’re willing to look at data, you’re willing to look at evidence.” If you can show me that waving a chicken over someone’s head is making them better, I’m interested in finding out why. Now, I can say I don’t believe in that, but then that’s not doing my client or the science a service.

So the real essence, the crux of this argument, is that we come from medical traditions that are vitalistic, that are about enhancing the physiology and the overall function of the human body. And what happens with the way medicine and allopathy has shifted and moved into the world of this kind of mechanistic, surgical, tactical strikes, to “a pill for an ill” and “we’ll just cut it out,” is that we think we have answers in a very segmented way to things.

We’ve become overspecialized and we stopped looking at the whole human (mind, body, spirit) and finding ways to enhance their vitality so that they don’t become pawns in this medical system. That’s what I really learned in my stint in this kind of corporate, medical, arena.

I’d be sitting in rooms with hospital CEO’s, and I’ll tell you one quick story which kind of illustrates the whole thing. I’m going to make up names and hospitals here just to keep the innocents guilty or vice-versa, but I’m in this symposium and as I’m sitting with a hospital CEO, a guy I know, he’s a family man and I know his family. He’s a guy trying to make a living. And I say, “Hey, how’s it going, Rick?” He says, “Terrible.” I say, “What’s going on?” He says, “We need to get some rain up in here or something. I need some people to fall off the roof because my ER is empty.”

So I’m listening to this guy saying this and behind him is this banner that says whatever annual wellness conference it was. So I keep focusing in on him and

focusing out on the banner, and thinking to myself, "Am I in the wrong room? How can we as healers be wishing ill upon people [because that's our business model]? How do I do better when people are not doing well? And that really became the crux of this argument.

We mention this in the movie, but the Latin root of the word "doctor" is "to teach." A true physician, a true doctor, is teaching their patients about how to live so that they do not need them in an interventional capacity. They become consultants. They become friends. They're in your corner. They help you learn how to thrive. Not sit there and wait for something to break and then have to fix it, which costs triple. You look at 20% of our GDP in this country going to healthcare by 2020. Our health model doesn't work. This movement of vitality and the wonderful things that you guys are doing in Self-Care Revolution™ and all these wonderful people you're bringing in are part of that energy.

We're trying to figure out ways to enhance health and offset this type of nonsense—this insanity that's kind of become this industry. It's like, "Well, people are going to lose jobs." And, yeah, if you also stop making nuclear submarines, some people will also lose jobs, but maybe they can make wind turbines for clean energy. So I don't buy that argument at all. So we're part of that front line, working to figure out solutions to make America and the world a healthier place.

Kevin: This leads to your five secrets to vitality. And as we're in our Earthing month, is Earthing in there? Are you recommending that people get back in touch with the mother Earth that we live on?

Pedram: Yes, in a big way. What we did in *Vitality*, is we really broke health down into the four spheres of diet, exercise, sleep, and mindset. And what we had to do is back it up a little bit to make it a more simplistic talk-down model for people to be able to understand and look at health in that framework, so that we can build on it from there.

Vitality is really directed toward a general audience. A lot of people who are, how should I say, sophisticated consumers of health information might know a lot of the things in that movie. But that movie wasn't written for the person who knows all that stuff. It was written for the people in your life that won't listen. It's written for the aunt that has migraines and keeps complaining about it but won't stop drinking. And the uncle that has back pain but won't consider losing weight and possibly stretching. All those people in our lives are the ones that are actually becoming the cannon fodder of the healthcare system.

Now, the second movie that we're finishing up right now called *Origins* is very specifically targeted toward our connection with Earth and where *Vitality* leaves off and becoming stewards of our environment and learning how our relationship with the planet is a symbiotic one. And that our health and the planets' health are tied infinitely together.

Personally, I'm a big fan of Earthing. I'm a big fan of clearing energy. I'm a Qigong cat. I clear energy every day in my life and that's what I do. My real healthcare job, is my alchemy job, you turn lead to gold, because I'm transforming and transmuting and moving energy and clearing impedance through the blockage of that energy in the lives of the people around me. Whether it be in conversation or with an acupuncture needle or in a lecture hall.

We get in our own ways and our disconnect from the Earth and our bombardment by all of this electromagnetic noise and frequency pollution is really causing the elephant in the room type of epidemic that I'm really glad you guys are talking about all month because I think it's huge.

Kevin: It really is. You know Robyn moves around our center here with a gauss meter and checks out each room making sure we're not getting polluted with electromagnetic.

Robyn: That's right. This is a great tool for our clients, and for our patients to go home with. It's amazing, everything from sleep deprivation, to depression, to digestive problems. So your five-fold secret, you were saying diet, exercise, sleep, and mindset, what was the fifth one?

Pedram: The fifth one being the central wheel of vitality. The way we did it was basically, if you could get those four spokes on that wheel handled, your vitality will enhance. And we've created graphic interfaces and all this stuff to show how it works.

But let's face it, you could eat right, you could exercise like a mad man, and you could have even a not so stressful life, but if you're not sleeping it's not going to work. Or you could have everything else working but you have extreme stress and all of a sudden you fall ill. What we're trying to do is show the balance in a very kind of holistic way—the balance of the systems and how they interrelate and how they would work together.

As a filmmaker I have a tremendous amount of respect for the films that come out that are popular right now, and a lot of people watch them, and a lot of them revolve

around food. It's a huge issue; it's *the* issue in the Western world because of agrobusiness and caloric intake and millions of other reasons why food is something that needs to be discussed. But I truly felt, in the time that we were writing and deciding what to do with this movie, that it would be doing an injustice to the viewers to simplify health down to simply food because it's all of those elements of lifestyle. There's family, there's social structure, stress management, there's so many things that lead to our health or, on the opposite end of that argument, lead to our ill-health, that we can learn to manage through lifestyle and lifestyle alone.

People are spending thousands of dollars a month in healthcare, or I would call it, sick-care, and they're getting hauled in and out of these places. And they are, "Oh, we're going to need to transport you with the ambulance," and now, "The surgery center has its fees."

It's like *The Matrix*. There's this whole system of people. A lot of them are very well intentioned, but they all know that they are working inside of a really crappy system. So what we're trying to do is say, "You don't even have to go in there." You don't need to go into the system unless you get hit by a bus, for the most part, if you're working with good doctors and you're learning to stay healthy, and so you look at your numbers, you look at the labs you look at the predictive markers, all things that would show us what's up.

I'm a big fan of diagnostics. I had a patient in here this morning who's really kind of a doctor-phobe and she's 52 years old and hasn't gotten any scans or anything done in her whole life. I said, "Listen, go get this ultrasound. Go do this and go do that and bring back the data and we'll talk about it."

The information isn't what's harmful. It's the air strikes, it's the chemical bombs, and it's all the other things that are already done once it's a little too late that are harmful. Get the diagnostics and figure out how to avoid getting sick.

Kevin: That's excellent, let's just kind of go through these. So we have a lot of movies about diet, exercise, maybe some of your suggestions on sleep. Maybe some of the stuff you learned in the movie.

Pedram: Well, sleep is the one thing, in my opinion, that we are the quickest to let go of in our culture. And I blame a lot of that on caffeine.

We consume caffeine the same way we borrow money. It's a credit-based economy. So if our government runs out of money we just borrow more or we print more

money and that's the same way we deal with our energy on a day-to-day basis. I call it energy-economics, because if you're tired, in the old days, you'd huddle up under a tree and sleep. You would rest until you weren't tired.

Now a lot of it has to do with our diets and our carb-loading and insulin resistance and cortisol and a million other reasons why we're tired that we can get into, but if you're tired you're supposed to rest. But what we do when we're tired is we borrow energy from tomorrow to get through today. We will drink some caffeine, or some kind of stimulant, because lord knows the show must go on. So we stumble through today and have a hard time sleeping because we have caffeine still raging through our systems so we don't get the quality of sleep that we are accustomed to getting.

Then we get up the next day and reach for the coffee, the 5-Hour Energy, whatever the crack in a can is that we need to get ourselves through, we're borrowing. Our savings accounts are diminished, so we're charging it, but those things come with interest payments.

So for sleep, one of the most important things (and people don't like hearing this, but I didn't get into this to make fans—I don't care if people like me, I'm just going to tell the truth), one of the biggest things you could do for yourself, for sleep, is to just get off caffeine. Start exercising, start managing your blood sugar, and if you're having trouble sleeping then there are things like Earthing. There are all sorts of wonderful things you can do to kind of bring it down.

I think you guys can appreciate this. One of the questions I ask now of new patients that come into our clinics (and I always get like a question mark—people say, "I don't understand what you mean here,") is "How many nights a year do you sleep under the stars?" And no one knows what the heck I'm talking about. But if you rewind the last two million years, where the heck do you think we've been sleeping?

So we've evolved. Our pineal glands have evolved to go with circadian rhythms and be in the darkness and not be in overwhelming amounts of light at night. And so what that does is it calms down our nervous system. It signals our body to shut down, repair and relax and heal so that tomorrow can be a great day.

But now you can sit there on your laptop watching *Game of Thrones* while your wife is watching something else, and the lights are on and everything's just on, while in bed, thinking that's a good idea. And all of a sudden you shut it off. You got all sorts of crazy images in your head and the light has stimulated you to stay awake and your adrenals are pumping and you wonder why your quality of sleep has diminished.

So a lot of it has to do with basic sleep hygiene. And that's something that we go over in the movie. And we didn't make the movie like some boring dry lecture. It's actually kind of punchy and fun. You're in and out in less than an hour.

I got so sick and tired looking at a lot of documentary movies when I was deciding whether or not I wanted to even bother with this stuff. And I *like* the stuff. I studied the stuff. I'd get an hour and a half into some interesting movie and my wife would nudge me because I'd be snoring. These movies are too long. So we said, "Look, the humans in our modern culture don't have the attention span for that kind of stuff so we really need to get in and get out. Deliver the message we need to deliver and then offer a bunch of resources that are available to people."

On the other end of that, if they're interested then we've piqued their interest. So what happened was the movie came out. It hasn't released to the world at large yet. It'll go to iTunes in the next 60 days and then Netflix in a few months. Then millions of people will see it—150 million people will have access to it within the next six months. But right now we've had 20 to 30 thousand people see it. We have just been overwhelmed with emails saying, "What can I do?" so we created a lifestyle support program called the "Vitality Challenge" to help people along this trajectory because everyone got so enthusiastic about what they could do for themselves after watching the movie. That to me is proud parent stuff. It made me feel pretty good.

Robyn: Okay, talk a little bit about the lifestyle challenge. That's great; it's like a big call to action. I saw the end of the film; I think it was excellent. And so, again, for people to come see this live, you can come to the live event on June 20th-23rd. And to find out more information, go to JoinTheSelfCareRevolution.com. See Pedram live sharing his film. What can be better than that? We're excited!

Pedram: Thank you. The reason we did this challenge is I've been doing something through my Qigong lineage for 15 - 20 years now. It's a thing called the gong. And what you do is you pick a dedicated set of things that you're going to do. Whether it's one thing, if it's your meditation or your family walk or whatever it is, taking your vitamin C, it doesn't matter. But it's one thing that you decide that you need to do for yourself every day for 100 days. And if you miss it, you start over.

Originally, I started doing this with specific Qigong sets and training, kind of working my way up and getting good at what I do. Then I started applying it to more parts of my life. Then I started sharing it with my students and we started putting in 30, 60, 100 day goals and all this. And it's evolved over the last 20 years. The thing is it's not just something I dreamt up overnight. It's been a 20-year work in progress going with

what has worked for me and has worked for my patients and my students in a process that allows people to take small steps toward huge gains.

What we do for the vitality challenge is we say “Okay, under diet, exercise, sleep and mindset”, and we give a bunch of examples because, let’s face it, if you’re an accountant you don’t know how to get too creative with health stuff because that’s not what you studied. That’s why you lean on people like us. And so we give a bunch of examples of stuff, but we have a survey that kind of analyzes it and figures out where you’re strong and where you’re weak.

Then you say, “Okay, for diet I’m going to cut out eating after 10pm. For sleep I’m going to cut caffeine after 2:00 p.m. For exercise I’m going to go to the gym every day or I’m going to do pushups every day. I’m going to start with 10 and then work my way up one more a week for 100 days.” And you’d be surprised how strong you get. So whatever it is, you pick that, and you do it for 100 days.

A hundred days later, all of a sudden, these small, little, things have moved mountains. And they’ve helped you understand how you can strengthen your will power. We do weekly calls; we support people. We’ve been really proactive on helping people help themselves. I’ve been around this stuff for so long that I forget how impactful it can be, but the feedback that comes back is just . . . peoples' lives change.

So we’ve created the Modules and workModules and what we did is we said, “Okay, where are people weak? How about posture? No one knows how to stretch. Everyone’s getting all beat up hunching over their desks every day.” So then I go to one of our resident expert luminaries and say, “Hey, I need a sequence of stretches for desk-jockeys.” I go to someone and say, “For weekend warriors who keep getting injured in their athletics, I want to create a core sequence so that they can do this without getting injured.”

You guys know better than anyone that if you have a stagnant lifestyle, and then decide that you want to get up and start playing football in your 40’s, bad things happen. Then, because of the injury, you’ve put on another 20 pounds because now you’re just parked in front of the TV watching football because life has become a spectator sport. So that cycle, that kind of downward cycle, of self-inflicted injury because of a lack of understanding of body mechanics and stuff is so easily avoidable.

So we went through and we’re doing all kinds of interviews and all kinds of special content for people on this because we’re like, “Look, we’ll provide you with whatever

support you need to just do it, but we can't do it for you." Same thing you guys are doing; you bring all this valuable information to people and it's super impactful so long as people understand we're doing it to help them. We're doing it because we're their friends.

We could wait on the other side. I make a lot more money waiting for things to break and then saying, "You need to see me three times a week for the next six weeks because you've got a herniated disc." But it's irresponsible of me, as a physician, to do so.

Kevin: How about a little on mindset? And talking about your Qigong practice, how do you think your martial arts practice has helped you personally?

Pedram: Oh, my goodness! The literal translation of Kung Fu is "work hard," or a different translation would be "eat bitter." And once you understand that life is hard work, you become accustomed to it.

I remember having to stand in a deep horse stance for one hour prior to being able to test for my white belt starting in Kung Fu. This is no joke. You're working hard. You're training hard. You're sweating. You're getting strong. You're facing your own perceived limitations and insufficiencies and all the things that make you feel like you can't conquer things in your own world. And so you become so diligent at doing that stuff that life's little stuff really doesn't matter so much.

Look, I get kicked in my stomach on a regular basis just to make sure I'm doing my training. I'm doing pushups until I vomit and learning that, that's okay. And so you get to this point, and I have this in common with a lot of different warriors and people that come back from Iraq or whatever, it's like life's little stuff. And you got to learn to be patient.

Sometimes something will happen and my wife will just be getting really worked up over something. And I'll look at her and be like, "You're not bleeding." You know what I mean. This is small stuff. And when you start to become more and more it's like building up this buffer zone. More and more resilient in realizing that life's stuff comes and goes. Everything changes, everything passes. You have this kind of force field, this cushion, where you don't have this huge psychological stress when the check doesn't come in the mail or something happens.

So life management and stress management are a big part of understanding your mindset. And 90% of the illnesses we face in modern society can be attributed to

stress in some capacity. So two people can experience the same exact stressor and have very different results.

Carlos Castaneda has a really good quote, "The basic difference between an ordinary man and a warrior is that the warrior sees everything as a challenge whereas the ordinary man sees everything as either a blessing or a curse." It's that yo-yo where we think good news, bad news, good news, bad news.

We know from a lot of the people on the forefront of this, that, what do pessimists tend to do? Pessimists are stackers: "This thing happened, then the bird crapped on my car this morning, and my coffee spilled earlier and my mom was so horrible." And so you start "sympathizing" this story about how your life sucks based on all these blessings and curses. And so it becomes this kind of checks and balances stuff. Whereas if you just saw life as a challenge and lived life, for the experience of life, without that kind of yo-yo mentality, to uphold your question, you learn that in the martial arts, that life then just becomes what it is. You learn to become happy in any given moment because happiness isn't contingent on the variable data that the world is serving you on a day-to-day basis, because the world has got its ups and downs. Lord knows I've had my share of calamities and stuff happen in life.

Any eventful life is going to come with trauma. It's how you perceive it which either makes you more resilient and a stronger person, or the stress breaks you down and has very real effects on your immune system and very real effects on your nervous system and your adrenals and will make you age and make you suffer to the point that you get sick and you crawl into a hole and die. And that's all based on perception. So the real question in all this becomes what is perception? Who are we and who's the observer?

Robyn: Absolutely. Can you speak a little bit about self-care and vitality and how the personal involvement makes it all work? What's your whole feeling in terms of self-care and vitality?

Pedram: I guess the short answer is it's everything. At the end of the day we are here for some reason. I'm not going to pretend to know the reason. Or maybe there isn't a reason, let's just go that way. But at the end of the day we have this phenomenon called "life" that we are privy to and a part of.

For X amount of years we have these bodies that we've been born into that are a direct chain down from our minds and our behaviors and you will see reflections of how we live in our bodies in a very real way. Every seven years you're a whole new entity.

Your cells are replicating, you're replacing yourself. So the question is: what are you replacing yourself with?

Are you chewing gum every day? Are you basically chewing on food grade plastic because it's some habit that you have? Are you eating processed food because you don't have time to eat real food? Are you bathing in good water? Are you taking care of your sleep hygiene?

Are you making love to your wife? Are you doing all of these things that make us whole, or are you just recklessly running through this thing called life wondering why wheels and hubcaps are falling off? That really becomes the basis of all of this.

Call me slanted because I come from—I have a specific orientation—a monastic tradition. I've been meditating, I've been in Qigong, I've studied with spiritual masters all the time so I definitely have my opinion on all this, but in my opinion, is it's about awareness. And we've become such an unaware culture that we allow ourselves to recklessly damage our bodies and our psyche and our people around us and our companies and all this stuff. We allow that to happen because we're not aware, because we are sloppy.

What we can do in our self-care, and I love the word "revolution," what we can do in our self-care to really wake up to all this is step into finding all those blind spots. All those blind spots in our awareness, in our consciousness and say, "Oh wow, so it turns out that if I just get up and race out the door with a cup of coffee and a doughnut, or better yet a whole grain cereal and some orange juice, and think that that's good for me then I'm okay because I've ticked off the breakfast thing." And then become aware of the fact that maybe that isn't the right breakfast to be eating, and then we can make those changes.

When we become aware of the fact that maybe the cell phone up against our head for a two-hour conversation might be doing something to our parietal lobe then that becomes the basis for, again, self-awareness.

But my problem with all of this is that the human tendency is to go ostrich. To see all of the stuff that we're doing, all at once, get overwhelmed, and say, "Screw it, let's get a beer." And that's where I think this kind of piecemeal; dedicated delivery of this type of delivery becomes the only way to go about it. Being like "Guys, you know what, I'm sorry. You weren't taught this by mom and dad, the way of the world hasn't taught you any of this stuff. We'll lead you to water; we'll walk you over there. We're going to keep bringing you back to awareness on these things because the tendency of

our culture, again, is to fall asleep.”

It's like *The Matrix*: give me the pill that puts me to bed. And so I think that what you guys are doing is particularly significant in that capacity because it is about education. Again, the Latin root of the word "doctor" is "to teach". So if you're waiting to break and go to your doctor to get fixed you've messed up.

Kevin: Right. I think that's so powerful, you mentioned that earlier and I think we've even lost touch with that. We're not going to our doctor to learn and our doctor doesn't really have time to teach us anything. So that's really what we're about here—an opportunity to learn, an opportunity to hear people like you share your amazing message. Tell us the website that people can go to and the offer that you're offering our listeners today.

Pedram: Sure. It's Well.org. Easy enough, what we do is we have a whole principle of symbiotic capitalism where we take care of people and take care of the planet. And everything we do has to feed back into the communities and into the planet in a positive, meaningful way because that's the new capitalism.

That's the new way. Taking care of your brothers and having stewardship for everything that you're involved in and again, awareness. If I'm buying a product from a company that's contributing to global warming or if I'm buying a product that's destroying rainforests, then bad on me because I vote with my dollar. So Well.org is where all that happens.

What I'm going to do is, and I guess we'll draft an email or something we're going to offer a free screening of the movie to the people on the Self-Care Revolution™ just so we can share the movie. You have a 48-hour window to do it but I'll get that to you guys so that you can share it with your lovely listeners.

Robyn: That's cool because we'll put our replay out tomorrow. We'll wait until tomorrow to get that link so all the people will have that opportunity for 48 hours, that's great.

Pedram: I made this movie to share it, and that's the whole point right? So I'll share it with your listeners and what we'll do is we'll have a discussion about it. I'm looking forward to seeing you guys in Santa Fe. We get really great discussions that come around this stuff all the time.

We're here to stay and we're here to keep making movies and teaching people how to

step out of that trap. And so that's what keeps me going every day.

Robyn: I have to say I'm a little depressed about, I'm a pretty self-care oriented woman, but I like my gum. But now that it's food grade plastic, it's sitting with me. That might be the best thing I've heard. I know the aspartame's not good, but that might be my cure. Pedram.

We have to end in about two minutes, we're going to be on with our next speakers very soon, but I'm so excited about *Origins*. This message to me, I agree with you, we focus so much on the food. And I know many of our colleagues say 80% of the problem is food, but I think if we connect to the Earth, that message will restore so much of everything else because everything's based on really being connected to the Earth's frequencies. I love where you are right now. I love where you're going with this next film. You've got such a powerful message and its importance of being aware and being active. So thank you so much for sharing with all of us today, this was awesome!

We are getting super excited about this live four, full days. Norm Shealy, all of you that are really help oriented, everybody can take his class, learning about naturally increasing your hormones: oxytocin the feel good hormone, aldosterone, calcitonin, all of the above. So just to find out about this whole event go to our website: JoinTheSelfCareRevolution.com. Anything else Kevin?

Kevin: I just want to re-quote Pedram in saying that "self-care is everything."

Robyn: Self-care is everything! It's the true health care and it is everything.

Kevin: We had a blast with you. We interviewed with you on Skype a while back, it was awesome and we look forward to continuing working together, so we're just very grateful.

Pedram: I'm excited! You guys, thanks for doing what you do. It's important work and I couldn't thank you enough. This is really the future of where medicine should be going and we're watching it happen as we speak, so keep up the good work.

Robyn: You have a great day and we'll see you next month!

Pedram: We'll see you in Santa Fe. Okay, thank you guys.

[End of interview]

MARCEL WOLFE

FrequencyMatters.com | W.L.Ed., President of Frequency Matters, Inc.

MAGDA HAVAS

MagdaHavas.com | PhD, BSc, Co-Authored *Public Health SOS: The Shadow Side of the Wireless Revolution*

HEALING AND HARMFUL FREQUENCIES; FREQUENCY MATTERS

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Magda Havas is an associate professor of environmental and resource studies at Trent University, where she teaches and does research on the biological effects of environmental contaminants. Dr. Havas received her PhD from the University of Toronto, completed postdoctoral research at Cornell University, and taught at the University of Toronto before going to Trent University in Peterborough, Ontario, Canada. That's where you live as we speak, correct?

Magda: That's right.

Robyn: Her current research is concerned with the biological effects of electromagnetic pollution, including radio frequency radiations, electromagnetic fields, dirty electricity, and ground current. She works with diabetics, as well as individuals who have MS, tinnitus, chronic fatigue, fibromyalgia, and those who are electromagnetically sensitive.

Her latest research links microwave radiation from wireless phones to heart irregularities, such as arrhythmia and tachycardia, which is a rapid heart rate. She also does research on Sick Building Syndrome as it relates to dirty electricity in schools. She helped to draft Resolution 15 that was passed at the International Association of Fire Fighters in August of 2004 in Boston.

She also helped draft a Private Member's Bill on ground current pollution, the contents of which have been adopted by the Ontario Energy Board. She has given talks in more than a dozen countries on her research. Dr. Havas co-edited three Modules and has published more than a hundred articles. Her most recent Module,

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co-authored with Camilla Rees, is *Public Health SOS: The Shadow Side of the Wireless Revolution*.

I wanted to include all of that because it is so important that people realize the scope of this topic, and to hear your background, Magda, which is quite impressive.

Kevin: We're also joined by Marcel Wolfe, he is a holistic life educator and has been in the world of holistic health for over 25 years. He is the president of Frequency Matters Inc. His work has focused on educating the public in Canada and the U.S. to the dangers of unhealthy magnetic fields and focuses on the beneficial frequencies via holistic modalities that our bodies need to maintain optimal health. He has recently expanded the scope of his practice to include IBE—we'll have to ask what that is, right—in order to assist people even further in their quest for a healthy living environment. Welcome.

Magda: Thank you.

Marcel: Thank you.

Robyn: I thought I'd like to start out with this question about electro-hypersensitivity, maybe with you Magda, if you could define that and also the fact that it's a World Health Organization category?

Magda: Electro-hypersensitivity is very similar to multiple-chemical sensitivity, where an individual reacts adversely when they're exposed to electronic or wireless. The symptoms for electro-hypersensitivity I think a lot of viewers can relate to, because they're quite common in our society now. They include headaches (that's a very common symptom), chronic pain in other parts of the body, fatigue, sleep disturbances, various mood disorders like depression and anxiety, memory problems, concentration problems, dizziness, heart palpitations, nausea, skin problems, and cold hands and feet that might be due to poor circulation.

Electro-hypersensitivity goes by a number of different names. It used to be called Microwave Syndrome when radar was first invented, because the people who were experiencing it were the radar operators. I call it Rapid Aging Syndrome, because your symptoms are as if you're aging very, very quickly.

Kevin: So, you're being "microwaved"?

Magda: That's right you're being "microwaved." A lot of the radio frequency

radiation that we're exposed to is in the microwave frequency band that includes the wireless technology we have in our homes: our cordless phones, our Wi-Fi routers, cell phones, cell phone antennas. All of these produce microwave radiation. This is similar to your microwave oven but at much lower intensity.

Kevin: Back in the early days of microwave ovens they were very cautious about telling people not to stand in front of it and don't stand around it. Now we basically have all this new technology that is doing something very similar to us. Do you have some practical advice for people who have a houseful of technology, what they might do?

Magda: Oh, yes. Let's start with the microwave oven, because most people do have them and do use them. Apart from denaturing food, which is a slightly different issue, most microwave ovens leak. So, standing in front of a microwave oven watching your food spin around is probably the worst thing you can do, because your eyes are very sensitive to microwave radiation; it causes cataracts in your eyes.

What I tell people is if you're going to use your microwave oven, then walk out of the room, and don't go by the wall behind the microwave oven—microwave radiation goes right through walls.

One of the ways you can determine if your microwave oven leaks is, if you have a cell phone and you can use your cell phone in the kitchen, then simply place your cell phone in the microwave oven, close the door, and phone it. Don't turn the microwave on, just call your phone. If it rings, it means that the radiation had to penetrate the walls of the microwave oven to reach your phone. If it can get in it can get out as well.

There are a lot of other devices that are a much greater concern than the microwave oven, because you use that so seldom. Any kind of wireless technology in your home, probably the worst is the cordless phone, because the base of the cordless phone radiates 24/7. It never turns off. It's not radiating only while you're using it, which is similar to your cell phone, but all the time. That's also true for your Wi-Fi router. If you have a home security system that's wireless you're going to be exposed to that. Most people are unaware that their wireless baby monitors are incredibly powerful microwave transmitters and to put that near an infant is criminal.

The government shouldn't be manufacturing those types of baby monitors. In Europe, the baby monitors are voice activated which means when the baby makes a sound, whoever's holding the other part of it is notified and then it turns off again. But here in North America, we're exposed to it all the time.

Robyn: So Marcel, tell us a little bit about your background and how you got involved in being an expert in electromagnetic pollution and frequency matters?

Marcel: Well, Robyn, I'll start with the microwave oven. I had a Mexican food restaurant called Toros in Halifax straight out of university, and I had about six microwave ovens. My brother, Dr. Daryl Wolfe, had his clinic and health back at that time. I asked him, "So Daryl, should I save any of these microwaves for myself?" He said no. The reason why, is he knew at that time that they destroy the water-soluble enzymes and caused free radicals. It actually destroys what we call the piezoelectric charge of water itself, because the reverse of polarity is actually two and a half billion times per second.

Beyond that, back in '87, my father actually slept with an electric blanket, and we used to suggest it would be a good idea if he didn't. We said to him at that time that we had enough understanding of energy and frequencies to realize that the body itself had its own electrical energy grid and that this form of energy so close in proximity to the human body wasn't a good idea. He said at that time, "They wouldn't sell it if it wasn't safe." Anyway, as a result of sleeping with that, he acquired acute leukemia. It took six trips to the hospital to give him the proper diagnosis—he had acute leukemia and had a month and a half to live. We were able to just barely get him on a plane and fly him from Halifax to Toronto. At that time, my brother had moved his clinic to Toronto.

Within, I'd say, about a month and a half to two months, we brought him from death's door to a stronger place, in terms of his immunity and overall strength and health. So that's one of the reasons why I'm in the health field, other than wanting to do something that actually matters as opposed to being another cog in the wheel.

In 1990, I came to Toronto, and I went to the Naturopathic College and looked at the curriculum and realized I wasn't going to get what I call "full disclosure" in terms of education. At that time, I just really didn't want any politics to stop my learning, whether it's ripe generators, multi-wave oscillators, color therapy, essential oils to urine therapy, I don't care what the topic is, I wanted to have free access to it.

It was at that time that I worked with my brother at the Wolfe Clinic; I'm glad I did. I didn't end up with a degree, but in terms of practical knowledge, exposure, and experience, I don't think I could've asked for a better situation. I was exposed to literally everything under the umbrella of holistic health, from rebounding, to juicing, to light therapy, and ripe generators and multi-wave oscillators—the whole gamut, and I'm thankful for that. So, that's how I got into it.

As far as microwaves are concerned, we don't need a two-second potato. A toaster oven does the job just as well, and it turns itself off and it tastes better. A microwave just doesn't make any sense whatsoever. It's receiving that level of awareness so that you understand and you're able to make better choices; that's what Magda and I are both trying to do.

Kevin: That's excellent, and I really think that's an important message for people that what you're identifying as electromagnetic hygiene, I think is a really good term. Can you share a little more about that concept?

Marcel: Well, the thing is that whether it's something as simple as cayenne pepper or the use of wireless phones, it's education that's going to help people discern what is the healthier choice.

It's true, there is a lot more information available today and it's up to the individual to discern what is true and what is not true. The good thing, especially the frequency world today, is we can actually measure the differences before and after so we don't have to simply have faith in the person that is providing the information. We can literally measure. That's one of the other things I know Magda's excited about. She's bought literally every device under the sun and continues to. We actually spoke about this earlier, being able to measure and put a value on these new technologies is really important. You want to comment on that, Magda?

Magda: First of all, let's go back to the electromagnetic hygiene question.

There are different types of electro-smog, and electro-smog just refers to a type of pollution similar to air pollution. There are three types:

Radio frequency in microwaves that come through the air.

Dirt electricity that comes along the wires.

Low frequency magnetic fields that come from our use of electricity.

If you're talking about hygiene, what we're really talking about is trying to minimize your exposure to all of those.

One of the simplest ways to minimize your exposure to microwave radiation is to replace your wireless technology with wired technology; so, replace your wireless phone with a landline, replace your Wi-Fi router with an Ethernet connection. There

are still ways of using the technology but not be exposed to the microwaves. If you can't replace the technology, if you really need it for whatever reason, then you can modify your use of it. You can use it less often. Turn it off when you're not using it. That's sort of another way of doing it.

In some cases, the sources aren't going to be within your home, they're going to come from your neighbors, especially if you're living in a multi-dwelling complex, condominium, or apartment building. If you happen to have cell towers outside of your home or in your neighborhood, then you have to resort to something else.

There's fabric available, there's foil, there's paint that can actually shield your exposure. There's special film for your windows that can minimize exposure. So that's with microwaves. When it comes to dirty electricity, dirty electricity is caused by things like compact florescent light bulbs—these energy efficient light bulbs that we're forced to buy—plasma TVs, and your computer generates it. The things that you can do is, first of all, those energy efficient light bulbs (the curly ones), I really encourage people to stock up on incandescent light bulbs. They don't produce dirty power and they don't make people sick. So that's one thing that people can do.

There are also filters available that can reduce the dirty electricity in your home. They're relatively inexpensive; they're about \$30, I think. You can place them near your computer or your plasma TV and this will reduce your exposure. People have had remarkable recovery from illnesses when they do that.

The third type of electromagnetic exposure is magnetic fields from anything that you plug in to your electrical outlet. One of the worst ones is in your bedroom. If you have an alarm clock radio that's within arm's reach, chances are you're exposed to high magnetic fields. If you have a water bed that has a heater in it or an electric blanket, then you're going to be exposed to magnetic fields all night long. So keeping the bedroom clean is ultimately very, very important.

With magnetic fields all you have to do is move further away from the object. If you take your clock radio and move it at least a foot away from the foot of your bed and you have to get up to turn it off, you're probably far enough away that it can't affect you. Getting rid of the appliances, changing them, or changing the way that you use them is absolutely critical for electromagnetic hygiene.

The other question that Marcel commented on was healing electromagnetic frequencies, and he said that I've purchased every product available. That's not totally true. I couldn't afford that. There are a lot of products from mats and probes

and pads that you expose your body to that also generate electromagnetic frequencies, and they have a healing affect. This energy is not necessarily harmful. It depends on the way-form, it depends on the frequency, it depends on the intensity, and it depends on how long you're exposed to it.

I'm really fascinated by the healing electromagnetic pulse frequencies, because we've already started seeing some remarkable responses from people who have chronic illness. You have to reduce your exposure to regain your health, but then you can promote the health and healing process by using healing frequencies rather than harmful ones.

Marcel: Robyn, there's actually a whole acronym that a mutual friend of ours taught us. It's F.I.N.D. (Frequency Intensity Nearness Duration). This is what people can keep in mind when they're bringing in new technology or even using other electrical appliances throughout their day.

Robyn: I like that. Almost every conversation with Marcel I'll get an acronym. I appreciate it.

Marcel: It makes it easier for the average person to keep these things in mind.

Robyn: How about the one, using the power of nature to affect . . .? What's that one that you say a lot that I like to hear?

Marcel: Exposing yourself eight minutes at a time? The whole thing about that is that we found that with the saw tooth frequency, a specific frequency from the PEMF technology, the optimal duration is eight minutes. They actually exposed plant seedlings to 8, 16, and 24 minutes. They found that the ones that grew faster and taller were the ones exposed to eight minutes.

The saw tooth frequency is a very biologic active frequency, and it's not something that you really want to expose yourself to for too long of a period of time. It's not something that's actually found in nature. Of course, nature is all sine waves. The other frequency that we use, the third one, is the square-wave frequency, which increases healing. That's another big subject that we can get into another time.

Robyn: Just so people really understand what PEMF is, maybe if we could give a little bit more of a detailed description so our listeners that are really new to this subject will understand how it can be an antidote to the pollution.

Marcel: When it comes to health devices, whether it's an air purifier, water purifier, or PEMF device, those devices which best mimic nature are the ones that you want to seek out.

Robyn: Thank you. Okay, in terms of the frequent traveler—I'm writing a Module on travel and health—so many people travel every day in planes, in trains, and cars. What is the best way to electro sanitize your body? How can we travel and take care of our bodies at the same time?

Marcel: Well, you know you were talking earlier about Earthing. The idea is to ground yourself, maybe even before and definitely after an air flight. There are other things as well. We can even look at, for instance, various types of food that have the ability to reabsorb radiation and neutralize it. There are actually quite a few things you can do. There's actually even a technology that you can take on the plane with you that have PEMF technology. Magda, maybe you want to expand on that?

Robyn: What's that called?

Magda: I don't know which one you're talking about Marcel.

Marcel: Actually, the portable mat from MediConsult, and I'm sure there's a lot of other companies out there that have a portable mat that you can actually take with you on the plane so that you're exposing yourself to healthy frequencies during that flight.

Robyn: I was just on an airplane coming back from Mexico on the latest American Airline, 737. With every seat there's a plug in for your computer; every new plane has Wi-Fi. The older pilots can't even fly on it because of all the new learning they have to do. They can fly in it, but you have to go to school for several weeks to understand all the electronics. So, they're being exposed to even more electromagnetic pollution, wouldn't you think?

Marcel: Yes and there's no escape. You're all stuck in that tin can. It's actually going to magnify the effects, but I'll let Magda explain further.

Magda: I do a lot of flying, and I've had the good fortune, prior to 9/11, to actually go into the cockpit of a plane while it was flying to do some measurements. Those pilots are exposed to extremely high levels of microwave radiation and magnetic fields. That was before we had Wi-Fi on airplanes.

What's beginning to happen now is that some pilots are developing electro-hypersensitivity. I know of two of them who are no longer able to fly, because of their illness. They're not able to concentrate, not able to focus, and they become ill in flight.

With the Wi-Fi introduced on planes, that's going to adversely affect more and more people. I have colleagues who simply don't want to travel anymore because they get sick on the flights. Just before it takes off and as soon as it lands, everyone whips out their cell phones. I haven't measured that level of radiation, but I would suspect the levels would be very high, because we're inside a tin can. A lot of it would be re-radiating all the passengers.

Robyn: What do you use, Magda, with all your flying?

Magda: Well, I'm very lucky in the sense that I don't react as badly to this radiation as many people I know. So, I can't tell if I'm exposed, because I don't get a headache and I don't feel dizzy or nauseous unless the levels are really, really high.

Robyn: You don't get tired?

Magda: Well I get tired, but I think that could just be from flying and traveling. So, it's hard to specifically attribute it to the radiation, but I do have colleagues who walk into a building and they'll say, "Oh, that's horrible" and I can't feel anything. They know that there's something wireless in that building. I don't have that direct response. If I did, I probably wouldn't be able to travel as much as I do. So, these people become refugees in their own home. Some of them have to move out of cities, they have to live in rural areas, because they're just too adversely affected.

Robyn: But to be clear, we are all being impacted, every single person on the planet is being impacted, by these frequencies.

Magda: That's right.

Robyn: And just to show, in that case of the pilot, the more you're in those fields, especially if you're not hydrated and you're not eating well, you're even more impacted.

Magda: Exactly. The weaker your immune system is, the greater the affect it's going to have on you. This radiation stresses the body and it puts you into a sympathetic up regulation, which means you're in the fight or flight mode most of the time. If you're in that fight or flight mode at night and you can't sleep properly, your body isn't

healing itself. So, the normal wear and tear on your body combined with the stress and the inability to heal, I think is what's causing the problem for electromagnetic sensitive people.

Kevin: What are some of the symptoms?

Magda: The symptoms include headache, body aches and pains, chronic fatigue, difficulty sleeping, excessive urination in the middle of the night; interestingly kids that are electrically hypersensitive tend to wet their beds, like young kids. If you clean up their environment their bed wetting can stop.

That's kind of an interesting observation: nose bleeds, heart palpitations, diabetics who are sensitive have a rapid increase in their blood sugar that doesn't relate to food or exercise, people who already have pre-existing neurologic disorders, like MS, their symptoms get worse because it's affecting the nervous system.

The symptoms are really quite diverse. The way that someone can tell if they're electrically hypersensitive is to monitor themselves to find out when the symptoms are worse and when are they better, and are they being exposed to anything around them that they can detect. If you find that when you go away somewhere in a different environment and you can suddenly sleep better or you feel better or you feel worse, if it's environmentally related, it's quite likely to be a chemical or electrical sensitivity.

Kevin: We mentioned earlier that you coined the phrase "type-3 diabetes."

Magda: That's right. We did some research with diabetics, and we found that if you're a diabetic, either type one (insulin dependent) or type two (common among older people), *and* you're electrically sensitive, your blood sugar will change within a matter of 20 minutes, quite dramatically, if you move into an electromagnetic polluted environment or an electromagnetically clean environment. When we clean up homes with power quality and we put in filters, for people who are diabetic, we advise them to monitor their sugar much more frequently to see if they're reacting, because their blood sugar can drop too low if they're not careful. Because this is environmentally mediated, we gave it a new term, "type-3 diabetes."

Kevin: You mentioned a couple of times about monitoring or having a way to measure the frequencies. Can you talk a little bit about that? Is that something that's available to the average person?

Magda: It is something that's available to the average person. There's a fairly steep learning curve in order to use the different monitoring devices. I mentioned there are three types of electro-smog: the wireless, the dirty power, and the low frequency magnetic field, and they all require different meters.

If you want to purchase at least three different meters, you can certainly do it yourself. The most expensive of the meters would be measuring microwave radiation. A good meter that I recommend is about \$500. They can range in price from thousands to tens of thousands of dollars, but this is something that at least some people can afford. You can get that at LessEMF.com.

For measuring dirty electricity there's something called the Electro-smog Meter. That's about \$100-\$110 dollars, so that's a little bit more affordable. You can buy filters to see how much the levels can drop. You can buy that from StetzerElectric.com. To measure low frequency electromagnetic fields, an inexpensive meter would be a tri-field meter. That's about \$150.

If you start adding them up, you're just under \$800-\$900, so that's quite expensive. You can hire someone who's qualified, and unfortunately we need more and more people who are qualified, who will come and monitor your home, measure it, and tell you what you have and then recommend solutions to reduce your exposure. That would be my recommendation, to hire someone who knows what they're doing. But for the people who like to do it themselves, you can certainly begin to learn about this and start measuring your own environment.

Robyn: Are these all called gauss meters?

Magda: A gauss meter is simply a meter that measures magnetic fields. So no, they're not called gauss meters, only the magnetic field monitor is a gauss meter. The dirty electricity meter is called a micro-surge meter, and the radio frequency meter, they go by different names—8 gigahertz or pro-smog meter—so they go by different names, but it's a radio frequency or microwave measuring device.

Robyn: Interesting, I learned something. I thought they were all called gauss meters. We cruise around in the center and we measure rooms. We have a gauss meter that we send home with our patients and it's very illuminating because people don't realize how much their environment is impacting them.

Magda: Exactly, and if more clinics empowered their patients to do that I think it'd be wonderful. That way it would save them the expense. So, if you could add two

more meters to what you're loaning your patients I think that would go a long way in helping them remediate some of their own issues.

Marcel: The clinic itself should actually be one of the healthiest environments that there is in our communities. The hospital should actually be *the* healthiest environment in our community, but when it comes to your own residential, of course you're going to start with the bedroom. That's where you're more vulnerable and that's the timeframe where your body's supposed to be resting and healing and not being exposed to a constant barrage of electromagnetic energy fields.

Kevin: I think this is so important. This is something that I didn't have any awareness of, and I think that a lot of people don't. I'm very grateful that you're out there spreading this message.

Magda: Thank you. I agree with Marcel, I think health clinics and doctors' offices should be an absolute pristine environment for patients. If you have someone with a chemical sensitivity you're not going to use an air freshener and you're not going to have people with perfume, that's just normal. Kids, if someone in your school has a peanut allergy, the entire school becomes nut-free. But when it comes to electro-sensitivity, the reaction from people is that it's in your head and that there's nothing wrong with you. That whole attitude needs to be changed, and it needs to start with people in the health profession.

Robyn: We at Santa Fe Soul—if you go to AntennaSearch.com, you can find out what's in your area within four miles. We couldn't believe how much electromagnetic pollution and cell towers that are within that reach. A lot of people could not even walk in this building. This is why this is such an important topic and why we're dedicating a whole month.

I definitely used to be electro-hypersensitive, and it used to be so hard for me to be in this building. So, when I was on my PEMF device it really helped me restore my health for a short period of time and then I'd go back into the environment. We've invested in a couple German products you have to plug in, but it neutralizes the air. A lot of our patients get to be on the PEMF devices while they receive their treatment, so thank you for mentioning that.

As I read in your bio, you go into a lot of sick buildings to help determine what the problem is.

Magda: That's right, and then to help remediate it. There was a German physician, a

few years ago, who sent out an appeal, and they were asking that national guidelines be reduced, because they're saying that the treatments that they previously used on their patients aren't working anymore. They think it's because they're going home to a polluted environment or they're going to work in a polluted environment. So, you have to really get rid of the pollution if you're going to heal these individuals.

Marcel: The old way used to be to take two aspirin and call me in the morning. I suggested quite a long time ago, that we need to change that and make it more current, and that is, first of all, reduce your exposure to the electromagnetic energy fields and then call us. A lot of those problems and situations will disappear when people are putting themselves in a healthier environment.

Magda: That's right, and unfortunately, what's happening right now is you have all these symptoms and you go to your doctor (talking about your allopathic doctor) and they put you on sleeping pills, anti-anxiety, anti-depression, and anti-pain medications, and your health just continues to deteriorate because you're not getting rid of the initial problem; you're just trying to mask the symptom.

It's really critical that the first thing you do is practice good electromagnetic hygiene.

The second thing I tell people to do is they have to build up their immune system, whether that's through supplements, exercise, proper eating, and proper nutrition.

The third thing you have to do is you have to detoxify your body, especially if you have mercury in your body. Most of us do, from mercury amalgam fillings and from eating fish that we originally thought was healthy.

So, if you do all of those in that order, it's amazing how people can recover and they can continue being exposed for short periods of time without being symptomatic.

Robyn: I really appreciate you talking about the order:

Do the electromagnetic hygiene, because you're giving your body a break from being in the sympathetic overload.

Increase the immune system: exercise and good food.

Detoxify. People are so confused about detoxification; they're like, "Well, what does that mean?"

Marcel: Well, I think that we should probably strengthen that point.

Dr. Samuel Milham wrote that little Module called, *Dirty Electricity*, which I recommend everybody read. The most important quote that he has from that work is...

“The primary cause for our disease as civilization, including cardiovascular, cancer, diabetes, depression, are not caused by lifestyle alone, but by certain physical aspects of electricity itself.”

This is the primary issue first.

Secondary, are the other controllable aspects in your lifestyle, whether it's exercise, food, water, air, or stress. So, before detoxification, we can go to a clinic and go through a cleansing, but now we need to include the EMF aspect to that, because even in terms of absorption of whole foods, expensive supplements, or even drugs for that matter, if your cells are in a healthier place you're going to uptake more of those nutrients more effectively. This is something that we can actually prove. The electrical environment is really paramount, especially today in terms of trying to do some type of a cleansing program.

Kevin: I see Tesla's name mentioned here. You want to talk a little bit about Tesla?

Marcel: Tesla was the greatest inventor of all time. One of the quotes that I really like, when he was talking about the inventors of the day he said, “The present is theirs. The future for which I work is mine.” So, Tesla, as time goes by, is just going to get bigger and bigger, because he had all the answers.

Can you imagine utilizing what he was able to harness, a form of free energy and we not having to use any fossil fuels? There'd be no air pollution, no water pollution, and all the energy acquired for free. This would be a much better world to live in if we actually had access to it.

But he also said something important, he said back in 1886, “6 to 8 hertz of electricity would prove to be the most harmful thing to all living things on the planet, including plant, animals, and humans.” Actually, the European Council who helped to govern the European Union, ratified last year a document that basically says the same thing. I've taken my cues from these people:

Albert Einstein—frequency is everything, frequency from chemistry.

Albert Szent-Györgyi the Nobel Prize winner with metabolism, who said in his last

work in 1978, “Cancer is due to not a lack of vitamin C, or chemo, or radiation, or therapy. It is due to a sub-molecular electronic disturbance.” Now, that should’ve been front page news for at least three weeks so the rest of the world could maybe have had the opportunity to refocus their time, energy, and resources on frequency instead of chemistry, but it’s all happening now.

Magda: What I find most intriguing in this area is, I came to it from looking at the harmful stuff and I’m just beginning to study the healing frequencies. It’s really causing us to look at the human body in a completely different way. We’re not a bag of chemicals, we’re actually beings of light—we’re electromagnetic. The major difference that happens when a person dies is the electromagnetic energy in the body, the heart, and the brain stops functioning. Chemically, we’re identical, but we’re dead. Look at us as beings of light using different frequencies to heal and to diagnose us. It’s a really intriguing aspect and I think the future of medicine.

Kevin: It sure seems like it to me. I mean, I practice Reiki and I’m a shamanic practitioner so I don’t have a way to measure frequency other than with my dowsing equipment, but I certainly understand that everything is frequency vibration and that the modalities that I do work because of this.

Magda: Right and you’re actually using your body to sense things. That’s how you’re treating your patients. You’re remarkable, and I think things like Reiki and therapeutic touch and other forms of subtle energy healing is going to become much more important in the future.

Kevin: I definitely think so as well. Marcel, can you speak to that a little?

Marcel: You know, even food itself has frequency, and chemistry, and fiber. We’re even learning things that man has had faith in and practiced since the beginning of time, that even prayer itself creates measurably 8 hertz, and it just so happens that the heart likes 8 hertz.

In nature, nothing happens without a reason, everything is connected. I believe that the thread that will help us connect everything will be frequency itself. Frequency is the primary means for nature to not only communicate but to transmit both information and energy. The faster people get a grip on this frequency aspect of the human cell, the better off we’re going to be.

Kevin: I totally agree. These messages are so important, because again, this is cutting edge science we’re talking about here. As you said, you referred back to Tesla that this

is something that has been going on for a while. I really think it's important to bring these messages home, literally.

Magda, you mentioned a little bit about some products that we can actually use in our home.

Magda: That's right. There's actually a fabric distributed in North America by a company called Safe Living Technologies— Slt.co— they have fabric called Swiss Shield. The fabric actually contains fibers of silver. Metal can reflect this radiation. The problem is silver is quite costly, so the fabric itself is very expensive. But if you're electrically sensitive and you're living in a community where you can't avoid exposure, what people tend to do is they buy enough fabric to make a canopy over their bed. So they sleep with a tent over the bed and the flooring made out of the same material, and they get a good night's sleep. This is absolutely critical to allow their body to heal.

These are the different types of things you can do. There's film you can buy for your windows (3M makes it). Triple E glass, that's very energy efficient and also shields against electromagnetic fields. So, if you're building something new that's a good way to go. There's paint you can buy also from Safe Living Technologies that will reflect the radiation.

The thing is, whenever you use a product that reflects it or bounces it back, you have to do it with meters. You can actually increase your exposure inadvertently if you're not doing it properly, because metal acts the same as mirror to light—it will reflect it back. So, if you have a source within your home and you have this material on your wall, you're going to then bake yourself in your own living room.

Marcel: I'm glad you brought that up, Magda, because I know someone that actually bought a canopy. Their bedroom is on the second floor. They were actually worse off than if they hadn't had the canopy, because they realized that the frequencies were actually coming from the first floor through the ceiling and into the bedroom. The canopy was acting more like a speaker, magnifying.

Also, another good example, one of the instructors in the course I'm taking brought his Earthing mat with him, thinking he was doing something good for himself. He plugged it into the ground. He realized after the first night that ground at the particular facility that we were staying at wasn't true. So, we just can't buy an Earthing mat or a canopy and just plug it anywhere. We have to realize that it needs a specific environment to be working on our behalf.

Magda: You raise an incredible point, Marcel, about the grounding mats. I agree with you entirely. In some locations they're wonderful, in other locations they can actually make you worse, because they put you in contact with the electricity in whatever building you're in. You have to find out whether or not the area you're in is good for you. You can actually have too many electrons flowing through your body or too few by being exposed; and they both make you ill.

One of the best things you can actually do is walk barefoot outside on the grass or walk through a flowing stream. That will neutralize you and get you at the same potential as the Earth. The other thing you can do if that's not practical is to take an Epsom salt bath. That tends to neutralize your body as well, so it will give you the electrons if you need them and take them away if you don't.

There are certain things that people can do. One of the things I'm told that people do that helps if they're in the electronics business where they're exposed during the day is they will come home and they will stand on a metal sheet in their bare feet for about three minutes. That discharges the electrons in their body. They actually feel better by doing this.

Marcel: Doing this before bedtime is actually a great idea.

Kevin: Is there a certain kind of metal?

Magda: Any kind of metal will do. Even if you stick aluminum foil that you have in the kitchen, stand on that. That has a greater conductivity than you have, so the electrons will flow preferentially to that. We've actually measured people where we can see them discharging electrons. It takes a few minutes, it doesn't take long. If you're in bare feet, if your feet are sweaty it works even better, or if you moisten your feet before you stand on it, it works even faster. These are some of the things you can do. You can use your body as a barometer to whether or not you're feeling better or worse.

Robyn: We have a question coming in about Earthing sheets that had the silver thread. Are they effective? Is this something you support?

Magda: I don't support the Earthing sheets, because you connect them to the ground in your building. The ground that you have in buildings is actually bonded to the neutral wire at the electrical panel.

One of the things I do research on is dirty electricity, and there are a lot of high

frequency currents running through that wire. So, your body then comes in contact with that. Also, if you're lying on one of these grounding sheets and you've got a microwave in your environment that is going to be reflected back into your body, because the metal is acting like a mirror.

I don't recommend it in the types of environments that we live in; however, people have commented that they feel wonderful after they've had a grounding session. I would suspect that they have a good ground in their home when they're doing it and they're not exposed to some of these other toxic frequencies.

Kevin: That's really helpful. We don't have that knowledge so we're really looking for people such as yourself, to guide us in what some of these products are and how to use them.

Magda: Well, my advice is that the people who are sensitive that can sense whether they're better or worse, I say use your body as the barometer. If something makes you feel good, it's probably good for you. If it makes you feel bad, it may not be bad for you, because you might be detoxing. So, that becomes a little harder to try to detect. If you feel instantly bad, that's not going to be a detoxing process. Detoxing takes a little bit longer.

Kevin: That might lead into a question, what can people do to recover from some of these symptoms?

Magda: My three things are: Reduce your exposure. Build up your immune system. Detoxify your body.

I'm not a medical person so I try not to comment on things like that, but things that have helped people who are electrically sensitive that I've heard from my medical colleagues is vitamin B12 (because of the stress) and magnesium (a lot of people are magnesium deficient, but you should test yourself before you start loading yourself up with magnesium), the Epsom salt baths, and saunas (especially if you have a good sauna, but some are horrific in the magnetic field they generate).

There's a company called SaunaRay in Canada. They have one of the best saunas I've ever measured. They're chemically compatible with people who have multiple, chemical sensitivity. That's a really good way to detoxify by making it come through your skin rather than your digestive system.

Marcel: In terms of the detoxification, you want to look at things like super-whole

foods such as Spirulina. Even things like cayenne. Cayenne has the highest plant-source of magnesium. By taking these components in a whole-food form, you're not going to get yourself into trouble. Consuming high chlorophyll foods throughout your day makes sense.

One of my favorite quotes from Einstein is, "Look deep into nature and you'll understand everything else better." There are creatures on the planet that don't have the problems that we do, for the most part, and most of them are consuming a lot of green food, high in chlorophyll. We know that it has the natural ability to reabsorb radiation and neutralize it. They actually gave the kids in Chernobyl Spirulina and Cracked cell Chlorella and in two weeks their radiation levels dropped 50%.

So, there are a lot of things you can do in terms of nutrition to build up that immune system. I'm trying to make the point here that you want to detoxify every day. It's not something that you're going to do once a year. So, try and tweak your lifestyle so that it actually supports daily cleansing. That's the whole idea of breakfast, breaking a fast. If you can utilize that information you're going to be healthier and you're going to have fewer colds and a stronger immune system, just a better quality of life.

Robyn: We have so many people online here. Kevin and I are deciding, with just a few minutes left, what is your feeling on time? I know you guys are so busy and we Moduleed you out months ago, because we wanted this power hour with you. Again, for so many people this may be like foreign territory. You many need to listen to this again and again. I would really welcome you to do that.

Also, I just want to make sure that you all know that to find out about the Self-Care Revolution™ and the month that we're dedicating to this theme, stay with us at JoinTheSelfCareRevolution.com and if you have any questions, info@jointheselfcarerevolution.com. To answer the question, do you guys have a few extra minutes if we opened it up?

Magda: I'm fine.

Robyn: Okay.

Michael (caller): Two things... One, I just wanted to share; I have a sister that's in her sixties. As a child, she fell out of the shopping cart and was in a comma for almost three days. Anyway, she's been exceptional all her life. When the introduction of cell phones and microwaves came along she absolutely cannot go into any building or house that has cell phones or she gets terrifically sick and a headache. It's remarkable,

because the places where she is at the most comfortable is in ashrams, believe it or not. I wanted to put that out that she's very sensitive to that. We live in a culture that uses cell phones all the time, maybe I missed this in the first part, but if I use a speaker system for my cell phone is that a sufficient enough distance, or am I amplifying the microwaves?

Magda: Your comment is really interesting, because one of the things we're finding is people who have had physical trauma to their central nervous system or to their brain, which tends to increase their sensitivity to this. That's something we're finding quite common.

When you're using your cell phone, if you have it in speaker mode and you put it on a table and you talk to it, that's probably one of the best ways you can use your cell phone. You're going to minimize your exposure. However, with someone that's electrically sensitive and is sensitive to cell phone radiation (some people have specific frequencies they can't tolerate) they would have some difficulty because your cell phone is actually connecting to the nearest tower. Sensitive people can pick that up. So, they would have difficulty even though it's far away from them. For non-sensitive people, that makes a huge difference in exposure rather than holding it up to their head.

Marcel: And then lastly, the study of polarity—Dr. Stone's work—is also very interesting. The blood works by an electromagnetic charge that's created and there's an attraction there. Also, the heart beats something like five thousand times a day, and that also has an electromagnetic charge. I don't think we're drawing a similarity to this type of electromagnetic charge, are we?

Magda: Yes, we are. Your body is electromagnetic. Every nerve fiber in your body, every cell, has an electrical potential across the cell to bring things out or to keep things in. So, we're talking about the same type of electromagnetic energy. The difference is with electricity and microwaves we're talking about electrons, whereas in the body it's ions. It's like sodium and potassium and chloride that give the charge. It's whole ions that are moving back and forth rather than electrons, but we're basically talking about the same thing.

What's fascinating is we've done some studies looking at the blood and we find that the blood clumps when you're exposed to microwave radiation. The cells actually become very sticky, and so they're not exchanging the oxygen and the waste products. When we expose people to healing frequencies, it liberates the blood and the cells become charged up and they're actually repelling each other rather than

sticking together.

Marcel: I just wanted to comment that the future's actually very exciting, because now we do have ways of measuring and showing people the differences, whether it's an electrical scanners, thermo imaging, live blood analysis, body voltage measurements, all of these things are scientific parameters that are showing people the difference between before and after. It's really enabling a lot of people to see that what we're talking about is real.

The interesting thing, too, is that something as simple as having your head facing north when you're sleeping and your feet facing due south actually increases the red blood cell count by 3%. A lot of these things that we just heard stories about, whether it's homeopathy, acupuncture, hands on healing, remote healing, are actually being proven scientifically. Forever to have left the closet, never to return.

Kevin: Well, thank you for your question.

Robyn: Another question that's coming in online is about heart arrhythmias. This woman is 62-years-old and she notices that when she is near at home she feels terrible and experiences heart arrhythmia and has had to deal with that through meds. When she leaves her house she feels much better. Can you say something to that? A lot of these diagnoses that we get from our doctors have to do with electromagnetic pollution and not necessarily a true heart issue.

Magda: That's right. We did a study where we exposed people blindly to the energy coming from a cordless phone, the base of the cordless phone which is on all the time. So they didn't know when they were exposed and when they weren't. We were monitoring their heart. Some didn't react at all. Some people developed an arrhythmia. It was quite dramatic and it happened only when they were exposed to the real exposure not to a sham exposure and then some developed tachycardia, which is a rapid heart rate.

We could get their heart, in some cases, there were people lying down, totally relaxed. Some fell asleep during the testing and their heart rate would go from about 65 beats per minute to 120 instantly. It would go right back down to 65 when we turned the radiation off. What these people complain about, they say that they feel pain or pressure in the chest area. It's very similar to something you might experience if you were having a heart attack. So, it causes a huge amount of stress, which then makes it worse because it increases your sympathetic response.

If the person who had the question, when they go to a clean environment it goes away, that should be reassuring to them that it's something in the environment rather than something wrong with their heart. There are some people who have minor imperfections with the electrical conductivity of the heart. One's called Wolff-Parkinson-White syndrome and they should actually go in and get their heart tested to see if they have that. It's not fatal or anything like that, but it would reassure them that it's not chronic heart disease; it's something electromagnetic instead.

Kevin: We have time for one more question.

Warren (caller): I'm calling about the concept of grounding and using the sheets or the pads. It is, as you mentioned, a well-known problem that the ground and your wall outlet is tied to a bunch of other circuitry and radiation potential out there; however, if something in your house does not, that actually goes directly to the ground. So, if you wanted to use those circuit services of products you can run your grounding wire directly to your plumbing usually your cold water piping. If you're in an apartment complex or other buildings you can't do this, but in a personal residence you can tie the ground wire in your wall outlet into your plumbing. We do that in our garage where the water heater is, and that gives you that ground without interference.

Magda: Okay. I would normally agree with you. I think that's true in many situations. However, I also do research on ground current. There are areas where there is current flowing through the ground that is actually coming into your house through your plumbing. We can measure it. So, you have to be very careful about that as well. The best thing is to actually get a rod, a metal rod, stick it in the ground outside and run a wire to it if you're going to use one of these grounding sheets.

Marcel: Magda, I actually had to have Ontario Hydro come in because the readings were too high in my basement shower.

Magda: Yeah, it's becoming more and more of a problem. The utilities know this and their solution to it was a cheap solution. They're actually putting more current into the ground than they did 10 years ago. There's about 70% of the returned current coming through the ground now in urban and rural areas. This is a huge problem and it's going to get worse until the utility does what it really should do, which is stringing another wire to get the current back from the ground to the wire.

Marcel: That's a big expense for them.

Magda: It is, but the consumers will pay for it. There was a study done in Michigan that said that it would cost about .18¢ for a \$35 monthly electric bill per customer. We're talking about a handful of change, really. It would just help enormously in rural areas where the cows are reacting to this and the pigs.

Warren (*caller*): In that case, you're absolutely right. Okay, well that was my idea. Thank you.

Magda: Thank you.

Robyn: Thank you so much for your questions. We know that we have more, but I think we're going to end our time. Thank you so much for being so generous by adding these extra minutes.

Marcel: Well, Robyn, I just wanted to say before you go. You had one last important question there. Magda, this is your area. Is there such thing as a safe Wi-Fi for schools?

Magda: I'm really concerned with what we're doing in the school environment. We're putting Wi-Fi everywhere. Kids are coming home from schools that have Wi-Fi and they're developing headaches, heart arrhythmia, and having difficulty concentrating. This is absolutely horrific.

Teachers are sick as well, and the school boards are basically muzzling the teachers. They can't speak out publicly on this. There is no safe wireless technology. You don't put microwaves into a classroom and do it for six hours a day, every school day. This has to be stopped.

What we need to do in schools is have Ethernet connections, which many schools already have, and they're ripping them out and putting in this wireless technology. The degree of sudden cardiac arrest among young people is now increasing quite dramatically. I've heard of young kids having a sudden cardiac arrest usually associated with exercise. What the schools are doing in response is they're putting in defibrillators. That's how common it's becoming.

Marcel: Actually Magda, there was a young lady in Nova Scotia playing basketball who died of a heart attack just days ago.

Robyn: How old was she?

Magda: This is absolutely horrific.

Marcel: She was only in her teens.

Magda: And this is happening to kids who are twelve-, eight-years-old who are in school. It usually involves some sort of minor heart defect that wouldn't normally be detected in anything. It involves exercise, so you're putting a lot of strain on the heart. And it involves microwave exposure. Those three things are absolutely deadly.

Robyn: And you add, when you think about kids, the schools are eating crappy food and they're not hydrated. That combination is a deadly combination. For each of you to say, if we haven't asked the question, and I thank you Marcel for bringing this very important subject into the conversation, but is there just one more thing each of you would like to share with our audience. Again, we're going to share this hour with thousands and thousands of people. We're so grateful for your time. So, what would you have to say Magda?

Magda: I think the most important thing is education. I so appreciate what you, Robyn, and Kevin, are doing. We have to get this information out to the people, because the wireless industry doesn't want you to know this. The smart meter utilities don't want you to know this, because they don't want to be liable for any health issues that may arise because of their technology.

So, just getting the information out so that the people can actually take responsibility for their own environment to some degree. This is really all about empowering and educating people. I think you're doing a wonderful job. I so appreciate you inviting Marcel and I to be part of your show.

Robyn: Our tagline is "Self-Care is the true healthcare." Our main four words are "be aware, be active." You're really commenting on how important it is to have this education and to be aware, take charge, and make these changes. Electrical hygiene is absolutely important for every single one of us. And Marcel?

Marcel: In a world without ignorance, greed has no playground and the truths are much easier to find.

Robyn: Thank you so much for sharing. This is so informative and educational. I just really appreciate your passion for getting this message out, and Magda for all the research you're doing, and Marcel, I certainly heard you speak many, many times. You're like a walking encyclopedia on this issue. Thank you so much for being here.

We look forward to interviewing you again as the revolution will continue.

Kevin: I know that Shojai, our last speaker, had identified the term doctor as meaning teacher or those who teach. So you are true doctors. Thank you, I really appreciate it.

[End of Interview]

SANDRA INGERMAN

SandraIngerman.com | MA, Author of *Heal Toxic Thoughts*, & *How to Thrive in Changing Times*

SPIRITUAL SELF CARE: HOW TO THRIVE IN CHANGING TIMES

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello everyone, and welcome to the Self-Care Revolution™. Welcome to the *theme song* of the Self-Care Revolution™. It's just a tease, because you only hear maybe 30 seconds of it. It's a 4-minute song. We're so grateful to Harold Payne and also to Chris Miller who wrote the words to that song. It's very much aligned with the message of the Self-Care Revolution™, and why the Self-Care Revolution™ – you want to go into that Kevin?

Kevin: Why not?

Robyn: When we think of what Pedro, what one of our speakers said, he said, "It's everything – self-care is everything." What our main purpose for the SELF-CARE REVOLUTION™ is truly to help save millions of lives by this message of self-care, and to help people to not only reverse diseases but to prevent them from happening in the first place.

Kevin: Right, it's an incredible month that we're entering.

Robyn: Oh my goodness, we are so excited. We are just starting our first speaker series for this month, and we're all about – in month five – Earthing, electro-sanitizing your life and also learning about the importance of your own garden. So, we just heard from Magda Hobbits and Dr. Marcel Wolfe, who were both experts on electro-sanitizing your life and learning that we live in an electro-polluted world and how we need to practice self-care. As Marcel said, "There's no escape." We're so excited to introduce our guest to you all today – a friend of mine and someone I just admire so much, and Kevin too. First of all, I forgot to introduce myself, imagine that? My name is Robyn Benson, I'm a Doctor of Oriental Medicine and...

Kevin: I'm Kevin Snow, the Desert Shaman, I'm an intuitive counselor.

Robyn: And Sandra, welcome.

Sandra: Thank you. I'm happy to be with you, and talk to you Robyn and meet you Kevin, for the first time. Thanks.

Robyn: This is one of our many lives hosting this Self-Care Revolution™ and to be with amazing speakers, with friends, and talk about movers and shakers who are doing so many great things for this world and this Earth. Sandra Ingerman is certainly one of the main ones here. So, Sandra Ingerman is the author of 8 Modules, including: *Soul Retrieval*, *Medicine for the Earth*, *Shamanic Journeying: A Beginner's Guide*, *How to Heal Toxic Thoughts*, *How to Thrive in Changing Times*, and *Awakening to the Spirit World: The Shamanic Path of Direct Revelation*. She also has 5 audio programs, including: "Shamanic Meditations: Guided Journeys for Insight, Vision, & Healing" and "Soul Journeys: Music for Shamanic Practice". Sandra teaches workshops internationally on shamanic journeying, healing, and reversing environmental pollution using spiritual methods. She's trained and founded in international lines of Medicine for the Earth teachers, shamanic teachers. Sandra is recognized for bridging ancient, cross-cultural healing methods into our modern culture and addressing the needs of our time. Sandra's devoted to teaching people how we can work together as a global community to bring about positive change for the planet. Wow. Thank you so much, once again, for being with us Sandra.

Kevin: Thank you.

Sandra: Yeah. It's my pleasure.

Robyn: Oh my goodness, we have so many questions. Actually Kevin, for the first time I think I'm going to let you ask the first question.

Kevin: Being a shamanic practitioner myself, I thought you might want to share a little bit about shamanism and maybe where it is today. It seems like it's made a resurgence.

Sandra: Yeah. Well, shamanism has definitely made a resurgence, and I think it fits really perfectly into the Self-Care Revolution™. Shamanism is actually the oldest spiritual practice known to humankind. Anthropologists are good at fighting about dates and things, but from the evidence, it looks like the practice of shamanism dates back over a hundred-thousand years. Shamanism has been practiced all over the world. One of the things I've be trying to educate recently about all of us who are alive today have ancestors who practiced shamanism, because it really was practiced in

every culture in the world. The practice of shamanism has to do with being able to allow ourselves, our own soul, to travel into non-ordinary realms, or what the Australian indigenous people called it dream time, where there are helping, compassionate spirits, where it's not that they have more power than we do, because we're spirits too, so we have a tremendous amount of power. It's just that they have a different perspective on our lives.

We're so in the game of life, we often times can't see what's affecting our planet, what's affecting our own personal life, our health, where the spirits can look down and go, "This is what's happening and this is the healing that needs to happen for all of us as individuals and as a global community at this point in time." So, one aspect of shamanism is around being able to make contact with these helping, compassionate spirits who can help to guide us in our own lives and in our own work. Also, the practice of shamanism has to do with really connecting with nature. We are part of nature; we're not separate from nature. One of the issues and challenges that technology has brought into a modern-day culture is often times we feel like we're separate from nature, and that's not true. I think that part of the emotional and physical illnesses that we're seeing today is how much we've disconnected from nature. In shamanism, it's believed that everything exists in the world is alive and has a spirit and that we're all connected to this incredible web of life and that Earth, air, water, fire, the sun are living beings. They gift to us everything that we need to thrive and not just survive.

So part of shamanism, besides being able to access information, is teaching us how to connect back again with that web and to come back to our wholeness and fullness. So, you can see why there is a resurgence of shamanism in the western world today and that people are really hungry to start to learn how they can get their own personal information and not have to keep going to others to get guidance, but, you know, how to own their own power and to feel empowered in life and to get personal information. Then Shamanism provides quite a bit of healing help that comes from different ways of working with healing, but also teaching people how to connect back to a sense of wholeness, to the web of life, and to nature again. There's a real desire to learn how to reconnect with all that is in that web in the world today. So many thousands of people are investigating shamanic practice and what that practice can really add to their health and wellbeing in today's world.

Robyn: One of those top Modules that I always have on my shelf is your Module called, *Medicine for the Earth*. In fact, I think I've mentioned it to you, Sandra, when we were building Santa Fe Soul I was reading that Module. We were building it for like

six or seven or eight months. The intentionality that went into this building – I think so much of the wisdom and a lot of what I really looked to come from reading your Module. So I just want you to know how grateful I am, because here we are, 8 years later. That Module had a deep impact and imprint on what we've created here. Can you talk a little bit about the *Medicine for the Earth* and what does that really mean, and maybe share some of the experiments that you did?

Sandra: Sure. Back in, gosh I can't even remember anymore, time is moving so fast. Back in the late '70s and early '80s I had the opportunity to live and work during the summers in this beautiful place in Oregon. Every minute I had off I spent at the South Umpqua River up there and just really fell in love with rivers and always have been. I was really interested in reversing river pollution. I got my B.A. in marine biology and I thought I was going to get my masters in biology and focus on my thesis – reversing river pollution. There was a school in Washington that was very interested in the research I wanted to do. Then, you know how the universe can just all of a sudden you're walking down a path and all of a sudden the universe throws another choice at you, and a whole doorway opened up for me. I got introduced to the practice of shamanism in 1980. The focus of my work really became, not so much how we scientifically reverse environmental pollution, but what can we do from a spiritual level.

The *Medicine for the Earth* work is really about that on a spiritual level, that's where we have power to transform what's happening on the planet right now, because a lot of people really feel paralyzed of "oh my gosh, have things gone too far? What are the possibilities? What can science do at this particular point to reverse what, as humankind, we've done to this amazing planet?" But from a spiritual perspective, all things are always possible: change is always possible, transformation is always possible. One of the core teachings in all spiritual traditions, not just shamanism, is that everything that exists in the physical world starts as a thought or an idea in the spiritual world. As we learn how to work with intention in the spiritual world, we start to learn how to create change in the physical world.

So, the *Medicine for the Earth* work is about how we can use spiritual principles such as using our imagination to be able to vision a clean planet, a healthy planet, a peaceful planet – the world that we wish to live in, how we can use our intention to do this, how love is an incredible healer. What are the practices that we need to do to change our inner life which will be reflected by the outer world, for an ancient teaching is "As above, so below. As within, so without." So, from a spiritual perspective, everything that we're seeing in the world today is a reflection of our inner state of consciousness.

As we learn how to evolve and change our inner state of consciousness, as you're teaching people to do with all these wonderful speakers, then, the outer world can reflect back to us a state of harmony.

When I wrote my Module, *Medicine for the Earth*, which was a very powerful experience for me in the way that those teachings came through in my writing. I wrote the Module, and then after I wrote the Module – this was different than my healing work – I decided to experiment to see if anything I wrote about actually worked from a scientific point of view. There was a group of women up in Colorado who were reading my Module as I was writing it, and they came down to Santa Fe. To make a very long story short of how this all came into being, we started to do some experiments with water where we would intentionally pollute water with a substance called ammonium hydroxide. Which comes from putting compost out in nature, and it's actually a natural process, but animals won't go near anything with ammonium hydroxide, because it's so toxic. So we would put ammonium hydroxide in water and take it up to a pH of 12, which would kill anyone who would drink that water; nobody would want to drink it, the smell would start to sting your eyes, no living being would go near it. We just used spiritual methods. Now, we didn't focus on the water.

The key theme of the *Medicine for the Earth* work is that it's who you become that changes the world not what you do. In the *Medicine for the Earth* work what I lead people on is learning how to experience who we are beyond our skin, who we are beyond our body and our mind. We're spiritual beings and we're divine light. If we take off this beautiful coat of our bodies, underneath that is just shining perfect diamond divine light. As we get in touch with that, everything in the outer world will reflect that back to us. With the water, we didn't try to change the water. We didn't pray over the water. We didn't send love to the water. We didn't perceive it even as polluted, because our perception creates our reality. All we did was get into a divine state of consciousness and just radiated our light to the world. What we found was that the water would drop in about 20 minutes, sometimes 3 pH points, which, from a scientific point of view is impossible to create that kind of change in such a short period of time.

Then, I started to continue those experiments in all my *Medicine for the Earth* workshops and all over the world. We were getting similar results – anywhere from a 1 to 3 pH change, which was pretty amazing. Then, later on I bought what's called a GDV camera (gas discharge). You can actually take pictures of the energy field of different substances. So we were able to not only work with water, but we could work with chocolate, and soil outside, and Pepperidge Farm cookies, and sugar, and all

kinds of things. Every workshop we'd come up with all kinds of incredible substances and be able to take pictures of the field of energy before and after we moved into a divine state of consciousness. Again, the real theme of the work is it's who we become that changes the world and not what we do. Often times we only focus so much on what we can do in the outer world, and we forget that the outer world is just a dream and it's reflecting back to us our own inner state.

Robyn: That's hard to see sometimes, isn't it?

Sandra: Yeah.

Kevin: You have some ideas on manifestation and creation based on what you were just talking about. Can you share some of that?

Sandra: Yeah, yeah. You know, we were given this unbelievable gift when we were born, which is our imagination. From a shamanic point of view, this world really is a dream. We're dreaming it into being with all of our thoughts and everything that we keep visioning. From a traditional point of view, and I'm not trying to over romanticize shamanic cultures, because they have and still have their own challenges, but they were always very aware of the fact that all of our thoughts and our attitudes and what we're imagining we're actually dreaming into being all the time. It's really important for us to use our imaginations in a very disciplined way.

For a while in the west, there were a lot of Modules that were out on visualize the world that you live in, but from a shamanic point of view and from other spiritual teachings, it's not just visualizing, it's using all of your senses, imagining with all of you senses. So being able to see all of the colors, the clean, healthy plants, and trees, and landscapes, and people, and hearing the sounds of the birds, and the wind blowing, and children laughing as they live in a healthy world, smelling the clean, fresh air, and the smell of your favorite plants and fragrances, tasting food that's been cooked with an amazing amount of love, grown with love and grown with intention and what would that taste like, and feeling the feelings that would come with living a very healthy life and in a healthy world, and going around and touching things – and actually stepping into this dream and dreaming from it.

I think that what a lot of people do when they do their dreaming work, because there's so much about working with creation right now in the west, is I think a lot of people watch their dreams as if they're watching TV or a movie, but from a spiritual perspective you have to step into that dream and be in it and live from it, so you're actually living in this healthy world or in this healthy life for yourself. You're seeing

from that dream out into the world around you. I think that as we learn how to focus, because right now we talk about wanting to change the world, we talk about wanting to be personally healthy, we talk about wanting to create environmental health and wellbeing for all of life, but if you really track your thoughts throughout the day, you know most of us are dreaming into being this nightmare that we're seeing. It really takes some discipline to really find times of the day and to do practices of moving more into a place of intentionality and going in and using our imagination with all of our senses to dream from the world in the dream that we want to see manifest.

Kevin: It's so important, and I kind of feeling like I'm in a dream just listening to you. That kind of leads into talking about journeying. I think that might be helpful for our listeners too, to have you just give an overview of what journeying is and maybe what it isn't.

Sandra: Yeah. Well again, from a shamanic point of view as I started the interview, there are these compassionate spirits and just to repeat again, because I think this is a really important thing for us to understand in the west, we're spirits too. So it's not that the compassionate helping spirits have more power than us, it again, just that they can see from a different perspective. They're looking down on our life, where we're too in it often times to see around us. One of the practices in shamanism that has been practiced all over the world, whether you look at shamans in Asia or Africa or Australia, North or South America, wherever you look around the world, shamanic journeying was a practice where typically the shaman would go into an altered state of consciousness by using some form of percussion. There were vision plants that were and are still used today in some parts of the world, but when you look around the world you mostly see some form of percussion being used to help the shaman move out of an egoic state of consciousness into an altered state of consciousness where the free soul can actually travel into the dream time, which when you look around the world, there are different worlds – what are called the lower world, the middle world, and the upper world – where there are helping spirits that live in these worlds.

The shaman can make contact with these helping spirits and ask for healing help or ask for any kind of advice. The lower and upper worlds were always talked about in shamanic cultures as the dreamtime. The middle world is non-ordinary reality here. It's the place where we can go into an altered state and talk to our favorite trees or plants and ask the plants how they can heal us. Or we can talk to Earth, air, water, and the sun and make a deeper connection with them. So, there are these different worlds, and there are different forms of spirits. There is what we call 'power animals' or

guardian spirits, who come into our life, volunteer themselves to protect us from emotional and physical harm and keep us healthy on emotional and physical levels. There are teachers in human form that also can provide a tremendous amount of healing and guidance in our lives. So there's a variety of spirits that shamans and shamanic practitioners today can work with where we can ask for healing for ourselves, we can ask for healing help for our clients, we can ask for healing for the world, and we can also get divine information where we can get guidance on how to proceed in a way that would be in our best interest for our own health and wellbeing.

Kevin: I imagine you might have run into this, where some of the religious practices have a problem with shamanism?

Sandra: Well, you know, I think it's all in the wording, to be quite honest with you. Because I was part of a medical study through the University of Michigan Integrative School of Medicine, where we did a pilot research study where we looked at how the *Medicine of the Earth* practices could help patients who were recovering from heart attacks. It was a randomized study up in Michigan. One group worked with diet, yoga, meditation, exercise; one group just worked with their cardiologist, and one group worked with me. It was the luck of the draw that 99% of my group was fundamentalist Christian. They showed up with their bibles, and I had them for four days. We drummed, we rattled, we did spiritual practices, but I didn't use the word shamanism. I just found a different way to frame it.

About a year ago I said yes, and I intentionally said yes, I did a radio program about shamanism on a Baptist radio station down south, and I knew exactly what I was getting into. But you know, I just kept changing the wording, and although the interviewers kept trying to put me in a box, you know where we would fight about evil, but we had such fun during this interview. We laughed, because you know, the principles of shamanism; first of all, all religion came out of shamanism. Shamanism dates back over a hundred thousand years. It really was the core of all teachings, and basically, there's nothing that goes against any religion that is out there. It's just how locked in we get around certain vocabulary.

Kevin: That's excellent. And it really is true. These are prayers, right – these words that we speak? They have a lot of power.

Sandra: Yeah, they do.

Robyn: So, another Module that I'm familiar with of yours is the *How to Thrive in Changing Times*. I guess we're always changing, but it just seems like more radical

change in recent years. What are some of the practices that you can share with us that you wrote about in that Module that can really help us support our spiritual self-care?

Sandra: Well, you know, I think it's really important for us to learn how to be more disciplined and what I was just talking about, using our imaginations, but also the thoughts and attitudes that we keep looping throughout the day. I don't know if the program had guests on that talked about neuroplasticity and how we create new neuropath ways in the brain that lead us to a place of joy. Basically, science today is catching up to what shamans have always known, is that our thoughts...I use the metaphor that our thoughts are like a train, you know we use the phrase "train of thought", and if you start to reflect on the thoughts that you use throughout the day and think about being on a train, where is this train going to lead you to? What train station are you going to get off on with this thought and this way of thinking? We have to be able to step back, take a step back in our lives and to learn how to, ok, a challenging thought comes up we don't deny it, because denial doesn't help anything, it just creates more illness, but to say, "Okay, everything is not perfect" but reframe it to "These are the possibilities I have in my life to create change." What is another thought that can follow a problematic or challenging thought that will lead you to a different station, and that will start to fire off different brain chemicals that will create whole new neuropath ways in your brain that even give you the possibility to create healing, and joy, and abundance and success in your life.

If you look at most of the thoughts we think about throughout the day, they aren't going to lead us to the life that we want to live, personally, and what we want to create for the rest of life. Being a little bit more disciplined and going back and rephrasing our thoughts that we keep looping throughout the day and trying to come up with something positive and more opening. Our thoughts are made up of words. In shamanic cultures, words are seen to have an incredible amount of power. In religion, words are talked about as seeds; when you plant a seed you're going to get a particular plant. If you plant an apple seed, you're not going to get a cherry seed, and when we use words out loud, words are frequency – they're vibration that go up into the universe and manifest down as form. That's a teaching that comes from the Hebrew tradition and also the Vedic tradition of how words are frequency and go up into the universe and manifest down again. We really have to learn how to say words out loud that are going to be the frequency of what we want to see rain back down on us again.

One of the practices that I like to give people to do is to put on some music and lie

down and imagine yourself going into a beautiful garden. You can even call a helping being to come and be with you to help with this exercise. Start to say words out loud that you use throughout the day, words that you really love. Some of my favorite words are brilliance and radiance, and watch the energy that goes up into the universe and how that manifests back down again. Say words that you would prefer not to see that energy manifest in your life, and notice that energy that goes up and what happens as you change your intention. Start to use the words that you would like to see manifest in your thoughts, you know string them together in your thoughts, and also the words you use out loud with others so that you know, we really start to change what's manifesting on the planet. Using that same music, using your imagination to see, hear, feel, taste, smell and step into the dream that you want to be dreaming right now and living from the dream. These are really actually very simple practices that we can do. Also, spending more time out in nature. You know nature is our greatest healer. The more that we can connect with the natural world, you know, the more connected we become, the more personal health we create for ourselves and also for the planet.

Robyn: So what do you, we've been asking all of our speakers this question, how do you practice self-care in day-to-day life, especially with your busy life? Before the call, you were talking about how you would teach like 40 classes a year, workshops, and many of those internationally. How have you done it all these years, Sandra?

Sandra: Well, I have a very strong practice, and you know, I can't say my life is perfect and I definitely have my meltdowns. That's okay. You know, my meltdowns are fine too, they're part of life. I really recognize and live my life from this that I am a human being and I came here to experience a whole range of emotions from intense anger to depression, to joy and bliss. So, I work with everything that comes up throughout the day, and I teach others how to do the same, but this is part of my personal practice. I acknowledge what I'm feeling right now and then I ask for the energy behind my thoughts, my words, that emotion, to be transformed into light that feeds me and feeds the planet. This is a practice that's part of every minute of my life. No matter how I'm feeling, I recognize how I'm feeling; I don't deny it and I don't say that I shouldn't be feeling like this, but I work with transforming the energy. So that's a real way of self-care.

I do all the work that I've shared, just now. I work with getting in touch with my own divine light, recognizing that I'm more than this body and this mind, and that there is a light that naturally just shines through and radiates bringing me personal health and lifting up the planet. I'm married to a wonderful man who has very strong

meditative practice, and so we laugh a lot at what goes wrong. So we bring humor into everything. I do spend a tremendous amount of time out in nature, you know, to really be able to just regenerate. I just love being with the trees. I'm a real tree person, and I love being with the trees and just to connect, and feel that connection with nature. I can't say that my life is perfect. I can't say that I don't get stressed out, but I absolutely devote my life to the spiritual practices that I teach, and I live them. I also bring in a lot of gratitude practices. No matter how I'm feeling, whether I'm not feeling well physically or whether I'm being challenged emotionally, I start to bring through what I am grateful for so that that energy starts to pervade my life and to help in the healing process too.

Kevin: That's so important, I think that the things you've spoke about, they may seem simple, but these are such incredibly important things to do on a daily basis.

Sandra: Well you know, I only teach simple things. The reason is, for one thing, everything that we need to do for our own personal healing is unbelievably simple, incredibly simple. I think in the west we're trying to make the healing process, how complex can we possibly make it? I think that we're really off track. I think we're just distracting ourselves. The practice of shamanism teaches us how to bring harmony, and balance, and healing into our lives again with the simplest of things.

Kevin: I totally agree. One of the things I tell my clients is that if I feel like I'm 8 years old, then I know I'm doing my practice right.

Sandra: Right, yeah, and it's also accepting that things are not always going to feel great. What I find is being on a spiritual path, we fall off the path you know, all the time. It's about learning how to brush yourself off and get back on the path again. I think a lot of people give up too easily; it's like, "Well, I tried this practice and it didn't create the change I was looking for." One of the key principles in the *Medicine for the Earth* work that I teach is focus. We have to learn how to keep our focus on the bigger picture no matter what's being presented to us in the minute-to-minute things in our life. I think that people who work with spiritual practices often times get too caught up in being attached to the outcome instead of keeping your focus, and doing the work no matter what you're seeing manifest around you, because that's all just part of the process.

Kevin: It really is. As you were talking I had this recent memory of a houseplant that wasn't really doing very well and I was confounded on how to help it. The message that comes through was pray over the water and water it with that water. It seemed very simple. Literally, this houseplant turned around immediately. It's got a vibrant

green color. And so again, it's such a simple thing, but I had to be reminded by my helping guides to do that practice.

Sandra: Right, yeah.

Kevin: What kind of advice do you give people who feel that they want to give up, they've tried so many things and they're not seeing the outcome they want?

Sandra: Well you know, I act as a cheerleader in a lot of people's life. It actually helps me, you know, frankly. I write a monthly column that goes out to 9,000 people who read it every month, and I kind of feel, in a lot of ways, in my monthly column I'm not just cheerleading other people but I'm cheerleading myself too. It's just a reminder to keep up the work, keep up the work. Because we know, I mean thousands of years of teaching brings forth clearly, that the spiritual work we do does make a difference. Again, because we get so distracted by the media, whether it's TV or radio or the Internet news, we start to do spiritual work and we see what's going on. All change, you know, we're talking about change, all change involves a death.

In shamanism you know, we talk a lot about initiation, and initiation is a death that leads us into a whole different way of life. Death is not an end, death is a transition and something new comes from every death that occurs. So what I try to help people understand is when things aren't working out the way they think that things are working out, there is a death process that's going on on the planet right now of unhealthy ways of living and unhealthy ways of being and how we work with politics, and religion, and the economy.

The bottom line is a lot of things are not working right now. A transition is happening, an initiation is happening, a change is happening. We have to surrender to that and not get caught up in what's ending or what's dying, because what is dying needs to end for our own health and wellbeing, personally and for the planet. To remember that we are being led into a whole new way of being, a whole new evolution of consciousness, that allows ourselves to respect ourselves, all of life, bring harmony into our lives. Which will create harmony without peace within, which creates peace without. But, there's gonna be a lot of endings to get us to that evolution of consciousness. We've all been asking for change, and every change involves a death. That's the nature of change. I try to help people not get so caught up in the death that's happening in the way of life that we grew up with and what we're perceiving but to keep doing our spiritual work to imagine and use the words and thoughts, and to transmute our states of consciousness so that we're constantly allowing ourselves to go down the river of life and to experience the turbulence

knowing that that's just a process and that smooth waters are always going to be ahead.

Kevin: I like that. You said the word 'transmute.' I wonder if you can expand a little on that.

Sandra: Yeah. I try to interchange the word transmute and transform a lot; because I know transmutation is a word that people get caught with. Transmute actually comes from the practice of alchemy. Alchemy is an Aramaic word, and what it literally translates to is working within and through the dense darkness inside. The whole practice of alchemy was about learning how to transform problematic states of consciousness into gold light – the belief that we're all divine light. There's this gold seed that lives in each and every one of us. So we can transmute as I talked about, our problematic thoughts, you know, when you get angry because somebody shot you down at work or you felt stepped on.

We talk about being backstabbed or a bomb went off in a meeting, or I felt like I was shot down, how do we take that and transform that into gold light? How do we take our own thoughts that we put out into the world and transmute that? How do we take the pollution that we're seeing on the planet today and transmute that into spiritual divine light? That all goes back to the practice of alchemy, of transmuting, transforming everything that is dense and has a dark energy into a golden light, bright, radiant frequency and energy.

Kevin: You actually have a newsletter called Transmutation News. Can you tell people how they might get on that list?

Sandra: Well, there's no cost to it. You can either sign up for it on SandraIngerman.com, there's an email list that you can sign up on, or, if people would prefer not to be on a list... I don't send out emails except for the column every month, so people are safe signing up. But if people just want to read it they can just go to SandraIngerman.com and click on Transmutation News. I started writing in 1998 and I have not missed a month. I do loop sometimes, but the feedback that I get is that people need to be reminded. It's also translated into 13 different languages, so we have people all over the world reading it too.

Robyn: So Sandra, I'm on your website now, do we just go into your email list and you'll automatically get your...

Sandra: ...the monthly column delivered to you every month, yeah. You can go back

into the archives and you can read every one since 1998.

Kevin: And I encourage everyone to do that, because I've enjoyed them for many years. This month is on balance, and definitely tune into this and read what Sandra has to say about balance. You also have, in that same area, a message about the human web of light, and I think you've been kind of talking about that as we've been talking, but if you want to share a little bit more about that concept.

Sandra: In the year 2000, I was guided to create a full moon ceremony every month, and again it's world-wide because there's so many thousands reading it around the world. Every full moon, what we do is, we do a practice where we go inside of ourselves and allow ourselves to get in touch with our own spiritual divine light. Again, this is what we have used to transform pollution in water and other substances. Getting in touch with our own divine light, everything in the outer world will reflect that back to us. It's not that we send that divine light into the world but we radiate it. If you think of a star in the night sky, a star doesn't *send* its light to Earth; it doesn't try so hard, it doesn't effort. You know a lot of people get caught up in, "Well, you know, I have to work so hard at being a being of light." So, I tell people to imagine themselves merging with a star in the night sky, where that radiation of light is just effortless and it travels for millions and millions of miles. So we all join in together of experiencing our own starlight and radiating that throughout the Earth and throughout the entire world. We do that together every month on the full moon.

Kevin: That's beautiful. I love that practice, and it's definitely that idea, that concept that you just shared, that we don't have to effort this. This is definitely something that we are.

Robyn: What I loved that you shared earlier is that you experience all of human nature, all emotions and you don't fight against those, because a lot of people want to be happy all of the time; well that's really not nature.

Sandra: Right. The sun goes up, the sun goes down, that's nature.

Robyn: You've shared so many amazing messages in this time with you, but for people to realize it's okay, and to feel what we're going through knowing that a lot of these strategies that you've shared with us can help us move through it – it's part of change, it's part of this transmutation that we're constantly going through. To look at that in such a positive way, I think that transmutation is such a wonderful word, actually. In fact, our third month was about releasing and transmuting trauma. Yeah, that was an amazing month. In fact, we did a live event with gosh, about 17

practitioners – Live Stream is what we called it, and brought in all kinds of healers in one hour to do a global release and transmute trauma day. We began introducing that possibility and how much we can free ourselves from the self-created prisons.

On that note, I just want to let all of you know that we have a live event June 20th through the 23rd. We have about 19 speakers, we're showing two documentary films, and we have Norm Shealy coming for a certification. Being with Norm Shealy, he's an eighty-year-old, I call him a sage. He's just transformed the state of complementary healthcare. He's a trained medical doctor, but wow, he's come a long way and has really introduced the very western mind to the possibility of a complementary approach to looking at the body. With you too, Sandra, you really helped spread and re-awaken this tradition of shamanism worldwide. You're such a great gift that you're still carrying out this legacy to this very day.

Kevin: Your purpose has been this global community. We both certainly respect that and the work that you've done there. Can you share a little bit more about that?

Sandra: One of the experiments that we did with the GDV camera was I took a peach from my peach tree at home that was during an extreme drought in Santa Fe. I was doing my work every day, seeing the peach tree in its divine light and that it wasn't struggling against the drought, and I brought the peach to the workshop. When we looked at its field of energy under the GDV camera, it was really quite remarkable of how the energy of the peach looked. Then, we had the peach in the middle of our ceremony where 50 people were experiencing their divine light and seeing the peach in its divine light, and the difference in the energy field was extraordinary. So, one of the teachings about that, for me, is there's a lot that we can do personally, but if we would just join together with the millions of practitioners around the world. We don't have to agree on every method, every technique, and how we work. The spiritual community can get a little divisive about this way is better than this way. That's really unfortunate, because it's not what the planet needs right now. If we could all just join together in love of the planet and love of life itself and do our spiritual practices and imagine ourselves joining together as we do our spiritual practices with millions and millions of people around the world who are doing their prayers and spiritual practices, we're going to see an incredible amount of change and very, very quickly.

I've been really trying to encourage people to not worry so much about what other people are doing, just realize how many people are opening their hearts up to working in the ways that they feel called to do and where their destiny is leading

them to and join together and create an energy field of light that really can transmute so much of the darkness that we're seeing in the planet today. I think that that's where we're going to see the most exponential change is as we learn the power of community.

Kevin: That's excellent. I think one of the messages that I'm hearing you say is this combination of discipline and imagination.

Sandra: Yeah, because we want to dream and we want to let our thoughts go, but we don't want our thoughts to create a nightmare. We want to start to pay more attention and put more intention into what we're dreaming into being, and what we say.... I always love to share this in my teachings, as kids we used to run around saying abracadabra. Abracadabra is actually an Aramaic term, abracadabra, and it means I will create as I speak. If we could use more discipline about the words that go into our thoughts and into our dreams and what we say out loud – I will create as I speak.

Kevin: Yeah, that's so powerful.

Robyn: So, people need to read *How to Heal Toxic Thoughts* by Sandra Ingerman. So where can people go to get your Modules?

Sandra: It's a sweet little Module. That Module is done really well, and you can get it off of the usual sites: Amazon, etc. And *How to Thrive in Changing Times*, what I did with that Module, it's kind of the sister Module of *How to Heal Toxic Thoughts*, I took out the shamanic terminology to make it more accessible to people from all different traditions. Those two little Modules, they're both really little, and they both have really simple practices – how to work with your thoughts, your words, how to transform, all that's being radiated out of you so that we are feeding ourselves and the light of the world.

Robyn: I really love the title of our talk today, *Spiritual Self-Care: How to Thrive in Changing Times*, but the whole idea of spiritual self-care. That's a big important piece that's always available to us. We don't have to go anywhere; we don't have to pay a cent for it. It's part of who we are. Who is it that said, "We are human beings living a spiritual life?" Right?

Sandra: Right.

Kevin: I certainly appreciate all that you've shared. You mentioned that you have

some newer projects and that you've got a cd series coming out on Sounds True.

Sandra: Yeah, and the practices that I talked about today as well as introducing shamanic journeying, is all part of a 6 cd program called Shamanic Visioning, unfortunately, I don't remember the sub-title. It's being released by Sounds True this fall. I'm very excited about it, because even as the producer said to me at the end, he said, "Do you realize that if people do all the practices that you shared in this series, do you realize how much change is going to happen in their lives?" I said, "Yeah. I've been watching it for 30 years as I've been teaching these practices." So, yeah, it's great.

Robyn: So, if someone wants to work with a shamanic practitioner, they can go to your website and certainly get the whole...

Sandra: Yeah. I have a second website called ShamanicTeachers.com. It's practitioners who I really trust and teachers who trained with me to teach all over the world. There's hundreds of them all over the world, and you can find a local practitioner or local teacher to work with on that site.

Robyn: So somebody that's writing in is saying that they're severely depressed and that they just can't get out of their depression. What do you recommend? It's kind of a vague question, but what would you say to that?

Sandra: I would say, because I've used this for myself, I can get pretty dark to be quite honest. It's always been part of my path and it's always kept me on a spiritual path, is learning how to work with the depression inside of me. What I find works really well for me is to do really simple things like; there's a tree that I just adore. I take a walk every day and I just imagine myself putting my hand on the bark of this tree, and that always lifts me up no matter how I'm feeling. Or to think about something that you really love in life. I realize when we're depressed, nothing seems good at the moment, but there's something small, tiny, and really small not big, that you can just really experience how much you love this thing. It will start to change your energy. The more that you can do this throughout the day, it's really a very simple practice, but the more that you can do this throughout the day it actually releases different chemicals starting to come out of your brain that starts to move you out of the place of depression.

Kevin: Just before the interview, I walked outside because we've done three of these today, and I was getting some fresh air. A huge monarch butterfly flew by my head. As you were saying too, being able to be available for that, to have awareness that that

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is important. It's just a small circumstance like that, signs that show up to us that if we're not in awareness we don't see them.

Sandra: Yeah, and the omens that we see. I'm into the practice of omenology, which is like going outside and seeing a monarch butterfly when you need that sign. It's those omens that remind us of the magic of life. Because often times, we get caught up in what's going on, and when we experience, when we can open up our awareness to what nature is always showing us in a minute-to-minute basis, if you really open up your awareness, all of a sudden you remember that you're part of this incredible, magical life.

[End of interview]

KEN KUHNE

RaisedBed.biz | Grow Y'Own Founder, Locavore

GROWING YOUR OWN FOOD YEAR ROUND

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Robyn: Hello everyone and welcome to month five of the Self-Care Revolution™. This month's theme is electro-sanitizing your life, Earthing, and growing your own garden. My name is Robyn Benson. I'm a doctor of Oriental Medicine and the Founder of Santa Fe Soul Health and Healing Center. I'm joined with...

Kevin: Kevin Snow, the Desert Shaman and I'm happy to be here today to learn how to grow my own garden.

Robyn: Are you ready? Are you going to really grow your own garden?

Kevin: I totally am. This has been a goal of mine for a long time so I'm definitely excited.

Robyn: I just want to announce to all of our listeners, we're very excited; Kevin just graduated from his degree.

Kevin: Absolutely. I have a Bachelor's in Psychology. I'm very excited.

Robyn: This is going to add to all your other degrees, right?

Kevin: Absolutely.

Robyn: It's amazing that he's been doing the Self-Care Revolution™ in addition to being a full-time student. I'm so excited about this theme and as everyone knows, it's my favorite theme of the 12-month series.

If you're joining us for the very first time, the Self-Care Revolution™ is really about our big overriding mission. It's about saving millions of lives by helping people realize the importance of practicing self-care like never before, to also know the possibility of preventing disease and reversing any situation you may have. We're well into, like I said, our fifth month. We're so excited to have Ken Kuhne here with us, as our guest today, from Grow Your Own Garden. Thanks for being here.

Ken: Thanks for having me.

Robyn: As we discussed, we go way back we started planning this month and I knew with the gardening piece exactly who to call, because not only do I have some of your beds at my personal home, but we started out with one at the center, at Santa Fe Soul Health and Healing Center. Ken's gardens are all over the country now. I'm not sure if international.

Ken Kuhne was a designer/builder of custom green homes for 36 years. When the construction industry started to tank, he made the move to try and heal the planet more by helping people become locavores and empowering them to grow their own food at home. Thanks again for being here.

Ken: Thanks so much for having me.

Robyn: What's a locavore?

Ken: A locavore is one who grows their own food, buys their food locally, tries to keep it in the community rather than shipping food thousands of miles and eating food that the life-force of which is not that great anymore, because the most life-force you get out of food is when you cut it and eat it within 30 minutes.

Stuff that's been shipped from California to Mexico over two weeks life-force-wise is minimal. Nutritionally, there is nutritional stuff there, but you can taste it when you eat food right out of the garden. It's not rocket science. Anybody can do it. I've got 90-year old grandmothers doing it with 6-year old kids.

Robyn: I'm thinking this is our fourth season with you, right?

Ken: I think so.

Robyn: What's really neat is that Santa Fe Soul is in a commercial area. As you walk to our front door into our living room, you see that hoop raised garden right outside, in front. It's just sending this great message to everyone who walks in the door how important it is to become a locavore.

You were just mentioning that you've been working- we're lucky to get you here and just so the listeners know, he is here live with us. He's been working seven days a week and we carved out this time. We're so grateful that you're here.

Tell us a little bit about your story Ken, I think it's great that building custom green

homes for 36 years is really neat, how have you made this shift into this latest passion?

Ken: Basically, about seven years ago the construction industry started going downhill. Fewer people were doing new homes they were doing remodels and additions. I wanted to do something to help the planet more so I thought about growing food. A good friend of mine, Deborah Madison and I talked to her one morning.

She said, “Why don’t you stop doing construction and just help people grow food like you’d wanted to for years?” She showed me a picture of a box, just a regular raised bed box. I said, “Well that’s great, but we’ve got to also keep out the critters, we’ve got to stop the heavy New Mexico winds and we’ve got to cut down on the heavy UV sun, because we’re at 7,000 feet. So, if people are going to grow successfully we’ve got to do those three things.”

A friend of mine in Galisteo is a fifth generation cabinet maker. We made a prototype, had a cover made, took it to Whole Foods, parked it, and I went to lunch. Five minutes later, phone rang and some guy said, where are you I want six of these. Ten minutes later, someone called and said, I’m trying to find you I want two of these. By the time I got back there, there were about ten people around my truck and I was taking orders. As I drove home, people were honking and motioning me to pull off the highway. I got home and I said this is crazy all I have to do is drive around with a model. It just took off from there.

That was April ’08. This is my sixth year. We’re in 28 states with over 900 units out there. More and more people are discovering how good they feel knowing what their food source is and how it’s grown, how it’s watered and how it’s picked. Last summer, we had this huge cantaloupe crisis where 46 people died from eating cantaloupes. Before that, it was spinach. Before that, it was jalapenos and tomatoes.

Robyn: You don’t have to worry about genetically modified foods when you’re growing your own garden in your backyard.

Ken: No. Monsanto just won a case last night about not allowing farmers to grow second year crops with their seeds. They can grow one year and then they have to buy new seeds to continue. But they’re gaining control on seeds. So everybody that’s growing out there, save your seeds because one day you might not be able to get organic seeds, you might only be able to get genetically modified seeds.

Robyn: Have you ever looked back, I mean 36 years of building homes, was it a hard transition?

Ken: It was very different. With a home, you spend anywhere from six months to two years with people. It's the most personal experience you can ever have with somebody, because that's their personal space. You have to honor that. You can't just say here's a three bedroom two bathroom house, enjoy it.

I used to get to know the people, find out what they did in the morning, and basically together, we created their favorite sweater, which is their lair or their den. When we could, I'd teach them how to do things so they could actually build a house themselves, which would empower them more. It's all about empowerment, which is the same thing with gardens.

When people are growing their own food, 70% of the people I sell to have never grown a thing to eat in their lives. Growing their own food is something tremendous and people are calling me two months after we've planted and they're screaming. They're going I just ate my first spinach salad and I grew it. My lettuce is a foot high. People get so excited about growing their own food.

The second year they've got it down. Then they're putting food away in the freezer for the winter and they're sharing with friends and shelters. It's empowerment on both sides, for me helping them and for them doing it.

Robyn: Before we went live you were mentioning that you just visited three of your customers and they've been going year-round. Right now, here we are in May and they've got three feet worth of high, what did you say which vegetable?

Ken: It looks like midsummer.

Robyn: Cool.

Ken: It looks like someone's garden in midsummer; parsley is two and a half feet high and bok choy, lettuces, sorrel, chard, kale and herbs. We've been growing herbs for seven years in our bed. We haven't bought chard and kale for four years. If you start thinking, well what do we spend on vegetables? What did we just save on just chard and kale in four years of eating free chard and kale?

In one short growing season, you've paid for the unit. Then you're eating free food for the next 35 years because the beds are made out of kiln dried western red cedar from

British Columbia, the most rot-resistant bug-repellent wood you can use. The piping will only last about 60 years. The wear covers have gone six to seven years, summer covers, about three to four years.

Once you make the initial investment, it's not like solar where it takes 10 years to get it back. In one growing season, you'll get your money back and you'll be eating free food from then on. It's like free food, how can you afford not to? But I don't try to sell this, when people get it in their heads, we want to try to grow our own food and we want our children to be eating better food. Then they call and they say, you know, I've thought about this for a long time and I think it's time to do it.

Kevin: We probably have some people out there wondering about the soil that you put into the raised bed.

Ken: The soil is a top soil compost organic mix. It's the only soil that we can get here bulk that is such quality. We add in organic fertilizers to it and amendments, so the whole thing is organic. People don't have to worry about soil or what's in it and it grows great food.

With our soil mix, when you're putting stuff in a raised box the soil that's going in there is the soil that's going to be in there for many years. You want to make sure that what you're putting in, it's like location, location, location; soil, soil, soil. It's very important not to put in soil that's mostly caliche clay. You want it to drain well. You want it to grow food well. We start with a great soil mix and every bed we put in is like that.

Kevin: Are there layers of it? I'm not sure what I'm asking there, but are there rocks and then soil?

Ken: No. It's all soil mixed with compost mixed with amendments and organic fertilizers.

Robyn: What are the beds made of? How did you come up with this design?

Ken: As a builder, again working with a cabinet maker, we wanted to use a wood that was renewable and sustainable. Redwood is not. It's a great choice for beds, but it's not a sustainable wood. The wood we're getting is cut from a renewable forest in British Columbia. They grow it and in 15 to 18 years, it grows back and they cut it again. That's why we chose cedar. It's also a very lightweight wood, so when we ship it to different states, it doesn't cost the consumer a lot of money.

Here, it's easy to work with because we can carry it around. One man can carry it around a bed. But it's not an energetic strain. That's why we came up with cedar and it's bug repellent, just like cedar closet and it's very water-resistant.

I have friends with 32-year old cedar beds in Abiquiú. I asked them in the spring to dig down and tell me what it looked like and they said it's dirtier than new, but it looks about the same. So it's going to last a long time. You don't have to worry about that. The pipes will. The covers will. You'll basically give that bed to your children and say this is mom and dad's bed. Then they'll give it to their children and say this is grandpa's and grandma's bed. We've tried to keep everything sustainable and renewable.

Robyn: That's great. What's been really nice in my experience working with you Ken is that this will be for three seasons, we have not been successful at sustaining our garden throughout the whole year. We want to bring you back. It's like a family event, because we bring the kids out.

For three seasons now, our fourth one, my two children get to take part in planting the seeds. Then my husband and even the dog, you've gotten to know our dog over those three years. What we also appreciate is just your amazing enthusiasm for what you do. You live and breathe your message. It's like you're so one with the plants. It's just so obvious that this is a huge gift to the planet for all of us to learn to be more sustainable. This is a big self-care message.

Kevin: It really is. I'm even thinking as you're talking that this, the place we're at in New Mexico here, has a very long history of growing its own food.

Robyn: That's true.

Kevin: The Pueblos that we're surrounded by here in Santa Fe do exactly this. It's inspiring to see that we, as we live here, can do this. I think that the message is important because I think a lot of people, including myself, don't believe they can. What you're doing, I think is really powerful. It's empowering people to say you can grow your own food. How much food can you grow in these? How big are they, for instance?

Ken: Anywhere from 2' x 4', 4' x 8', but we've also done 4' x 20's. We do 3' x 7's. We can do anything custom. A bed 4' x 8' will feed a family of four year-round, if you get it going, take care of it and do the proper things. I'm always around to stop by if somebody has questions or needs help. I have single women with 10 beds. Each year,

they get one or two more. One they're growing sweet potatoes. Another one, they're growing squash. You go there and it's like this field of dreams, all of a sudden they have every kind of food at the market and they don't have to go buy it. It's free.

Robyn: We've just had a recent frost. How do people keep their beds alive throughout these periods of cold?

Ken: We've got two covers. We've got a summer cover, a triple-weight breathable UV resistant polypropylene that lets in 85% sunlight but it keeps out the heavy-duty UV sun, all wind and ties down under a strip on the outside of the box so ice, packrats, squirrels, rabbits, dogs, cats, skunk, raccoon, deer, and we even had a bear around ours for three months, can't get in. You've got to keep the critters out.

We also have a winter cover. It's a heavy-duty 6 mil plastic that's also UV resistant and used in greenhouse applications. We put the winter cover on over the summer cover, so you have a double-pane window effect. Also what we do is we run a work light with a 100-watt bulb inside an upside-down flower pot, flower pot heats up, radiates the heat, and gives you that extra warmth for the winter. Those are a couple of ways of doing it.

We just came out with a solar cover that's made out of space blanket. I gave it to a man in Albuquerque who keeps temperatures every 30 minutes and has for two years. He's running a 150-watt light in his bed. He turned the space blanket inside out so it's facing in. He grew tomatoes, peppers, and basil all winter. When I went down to visit third week in January, it was 20 degrees outside it was 80 in there at 9:00 in the morning. He had full-on green bell peppers, red jalapenos and heirloom tomatoes.

Next winter we'll have a solar cover and the idea is to cut down on using electric so much and just let it do it passively and naturally.

Kevin: Great. I think when I first heard that it was year-round, I'm that there are crops that grow better in the winter, but you're saying that you can grow the same crops.

Ken: He just proved that you can grow. Tomatoes, peppers, basil are the three things that die first in the fall. When the temperature starts getting cold, it shouts out cold, they wither. If you can keep that going through the winter, that's great.

We have people in Montana growing lettuce in January. We have people in Tucson growing everything in the middle of summer when it's 120 degrees. On the cliffs of

Santa Barbara in San Diego with the winds and up in Portland with the rains. They said we've never been able to sustain gardens because of the weather conditions, animals, or wind and now, they are.

Robyn: One of the luxuries of having one of these hooped raised gardens is that it's pretty much automated, right? You don't have to be weeding every day. Why don't you explain how you've set this up to make it really easy for people to grow their own gardens?

Ken: Sure. In the summer, we put in on an automatic timer, which goes off once a day for anywhere from 5 to 15 minutes a day. It'll use about four gallons of water per day, which is great for New Mexico for water conservation. You don't water. You'll very rarely weed. Basically, all you're going to do is pick and successively plant.

As you pick a carrot, plant a carrot seed, a beet seed or turnips. I've got 90-year old grandmothers doing this. We've got 3-year old kids doing it. We're in about 16 elementary schools. We've got a huge installation of college of 16- 4' x 12' beds for the culinary arts department.

Robyn: Sixteen beds. This is at the local college of Santa Fe?

Ken: Yes. It's wonderful. We planted it in mid-November. In January, they picked big bowls of greens for the culinary arts department. Now the beds are exploding. It's in a crossroads so the students can just walk by, pick some arugula and lettuce. It's a learning experience where they're creating a new department on sustainable agriculture and teaching kids about composting. Every time I go there I'm swamped with people that want to know how they can get involved doing this.

Kevin: You mentioned composting. Could you share a little bit about that and are you recommending that people do that?

Ken: Absolutely. That's all part of the cycle and the circle of growing, is that you want to compost the foods in your kitchen, any foods that you're picking out of the garden that you want to throw away. If you're not giving them to chickens, than at least start composting because you can then use that compost in your bed and create healthier gardens.

Kevin: Is there anything you can't put in compost?

Ken: You don't want to put meat products. You don't want to put bones. Those are

the main things that you don't want to do.

Kevin: I noticed the animal products didn't go away when I put a banana peel in there.

Ken: Yes. If you're going to put stuff like that in there, you've got to chop it up really well. There are different theories on composting and how to do it. Sam McCarthy from Payne's Organic Soil Yard who also sells red worms is one of the mavens of composting around, and red worms. He can help you get a compost pile going, a worm bed going. It's a great experience for kids and adults.

The whole thing has become, in my experience working with people, a revelation on the fact that they're feeding themselves. Whereas normally, when I go to schools and start out in a program, I can hold up a carrot and I'll go, do you know where this is from? The kids go Albertsons. I'll go no it's from your beds that we planted. Then when it comes up, you can just see them. They just can't believe that they put in this little tiny seed and up pops a carrot and then they're eating it.

Robyn: A lot of revelations in this revolution. Revolution; our definition really is a fundamental change in mindset. People realizing wow, we can do this right outside our door. And this whole movement to return to nature. We are nature. A big theme of the Self-Care Revolution™ is helping people realize there's no distinction. We are biologically identical to nature.

The more we're outdoors and we're getting our hands into the dirt, our knees and connecting energetically, how it makes us feel good. Like you said, everything is energy and food right from the Earth has such a much higher voltage than food that's, even if it's organic in a store is different than right out of your garden.

Ken: And feeding and watering yourself. If you're not feeding and watering yourself you're not going to make it. To make it even better, feed yourself great things, healthy food. You'll be in better shape. You'll be mentally more at peace because you know where your food's coming from. Know your food source. Know where it's coming from.

We get food from many different places, but you don't know what they did there, who touched it or who boxed it. When you're growing it yourself, you can go to sleep at night and know that you're growing organic food for you and your children and it's going to make a huge difference in your life physically, as well as mentally and spiritually.

Kevin: I like that you mentioned the spiritual aspect of this as well. When we're talking about nature, we're talking about returning to spirit as well and being more in alignment with spirit. In my work, I think that's so important, that there's a fairly large deficit of that in our society.

Robyn: Absolutely.

Ken: Look at what's going on when you're gardening. It's quiet. You've got your hands in dirt, mother Earth. You're out in nature. You're getting sunshine. It's an entire experience. There was one classic example at one of the schools where they had a girl who's a problem student. They had a little greenhouse and they were starting to grow food and stuff.

She was cutting up in class and the teacher is getting pretty irked by it. At one point, the girl said, can I just go out to the greenhouse? The teacher said, of course, sent her out to the greenhouse. She went out there. About 20 minutes later, the girl was calm, she was focused. She was digging in the dirt, planting new seeds and it just totally changed her demeanor.

Robyn: This is making me think about two speakers we interviewed last week, Magda Havas and Marcel Wolfe, who are experts on the electrified world that we live in, electro-pollution. This is a great solution, really. Our kids are so plugged in, more than ever and the antidote is to really reconnect to the Earth. People need to get away from all this, in every home. We get a lot of indoor pollution in every single home, just about, unless we're living in one of your green homes that you built in your past life.

Ken: Your home, you were worried about those towers far away, how to block that.

We're being bombarded from all over, so we need that balance of going out and working in a garden. I think there was a film called 'Being There' with Peter Sellers. It was Peter Sellers' last film. It's a hilarious film, but it's so appropriate, about gardening. He makes these statements to the President of the United States and everybody's in wonder mentally where he's at and his position. Basically, he's just saying go out and plant seeds, be in nature and be in your garden and everything will be okay, you'll be healthier.

Kevin: That's excellent. Earlier you mentioned worms. I had been in a place where they were cultivating worms. I was fascinated by that, I've never seen that before. Can you mention a little more about that?

Ken: Worm castings are one of the primary ingredients to use in your garden. It's like organic fertilizer. It's a cast-off of worm bodies. It's worm poop. They're great plus they aerate the soil, so when you put it in and they make pathways through your soil, it aerates it so your plants grow better and the roots have more air. They're essential also.

Kevin: You're putting it right into the raised bed.

Ken: Yes. As long as they have something to feed on they're fine.

Robyn: If someone's listening, like we have someone on the call from Indiana...How can they find out about your business?

Ken: On the Internet, either they can go to RaisedBed.biz. They can get tons of information from either site. There are blogs and recipes. They can always email me or call me. I'm available all the time to help. Our main raison d'être is to get you growing.

Kevin: Excellent. Get me growing. Literally, because I think this...

Robyn: You know that Dee Dee also has one of Ken's gardens.

Kevin: This is exciting to me. How can we revitalize this one that we have?

Ken: This one here?

Kevin: Yes. Let's talk about this one here at the center.

Ken: This one here, next week or maybe even this week I'm going to re-fertilize, replant. In two or three weeks, you'll be eating your first baby salads.

Kevin: Nice.

Robyn: Besides the cover to keep it going throughout the winter, do we need some electrical lights?

Ken: Not necessarily. The other thing we do is we take a piece of the polypropylene and we lay it over the plants inside the bed with the double covers. What this does is it's like getting into bed, pulling up a blanket on yourself rather than trying to heat the whole room. You just compress that heat right onto your body. It's compressing that heat right onto the plants.

Elliott Coleman out of Vermont, that's how he grows in the winter. He just has a plastic cover, he lays over some polypropylene on the inside and he takes it down to zero degrees, just doing that with no supplemental heat.

Kevin: So when I grow squash and it just takes off and I've got thousands of squash, you said you had recipes and I think that's another really important part of this. What do we do with this food now?

Ken: Two great Modules. Number one, best Module I know is Vegetarian Cooking for Everyone by Deborah Madison, who is our local guru of foods and cookModule author and James Beard award winner. She's a fabulous gardener herself, and amazing chef. She just came out with a new Module called Vegetable Literacy, about foods that we don't necessarily cook with or know about so much. Vegetarian Cooking for Everyone is the bible. It's got not only recipes, but information on every vegetable and herb.

Kevin: One of the things I learned in studying the Pueblo culture is that they had three main- corn, the beans, and the squash. Is that something that you work with as well?

Ken: We work with the beans. Squash gets pretty huge. We can start squash in the beds in March and then in May transplant them and put them outside. You just got a two and a half month jump on the season, so you're way ahead of the curve. Beans, of course, peas. We grow tomatoes in the bed. We grow them on a center grid wire vertically.

So you're actually growing half again as much gardening space as you are horizontally, so you get one and a half beds out of your bed. But with vining things you've got to stay on it. You've got to espalier or weave it onto the grid wire, because if you do let it go then it takes over your whole bed.

Kevin: I noticed it had a cover on it and you talked about the covers. Can we lift the covers up? How do we get into that space?

Ken: The deluxe summer cover has screened ends. You can open up these flaps and roll them up like a tent. The ends have integral screens so you get better bed aeration going through the bed, but you don't have necessarily to take the cover up. The way to get into it is you untie it, slide it up and clip it. It takes about 20 seconds. Then you work on one side of the bed then go around the other side and work on the other side, because you can really only reach in two feet.

You never want to compress the soil in a raised bed you always want to leave it light. We've made it so it's accessible from both sides. It's very easy. You can leave the cover halfway up during the day and let everything breathe, let the Beneficial's like lacewings, parasitic wasps, ladybugs, even birds, go in there and clean house, eat bugs. Then at night, you always tie it down for the nocturnal so they don't go in and eat your garden.

Robyn: Can you make the bed higher for people with bad knees, backs or just any age-related disease?

Ken: For sure. What we do is build it up on split face block, which looks like rock. We did it at the college to make it ADA accessible, so people in wheelchairs can come right up to it and the bed is right there where they can work on it. We get that all the time.

Robyn: I'm going to have to connect you with our Age Nation people, George and Sedena Capanelli.

This has a lot to do with vitality. Pedram Shojai, who we interviewed last week, is a producer of an incredible documentary film where he went around the world interviewing people, spending time with the indigenous people and learning about how to get our vitality back. A lot of it has to do with reconnecting to the Earth. In fact, his second movie that he's working on right now has a lot to do with the Earthing movement.

Kevin: This is such important work and seems like it might be even overly simple. What you're giving people is the ability to do this. I think what I'm trying to say is you're removing the barriers to entry into this process and that's really spectacular, even making it high enough so that my knees can not be too sore.

Robyn: Well said, Kevin, we want to break down any barriers.

Ken: Maybe they will just have to have a bed there and somebody can just win that I'll give you. Somebody can win one of these and cut it up.

Robyn: We have so many questions. We can open up our lines while I continue with my questions. Do kids get involved, like when you go to the schools and you said there are colleges, but it sounds like there's been a lot of enthusiasm among our young people. What a great imprint for them to really learn the importance of growing your own food at such a young age.

Ken: We're in about 12 to 14 elementary schools. Everyone, when we set it up, we have the teachers and the kids plant. I'm there to help them plant the starts and the seeds, so that they're actually the ones getting their hands in the dirt. I show them one plant and then they do it.

I haven't had any schools where the kids haven't been totally exuberant about getting out there, getting their hands in dirt. Even the teachers, they asked them, do you want to do this and they all screamed, yes we want to do it! So we're in all these schools, all these kids are learning. There are two women who have given beds. One of them has given beds to not only schools and had them set up, but also the Many Mothers Program, ManyMothers.org.

Robyn: We work with them here at the center too.

Ken: You do?

Robyn: Yes, we open up our doors.

Ken: One of the women has given 22 beds to young mothers. We're about to do four more. Another woman gave eight beds to the Many Mothers Program and four to the St. Elizabeth Shelter. We set up at the different shelter locations where there are families living. We gave them beds, set it up, planted it, and now they're growing their own food so they can sustain themselves.

The neatest one was the first one we did. We gave two beds to this housing project on Sirengo of eight formerly homeless elderly people. We planted it. After two and a half months they're getting so much food besides feeding themselves that they were giving it back to the St. Elizabeth Shelter.

Robyn: I haven't heard of this before this is awesome.

Ken: The gardener is an 85-year old woman from California. Her raison d'être is to get up every morning, pick greens, drive over to the shelter and give it to the shelter.

Robyn: You can imagine how that's transforming their whole outlook on life, going from homeless to take care of themselves through eating their own food. You turn on their inner life, talk about all the cells. That can end the depression. It can really help people mentally, spiritually and physically to regain their sense of self and meaning, purpose.

Ken: And then they're giving back from where they came.

Robyn: Yes, giving back to the shelter. Fantastic.

Kevin: That's a neat story.

Robyn: We're going to have to make sure we get that out to all of our social media networks. Of course, Santa Fe Soul, we've got our wonderful community here, over eight years now and we're going to be celebrating our birthday this summer as well.

Ken: Congratulations, how great.

Kevin: Do you have specific foods that people would start with? You mentioned greens.

Ken: Basically, when we plant a garden... chard, kale, arugula, spinach, sorrel, lettuces and herbs. All herbs.

Chard, all kinds of chard, maybe four or five different kinds of chards. Probably four different kinds of kales. Lacinato kale, which is Tuscan dino kale, has more antioxidants and the most nutrition of anything. It's great for hay fever and overall ultimate health. Kale should be definitely a part of everybody's morning smoothies or part of their diet. We always do different kales; chards and arugula, which is like a weed. You put it in and bring out the chainsaw. It starts taking over.

Spinach, of course. Sorrel, French sorrel is one that I put in all the time because it tastes immediately like spinach and then it explodes into lemon. You can use it in raw salads or you can make a sauce out of it. You can make soups out of it. Deborah has many recipes in her Modules on sorrel sauces and soups. Lettuces. There are so many different lettuces. All the herbs. You can grow all the herbs year-round except for basil. We're trying to change that with the solar covers, but you can grow enough basil in the summer that you can put it away. You can put enough pesto away and dried basil to last you the winter.

Everything else will go all winter, no problem. I've had people that don't water for three months and they go out there. In the winter, you water about once a month by hand, because you shut off the automated system. But I've had people go three months in the winter, never water and they go out there thinking that they're just going to clean out their bed and it's filled with food.

Kevin: This is one of the things I think people would be concerned about, is water and you mentioned its very low water use overall.

Robyn: There's only four gallons per bed, right per day.

Ken: Right.

Kevin: And it's automated which is another thing to emphasize that this is an automated process.

Ken: Yes.

Robyn: We want instant gratification with our beds.

Kevin: Is there any filtration on the water or do you care about that?

Ken: I have had people put filters on the water.

Robyn: The water is very hard in the Southwest.

Ken: Or chlorinated.

Robyn: Exactly. Too many minerals.

Kevin: So you can have that staple to fit into the automated system?

Ken: You can do that. I don't have many people that do that, but you can, it depends on your water source.

Robyn: Let's talk a little bit about the bugs. Because I know we had trouble one summer in particular, that we also had here at Santa Fe Soul. How do we deal with that issue?

Ken: That's easy. I want to just go back for one second and regress, about water. Most people don't know this, but almost all hoses contain lead. The reason they contain lead is that they put it in hoses to make it flexible. Until a couple of years ago, the FDA wasn't required to put anything on hoses saying this is known to cause cancer in human and animals.

Now, if you look on your hoses on the back, it won't say it on the hose, but on the back paper cover, it'll say, this is known to contain lead and cause... Our whole lives where,

as kids, we drank out of hoses, we watered our organic gardens with hoses, we fed our animals with the water out of hoses. They now make eco-hoses which are lead-free. Everybody should be, and you have many of them because Jason bought them, of my hoses that are eco-hoses.

Robyn: They're smaller. I just wanted to say to all the listeners, this is a huge topic, heavy metal toxicity. Almost every single one of us has too much lead in our body, which causes inflammation, which causes disease, like you mentioned. It's a problem and we all need to be chelating lead on a regular basis through eating green vegetables as one of the best things you can do.

Ken: And not watering your gardens with lead hoses.

Robyn: That's right. I don't think this is common knowledge. This is great. A big purpose of this revolution is to get this information out. If it's okay with you I think we want to keep this evergreen, like people can listen to this...

Kevin: This is an evergreen product.

Robyn: So is the Self-Care Revolution™ because as much as we thought we're going to do 12 months, many people want us to keep this going because it's just endless great information that we all need to know about to live well in this changing time.

Kevin: The idea of pesticides. Are pesticides required?

Ken: No, not at all. Our natural pesticides are lacewings, parasitic wasps, ladybugs and birds. They go in there and they take care of bugs. There are soap sprays which are biodegradable that you can use, but the best way to do it is just go get some ladybugs, put it in your bed, cover it up for a night or two and they will clean house and then you don't have to worry about it. That's the first thing to do.

If you have aphids, the first thing you should do is just spray them off, because more than likely they're not going to crawl back up on the plants when you spray them off. The second thing I would do would be do the ladybugs and you've got to be vigilant and watch in the center of your plants, because that's where they'll usually start.

The other thing is you've got to watch for ants, because ants are symbiotic with aphids. Aphids produce a sugary substance that ants love. It drives them nuts, so they take the eggs of the larvae of aphids and they take them down to their colonies and perpetuate it. So if you every see ants around your garden, that's one of the things you

should be taking care of first.

You can do it with diatomaceous Earth. There are other products that you can put that aren't toxic to humans but will get rid of the ants. If you ever see ants, you can expect that very possibly, you're going to have an aphid infestation at some point. You should immediately call me and tell me what the situation is before it gets too advanced.

Robyn: In New Mexico that's been the biggest issue people have with their beds, are the aphids.

Ken: Yes, because what the covers are doing, it's like a terrarium, they're creating a little environment in there. So these bugs are going in there going, yeah, baby this feels good. Check this out. It's nice and warm in here at night. We can multiply. So you're creating an environment for bugs you've just got to be vigilant about keeping them at bay, getting rid of them and letting the beneficial insects come in and eat them.

That's another reason why during the day it's good to open your beds, fold your covers back to let the breezes come through and let the animals come through and at night lock it in.

Kevin: That's excellent. You mentioned that there was no need to monitor weeds or to take care of weeds.

Ken: Very rarely. People will get weeds. Sometimes it'll come in the soil. Sometimes it'll come in starts that people put in. sometimes it's airborne, where it'll blow in. but for the most part, when your garden grows in, it's all French intensive, so it's not a row and a space and a row and a space it's solid food. Weeds don't really have a good chance of getting in there.

Kevin: That's interesting.

Robyn: When you pick your vegetables, what's the best way you recommend for cleaning?

There are all kinds of different viewpoints about how to clean vegetables.

Ken: Most of the vegetables in our beds, we recommend that you just pick the biggest leaves on all the greens and the smaller leaves keep coming and coming. They're not

really sitting in soil. They haven't been sprayed with pesticides. They don't need a lot of cleaning, just a rinsing of water and general drying on either paper towels or blots.

Robyn: So if you do have some aphids on your greens...?

Ken: You just wash them right off.

Robyn: You can wash them off and not worry about anything.

Ken: Wash them right off.

Robyn: Or anything like that?

Ken: No.

Robyn: Just regular water.

Ken: Yes, regular good water.

Robyn: Well we've got filtered structured water in Santa Fe Soul that goes through all of our pipes. We'll be talking about water in another month, for sure. Someone's writing in and asking, when you made that comment feeding and watering yourself, if you don't feed and water yourself, you're not going to make it.

Ken: Well yes, just from a standpoint of living, if you're going to survive. Our ancestors, cave people, they had to feed and water themselves. That was their existence. They were hunter/gatherers.

Robyn: Can you go into the water yourself, be a little bit more specific about what you...?

Ken: Drinking good water and not doing it through lead hoses.

Robyn: What do you drink at your home? What do you recommend to all of our listeners for the best water for their garden and for their bodies?

Not with lead, we know that but water's a big industry, obviously and people are very confused on the water issue. We don't want to be drinking out of plastic bottles. We've got wells and in New Mexico, there's such hard water that you're getting that white rim around your kettle pots and stuff like that. What do you do?

Ken: Reverse osmosis will take out a lot of that. For the most part people should have some kind of watering system like that, a reverse osmosis system. We were living in a house where, in six months you could see the white detritus building up around the pot and the pot would just disintegrate.

If you imagine what that's doing to your kidneys or the buildup that's going on in your kidneys or in your body, it's critical that we drink good water and eat healthy food. You've got to go a little bit the distance about creating that system in your home, whether it's reverse osmosis or buying filtered water. Those are the two things that you've got to look at, good water and good food.

Beyond that, mentally trying to keep your head above the stress and not let the stress affect you physically, emotionally or spiritually. You've got to understand that you're creating your own stress. You can't let that get to you so your body or your mind is affected. You've got to keep your head above it.

Robyn: That's like what they're saying that 90% of all doctors' visits have to do with stress or more. You reminded me of an earlier speaker that we had in the month of March, Breath and Heart Matters, Dr. Kenford Nedd, who introduced the word to me anyway, imperturbable. We need to become imperturbable.

He wrote a Module called *Power Over Stress*, which has been very successful and how the more that we practice that, to be imperturbable, when things are blasting a lot of us left and right and day after day and you just shared your year. You've had an amazing year. So going into your gardens every day and being with people is probably the best medicine you get to enjoy every day. You get to be out in the elements. You're growing gardens. You're helping people realize something that's so right here that we can do every day and be part of our own rebirthing in ourselves, keeping ourselves healthy.

As we like to say, we want to keep ourselves like voluptuous grapes as opposed to raisins. That's not health, obviously. Raisin cells are dried out. A lot of our cells can look like that when we're not living in nature more. I know from our gardens Ken, I love to pick out all the different greens and go clean them up then make a green juice. It never tastes the same day to day. That's what's so cool.

Kevin: I think we mentioned earlier on, seeds. Can you talk a little bit about seeds, where to get seeds, seeds that are not GMO and that sort of thing?

Ken: I do most of my shopping at the Agua Fria nursery and Payne's and I know

Newman's is great. *Plants of the Southwest* is wonderful. They all have healthy seeds. I also have a source out of Kansas called SkyFireGardenSeeds.com and they have heirloom seeds from all over the world.

When I first started dealing with them, the owner asked me, so what's your weather like? I said, hot, dry, windy. She said these squash seeds from Russia are going to be great. She sent them to me and it was like Jack and the beanstalk. Then she said if those worked then these peppers from Afghanistan are going to be great. So you can go online and look at SkyFireGardenSeeds.com.

It gives a description of where the seed is from, what the weather is like, and then you can match that to where you're at and say, this could be a great match. But they're wonderful seeds and not genetically modified. Again, you want to try to start saving your seeds.

Kevin: Talk a little about that. How do you do that?

Ken: At a certain point, you're going to want to have a storehouse of seeds. They have different places in the world where there are these huge banks of seeds where they're saving them for the day when a certain varietal might not be available just like animals disappearing from the Earth or insects. They will have at least the DNA of that seed available to grow again. Getting good seeds is important.

Also, in your area wherever you are in the country, you want to be getting basically plants that, if you're getting starts that are being grown around there, rather than someplace a thousand miles away that climatologically are equivalent to where you are. They're going to grow better if they're being grown where you're living, with good seeds.

Kevin: There are two different ways to start.

1. There's a way to plant seeds in the soil
2. Then you're calling that start, which has already started and maybe partially grown?

Ken: I call that the Buddha in a can method where it's instant gratification.

Robyn: I like that.

Ken: Where when we walk away, people aren't looking at bare dirt going, when is

this coming up and what's it going to look like when it comes up, they're actually looking at plants? When we plant a 4' x 8' bed it's about 60 starts. We also do seeds with it, especially when we're planting in December, January, February, March we're planting starts because they're up, they're quick, and they're grown.

Robyn: We have just a few more minutes. For review Ken, people can reach you at, again your website.

Ken: At either RaisedBed.biz or GrowYown.com. If you go into RaisedBed.biz, it will link back to GrowYown.com, it's a southern expression.

Robyn: If we buy one of your beds, do we get one of your great hats you're wearing right now?

Ken: Absolutely.

Robyn: Ken is wearing a black hat with red letters that say Grow Y'Own.

Kevin: There was another question that came in regarding to, how I keep some of that stuff? I get a great garden of greens and things and how do I, maybe can? There's got to be ways to keep this stuff around.

Ken: Sure. Most of the things, chard, kale, collards, arugula and spinach, you can blanch for a few minutes then dry, put in plastic bags, put it in your freezer, and pull it out mid-winter and reconstitute it. It's not as good as fresh right out of the garden, but it's really good.

Robyn: How about kale chips? I love kale chips.

Ken: There you go.

Robyn: That's expensive in the market. You can make your own.

Ken: Absolutely.

Robyn: One final comment, think about all of our listeners. Let me tell you, this is going to go long and far, this particular interview. We really want it to get out to the masses. With this revolution, we have the means to do that.

What would you like to say to anybody who might be listening, your pearls of wisdom about what you've been doing these last six years?

Ken: I would say be your own farmer. Grow year-round. Grow free food. Grow healthy food. Have the peace of mind that what you're eating and putting in your body, you'll know it spiritually, mentally, and physically. You'll know that your children are eating fresh, organic food. You won't be paying the cost of buying organic food. It's very simple. It is not rocket science. You can do it in whatever way you can do it.

If you do it in a pot, if you do it in an upside-down tomato basket, whatever way you can do it, grow food. Grow it on your windowsill. Grow your herbs. Grow everything else. You'll notice the difference in it always.

Kevin: Thank you.

Robyn: Thank you. This was wonderful. Super informative and again, we're excited to get this message out. Thank you for being the big messenger. Your passion and your joy just exudes out of you, you just shine. You shine your message.

Kevin: I think I'll just have to keep eating the food that he's growing.

Robyn: You've got some high voltage going on. I can see it.

Ken: It's also the passion of doing what you want to do. There are so many people in the world that aren't doing what they want to do, aren't with the people they want to be with or aren't living where they want to be.

Robyn: Be your own farmer ties into a really important pathway that I speak about a lot, which is being your own best healthcare advocate. Start there. Your passion will follow when you take good care of yourself.

Kevin: Absolutely. It's exciting. Thank you again for joining us here live.

Ken: Thank you so much for having me.

[End of Interview]

MICHELLE CZOLBA

Wildly-Natural-Skin-Care.com | M.Sc., Writer,
Natural Skin Care Educator and Herbalist

GROUNDING THROUGH SKIN AND NATURAL BODY CARE

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Robyn: Welcome to the Self-Care Revolution™ where we are exploring **Earthing, Electro-sanitizing Your Life, and Growing Your Own Garden**. My name is Robyn Benson and I'm a Doctor of Oriental Medicine, and I help people to live vibrantly, to live well, and live sustainably well in everyday life.

Kevin: I'm Kevin Snow, the Dessert Shaman. I'm an intuitive counselor and I help people explore the different dimensions of their light – the spiritual, mental, emotional and physical.

Robyn: I'm also Founder of the Santa Fe Soul Health and Healing Center where we have 25 independent practitioners who offer at least 40 different services. This year we embarked on the Self-Care Revolution™, which is a 12-month series that will easily run into 2014. At this point we are in month five. We are excited to introduce our next speaker to you: Michelle Czolba, welcome.

Michelle: Hi. Thank you, glad to be here.

Robyn: All the way from Pittsburg, Pennsylvania. We're excited about your topic which is skincare. Just so everyone can know a little bit more about you:

Michelle is the owner, writer, natural skin care educator and herbalist at Wildly Skincare Wildly-Natural-Skin-Care.com, where she shares her knowledge of truly natural skincare. Michelle has owned a handmade skincare company that has made natural skin products for almost 10 years.

After completing an herbal apprenticeship, she embarked on an intensive self-directed and university study of various related skills including whole foods, natural skincare and cosmetics, plant identification, permaculture ecology, chemistry, metaphysics, and Earth-based spirituality. She also holds a Master of Science in

sustainable systems and a Bachelor of Science in environmental science with a minor in chemistry. Her first e-Course, Wildly Natural Skincare Oils, was released in January. Congratulations, Michelle. That's exciting.

Michelle: Thank you, thank you.

Robyn: Finally, Michelle's philosophy is that natural skincare is a spiritual act and a tool for both grounding energy in spiritual and in daily life. Her latest pursuits include making herbal oils colored with plant pigments and celebrating the divine body into ritual plants and art. How cool is that?

Kevin: Very cool. I think we should start with the basics. Share with our audience what the skincare that you create is and how it is more natural than what people are used to.

Michelle: Sure, that's a great question. The question is, aren't we just talking about basic skincare, feeling clean, looking pretty and all of those really basic cosmetics acts and yes. I do talk about that and teach about that a lot. When we use nature's ingredients, these are like gifts from the Earth and we're able to actually directly and physically connect with the Earth through using natural ingredients.

So, my definition of natural skincare and natural body care is using oils, herbs, grains, salts, clays, essential oils, soaps and other really basic Earth ingredients in their pure state or blended using relatively low-tech methods. I'm talking about really unrefined materials and taking those materials, mixing them together and using them directly on our skin.

For example, there are a lot of oils on the market and natural is not a regulated term as we all know. Different companies are calling their products natural and they might have a couple ingredients in them, but what I'm focused on is actually the basic ingredients without all of the chemicals. A lot of the oils on the market are refined and they're bleached and they're deodorized and if they are, it's olive oil, or sunflower oil; it sounds natural right? After all that processing it's not really a natural ingredient anymore.

Also, with natural skincare and natural body care, there's the physical method, the bathing, the brushes, loofahs, massage and so on.

Kevin: That's excellent. I think that there is a much better awareness now than there ever has been in this. Even to the extent of, why do I need skincare? What is it that I

need from the Earth? Do I need hydration or oils? What is it about our skin that needs this level of care?

Michelle: There are definitely a lot of factors in that question.

First, what we eat and drink would be the main component of skincare, because anything that's going on inside of our body is going to show up on our skin.

Another consideration is your environment and your climate. If you live in a really dry climate you'll need more hydration and more oil. What I talk about a lot is that the skin needs two things.

- Water
- Oil

And I'm talking about the outside. So, depending on where you live and your stage in life is, how old you are and your skin type and so on, you might need more oil or less oil and then water and basically, you can keep it as simple as that. There are tons of different philosophies out there.

Personally, I know that everybody is different and everybody's skin is different, so it's kind of a matter of experimenting to see what works for you. Outside of what we need, it also can be really fun to take care of our skin. It's also grounding and helps us to connect with ourselves. The body holds all of our emotions so when we're actually touching our skin and taking care of ourselves we're able to access some of those emotions or some of that energy that might be stuck.

Robyn: Michelle in your eModule, *The Wildly Nature Skincare Oils*...Can you talk about the top five oils that you recommend? I have not seen that Module yet.

Michelle: Sure. The way I look at oils is sort of the way I look at herbs, in that using an energetic system, which means that just like me, you and everybody on the call, we all have our own personality, every oil and every herb has its own personality or energetic imprint.

There are oils that are more drying and moist, more warming or more cooling. I'll just give some of the most common ones that can go across the board.

Sesame oil is a great one– it's actually one of the most neutral oils that there are and is great for most skin types. It's just about neutral, both in moisture and temperature.

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Olive oil is a great one– a little heavier oil, but it’s great for dry and aging skin. It’s great for the whole body too.

Almond oil is also fairly neutral. That’s great for if you’re making facial serums, it’s a good kind of base oil to add other therapeutic oils to it.

Let me mention a couple of the more therapeutic oils, those you would add in a smaller amount for a particular purpose.

Rosehip seed oil – it’s high in vitamin c and vitamin a. That’s really great for if you have scars and for aging skin. It kind of refines the skin and almost has an exfoliation property to it from the vitamins, so it’s great to build the new skin.

Sea buckthorn oil- It’s a really interesting one. It’s great for scars and for wrinkles or lines, but it’s a bright yellow color and can stain the skin. You just add it in a very small amount, where a little goes a long way. It would be an oil to blend with some of the other heavier oils.

Robyn: What are your feelings about coconut oil?

Michelle: *Coconut oil* is wonderful. It’s a drier oil actually, so if you already have dry skin a lot of people find it drying over time and it’s a warming oil too, so if you’re having a heat condition like acne, some people find it to be more irritating and could make their acne worse. It is great for the whole body.

Robyn: I recommend it to all of my clients, I love coconut oil. Actually all the oils you mentioned I’m familiar with except for the Sea Buckthorn oil. I just think it’s essential that after you get out of the shower to immediately put oil on your body. It’s getting connected with that nature.

Once people get used to it they love, it’s just the idea of it. Coconut oil is what I use. I can see it being drying over time, but I like to eat it. It’s like my ritual. I put it on my body after I shower and I take like 2 tablespoons and eat it to make sure I get my quota in per day. This is really neat that you wrote a whole Module on it. Where can people find your Module?

Michelle: They can go to the website, Wildly-Natural-Skin-Care.com, there’s a tab that says ‘courses’ and if you click that tab you’ll find my course and the oils Module too.

Robyn: When you say that natural skincare is a spiritual act and a tool for grounding energy, both in ritual and in daily life. Can you just elaborate a little more for people who have never even thought about oil as a ritual, as a daily practice?

Michelle: Certainly. What comes to mind for me when I think about where a lot of these practices came from is that humans, in our culture we've always taken care of our bodies. It's always been a really important practice to take care of our bodies on a practical level, but also because our bodies are animated with spirit, and all of the materials from the Earth are animated with spirit.

So, when we're putting oils and so on, on our bodies we're actually uniting with the spirit that is inherent in everything from the Earth. Just like what I was saying about the energetics earlier, how we can match ourselves with the oils or the herbs that work the best for us. It's an energetic dance almost, of complementing those energies.

It is sort of foreign in our culture for sure. I mean, even my own story, I didn't grow up using natural materials or thinking about how to connect with the Earth in this way, but from way back when, when we were hanging out in caves and doing elaborate rituals, the body was always involved. Using the gifts from the Earth was always involved, with plants, oils, clays, paints, and so on. It's this idea of spirit in form and then connecting our spirit in our bodies with the Earth's spirit and the Earth materials.

Kevin: You mentioned that there's three specific herbs that you recommend.

Michelle: There are so many herbs, but I thought of three that are great across the board.

One is oregano, which is a very common culinary herb.

Many people probably grow it. It's really easy to grow in pots and it can even be grown indoors. It's a great insectary plant and as a ground cover, so you can use it in your skin and it's really great for the garden too. Oregano is a very warm and stimulating herb, which makes it great for circulation and as an antibacterial. It also has astringent properties which means that it helps to tone and cleanse the skin too.

So all those properties make it useful for products for acne or any kind of fungal type conditions and also like a warming, circulation, stimulating formulation. So if you're making a muscle balm or something like that. You can take the dry herb or the fresh herb slightly wilted and make it into an herbal infused oil and you could either use

the oil straight or combine the oil with beeswax or with another type of wax to make a salve to use that for sore muscles.

You could also ground up the dried herb and use it. I recommend cleansing grain mixes for cleaning the skin rather than soap because soap can be super drying. So you can grind up some oregano and combine it with different grains like oats or amaranth or some clay, which you can use to clean your skin. It cleans as well as exfoliates the skin.

Another way you can use it is as a toner. Which since it's already sort of astringent, it's great as an essential oil or as a tincture and a toner. But the essential oil of oregano is super strong so you only want to use a couple drops per ounce and definitely learn more about that before you use it. Essential oils are really strong and I always recommend using them diluted because they can burn the skin.

Robyn: I have one in my hand right now. People don't want to be around me when I use oregano oil. Do you actually make your own oregano oil? That would take a lot of work I would think.

Michelle: The essential oil no, I don't make. I do make herbal oils which is taking the whole herb and infusing it in a carrier oil like olive oil. I make the herbal infused oils. So oregano, it's a common herb, but has so many wonderful uses.

Robyn: It's one of my favorites. Everybody here at the center knows, there's an emulsified form of oregano called ADP and I swear by it for anything from sinus infections to fungus, which mostly sinus infections are bacterial, you mentioned antibacterial. Thank you for mentioning it in the way that you use it too because it can replace the use of antibiotics in many cases, I'm convinced because I've seen it again and again, year after year. You didn't hear that did you, Kevin? We have our medical disclosure, of course.

Michelle: Right, these are all just suggestions and are based on my own personal experience. Everybody's different.

Kevin: That's interesting though to use grains to cleanse the skin as opposed to soap. That's not something I've heard before.

Robyn: We're going to have to buy some of your product so I want to see that Kevin starts exfoliating. At 49 and isn't it time?

Michelle: It's great to be able to cleanse and exfoliate with the same product and in a really gentle way too. For most people it's definitely a new kind of thing where most people are used to using soaps on their skin but then you kind of get into that rollercoaster of stripping all the oil off your skin, your skin is really dried out and then it tries to compensate for the dryness by producing a bunch of oil.

One way to stop that rollercoaster is to not use soap because it's pretty harsh for the face. There are so many different ways to make cleansing grains. You can add clays. Clays are really detoxifying so they're working to pull out anything that might be in the skin that needs to come out. Then with the exfoliation, you're able to remove the dead skin cells, the dirt and whatever else needs to come off. So you're cleansing, you're detoxifying and exfoliating all at once without over-drying the skin. That's what I recommend.

Kevin: Could you elaborate a little bit more on the idea of clays? I think some of our listeners might like to understand. Is it dirt or a special kind of clay?

Michelle: There are all different types of clays. I really like French green clay, which is high in different vitamins and minerals. Because the one thing about clay is that it can be really drying. I find French green clay to be a less drying. Clays are great if you're going to make a mask out of them and leave them on, that's something that I would only recommend like once a week, depending on your skin type. If you already have dry skin to begin with then clay might be too drying in general.

However, if using it as a part of a cleansing grains mix where you're not actually leaving it on your skin for very long, maybe 15 seconds to give it enough time to do a bit of work. Using them in that way, I don't find them to be super drying. When we're using masks, what is really great is that it has time to pull out and detoxify the skin. Also, it's providing those minerals to the top layers as well.

One little trick to making a clay mask if you don't want to dry your skin out is to rinse it off before it's completely dry. I remember when I was a teenager I used to blend up different types of clay and I would leave it on my face until it was completely like a rock. Then, my skin would be so dry and then it's almost the same rollercoaster. Then it wants to compensate by producing a whole bunch of oil.

What I recommend now is to make the mask and put the mask on and combine it, depending on your skin type, with milk or yogurt or something that's more moisturizing and then rinse it off before it's fully dry.

French green clay is a great one,

I also really like *rhassoul clay* because it's really high in minerals.

Kaolin clay is the basic white clay and that's nice, it's good for all different skin types.

So there's a lot that can be done with clays, but I think that they should be used with care and on dry skin maybe not so much.

Kevin: Can you speak a little bit to acne? You mentioned it earlier and I'm wondering if there are certain things that can help.

Michelle: Yes. Most of the time, the first kind of thing I would ask about is the diet. Because, while doing cosmetic treatments are helpful, acne is a condition that is kind of saying hey there's something going on, there's an imbalance in the body. So after looking at that piece, then as far as what to put on the skin or how to clean the skin, it's really a heat condition. It's a generally a really hot condition, so I would use more cooling herbs and actually be very gentle.

I suffered acne as a teenager and a lot of times with myself and other people it's one of these things where you're just like I want to get rid of this! I'll do anything to just get rid of this. It's almost this battle with it and it kind of causes more inflammation which, acne's already a very inflamed condition and coming at it with this almost anger, I want to get rid of it it's ruining my life, can make it even more inflamed. So using really gentle products on your skin something like Aloe Vera is wonderful.

Aloe Vera has actually been shown to fight one of the main bacteria that create acne. And it's toning so it tightens the skin. It has some moisturizing properties but it's not necessarily moisturizing, it's actually almost more drying to the skin and then it has the antibacterial properties. So it helps to dry off the acne. But also, oils work really well for acne. That seems totally counterintuitive, but a lot of times the acne is caused by the body trying to overcompensate for oil, so putting oil on the surface recalibrates the body where it doesn't produce quite as much oil.

I would recommend a gentle cleansing grains mix, maybe with a bit of clay, a little bit of amaranth or oats. Oats are great; they're moisturizing but not the ones that clog the pores. That and then the Aloe Vera as a toner, maybe with a little bit of tea tree oil, or the oil of oregano added to the Aloe Vera and use that as sort of a toner. Then whenever the skin is still damp, put just a light coat of oil on and massage it into the skin.

What kind of oil is good is, will depend on what's going on with your skin but, Jojoba oil has been found to be really helpful for acne.

Kevin: So you're mentioning Aloe Vera and I'm thinking, I have very fair skin and get sunburned a lot. Do you have any suggestions for that, like maybe a natural sunscreen or when you're actually burned?

Robyn: I'm curious to hear what you're going to say about what the best way is to protect ourselves from the sun.

Michelle: The sunblock question is a tricky one. The only truly natural sun-blocks are the minerals zinc oxide and titanium dioxide and to get those not in the Nano-sized particles, but the regular size. The Nano particles can actually be absorbed you're your skin and will cause problems.

The problem with mineral sunblock's is that they're white so they can make your skin really bright white and it can clog the pores because they kind of create a film on the skin. Your skin can't really breathe that well. I guess the most natural and least harmful would be a combination of a sunblock, a big sun hat and even sun-protective clothes. Depending on, if you're very fair and you burn very easily, you definitely want to use a sun block of some sort if you're going to be in the sun for a long time.

Those are my very basic suggestions with sun protection. There aren't a whole lot of wonderful natural options and the not natural options are linked with a lot of problems.

Robyn: Yes, there have been lots of reports about how most skin cancer is caused by sun tanning lotions because of all the chemicals. If it has more than three or four different ingredients and you can't pronounce these ingredients then you're in trouble.

Michelle: Yes and so many of the chemicals that are used in sunblock's and also in skincare products are hormone disruptors, very strong chemicals. It's kind of scary and that's why I always tell people, if you can't pronounce the ingredients on the back then it's probably not natural. My plan for the summer is to find a bunch of sun-protective clothes that aren't too hot and combine that with sunblock and just try to stay out of the real strong sun between Noon and 4:00, but if you're in a real desert climate, it's tricky.

Kevin: Yeah, I do think that what you talked about earlier, that healthy skin doesn't

burn as easily as dry or unhealthy skin. I think that there's something to that as well.

Michelle: Right. I also feel like the sun is getting stronger. I've found that that could be the case for myself, is that the sun is becoming more intense and we have less of a filter in the atmosphere.

Robyn: Do you agree that it's good to go without anything, like at least 20-30 minutes without any type of skin protection? Isn't it better just to get the natural rays and to increase your vitamin D naturally that way?

Michelle: I do. I don't think it's good to actually burn the skin, but 20-30 minutes is wonderful. Our skin definitely needs sun for sure and then I've found that if applying Aloe Vera immediately after being in the sun if you feel like you did get a burn, that it will actually prevent the skin from burning. That's a good practice, applying Aloe Vera immediately.

Robyn: Kevin had asked a question about the top three herbs, and we got so into oregano, we just want to make sure we cover the last two that you recommend.

Michelle: Sure. Actually another one was *Aloe Vera*, because it's a great multi-purpose plant.

It's recommended for acne, it's great for drying up acne like I said. It is also used in Ayurveda it is also used a lot to decrease signs of aging, to keep the skin youthful and vibrant. It's wonderful of course for sunburn, burns of any kind really and it's also a great wound healer. There have been many studies on this, because of its antibacterial properties and it also has cell-healing properties. So the combination of those makes it really great for any kind of wound.

Aloe Vera can be used straight if you have a plant growing, or if you buy the gel it could be used as a toner. I love to mix it up with flower water, hydrosol like rose water. Mix those up in equal parts. Shake it up and that's just a beautiful skin toner. It smells really wonderful and it makes the skin really bright and vibrant. It also can be added to face creams and lotions. So it's a great astringent, tightening and it's very cooling too.

The third herb is *violet*. We have a lot of violet here in the Northeast. They come up in the spring. Violet is this tiny little plant, little purple flower. It was made into a perfume way back when and now it's not really anymore because the essential oil is so difficult to create because you have to have like 10k pounds or something really

ridiculous in order to make a little drop of essential oil.

It's nice though, you can still make infused oil out of the flower and that is a very cooling and moistening herb. It's appropriate for dry skin conditions, like eczema, psoriasis or even just dry skin. It's great for inflammation, it helps to cool inflammation; it's also softening for corns, warts or calluses, anything that needs to be broken down. It is also a great wound healer. This would be more if you have a dry wound or an old wound that won't heal; violet is traditionally used for that.

I mentioned it can be used as an infused oil, it can also be used to make a honey out of it by mixing fresh leaved with honey and use that honey as a poultice, which is putting the honey and the herb right onto the skin. Then, you can cover that with a little piece of flannel or something so the honey doesn't get everywhere. That would be great for burns.

Robyn: I've never even thought about violet oil, because all I can think about is lavender oil. We have beautiful lavender fields around New Mexico, especially in the fall when it's harvest time for lavender. Do you use lavender oil much in your life and in your practice?

Michelle: I do, I love lavender. I use it in cleansing grains and to make oils. I love the lavender essential oil. It's also really great for burns too. That would be another good one to add to the Aloe Vera for the sunburn. Lavender is wonderful.

Robyn: That's great, because I don't think people really understand how easy it is to mix oils and how complementary they can be together. I know you mentioned when you spoke about oregano oil that you needed to dilute it, do you have to dilute almost all oils or is it just oregano oil?

Michelle: I recommend diluting all of the essential oils. The only ones that I have used neat – straight on the skin – would be tea tree oil and lavender oil. I always recommend you test that out, because if you have really sensitive skin it might be irritating. Those are with essential oils. With the infused oils, where we're taking an herb and putting it into a carrier oil, those are used straight they don't have to be diluted in anything else.

Kevin: You talked earlier about this practice of skincare being a spiritual practice, can you share a little bit more about that?

Michelle: I mentioned how the body's always communicating with us with different

sensations and after the sensation it might turn into an ache or pain and kind of just keeps getting louder and louder. It's all about listening to our bodies and one really great way to listen to our bodies is while we're taking care of ourselves.

While we're applying oils and so on, we can listen to our bodies during this time and sit with the sensations that are coming up. Then, I also like to create rituals around what is coming up. For instance, I'll just give a recent story of mine.

Some issues were coming up and I was feeling this tightness in my hip and in my right leg. I had sat with it and communicated with my body, what is it that you want to tell me? What's going on here? Eventually, it was revealed to me what it was about. It was some different trust issues, some mother issues that I had coming up. For me what I then do is I know what's going on here. What is going to help this issue? It's sort of like directly communicating with the body and what is going to help here. What came up was to create bright yellow oil with dandelion flowers and apply this to my hip area.

Also, some different mantras came up for me to use. That's what I'm doing. I created a ritual around that to move the energy that's stuck there. It's about tending the body and listening to the body and then working with the Earth's energy to move the energy.

Kevin: You've got a ritual for grounding; can you share that with us?

Michelle: Absolutely. We can do grounding in our daily connection. We're really always grounded, right because we're connected to the Earth. This is really about strengthening that connection with the Earth. It's a lot about the root chakra and connecting the root chakra with the center of the Earth.

Modern life is more intellectual, we're less body centered and we're in our heads so it's really great to ground to get that connection strong. Grounding is about the Earth element. Everybody's going to have different associations but basically, to create a ritual I would just invite everybody on the call to just take a minute and brainstorm what comes to you when you consider an Earth element.

Any natural ingredients, any practices, any associations when you think about the Earth and these Earth's elements. What comes to me is salt, water, stomping feet, heavy feet, drums, clay, dirt, roots and bark. Creating a ritual can be as simple as mixing up a clay and herb mask and setting an intention.

The main element with these rituals is setting an intention and saying, my intention here is to ground or my intention is to heal or let go of these mother issues, whatever the intention is. Our intention here is to ground. The actual ritual can be as simple as setting the intention, applying a clay mask, and that can be it. Or, it can be a full-blown ritual where we're calling in the elements, visualizing roots going from our root chakra down into the center of the Earth and then exchanging the energy there. Then applying a clay and herb mask and patchouli and cedar wood. Those are very grounding and Earthy plants.

We can get the powder herb and mix the herb with some rhassoul clay and apply that mask using either water, Aloe Vera, or milk to liquefy it. It's always really great to bless and charge whatever you're using, just charge it with the intention. Also, definitely soak in the smell. Take a minute to really smell and feel. How does this clay feel? What sensations are coming up in my body whenever I'm putting this on?

Once you have the mask on, since we're using a grounding ritual it's great to dance, put some music on or dance to the music in your mind or drum. Do that for as long as you feel you need to do that, and any excess energy you can give back to the Earth. A wonderful part of the ritual is that sensations and feelings come up, stories might come up, and images might come up. These are all really important clues as to what needs to be worked out.

After that, that's the meat of the ritual, then we can clean the mask off and apply an oil. I always recommend applying oils to the skin while it's still damp. Then closing the circle by sitting still and feeling what's going on in the body and ending the ritual. That is a more elaborate example. Like I said, a really simple ritual would be setting an intention and being very mindful and aware whenever we're caring for our skin.

Kevin: This is what you mean by Earth-based spirituality, these ritual practices?

Michelle: Earth-based spirituality is very tantric, where it's this body in form and spirit, the combination there.

Kevin: You mentioned the divine body, that's like the body as a temple, is that correct?

Michelle: Exactly. Our spirit and our bodies are not separate, they're one. When we touch our bodies we're touching our spirits in a way.

Robyn: I'm just curious about your life journey that got you to this practice. We

talked to you before we went live and I could tell just by reading your bio that you're younger than we are. You started this business when you were 22. How did this all happen in your life?

Michelle: We were pretty poor when I was growing up, just regular people. I remember rubbing potatoes on my foot when I had a wart. We had some soap practices, basically, a non-natural lifestyle. Then I got into drugs. I used a lot of drugs and lived a very unnatural and unhealthy lifestyle. I got really sick from it when I was really young. I crashed young, which is a great blessing and gift. From that point when I stopped using drugs, my life has been a journey back to the state of divine bliss that we're all born with.

First, it was the diet and learning about foods. Then naturally it became the environment and how these are all connected. I always had those passions, but I hadn't developed them. I kind of went the other way before I came back to develop them. So my journey was cyclical like that. I would learn about one really big topic and then I would see how it was connected to another really big topic, and I would learn about that, this creativity and nature and health, those are the big themes.

Skincare was just a natural extension. I was like okay, if I'm eating really healthy and I'm exercising, doing Thai Chi and all these different arts, then I'm going to put stuff on my skin that's going to go in my body that's basically just as bad as eating Doritos. Then I got into the skincare. I didn't start my business right away. I did the herbal apprenticeship and started to make products for family and friends and for myself, until I got to the point where everything I used on my skin I made.

I started my first business in 2007. That was a business making skincare products. I had that business all the way until 2011. Now, I don't make products for sale, I'm focused on the education now. I still make products for my family, my friends, and myself. What's really wonderful about educating is that I get to do all this experimentation. I get to explore all of these ingredients and bring that back to people and say hey, this is what worked for me so you don't have to do all that yourself. It's a lot of fun. What we put on our skin goes in our bodies, so it's really important to keep that healthy and clean.

Kevin: We were talking to our other guest today about water and how water is so important in the growing of plants. I think that applies to what you're saying as well. What kind of water are you actually using to wash the skin?

Michelle: That's right, water is really important. It's an interesting, huge topic. I know city water is loaded with chlorine. Where I'm living, there's a lot of gas drilling going on and poisoning the water supply. If you get water filters or anything like that that's wonderful. Salt water's great like the ocean.

Kevin: Salt water, that's interesting. I wonder if there's a way to create a product like that or put salt in water and use that as a cleanser.

Michelle: Yeah, I use it as hair rinse.

Robyn: That's cool. I've never heard that before.

Kevin: I wonder if you could just give a snippet of a daily practice, certain products, and you've shared many of them already, but just certain things that you do and suggest our listeners do.

Michelle: One of the most wonderful practices that I recommend is called abhyanga, which is an Ayurvedic practice of daily self-massage with oil.

Robyn sort of mentioned that. You can either apply your oils before your shower, during the shower or right after the shower. The point is you want the oil and the water to combine. What I do is I apply the oils first. Actually, I do dry brushing. Dry brushing is where you can get a mid-roughness and brush your whole body in circular motions up towards your heart. That helps to exfoliate any dead skin, and makes your skin really soft and shiny. Then apply the oil using any of the oils I mentioned earlier. Take your shower, which removes the excess oils, but it leaves enough that your skin is moisturized. After the shower, you don't need to apply anything you're ready to go.

Robyn: How often do you recommend dry brushing?

Michelle: I actually dry-brush almost every day, I don't do it vigorously; I do it more gently, but I do it almost every day, every other day.

Robyn: What's next for you? Is it another Module or teaching? Just really curious, because I think this message is really important. It's a big self-care message what you're saying. You can have natural ingredients and you never have to buy something with preservatives, chemicals, the parabens and alcohol that you find in lots of products for the skin and for the hair as well. And the head is skin.

Michelle: I'm going to be doing some live classes, locally, here in Pittsburgh. I'm also planning to do more online classes or different teleseminars. I've been writing a lot of articles and I want to distribute the articles with magazines that I think would match the message.

I'm planning to do some different one-on-one consultations with creating skincare rituals for a particular use or coming up with a natural skincare routine. Also, I want to focus on, I think a lot of people have the question, how can my skincare be 100% natural? So, I want to either create a Module or a course to help people figure that out. Like, how can I go from where I am now, which maybe I have some natural things, but I have these certain goals that I want to meet and I want to do it naturally. How can I do that?

Those are my next steps. Lots to do, very busy. Always a lot to do as I'm sure you can understand that.

Kevin: Absolutely. I think now is a good time to mention that you are having an offer for our listeners today, an e-Course that you're teaching.

Michelle: Right. My e-Course, Wildly Natural Skincare Oils. The course has exercise and different content about natural skincare oils. Some of the oils that I mentioned and there are more oils that are covered. How to use oils and particular reasons to use the oils for different skin issues that are happening.

Most importantly, I focus on how to get know any oil that you come across by using your senses. The senses have so much to tell us. Normally, it's \$127 and I'm offering it for \$97 to the Self-Care Revolution™ listeners.

The code to use there at checkout is **love thyself**. You can find the course on my website at Wildly-Natural-Skin-Care.com/natural-skin-care-course.html, there are banners on the regular site as well, for the offer.

Kevin: Excellent. I definitely want to encourage people to go to your website. Any questions, can we have an email address for you? I have a couple questions here, but I think we're running out of time.

Michelle: People can email me directly to michelle@wildly-natural-skin-care.com and there's a contact form on my website.

Robyn: I want to ask you another question that we've asked all of our speakers. The

most important message that you have to share, based on your studies, and it sounds like you're like many of us forever a student. What is your big self-care message that you have for everybody or just your overriding, I just wish everybody knew this, especially when it comes to health. What would that be?

Michelle: That's a great question. I think my biggest message would be that the body is always communicating with us, so learning to listen and then really listening and hearing what those messages are is the key to health. Our body knows exactly what it needs.

Robyn: I like that a lot. Yes, because if we listen then we can respond quickly. The longer you let something go the more you're going to need emergency care.

Kevin: I think too for our message, our self-care message that's so important because this gives people a way to communicate with their body.

Robyn: Right. I really support you in getting your message out there and your classes and writing more Modules. We need more people to be aware that there's a solution to a lot of our skin issues. In Chinese medicine too, there are a lot of serious skin conditions now more than ever and it's an inside job to really clean it out. How do we keep our skin healthy from the inside out rather than just oils and herbs and some of the things that you're sharing with us today?

Michelle: That's a great question and it's actually something I'm going to be writing and talking about in the future. The big component here is diet and the foods that we eat. There are tons of different diet philosophies out there as we all know, but for me it's really a personal thing. I really get into the energetics of food and what our constitution is.

I think when we're eating in line with our constitution, that's our best bet for basic health, which then leads to healthy skin. Like I said, the skin is the outward communicator so the things that are coming up on our skin, something's happening inside. Food is what builds our body so I would say food.

Robyn: Then the water piece, what do you recommend considering we're 70% water. How do you approach this big question mark?

Why I ask that is because it's very difficult for people to find the best possible water without having to resort to bottled water. What is your recommendation?

Michelle: I would say at the very least to get a tap filter. That at least filters out a lot of the chemicals and pharmaceutical byproducts. If you could get a more sophisticated household filter that would probably be best. I generally don't recommend drinking bottled water. If you have to that's great but with the whole plastic connection it kind of offsets some of the benefits of it. Tap filters at least don't have plastic associated with them.

Robyn: That's a good answer. Okay, one more question about kids, because they're growing up in an increasingly more toxic world. When it comes to skincare, since they have more skin issues than among all people in all age groups.

What's the formula that you recommend, whether it's a skin product or for helping mother's best take care of their children's skin?

Michelle: What's really great about natural skin care is that you don't really have to have different products for adults than for children. Basic oils are great for kids too.

Robyn: This is a real personal question I'm asking you. When I go to the health food store and I look at lotions and potions, honestly, even at the health food store there are question marks there wouldn't you say? There are a lot of those products that are loaded with alcohols, fragrances, and you'll even find parabens because it's a preservative. Do you find the same thing?

Michelle: Absolutely. I have shops that I recommend on my website. Most of the products out on the market are not truly natural, even in health food stores. Even products that say they're natural; natural is not regulated. You really have to look at the ingredient list and be educated about what's what or the basic rule is that if you can't pronounce it, it's not natural.

Robyn: Can you mention one of the stores?

Michelle: I really like Floracopeia. They have Ayurvedic skincare lines and wonderful perfumes and natural perfumes. They have different skincare lines and oils and so on.

Robyn: Yes. I know that in the malls what is, Bed Bath & Beyond, I can't even walk into those stores. It's so toxic. I feel for the people working in those stores because it's amazing what their exposing the customers to. I'm just surprised that they're so commonly found, still.

You have to get your line out there, Michelle, and have you replace some of the ones that are so toxic. We support you. Thank you so much for sharing with our listeners today. We really appreciate it. This message will get out.

All of our recordings, we're going to be sharing them with non-profits and we're going to have monthly products. When we talk about Earthing and electro sanitizing and growing your own garden, someone was asking, how does skincare fit into it? Let me say, this particular person who asked that question is going to have an answer in the first minute of listening to you share because it's obviously your heart's desire and I think it's fantastic, what you're doing.

You've got quite a long life of business ahead of you for this particular message. So good luck to you and please come visit us in Santa Fe.

Thank you again and if people want to get your gift they know how they can purchase that through you. Thank you for offering it at a discounted rate to our audience. We wish you great success and self-care always!

Michelle: Thank you so much it means a lot. Goodbye everybody.

[End of Interview]

ERICA ELLIOTT

EricaElliotMD.com | MD, Author, Speaker, and Presenter of Workshops at
Esalen and Omega Institutes

QUICK GUIDELINES FOR DISCOVERING WHY YOU DON'T FEEL WELL

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Robyn: Hello everyone and welcome to month five of the Self-Care Revolution™. I'm Robyn Benson, a Doctor of Oriental Medicine and also the Founder of Santa Fe Soul Health and Healing Center.

Kevin: I'm Kevin Snow, the Desert Shaman and an intuitive counselor.

Robyn: Can you believe we're in the middle of month five.

Kevin: How many speakers have we had?

Robyn: This is a very exciting moment. Our amazing speaker today is Dr. Erica Elliott, who actually lives here in Santa Fe, is our 50th speaker of the series. Thank you for being here with us Dr. Elliott. How are you today?

Erica: Very well, thank you.

Robyn: We love that you're here and you're our 50th speaker. Wow, what a journey we've been on. As you know, this month is about Earthing, electro sanitizing your life and growing your own garden.

Kevin: We have another mover and shaker with us today, Dr. Erica Elliott.

Robyn: Yes, so let me share her with you. Dr. Erica Elliott is known both locally and nationally for her expertise in the fields of nutrition, allergy and toxic exposures. She's board certified in family practice and environmental medicine. She has a thriving practice in Santa Fe and is trained in many aspects of medicine. She's affectionately known as a medical detective and someone to go to when you and your doctors can't figure out what's wrong with you.

We know that for sure because I refer lots of my patients to Dr. Elliott. She began her private practice in 1994 and it wasn't long before she attracted many patients with complex and puzzling symptoms that defied diagnosis by conventional medicine. As part of her training in environmental medicine, Dr. Elliott studied the health effects of indoor air.

It had become clear that many of her patients had developed their symptoms as a result of being exposed to toxic chemicals or molds in their homes and at work. It was this realization that motivated her to join architect Paula Baker-Laporte and indoor air quality specialist John Banta in writing *Prescriptions for a Healthy House: A Practical Guide for Architects, Builders & Homeowners*.

Dr. Elliott gives workshops around the country on health issues in places such as Omega Institute and Esalen Institute. She does frequent public speaking and has written articles on indoor air quality issues. She's a contributing author to *The Healthy House* 4th Edition by John Bower. Here you are and thank you again for being here with us today.

Erica: It's my pleasure.

Robyn: We have so many questions for you and we have people writing in questions already so where do we start? Kevin, do you want to be the first?

Kevin: I think where we should start is this. What got you on this track of looking into the environment as possible cause for severe symptoms?

Erica: That's a good question. As many healers in medicine, I had to become the wounded healer. So I had to go through my dark night of the soul to wake up. I was working in 1991 at a clinic. Specifically, it was Lovelace here in Santa Fe, a health maintenance organization. It was in a new building that was poorly and improperly ventilated, and I had no knowledge about sick building syndrome or any of these issues that face so many people today.

I just noticed that, normally a very athletic, vigorous, enthusiastic, optimistic person, I started to wilt like a flower. I became more and more fatigued, irritable, I developed rashes. I developed acne for the first time as a 40 year old. I had abnormal digestion. I became reactive to all kinds of foods and couldn't figure out what was wrong with me. But, like many overachieving people, I just worked harder and tried harder and hung in there. Then, when I did ask for help, nobody knew what was wrong with me. I was told maybe I was having kind of a "nervous breakdown."

I knew this didn't feel right because nervous breakdowns don't include neurological symptoms like tripping over your own feet, bumping into wall and so forth, so I knew something very bad was taking place. It was actually a patient who saved my life. He said Dr. Elliott you don't look right what's wrong with you? I actually started to cry. I was so debilitated I could no longer put on a pretense that everything was okay. He said what are your symptoms, Dr. Elliot? I told him and he said you have sick building syndrome. This building is very toxic and that started my journey into trying to get better.

No doctor could help me. It was really a new experience, a new field. So I made it my life work to learn about this stuff and got board certified in environmental medicine and by that time I'd become so sensitive that I could no longer be in public. I had to leave my work and thought I'd end up without a home and unable to support my 1-year old baby. It was very frightening to me.

All of a sudden there were people that came to my house knocking on my door and before I knew it I had a full practice of people with similar conditions. At first, before I got trained, all I had to offer was compassion, acknowledging that they had a real problem and just sharing my journey with them. For many of them, they were just so thankful just to be listened to and acknowledged that their problems were real. They were so grateful. They were used to being mistreated, judged, ridiculed and treated very harshly.

Gradually, I had something specific to offer and it just grew like wildfire and pretty soon I had more patients than I could handle. Now it's evolved into a really lovely practice where I combine some of my conventional training and family practice with very alternative knowledge to help my patients find their path to wellness. And my whole approach is to empower the patients, so I'm very enthusiastic to be part of your program.

Robyn: Great. When did you go through this healthcare crisis?

Erica: This was 1991. I'll tell you a funny story which was really pathetic at the time, about the last I saw when I realized I had to quit and get out of there to get myself well and leave that toxic building. The patient came in, and I had such severe brain fog from the chemicals, and the woman was talking and talking telling me what was wrong with her. I could understand each word. I saw her mouth moving, but I had no idea what she said, I couldn't put the words together.

It was like she was speaking a foreign language and then I knew I was really in

trouble, so I tried to make up for the fact that I couldn't understand what she was saying by making intense eye contact and saying "uh-huh." At the end she said are we done? I didn't have any idea if we were done because I didn't even know what she was talking about. So I said if you're done, then we're done. She started to go out the door and I was in such distress because I realized that I was losing my mind.

My heart was beating so fast, she started going to the door and she turned around and she said Dr. Elliot and I thought oh my God, I've been caught. I said yes? She said you're the best doctor I've ever had, you're the first doctor that's ever listened to me. Then I realized it's time for me to quit and that was my last patient.

Robyn: Wow, what a story. So when did you make this shift was it this time from a more conventional approach?

Erica: I was always interested in alternative medicine because I had an uncle who was a famous MD homeopath in Switzerland and he did testing on his patients in acupuncture back in the 50's. I was definitely in the conventional mode practicing mainstream medicine, because I was told not to practice anything alternative at Lovelace, it was not welcomed by the authorities.

So I was strictly doing western medicine and then when this happened to me, I realized that Western medicine was so deeply inadequate for chronic problems that I left mainstream medicine for good in 1993 when I saw that last patient. I use elements of conventional medicine I mean, I'm not a fool sometimes antibiotics are called for and so forth. I still do pap smears and all that stuff but I try to integrate everything so it has the patients' highest interest in mind.

I want to tell you something that I did not that long ago. I knew there were a lot of patients that wanted to see me and couldn't afford to see me because I'm not part of the insurance system, thankfully. But it makes it rough for patients financially. So I looked at the 4 most common things I see in my practice– anxiety and depression, insomnia, gut disorders and fatigue– and I did a teleseminar series on those issues.

The listening audience can listen to them for free on my website and they might be helpful even though they're not customized to each particular person's problem, they're sort of generic. Many of my patients have listened to them and found things from those audios that were relevant to them. That's what I was hoping to talk a little bit about today. Those four issues and how people can start the process of sorting out what might cause these things and what they might do about them.

Kevin: That's excellent and this is on your website which is...?

Erica: That's EricaElliottmd.com

Robyn: We've got somebody writing in right now that wants to know, what happened to the Lovelace building the other practitioners that were there? Just curious.

Erica: What happened was many of them felt bad but not as bad as I did. My nurse and I were very badly impacted because of where we were located in the building. We had three things that were going on that made us get hit so hard. The nurse is completely disabled and non-functional. I was luckier because I had the resources to pull myself out of this nightmare eventually.

1. I was located near the procedure room where they used disinfectants like glutaraldehyde to disinfect the instruments and they broke OSHA standards by not having any ventilation so it went straight into my office.

I couldn't figure out why all my plants died. I have a green thumb and after a week, my plants would start to die. I'd keep bringing in new plants and they all died. Still I vaguely recognized that something must be wrong but I was so busy seeing patients that I couldn't really reflect on why they might be dying.

2. The ventilation system was not wired correctly. It's all been corrected since; all of these problems have been corrected. The dark room on the first floor, the ventilation system was supposed to go out through the HVAC system and it ventilated right in front of my office. So all that acidic acid and so forth was in my airspace.

3. The H-VAC system was set up so if the wind blew a certain direction, it would force all those emissions back down in and flood the room. Again, they've all been corrected so it's no longer a sick building. They've taken a lot of steps to correct it but it's no place I'd want to work.

Robyn: We're so thankful to have you locally here in Santa Fe because as you know and certainly in my practice, I see a lot of people with environmental illness. For you having gone through this personal journey, to write a Module, to really educate the population on how toxic our homes really are or our offices. How toxic mold is. Thank you! Before we go into your four areas, I just want to ask you.

For a new patient that comes in that has been told by eight other doctors they're

crazy, how do you uncover the cause of mysterious symptoms that a patient presents to you?

Erica: There's a trick and the trick is pretty simple. You don't have to be a rocket scientist to uncover. What you have to do is two things:

1. Ask the right questions.
2. Listen intently to what the patient says with your whole being. Listen for clues.

I take a really thorough history. I ask them what they have for every breakfast, lunch, dinner and snack, what they drink, what they crave and what their favorite food is. These are all very valuable tips for me. I ask them if they feel better when they're going camping and what they feel like when they come home. Do they feel worse when they come home? I ask them if it's mostly respiratory their symptoms, do they have sinusitis over and over or bronchitis and pneumonia over and over?

I ask them, when did this start? I'll give you one example... I had a patient who came to me that had become very distrustful of doctors so she was slightly hostile to begin with, even though she didn't know me at all. She had seen a psychiatrist for three years for suicidal depression and had been on multiple antidepressants and antipsychotic medication, which didn't help at all. She had a friend who said maybe you should see Erica Elliott. Maybe you're missing something, because all that therapy and all those drugs aren't doing anything. You're just getting worse.

So she came to me reluctantly. I said have you ever had a history of depression before? Never. I said do you have anything to be depressed about? No. Do you know why you're depressed? No I don't know why I'm depressed. Did it seem to come from nowhere? Yes. How do you spend your day are you inside most the day? Yes, all day inside. What do you do? I like to cook and stuff. What do you eat? I ask the usual questions.

Then I said is there any evidence of mold in your house? She said no. I said how do you know? She said I just don't think there is. I asked if she would you get it inspected? She did and it was negative. Now she was really hostile she thought it was a big waste of time seeing me. So I said there is something that is associated with suicidal depression, fatigue and headaches, do you have all of that? She said I have all of that. I said that's gas leak. Could you have your gas tested? She said I had that tested years ago. I said who tested it? The utility company. What did they test?

Outside in the boiler room.

I said would you test it again and use this company and would you test your whole house? She had a huge gas leak that was in the pipe that ran into the stove where she spent a lot of time cooking. She had that fixed and within a few months she was completely better, ready to sue her psychiatrist. I said no, it's not the psychiatrists' fault. They're not trained in that stuff. They're not trained to ask those questions. So it makes you wonder, how many psychiatric diagnoses like bipolar and so forth are actually related to total imbalance or toxic exposure, foods they're allergic to or all these environmental causes.

What I find with my patients who have psychiatric diagnoses is that once we deal with their toxic exposures – remove them and detoxify them, often they are not left with much mental problems at all. It's amazing. I have a neighbor who is 10 years old and he had the diagnosis of being retarded. His teachers would complain about him in that he looked like he was going to fall asleep all the time. That he was so out of it that he couldn't understand anything. They wanted to keep him back a grade and so forth. The parents said something interesting that really caught my attention.

Again, it's all about listening so carefully to what people say. You can pick up enormous amounts of information by just listening and asking the right questions. I heard them talking and they said that they noticed that sometimes their son was completely normal, not only normal, very intelligent. So I said he's probably got food allergies, so we checked him.

By the way, the food allergy testing is highly inaccurate. You have to basically do elimination and re-challenging, that's the most accurate way even though it's the hardest way. You have to persevere and really eliminate the food in question 100%, and then you reintroduce quite a bit of it and you wait 24 to 48 hours to see if there's a problem.

It turned out he had severe cerebral reactions to gluten. The gluten protein acts for some people like a narcotic. He had been eating gluten every day, three times a day – bread, pasta, cookies, crackers, chips, boxed cereal, tortillas and so forth. So it's like he was drugged all the time. He's a totally different kid now that he's gluten free. He has energy and so bright. We're getting to know him for the first time, and he has a lot of native intelligence.

He's catching up for all those years that were lost, and having to deal with the judgments that were placed on him. So many patients have been judged harshly, and

they start to judge themselves that they're bad people, they're weak, they're no good, and they're damaged. It's just tragic.

Robyn: What you're sharing is such a big part of the Self-Care Revolution™. When you said the word 'empowerment.' We all need to become our best healthcare advocates. Speaking of this gluten issue, because we know it's such a big one, we interviewed Dr. Tom O'Brian in April, which was all about unleashing your brain power. He too shared that 70% of the population has sensitivity to gluten, 2% has a Celiac Disease.

People go their entire lives robbed of experiencing joy, energy and feeling good. Gluten is one – a big one, but then we've sugar issues, soy and lots of other food allergies that you're talking about.

Erica: Then we've also got all the things that also affect the brain that we're doing to ourselves, that we have control over it to do it or not to do it – like using Downy and Bounce, which is totally neuro toxic. Along with all these other chemicals like Tide and Cheer, which have some very nasty chemicals in them that affect the brain.

Essentially people are using these things and are voluntarily going around in a cloud of toxic fumes. It's everywhere. Even people who are knowledgeable do it just because we're all blind in some areas. Somebody who really knows this stuff could have moth balls, so there could be just a blind spot.

Kevin: When I was in Florida, they were using Bounce on their skin to repel mosquitoes.

Erica: Exactly, and that goes right into their bloodstream and really raises havoc. Let me tell you what happens to the immune system. It's totally fascinating.

When we're in distress, either it's from our own emotions or because we've inadvertently exposed ourselves to chemicals, like in our body products, cleaning products, in the workplace, or the use of pesticides, it puts us in a state of distress whether we realize it or not.

So what the immune system does is it responds to our state of distress, both physical and psychological, and it becomes over reactive in its desire to help us out to help weed out the enemy and in the process, we end up being sensitive to everything around us. We start reacting to things that are harmless, because the immune system is trying so hard to help us out. When you see it in that way, we have compassion for

all these parts of us that are trying to help us, but it's like help gone awry.

Kevin: That makes total sense. Like you said earlier about having compassion and not just labeling or saying this is in your head. That's probably a good point it is in your head, but it's toxic chemicals that are in there, right?

Erica: Right. The journey I've been on has so deepened my sense of compassion. Now, instead of judging people I feel like I need to bow to them. How incredibly courageous and awesome they are for managing what's on their plate, it's huge. My depth of compassion has increased exponentially for this. I just don't judge people anymore and I don't judge myself either. So, it's been incredible dharma for me. All this suffering has helped me as a human being tremendously.

Robyn: This passion too extends to the healing process, because it can take some time to reverse some major toxicity that has built up in the body. How do you start the process?

Erica: I'm going to mention something. I just want something clarified for your listening audience. If someone just wants to generically detoxify to lower their total body burden and they want to do that periodically, I totally support that. If somebody is doing that in lieu of finding out what's making them so sick, I don't support that.

In Santa Fe, there are practitioners who don't know how to ask the right questions and don't know how to listen to little clues, because they haven't been trained that way. They're just focused on detoxification. I have patients who detoxify repeatedly without trying to what made them that way in the first place and dealing with that. Then they actually become depleted instead of reinvigorated. They become depleted because there's so many cleanses.

My take home message for the listening audience is this. If you have a serious problem that's not just a generic desire to lower your toxins, then please try to figure out, by yourself or with help, how you got there. Are you around mold? If you are that has to be remediated or all the detoxification in the world won't help you in any meaningful way. If you're doing cleanses because you have gut problems and you do these cleanses and feel like a million bucks. Then go back to your old sugar, gluten, soy diet and you feel terrible again, you're not really getting ahead of the game.

It's really important to try to see the big picture. I'm a huge sauna proponent, but again, it's not a substitute if you're spraying pesticide in your yard or in your house, instead of correcting that you just do sauna, then you're missing something terribly

Kevin: This might be a good time to lead into your four main points.

Erica: Many times I have patients who have all of these disorders because they all sort of merge. If you have insomnia you're going to be tired, and then it's going to cause anxiety and depression. Then the anxiety is going to lead to gut disorders. So, it's hard to separate them, but I will do it anyway. I will talk about them as though they're separate entities even though they're totally linked.

Anxiety is so prevalent these days, more than I ever remember it in my 30 years of being a physician. What I do is, in addition to asking patients to address what might be causing the depression and anxiety from a psychological point of view, I don't dwell there I dwell on two things...

Seeing if there's things they're doing to create the anxiety or making it worse, like too much caffeine or alcohol, or too much sugar so they have blood sugar swings all over the map, which certainly can cause anxiety or depression. I make sure that they do some sort of fat and protein to stabilize their blood sugar. I ask if they're exercising on a regular basis. I ask if they're around any toxins or mold. I go heavily into the diet. Then, after we've really thoroughly looked into that we talk about symptomatic treatment, like mindfulness meditation which is like, wow, so incredibly helpful.

I did that myself. I had a snowboarding accident that changed my life forever in 2007, and one thing lead to another and I ended up with brain surgery. I was quite nightmarish. It left me with an anxiety disorder from all the things that went on during surgery, including overdosing me on the anesthetic and having a respiratory arrest. So, on a cellular level I had PTSD right down to my cells. So mindfulness meditation was a total godsend for me.

Then, it was really nice to have all the science to support what I was doing where you could actually measure the changes in the prefrontal cortex of the brain on the MRI scans. The prefrontal cortex is the place that sends inhibitory fibers to the limbic system, specifically to the amygdala that calms it down. After three months, I thought, wow I feel so much better, so much more functional. It's really great. I lay on the Earth. I exercised every day and went out into nature every day into the mountains, and I got sun exposure. I was meticulous about my diet and making my blood sugars really stable, etc. It's a big list. We're just going to go over it briefly because we're going to run out of time.

With insomnia, I'm sure you can find anywhere the list of good hygiene stuff, but there's a few things that maybe aren't emphasized enough that I'll go into that now. One is all the electronic devices. We're having an epidemic of insomnia. I've never seen so much insomnia in my practice or heard about so many people who suffer from poor sleep, either difficulty falling asleep, can't go deep into REM sleep, wake up constantly throughout the night or wake up too early.

We know now that being near cell towers, the two most common things I see with people living near cell towers is insomnia and ringing in their ears. We also see cardiac arrhythmias, blood pressure elevation, changes in blood sugar and so forth. We know that if people are using their electronic devices close to bed time, it makes the brain waves very chaotic. So it's important not to use your cordless phone, your cell phone, your computer at least an hour before going to bed and maybe turning off all the wireless and even consider going back to a corded phone.

Those are things that aren't talked about usually, when people have insomnia, which are terribly important. Also, things that aren't talked about is the digestive issue. If somebody has bad digestion or are eating foods they're allergic to and don't realize it, then the digestive disturbance will disturb the sleep for sure. Because the body recognizes something isn't right, so it keeps you in a semi-awake state with your cortisol levels up. That's another thing, if your cortisol levels are up than sleep will not be good. As you know, cortisol is a stress hormone so it's really important to try to bring those levels down through meditation and so forth.

Also blood sugar swings. If you do refined foods, like if you have desert after dinner your blood sugar spikes then it comes plummeting down like at 4:00 a.m. and you wake up anxious, feeling bad that's often from low blood sugar. So I tell my patients not to eat near bedtime, with the one exception is to have maybe 1 tablespoon of nut butter. Not peanut butter because it has aflatoxins in it, but some other nut butter before they go to bed to keep their blood sugars stable all night.

These are things that aren't really talked about much along with the other things that you all know about, like keeping the room pitch black so that your own pineal gland can produce melatonin. Not to use nightlights and so forth. Keep your room cool. But again, those are more symptomatic. We like to look and see if there are underlying issues that might be important to address.

Gut disorders are rampant and I think what's been done to the food is affecting that. The overuse of antibiotics is making a mess of the gut. The GMO foods is totally disrupting gut health. The gut is critical to one's good health. If the gut is messed up,

it's hard to call yourself healthy. Eighty-five percent of the immune system lies in the gut so keeping the gut happy is essential and some people think it's a simple thing of you take antibiotics and then you take a few probiotics and you're done. It's not like that at all.

The gut is very sophisticated and complex. It needs more than just a few probiotics. It needs a real nutritious, unrefined, high fiber diet with unprocessed foods. You need to avoid sugar as much as possible and the things that turn to sugar quickly like milled grains. That's instant sugar, as soon as the grain hits your saliva is sugar. So anything that makes your sugar spike is not healthy for the gut. Eating in peace is really important because they call the gut the second brain so it's full of neurotransmitters. You can't think a thought without it registering in the gut.

So when people watch the news and eat, argue or talk politics, that's really counterproductive. It's really important to eat in peace. To chew your food until it's liquid and think peaceful thoughts if you can, because it makes a huge difference. High cortisol levels totally interfere with digestion. The stress hormones impede digestion.

Now with the micro biome, I don't know if you've been following that, with how very complex our guts are and with all these different colonies that inhabit us. If you've been following the articles in the New York Times about, Michael Pollan's article, he's made the amazing statement that out of each of us, only 10% is human the rest is our microbes. So it's important our microbes are happy and in balance if we want to be healthy.

Another thing that people don't realize is that as we age, just by the aging process, we don't digest food properly, mostly because we get less acid in our stomach. People get so confused they say I thought I'm supposed to be alkaline. That's the blood you're talking about. The stomach is supposed to be acid if you want a chance at extracting your minerals from the food, if you want a chance at breaking down your proteins into amino acids. They have to have acid in the stomach.

Older people are very low in minerals because they don't have enough acid. There are several ways to acidify your stomach as you're over 50. One is apple cider vinegar, 2 tablespoons and 6 ounces of water. Sip it throughout the meal. One of my patients says I do lemon and water every morning when I get up. That doesn't really help with your digestion. It's while you're eating, it needs to be acidified while you're eating, or you could squeeze a lemon in water, apple cider vinegar. When you travel you could take hydrochloric acid capsules

Also, some people don't digest fats so they need pancreatic enzymes and maybe ox bile to maybe help them emulsify the fat, the same way soap emulsifies grease on your hands.

I know we're running out of time so I'll talk about fatigue, which is a gigantic subject because that's rampant too. I ask people to do easy things first, like test their thyroid and adrenal saliva to see how that is. A lot of people who assume they have low adrenals, sometimes their cortisol is too high. Before you accept from your practitioner an adrenal supplement, don't make that assumption please, because you might be too high, especially if you're stressed out. You can actually be tired from too much cortisol, because it's like having your foot on the gas all the time. It completely wears you out.

That really needs to be checked before you accept any supplement. I can't stress that enough. I've had patients who were severely affected by a practitioner giving them too much thyroid; one had a heart attack, and the other came in and told me she needed to be put in a psych hospital. I asked why and she said because she was so agitated all the time. I said why are you so agitated all time? She said, I don't know, maybe because my mother died. When did your mother die? Six months ago. I said I doubt it, what are you taking? She showed me what she was taking. She was taking a gigantic dose of thyroid, so we checked her blood. She was in a thyroid storm, which is very dangerous.

More is not necessarily better. Please get tested before you take things with adrenal extract and thyroid. So, you ask if the fatigue is related to depression, to toxic exposures. One thing the toxins can do is poison the mitochondria. The mitochondria is the engine that runs the cell, it provides the energy. When you're around toxins, that engine gets poisoned so it can't produce energy properly. In addition to sauna and so forth, you can take supplements that help resuscitate the mitochondria, but again you have to identify some of the things that are making you toxic.

You have to look around your house and what you're breathing and so forth. Food allergens and irritants can make you exhausted. If we're not digesting food properly it means we're just getting calories and not nutrients. There's so much to talk about this is just a little sprinkling, and I haven't left any time for you to ask questions, so I'll listen to your questions.

Robyn: Oh no. This is invaluable information.

Kevin: I'm mesmerized by your information. I'm just sitting here listening like a

listener.

Robyn: The biggest question is...What besides this lab test that you do to test your cortisol and your DHEA, what are the main tests that you recommend, especially if you don't think there are any good food allergy tests out there?

What are the main ways in which you help people identify what their toxic exposure is besides their home, or the stool test?

Erica: I love the stool test, because if we rule out – so many people say I've got an infection because of chronic diarrhea. We have to find out if that's true. I love the Genova test, the diagnostic labs in North Carolina, because they address all these problems that I see, somewhat. I start with that comprehensive digestive stool analysis so I can say, yes, you do have a stool infection. We need to start here with the infection, because that's easy. Start with the easy things first.

Or I say it shows you have a lot of yeast. So we start with that, and then very often it'll help to a certain point and then they still have problems. That's when I start looking at food allergies. It's a step-wise approach, always doing the easy things first like the blood work – things that you can correct easily. We go up the ladder to the things that are harder to address.

There's no good blood test that will say oh yes, you're exposed to mold and so forth, but I used to be an expert witness. I can't stand it so I don't do that anymore. I used to testify in court on behalf of my patients, but it's terribly stressful, so I stopped doing it. They require all those tests and there's no good test so the patients lose in court, because it's all based on clinical experience. There is a urine test that is extremely expensive from Real Time Labs that checks for micro toxins, the most deadly part of mold. They are the chemicals that harm people. They do a urine test.

This is all new information. I just learned this a year ago, but it costs about \$600. I only use it if it's like a court case or something to prove, because these are sick people. I don't have to prove that they've been injured unless it's in court. I don't want them to spend \$600. To me, it's totally obvious that they have stachybotrys in their house and it's killing them. I don't need to do that test. So I try to use tests only when they really benefit the outcome of the patient, because it's a hardship to pay so much money on these non-mainstream tests.

Often they don't even help us. Conventional doctors will do mold antibodies but that's not helpful because you, Robyn and Kevin, could have mold antibodies. It

doesn't mean you're having a problem with it or vice-versa, you could show that you don't have any antibodies and you could have a huge problem, because when you make antibodies to mold it's only saying you have a classical mold problem, like sneezing, itching and stuff.

Most mold problems are not that they're much worse. They're from the micro toxins, which your body doesn't make antibodies to. It damages you by direct contact not from antibody formation. So, if you don't have any antibodies on your test, in court they're going to say there's nothing wrong with you when you know there's something wrong with you. So testing needs to be done judiciously.

Kevin: Do you suggest having professionals remove the mold or is there a way to remove it?

Erica: No, usually by the time they come and see me and they're so sick, they need it professionally removed. Why? If they just get their handy man to remove it and it's not hermetically sealed and so forth, they spread the spores all over the house.

Robyn: Also, by the time somebody is that sick, because I see some of these people with serious skin issues. I'm thinking of one woman in particular, of late, I mean she was so sick and was misdiagnosed over and over. Then she came in with a picture because I said check out your house and sure enough she had mold all over ceiling in her bedroom. It's not surprising that in those situations, people just need to leave their home.

Erica: They absolutely need to leave that's non-negotiable. Some patients don't and one of my patients died because she was told it was in her head and if she was more spiritual and prayed more it wouldn't be a problem. This was in a religious group, a Sufi group that was here in Santa Fe and she was the caregiver of the house. So the people who visited to have their ceremonies never felt the mold because they didn't live there. There was stachybotrys, it was documented. The Sufi leader in London told her it was all in her head and she ended up dying. He told her she needed to be more spiritual and committed to her practice.

Kevin: That's one dimension. That certainly may be true, but it's not dealing with the stachybotrys and the affects that it's having on her.

Erica: No, she didn't need to be more devoted to her spiritual practice. She was too devoted and listened to him 100% instead of listening to her own inner voice, so she completely disregarded her own inner reality and because she handed herself over to

Kevin: This is excellent for our self-care message, this is so important to listen to your inner guidance. This is how we're helping people and you're helping today. To help people to say that sounds familiar and I need to take some action in this area.

Robyn: Also in the Self-Care Revolution™, while we're using such a strong word, revolution, it's a fundamental change in mindset and you're taking action each and every day. For many of us, we have to be practicing self-care in such a different way than even five and 10 years ago. Even if you're healthy, you want to make that a priority each and every day can you speak about that a little bit?

Because it is an increasingly toxic world, what are the five main things that everybody should be considering or at least three or four things?

Erica: Everybody should be considering their diet. That's where it starts. That's what they can do they have total power. They're not a victim., they make those decisions about what goes into their bodies. They need to do that with their eyes wide open and make conscious decisions, not get hyper, fearful or obsessive or anything like that. Just eat with the eyes open. Eat consciously. Eat what's going to make your body and all those microbes happy.

The second thing is to ask yourself questions if you're feeling bad, before you run to a doctor, ask yourself why you think that this might be and don't automatically assume that every single thing is from your childhood wound or is psychological. Always entertain both possibilities because the arrows go both ways. Your mind influences your body and your body influences your mind. So it's important you look at both realms, not immediately think this is psychological. Look and see what might be creating the psychological symptoms in the first place to see if there's any physical thing.

The next thing is to watch your thoughts and just see what you're thinking and observe. Mindfulness meditation and regular exercise are terribly important things to add to your regimen. Thai Chi, Chi Gong, all those things in these times that are so hyper, so ramped up and we're around so many things that affect our nervous system. We now have to actually spend time unwinding and calming because we're just spinning out. So all those things that are calming, laying on the Earth and so forth are terribly important.

The fifth thing is to be careful not to harshly judge yourself. Treat yourself with love

and kindness.

Kevin: Excellent. That's a huge piece too. Like you said, when people are in this then the mind is not clear. So there's all this, there's food allergies that are causing the brain to fog, some of these things are very difficult to even think of doing.

Erica: Then have a friend help you think things through. Have a friend with you to help you when you're so fogged out you can't see a way out.

Robyn: It sounds like you certainly practice your self-care message every day. You re-connect with the Earth. You eat really well. Conscious thoughts and deep compassion and you sound like you're still enthusiastic about your practice each day.

Erica: I'm getting more and more enthusiastic all the time. It's a source of deep meaning to me. In any really meaningful thing, I'm healed as my patients are healed. Every patient who finds healing, it does something to me.

I remember reading a story about Valerie Hunts research, UCLA's neuroscientist, she said when she measured the field of a practitioner and a patient before the patient-physician encounter; she marked that down. Usually the practitioner had a little bit bigger field than the patient's. Then after the session, both of their fields were much bigger and my field is bigger from doing my work.

It's so deeply meaningful for me to connect in such an authentic way with my patients and I am deeply touched when patients share their lives with me. It moves me so deeply and it's what keeps me going when I had really a very bad time, Robyn, you saw that I was barely hanging on to life. I hadn't slept in a year and seeing patients kept me going because that love was the only thing that had meaning at that time in my life, when I was so stripped of everything.

Robyn: It's amazing because I've never seen you going through that period, Erica, and to see where you are since 2007. Your journey, wow! We as practitioners, we go through as you say, we go to that dark night of the soul place and we come out a better human being, a human doing, a friend, a doctor or a practitioner. I know that I've so humbled by my own life's challenges, to really be present in a whole different way to my patients.

Even all these years later, what's the biggest message? What's the energy behind the Self-Care Revolution™ is to get the message that you're sharing too, to thousands of people around the world that can practice this self-care right now. You never know

when something can happen in your life, and the better health that you're in and even just how you age. You can age really well or in a challenging way simply by not paying attention. Your message is so beautiful.

Erica: I have one parting thought for the listeners and that is, if it's your destiny to run into trouble and suffer, than my prayer for you is that you can you can turn the suffering into something that serves your highest good and serves others. May you compost this to dirt. One of the workshops I gave at Esalen was called from breakdown to break- through and may that be you.

Robyn: That's a great ending statement. Thank you so much Erica. We know that you're so busy. So I just want to end with this one question.

Because your practice is so busy, the people that care to work with someone like you, where do they find, there's no other Erica Elliott on the planet, but where do people find someone like you?

Erica: I'll tell you what they do. Many of my patients have a developed a system. They find out who's good at what and when I'm out of town, my practice is too full or they can't afford me is they piece it together. This person is good with this. This person has this and this detox system. They can go to Santa Fe Soul to get a whole bunch of things. They can go here and there. So they become very savvy at piecing their healthcare together. They know who's good at what.

Robyn: That's great. That's that empowerment piece once again. Thank you so very much, we're glad we got you before you take off on your journey to Bali. Have a wonderful time.

Erica: Thank you.

Kevin: I know that my field is bigger just having listened to this conversation. So thank you very much.

Robyn: This whole room has changed.

Erica: Thank you very much and many blessings to you and what you're doing Kevin and Robyn.

Robyn: Thank you.

Erica: Bye.

[End of Interview]

REBECCA SKEELE

MakeltHeaven.com | MA, LPCC, Ordained Minister, Author of *You Can Make It Heaven: How to Live Your Life with Abundance and Loving*

EMBODYING HEAVEN AND EARTH

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Robyn: Hello everyone, and welcome to month five of the Self-Care Revolution™ where we're exploring an exciting topic- Earthing, Electro-sanitizing Life, and Growing Your Own Garden. Believe me, with the speakers we've had so far we've covered all of this month's topics so well with amazing people who've shared incredible wisdom.

Kevin: I'm Kevin Snow, the Desert Shaman and intuitive counselor here at Santa Fe Soul Health and Healing Center.

Robyn: I'm Robyn Benson, a Doctor of Oriental Medicine and also I'm the Founder of Santa Fe Soul Health and Healing Center. Today we're very excited to introduce our guest speaker, Rebecca Skeele. Hi Rebecca.

Rebecca: Hi Robyn, hi Kevin.

Robyn: We're talking about her title for this session, which sounds so blissful. Sounds quite nice and so fitting for our theme this month. Rebecca Skeele, Heaven on Earth mentor and educator, has facilitated seminars in the U.S. and Europe for 20 years.

Rebecca hosts a wisdom school TV channel dedicated to bringing paradigm shifting conversations forward to speak our new world into reality. She's the author of the Module *You Can Make It in Heaven: How to Live Your Life with Abundance and Loving*. She's the creator of the Heaven on Earth Wisdom School. Rebecca is also a noetic balancing practitioner and teaches the noetic balancing practitioner training. Once again, welcome and thank you so much for being here.

Rebecca: It is a pleasure. Thanks so much Robyn, and congratulations both Robyn and Kevin to this incredible undertaking, to the success and all the people that you've had on this series that you're doing. It's really incredible, so congratulations.

Robyn: Thank you. We have lots of questions here. I just love this title, Embodying Heaven and Earth. Maybe we can just start by asking you how you go into your life's work. How did you start with this?

Rebecca: Let's go back to my early 30s when there was a whole lot of changing going on, a whole lot of shaking going on. I was living a lifestyle that for many, believed was a heaven on Earth. I had a very wealthy lifestyle. I was married. I had two small children. I had pretty much everything you could imagine in the material world. I had a lot of free time, basically the American dream. I had heaven on Earth, what can I say?

Still I was very unhappy inside and I didn't know why. I was confused and thought something was wrong with me. I was considering going and getting on some kind of medication. I couldn't figure out why I felt so empty inside, why all of these material things, wealth, and things that are supposed to make you happy, why they didn't.

What I didn't know at the time was I was in the middle of a spiritual emergent time. Often, this is the way it shows up. What happens when we're not really living our path as they say is a lot of 2x4s hit the fan? In the course of about 18 months, all kinds of things happened from my then husband's business going into bankruptcy to my marriage dissolving, to a major move out of the community I'd grown up in and my entire support system. I had about four major 2x4s hit in about 18 months.

Even though all of this came crashing down around me, and believe me, it was not something I had particularly wanted at the time. In fact, I was really reeling. There was something else inside of me that was saying, wow what is this really all about? That set me on a course to find out what was really going to fill me up. I think for all of us that's what it takes, something really big in our lives.

Some things are like the things that happened to me or sometimes it's a life-threatening illness. This is probably something you deal a lot with Robyn, in the work that you do, where you see people that that's going on. It's been on a course, so I went seeking. I became a seeker. I decided I needed to find out what's really going to fill me. That led me to finding my spiritual path. That led me to really discovering what was really going to fill me up. From there, I began working with others. Boy, that was back in 1990 and here we are in 2013.

Kevin: You had mentioned that we are; you used the words 'evolutionary shift.' I wonder if you could share a little with us, we're currently in that, and what does that mean?

Rebecca: I believe we are in a very important time. It's funny, I just finished interviewing Jean Houston on my Wisdom School TV Channel, which you mentioned earlier, Robyn. She says, and I really believe her, that other generations have said this is the most incredible time, but they were wrong, this is it.

The reason it's so incredible is because not only are there so many outer things happening that are coming forward. The structures that we've relied on for years and centuries are crumbling, but also inside of each one of us, in the energetic template of who we are which is affecting our physical body, we are going through an evolutionary shift.

What that evolutionary shift is, in my words, is we are embodying the truth of who we are. We are the bridge between heaven and Earth. To do that, we must go through all kinds of inner shifts. That is what I do. I assist people to do that, I teach people how to do that, and that's what I'm doing hopefully, with every breath.

Kevin: Excellent. I can feel that. We were calling our revolution, a revolution for a similar reason, that it's a fundamental shift in mindset.

Rebecca: It really is. It's an exciting time, but it's also an uncertain time. It's can be a scary time. It can be a time that there's a lot of discombobulation going on. Physically, I know this is kind of your Earth month, Robyn, so the physical body is really being impacted by major shifts that are going on and it's showing up in lots of different ways.

For me, everything from intense fatigue to just little accidents, that I don't usually do, but it's like I just twisted my ankle. I cannot remember the last time I twisted my ankle, yet there's something about it that has to do with this evolutionary shift I'm going through. It's just showing up in a lot of different ways on the physical form.

Kevin: How do we embody heaven and Earth?

Rebecca: First of all, I want to say that heaven is a state of being it's not a destination. Heaven is, as far as I'm concerned, embodying the divine reality of who we are. How do we do that? We do that in lots of different ways. Really what we're talking about here is a frequency and a vibration.

So the physical body and the subtle bodies around us, because we're more than just the physical form, we are up leveling all of that. We are raising the level of all of that. A lot of times, what I find is there's a piece missing from people. We've got this

human nature, ego-personality human nature that has one agenda. Then, we have this divine nature that people want to be in touch with more, open up more, and it's got this whole other agenda.

A lot of times, there's a big split between the human nature and what it wants, its agenda and what it sees as safety and security. The divine nature is not concerned with safety and security, because it wants growth and an expansion. So how do you bring these two together? It's a process, a beginning to lay down a foundation inside of us.

Kevin: I definitely like the idea of a split and how to bring them together. Continue with that.

Rebecca: In my wisdom school I teach three modules. Module 1 is about closing the gap or bridging the split. I teach it through a self-mastery model. It's not about throwing the baby out with the bath water. It's not about damning our human nature, trying to get rid of it or trying to get rid of ego or anything like that, in my approach that doesn't work. What we want to do is begin to work with our humanity in a different way.

Up until now, most of us work with it in a very shame-based way, what I called shame-based reality. What we want to do is begin to work with it in a grace-based reality, which has everything to do with acceptance, compassion, and forgiveness. So bridging the gap between humanness and the divineness of who we are has to do with mastering the part of ourselves that up until now sees the world through judgment, limiting beliefs, shame, blame, and all kinds of separation and duality.

Kevin: I totally agree. I like that you're not falling back on this idea of letting go of the ego. There must be something important about the ego, that's why we have it.

Rebecca: Absolutely. We just want it to be a backseat and not necessarily at the steering wheel.

Kevin: What you're doing is creating a new steering wheel or a new guidance system.

Rebecca: Yes. We want to get in touch with the part of us that we really want to be at the helm, at the steering wheel of our lives. What do we really want? Do we want our emotions to run us around? Do we want our negative thinking to run us around? Because quite honestly, all of us know that is a merry-go-round and we don't ever get off of it.

Kevin: Let's go with negative thinking what are your recommendations, or how do you teach believing that?

Rebecca: First of all, we are habituated to negative thinking. Nobody on the planet is exempt. We all have been conditioned, either in our family origins or just the things that have happened to us, to see the glass half empty rather than half full. So, it's a whole shift isn't it, to begin to look for the lesson or, you know that old joke about the little boy that's shoveling the horse manure out of the stall, there must be a horse in here somewhere.

In other words, how do we begin to really see the life lessons in our lives, the experiences we've had or family conditioning as really showing us the way, rather than some albatross we're carrying around under baggage, fate or this is just the way it is. Working negativity, self-negativity, with shame and blame is a masterful choice. To me, mastery is a choice. It's making the masterful choice and the masterful choice has to do with self-loving.

There's a step-by-step process that I teach that starts with observation, observing our mind and our emotions that go along with it. Accepting – simply not judging it anymore. Right now I'm telling myself that I'm a fool, for instance, and I'm feeling like a failure and I'm telling myself I'm a fool. Just accepting, okay that's what I'm doing right now. Then, we want to open our heart with compassion.

There's a whole process I do about how to do that. Quite honestly, most of us don't know how to be compassionate with ourselves. We weren't taught that, we weren't role modeled it. Then, we go into self-forgiveness, which again is a spiritual practice.

We need to start practicing that. It's like everything else. I've never done self-forgiveness before or how do I know it works? Well, you've got to practice it to find out. This is all experientially based and it's all about the evolution of waking up out of these habitual patterns that we've been running on ourselves for most of our lives.

Robyn: So these are the main steps to living heaven on Earth?

Rebecca: This is the first level. It's like laying the foundation of a house, like when you dig the footing of a house. You have to put the footings in so you know where everything else is going to go. We want to lay a new foundation and we want it to be in loving.

Then what we do is we really begin to completely build our structure – if I could just

use the house as an analogy, from living love. Living love to me is what I call spirit. That's the thing that really clears who we are. That's the thing that really heals who we are is living love. How to begin to open up to that because the process *is* giving ourselves permission to open to living love. The spigot is open. We don't have to go find the magic faucet and turn it on, I mean, it's pouring in to the universe every second.

What we're not doing is opening up to it, because we have all these places shut down. We have them shut down inside of ourselves, in our energy field around us. Module 2 is all about living love. Module 3 is all about co-creating a new reality.

It's like if you think about a house. Then we dig the footings and lay the foundation. Then we build the walls and decide how we want to design it, the floors we want on it, and how we want to decorate.

Kevin: I love that analogy, it very simple. It requires simplicity, because it's difficult to embark on this journey, but the journey itself is not difficult.

Rebecca: The key to the physical body is the densest part of who we are. It is the densest part of light, because we are light beings. So, as you go out from the physical body into the subtle bodies around us, it get less dense. If we do it opposite, if we hold our arms out in both directions it makes a 'T' and we wiggle the tips of our fingers. This is pretty much the tip.

We're touching the outer level of our personal space, our personal aura. When we're out here and we start moving our hands toward our physical body, if we tune into the energy of that, it gets more 'dense' as we move toward the physical form, and there's a reason for that. Embodying heaven on Earth means that the physical body is Earth and the subtle bodies are where we receive the higher energy or heaven.

So we want to open the channels so that this physical form is resonating with the higher energies and frequencies that's out here at our fingertips. I hope that made sense.

Robyn: This is so great. One of the things about our theme with Earthing and what you're talking about, this is the ultimate Earthing, when we're connecting to the Earth. It's so great when we can be outside. The other piece of it is electro-sanitizing. So when we talk about the Earth's frequencies, then we have all these artificial frequencies that are impacting that connection. We can always be connected and be heaven, but can you speak to that a bit?

Rebecca: About how all of these different energies are impacting us?

Robyn: Yes.

Rebecca: They really are. In my opinion, one of the health things that we want to do in this revolutionary time, and evolutionary time, is take better care, not only of the physical form but of the subtle fields of who we are, the levels outside of the physical body. As you say, Robyn, we are being bombarded with all kinds of magnetic energies, not only from the Earth itself but from all of the different towers and radio frequencies. This can really impact the subtle bodies around us, which is the reason that once we open more channels... think about an old fashioned radio dial.

Remember, when we used to turn the radio dial and it wouldn't quite be on the station and would have all that static on the line? Then, you would find the station and all of a sudden it came in clear? That's what happens to our ability to be fully embodied in the heaven is we have a lot of static in these subtle fields. So, we want to clear those out, clear the static so that those channels are clear. Then, when we open to them the field around us gets strong, it gets bright it gets vibrant.

You've seen people before when you go gosh they have this aura around them. They have this energy around them. They seem so healthy. That's a really strong field around them.

Robyn: This might be the perfect place to ask you about; what is a noetic balancing practitioner?

Rebecca: You're right, that's the perfect place to ask me. A noetic balancing practitioner is someone who knows how to balance all of those fields. In other words, clear out all that static. That's the easy way to put it. The reason it's called 'noetic,' a word that's not used very often. A lot of people say they don't get the word and don't know what it means. Yet Ions is the institute of noetic science. So, noetic is everything beyond the physical form. Sometimes it's called the divine mind, the universal mind, and it is all the levels of who we are beyond the physical form.

In noetic balancing therefore, would balance all those levels. That's what a practitioner does, to learn how to clear that static. For instance, today I gave a balancing to a woman who actually lives in New York City and I'm in Santa Fe, New Mexico. There's really no time and space, right? One of the things that she was experiencing as I was doing her balancing is she was feeling, at one point she said things were flying off of her.

At another point, she felt like there was a line, if you can imagine on your physical body a simple line, and every time we released something the line would move up. At one point, it was right around her belly button. Then, it would move up to her solar plexus. Then it went beyond her heart. Above the line, she said felt really murky and congested, and below the line felt clear. I just thought, wow that's an interesting way to experience this.

So that was a physical experience she was having, even though I wasn't touching the body. I was working in her aura and I don't know how many thousands of miles away from New York I am, but I was a long way away.

Robyn: Some people don't understand this distant healing. How can you be thousands of miles away and deeply impact how another person feels?

Rebecca: I'm not sure I can explain it in a way that someone would understand it other than, the best way to understand it is to experience it, so let me just say that to the audience. Once you experience it you go, whoa. Wow, because the rational mind can't make sense of this kind of stuff. However, if we go to quantum field and we go what the quantum physicists have found, we find out that there is no such thing as here or there.

What exists here also exists there. We are all connected, than it makes perfect sense, not in the five sense reality, but in the multi-dimensional sense reality it starts making sense. So, it's like we have to expand outside of our five sense reality. That's part of the part and parcel of beginning to embody heaven on Earth. We must realize that we are way more than this physical form, and the reality that's going on right now is way more than just the physical reality that we see, touch, taste, feel and smell.

Kevin: How is this relational to chakras?

Rebecca: I love that question. Thank you so much, Kevin. Getting back to the Wisdom School, one of the things that is foundational, back to the digging the foundations and the footings of this new structure that we want to build for ourselves is, not only do we understand the physical anatomy and I think everybody has a cursory to what our physical anatomy is, but it also coincides with the energy anatomy, doesn't it, with the chakras and the meridians and things like that?

But then, on top of that, we have a spiritual anatomy. One of the things that I teach in the Wisdom School is this spiritual anatomy and how it intertwines with the energy anatomy, which of course intertwines with the physical reality. The picture or image

I use is like a three-legged stool. We've got to have all three legs if we're going to open up to heaven on Earth. We also know our spiritual anatomy. We must be able to work with it, access it, and have an experience of it. This is what begins to open up those higher levels of frequencies of multi-dimensional reality.

Kevin: That's really important. Like you said earlier about being able to experience these things. It's interesting when people want to gather this up in their mind or they want to understand it. Your response was experiencing it is understanding it.

Rebecca: We're really going for the gnosis here not the, I know that because I've read it in a Module or I know that because I've watched it on TV. That level of knowing is not the level of knowing that all three of us know is what this is all about. We are at the level of gnosis, which is having a direct experience of something and then we know that we know.

Kevin: If we're the bridge then we're somehow separate. So, we can live separate from this spiritual anatomy, even separate from this energy anatomy?

Rebecca: Well, we can't live separate from it because we wouldn't exist, but we can believe that we live separate from it. We can have a whole existence where we don't acknowledge it.

Robyn: To help some of our listeners, I know you've got a call offer. Do you want to speak to that a little bit, Rebecca, so people can go deeper? There's a lot here, for people to really grasp what you're speaking about and digest it.

Rebecca: Thank you for bringing that up. In case anyone's listening, if they'd like to go to my website while they're listening it's MakeltHeaven.com. You can join my site, which immediately enrolls you in the Wisdom School. You get a lot of free goodies. If you don't want to enroll in the wisdom school, that's fine there is a button there where you can enter the site.

Poke around, because I've written a lot of blogs on this. I do a Wisdom School TV channel that talks a lot about what I'm referring to as well as have guests on that talk about a lot of the topics that I believe are so important to be talking about now. And, if you do receive my newsletter, you get recordings, because I've recorded a lot of this information so that you can listen to it and see how it resonates.

My experience of working with and introducing this to people is that the mind may not grasp what I'm talking about, but there's something inside that begins to stir. A

lot of times that can happen in the heart, because the heart is not only one of the energy centers of the body but a spiritual center of the body, isn't it? It's also the basic self, which is right around the base of the belly button area is an energy center, it's also a spiritual center.

Usually, one of those will start speaking to somebody when I start speaking or they run across information and they'll go, this doesn't make any sense to me, but something about it resonates.

Kevin: Definitely tune in.

Robyn: You also have the four session spiritual emergent series.

Rebecca: Yes. I have a lot of things that I offer. That is an introductory process that if people want to just put their toe in the water, actually we jump in to the deep end, but I give them a life preserver, so we don't go under too many times. It's really beginning to experience what I'm talking about, and part of that is noetic balancing. You do get to receive a noetic balancing, if you live near me in Santa Fe, NM, you can come to my office and actually get one in-person. If you live long distance like my client to day in New York City, well we do it long distance. That's also on my site.

Robyn: I see here you're also an ordained minister and a licensed counselor.

Rebecca: That's when I first began back in 1990, in working with groups. I used to be a tarot reader. I used to read tarot cards. That's how I began. Then, I was licensed and had a pretty close to a traditional practice for about the first 10 years (1990-1999). Then all kinds of heaven broke loose. I got introduced to noetic balancing, my spiritual gifts started opening up and it was kind of like, well, there goes the traditional kind of work. Since 1999, I've been developing the work that I do. I started teaching the wisdom school in 2005 and now it's 2013.

Kevin: You joined us for a live stream that we did a couple months back about reducing trauma.

I wonder if you could speak a little bit to trauma in relation to this emergence that we're experiencing.

Rebecca: Yes. That's a huge topic and something that is so important to speak to at this time. I think the way I'd like to speak to it is from a noetic balancing point of view.

We hold trauma in the cells of our body. Opening ourselves up to grace, to living love, to divine reality, to spirit, to God, to Christ consciousness, to Buddha-nature – I don't care what you call it is the vibration and frequency that releases that imprint, that vibration from the physical form. So to me, when I have someone that I'm balancing that has experienced trauma, it could be something in our contemporary world that's happening right now, could've been from going to war or it could be from childhood.

It is a process of opening more and more to allowing and giving ourselves permission to allow living love and let's just call it that to simplify, into our energy field around us and into our physical form. My experience has been that that's what clears trauma. Now, do we have an emotional/mental component to that? Absolutely, which also has to be worked with, so letting go of the story is really important work. It's sensitive, deep, courageous, sacred work, as far as I'm concerned.

Kevin: I totally agree. That's really good for our listeners as well, that you're working with this on different levels– emotionally and physically. That picture you painted earlier of the density, so you're working into the density of it.

Rebecca: Exactly. When people are ready to let it go, it goes. I really respect people's timing. I respect people's choices on this as I do for anything, but I think respecting timing is really important. Recently, I would say in the last six months, this doesn't happen very often.

I started working with a young woman that definitely had trauma. She really wanted to work with me, but after a couple of sessions we both agreed that she just wasn't quite ready. That wasn't a judgment on her. She really heard and decided for herself that it wasn't about her, meaning it wasn't to judge herself or shame or blame herself. There were other things that she needed to do first before she worked on the level that I was working. It was really lovely to have her acknowledge that, because quite honestly, that opened up her to go do the work she really needed to do for herself.

I'm just bringing that forward, because sometimes people get this 'should' going inside of themselves. It's really important that we don't.

Robyn: Someone is writing in a question about there are all of these processes and modules of living heaven and Earth. What's your simplified prescription?

Rebecca: Forgive yourself all things.

Robyn: All right, interesting. Forgive yourself. You were kind of asking that question

earlier, how does somebody know if they've forgiven themselves?

Rebecca: Because the presence of our divine reality, the presence of heaven, is an experience of joy, loving, peace, well being, lightheartedness, and expansion.

So if we are experiencing those things after we forgive ourselves, then we've forgiven ourselves.

Kevin: If we haven't, what are some questions do we ask ourselves?

Rebecca: This is a great question, and thank you for bringing it forward, Kevin.

Most time people say, why? Why am I feeling this way? Why did this happen? Why did she/he do...? Why did I do that when I really shouldn't have done it? We ask ourselves 'why.' Why doesn't get us anywhere. Why usually loops us back to some kind of shame, blame, or judgment. What we want to ask ourselves is what happened? What was the consequence of that? What do I want to do now, what's the choice? A lot of times, where we get really embroiled, and all of us do this, is we have a feeling of disappointment.

Then we put a meaning to that. We decide that if I'm feeling disappointment then I'm a failure. (I'm just giving that as an example that's one of the things that came up today in the balancing.) Wrong approach. What we want to say is oh, I'm having a feeling of disappointment. What is the message here, not the meaning? There is no meaning; it's a message. What's the message? By asking myself what is the message, then is say hmm, disappointment. What's this disappointment about inside myself? Oh, I'm not getting what I want? What is it that I'm not getting what I want? Well, because I believe that I don't deserve what I want. Ahh, now we've hit pay dirt.

That's a limiting belief. I don't deserve what I want, where did that come from? It's kind of like a ball of yarn that's all balled up. Once you get a string of it, you want to continue to ask the next question. When you run into the judgments and beliefs, forgive yourself. I forgive myself for believing that I don't to have what I want. Then, see what's there, what's after that. Usually these things bubble up and they bubble up in groups clumped together. Then it might bring up a memory of asking for what I want when I was a little girl and told you're too big for my britches, we can't afford that. Who do you think you are? Then, all of that comes up, right? Then that is all, I forgive myself for judging myself, for believing or I forgive myself for shaming and blaming myself.

Kevin: I like that. So it's levels and I think that's relational to what you've been talking about in our interview is levels of awareness.

Rebecca: Yeah, levels of awareness, levels of observation, levels of acceptance, and continuing to not get caught up in the eddy, which has to do with, uh-oh, I'm feeling disappointment so that means I'm a failure. Then of course, that just spirals us down, doesn't it? Oh, I'm feeling like a failure, than we put shame on ourselves. That just spirals us down.

Robyn: So even in the disappointment and shame... What we're really learning is that this is part of our humanity, part of our processing, but we don't have to abandon heaven.

Rebecca: No. See, when we forgive ourselves that's opening us back up to heaven. The self-mastery tools are the bridge. If you think about a beautiful Japanese bridge, let's say where on one side is our human nature, on the other side is our divine nature. Well, the bridge is open on both ends it's not a one-way bridge.

So each plank has to do with, what's my next step? I need to accept. What's my next step? I need to open my heart with compassion to myself. What's my next step? We're just stepping over the bridge. Each step will take us closer to divine nature and heaven. Then we go back into disappointment and we go okay, I'm back over here. Once the dance starts to happen, after a while, when we start really doing this we realize that our humanity is also part of our divinity.

Robyn: Where does enlightenment fit in there?

Rebecca: To me, enlightenment is really a process not a destination. My experience of enlightenment had been I'm enlightening the darkness of who I am. So, every time I bring light into a place that's dark, just like when you open up a dark closet the light rushes in. The dark doesn't rush into the light. I enlighten every place that's dark inside of me. I am enlightening myself.

Robyn: For someone who says, 'I'm enlightened,' how do you interpret that?

For example, there's somebody I know here locally and she said that she's enlightened now. She bringing other people to Santa Fe Soul who are enlightened and she would love for them to be part of our family of self-care practitioners and coaches and be part of the revolutionary energy at the center. I'm curious, because that's a tough one that people get caught up in; well I'm not enlightened yet.

Rebecca: Remember the Module that came out years ago, *Spiritual Materiality*? We can have materiality in the spiritual realm the same way we can in the physical realm. We can start, well I've studied with this guru and I had this initiation, I had this Kundalini opening and this enlightening experience, and I had this mountaintop experience. I had this channeling at Mount Shasta. We can go on and on.

It's just collecting all of the accouterments, rather than being in the ongoing revelation of spirit. Spirit is ongoing revelation, it's not a time and place, this happened here therefore that happened so therefore I'm enlightened. It's not a time and place. It is timeless and placeless, right here in this moment, in this breath.

Robyn: Do you agree that as we work with this heaven and Earth, as we work with this process, that we do lose that densification of human form that's causing us to live in those, I hate to say, lower realms, but you know what I'm saying? That by living in heaven and Earth daily, that we're living in a more expanded aspect of self.

Rebecca: Yes we are. That does not mean that we still don't experience disappointment, anger, or hurt, but the time we spend there is a nanosecond compared to where we used to spend it, where we used to wallow in it or carry hurt around for months.

Robyn: Or years, or a lifetime.

Kevin: What you're sharing with us is cyclical. You come back around, but you never really come back around to the same place, right?

Rebecca: No, you can't cross the river at the same place twice, as they say.

Robyn: We have quite a few people online, are you open to answering a question from one of our people?

Rebecca: Sure.

Robyn: Does anyone have a question? This has been quite an interesting conversation. I just love the theme.

Kevin: It absolutely is, because our Earthing month is all about vibration as well so frequency and vibration and you're definitely sharing about that.

Rebecca: If no one has a question I would like to mention what I'm going to be doing in three weeks. Speaking of Earthing, I'm going to run a workshop in three weeks in

the crop circles in England. You talk about Earth vibrations, you talk about heaven on Earth, and here you are (I'll just use the word 'you' because I've done this)...

Here I am walking in this formation that yesterday wasn't there. Seeing first of all, the grain, how it's woven, tucked in a swirled and laid down. Then the sides of this formation are laser sharp and there's not blade of grain out of place. Here is a three-dimensional imprint in this grain, and yet the experience of it is holographic. The experience of walking in a crop circle is Earth and yet it's also heaven, because of the energy of one is benevolent, blissful, expansive and definitely altering to one's reality. I'd like to really challenge that you cannot walk in a crop circle and not have your complete reality shifted.

Robyn: What particular crop circle are you going to or is it a new one, just curious?

Rebecca: A lot of people don't realize this, but every year new crop circles come up because there's grain and there's no such thing as repeat crop circles, they're always new every year.

Kevin: They appear to me to be geometric in shape. Again, I'm referring back to the vibration of that, do you have any suggestions of how these are coming to be?

Rebecca: My own theory is they come from sound. They come from sound that we can't hear with our human ears, but who or what is creating the sound, well, whatever it is or whoever they are they are benevolent, because the energy of crop circles is really extraordinary.

The research that's been done for decades in the Wilshire County of England on these crop circles, actually they appear all over the world, I want to have everyone know that. But this happens in Wilshire they do a lot of research on it. They've found out all kinds of interesting about DNA structure of the grain and how it's changed by the imprint of these shapes. They call them temporary temples. I love that. I could talk another hour on crop circles.

Robyn: Just how we started our talk, this is a time of immense change. This is an evolutionary, revolutionary time. I love the way in which you're really being of service to people and continuing to with your Wisdom School, all that your teaching, your traveling and your Module writing. Thank you for being a gift. We love that you're right here in Santa Fe.

Hopefully, we can do some more with you with all of the people at Santa Fe Soul, our

expanded community and the Self-Care Revolution™ since we are so aligned with what it's all about.

Any final comments that you'd like to leave with our audience? What you shared today will continue to be a gift, because many of our speakers know that we're going to be giving this series out to various non-profits and to different schools. There's some things that you shared with us today that will be new information so again, thank you.

Rebecca: The only thing that I would close with is that we are here to awaken to the truth of who we are and that your being here is not a mistake. You are chosen to be and you chose to be here. The gift of that and the possibility of that is to know yourself as soul and to walk in heaven on Earth while you are in physical form in this lifetime.

Robyn: Love it.

Kevin: I'm on the bridge with you. My densification is diminishing and I'm becoming more light through our conversation. Much gratitude for your sharing with us today.

Robyn: Thank you. Have a wonderful journey. We can't wait to hear about it. We look forward to staying connected with you. Blessings for your self-care, and may your ankle heal.

[End of Interview]

TRACIE NICHOLS

TracieNichols.com | MA, IAC, Creator of Soul-Truthing Intuitive Mentoring

THE RESTORATIVE POWER OF KNOWING YOU ARE NATURE

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Robyn: Hello everyone, and welcome to month five of the Self-Care Revolution™ where we're exploring a wonderful topic about Earthing and Electro-sanitizing Your Life and Growing Your Own Garden. We are excited about our speaker, Tracie Nichols. How are you?

Tracie: I'm doing well, Robyn. How are you doing?

Robyn: I'm very well. We're still vibing off our last interview, which was with our very own Kevin and Harmony West, and I was also interviewed. So, this was the first time in the series.

Kevin: Yeah, we got to give Robyn's bio and what she's all about here at Santa Fe Soul.

Robyn: Who is this woman behind the scenes right, running this revolution? So we have so much to share with you. As many of you know we have our live event, the Self-Care Revolution™ Bliss weekend in Santa Fe, live, June 20-23. We have 22 speakers, two films...you want to talk about the films?

Kevin: Yeah, we've got James Twyman coming in, and his film is called "Redwood Highway", looks awesome, he's debuting it here. Really, really, really excited about that. And we have Pedram's film, which is Vitality, and definitely got a sneak peek of that, I think you've actually seen the movie.

Robyn: I have, I love it. So excited that he's going to be here live also. And then live musicians, we have some local people from Santa Fe, Chris Chickering and Daniel Link. And then we also, you know what's going to be really cool is to get them together with Bob Doyle of The Secret, and Lynn Rose. James is like "I'm all for it, get me in a group of people who want to perform, I'm there". So this is going to be a spontaneous evening live on Saturday night, and we're opening it to the public,

anyone who wants to come. And if people want to by a pass for the whole weekend, that's possible, you can just go to jointheselfcarerevolution.com and click on the top button and you can get the link to register.

Kevin: Absolutely.

Robyn: Register today, we're ready to play with you, for pashportic, we've got Norm Shealy.

Kevin: I mean, this an amazing opportunity to come in and learn from this healer Norm Shealy. He worked Caroline Myss, I mean he just has a wealth of knowledge, just do not miss this.

Robyn: And Kevin, who are you? I don't think we introduced you, who are you?

Kevin: Right, I'm Kevin Snow. I'm an intuitive counselor and the Desert Shaman, and I'm happy to be the co-host today.

Robyn: And I'm Robyn Benson, Doctor of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center. That's another thing we were very excited to share is our center. We're in our eighth year. We built it from the ground up, talk about Earthing. All the intentions you can imagine, were put into the creation of this building, every single wall, the floor, the blessings, every aspect of it was consciously created. So we want to share how this all came about, because we were going to do a tour, remember that? Just before the juice lady, Cherie Calbourn.

Kevin: Absolutely, and we're doing this live-stream as well. So definitely you can tune in live to this video link we'll provide for the weekend. And we're doing a live-stream tonight, which is going to be an incredible event as well, we've got Ken Kuhne, who came in and talked to us about his hoop raised gardens, and he's offering a hoop raised garden, completely installed, an incredible offer, for the live event.

Robyn: And then Susan Bower, a landscape architect, and she's going to be sharing her expertise, I'm really looking forward to meeting her, she's lovely.

So Tracie Nichols, I'm going to introduce you as the creator of *Soul Truthing Intuitive Mentoring*. She is an Earth intuitive and transformative mentor, helping Earth-loving change makers, solo practitioners, and other magical healers unEarth their fierce confidence and find the solid ground of their own unique relationship with the Earth. "I believe it's all right there in your heart. It takes just a little help blowing away the

smoke and moving the mirrors for you to find it. Truly, you're amazing and we need you." That's a quote by you, Tracie. So once again, it's great to have you. So I'm going to read that quote again, by Tracie, "I believe it's all right there in your heart. It takes just a little help blowing away the smoke and moving the mirrors for you to find it. Truly, you're amazing and we need you." Our title today is The Restorative Power of Knowing You are Nature. Can you just talk me a little bit about this title, and what does that really mean, the restorative power of knowing you are nature?

Tracie: Well for me Robyn, what that means is that whenever we remember we are nature, we're not something outside of nature, but we're actually an integral part of nature, just as much a part of nature as the trees around us or the desert or the oceans. Then that gives you this amazing sense of community. For anybody that's ever felt isolated or alone, it also emphasizes, increases, and expands this beautiful sense of home and belonging. When you're starting from that place, the sense of belonging and home and being embedded in this tremendous planet, large as a planet community, which can really shift your perspective on yourself and be incredibly restorative if you have been struggling with trauma, with recovering from significant life events, with just the stress of starting your own business. That's kind of what I was talking about with that title.

Robyn: Thank you.

Kevin: That's awesome. I think we talked just before the call about a blog post that you had just done, and I'd like you to share with our audience what your main, for writing the blog first of all, but what did you do? I think it's such an amazing gift that you can offer.

Tracie: Oh, thank you. Well, I write a blog because I'm sort of an obsessive writer, and because it's one of the ways that I know that I can share what's going on in my head and in my life as an example and an inspiration for a community of people who are also dealing with many of the things that I deal with. This is one of those spontaneous blog posts that just kind of erupted out of me, at the end of last week I was a mess. I was tired, I was overstressed, I was totally overextended, and I had this to-do list that was monumental. I was coming into the holiday weekend. So, my first thought being, I have a Capricorn moon. So my Capricorn kind of wanted to organize me through the weekend and make a list and check everything off. Fortunately, I did not do that.

Rather than do what seemed like sort of the logical thing to do, I did something that was a little counter intuitive. I took two full days off. I unplugged, I lingered by the

edges of a lake, I walked in the sun, I weeded my lettuce plants in a very leisurely way. I lazed around, read Modules, laid in the sun like a lizard until I felt like I wanted to move, and basically allowed myself to really re-embed in my own nature and within my own ecosystem and come back into the center that I know is my foundation. What that did was it shifted my perspective on everything. I was able to drop several things off the to-do list because I realized that they weren't in integrity with who I was, and I wrote a blog post about, instead of running far, far away, which was kind of my initial response to "oh my gosh, I have so much to do," I took time off and recharged myself by reengaging my relationship with place and with the natural world. Basically engaged in some radical self-care.

Robyn: That's great. Is your radical self-care Earthing right outside your door, do you have the luxury of that? Why don't you explain what Earthing means really to you and to your audience.

Tracie: Well to answer your question honestly, I do have land outside my door that I can access. So, I'm very blessed in that way. At the same time, I'm also aware that I spend a lot of time in the house in front of a computer, because I'm writing and I'm working with clients. That requires me to be in an environment that is not necessarily outside. So, I've developed strategies for being in connection with the ecosystem and with place, even from within four walls and with a floor under me and not out in the sun with my hands in the dirt. So that's certainly one of the things that I find to be tremendously helpful. Robyn, go ahead and give me the question again, because I went all wandering off in my own direction and lost you.

Robyn: Ok, I kind of ask convoluted questions sometimes so... What does Earthing really mean to you, from how you conduct your life to being a writer, to being a mother of three children?

Tracie: Right. Earthing means that when I'm in contact, when I'm connected with the Earth and when I'm in that two-way relationship with the planet, deeply, deeply in that relationship, it means that I am always living from my center. I'm always living from the foundation of my own wild wisdom. That means that I can take tremendously good care of myself, which of course means that I can take tremendously good care of my children, my business, my clients, and of my ecosystem.

Robyn: Great. So, maybe define ecosystem.

Tracie: Okay. I define ecosystem as wild nature and the human beings who live

within it. So the ecosystem is when you look outside, what you're looking at is your ecosystem. It may be, in your case it's a desert ecosystem, so it's the plants, animals, stone, water, and the air that make up the environment in which you live.

Kevin: So you're interacting in relationship like you said. Explain a little bit about how you create that relationship.

Tracie: Ah, good question. So one of the things I find people asking me all the time is, "Well, what do you mean a relationship? How can I have a relationship with a tree? It doesn't talk. It can't hug me back." So it requires that we step a little bit outside of what we might think of a traditional relationship that involves conversation with mouths moving and arms that can hold, and move into, kind of expand your awareness that a tree, we'll just stick with a tree as an example, has a presence. It has a very distinct presence. If you happen to sit near a tree, it has a presence that you *can* feel. So, to be in relationship with that tree you are aware of its presence; the tree is aware of your presence, which eventually you can actually feel that too. You are aware of each other's needs.

For example, human beings require oxygen to breathe, and plants require carbon dioxide. So, what happens is, when I breathe out, I'm literally gifting to the trees that are next to me, the air that they need to breathe in, and when they finish photosynthesis and they off-gas oxygen, they're gifting me the air that I need to breathe. So that's a very tangible example of the reciprocal relationship that we have with the ecosystem in which we live. But there's also a heart-based relationship. One where I can feel supported and loved by the environment that I'm living in, and in turn, I support and love the environment. So I can sit on the Earth and feel my energy penetrating down into the ground and into the dirt, the stone, and the waters beneath me, and I feel the energy of the Earth radiating back through me. It's almost as if there's a pulse that moves back and forth between my body and the Earth. In that way, I am in a reciprocal relationship, giving and receiving simultaneously.

Kevin: I can feel that. I really appreciate you explaining it in that way, because that reciprocal relationship is what we're looking for. I think if you can sense that, you'll do it again.

Robyn: That's why the Buddha couldn't leave for, what was it, 42 days?

Kevin: Right, absolutely.

Tracie: You know one of the things that I've discovered, is people respond to

different components of an ecosystem. For example, some people are drawn to trees, some people are drawn to water, some are drawn to stones – I’m a stone person. Give me a big, flat, warm stone to sit on and days can go by and I won’t want to remove myself from that stone. So it’s not just about developing the reciprocal relationship, it’s also understanding that much like people, you don’t have a deep relationship with every person that you meet. You’re going to have the same kinds of things going on in the ecosystem. There’s going to be parts of your ecosystem that just draw your heart and you’ll want to curl up and stay there forever, and there’ll be parts that are just going to, “I respect you, I love you, but I don’t want to hang out here.”

Kevin: Right.

Robyn: I’m curious, we just spoke to Harmony in our most recent interview, and she’s an early childhood educator. How is this whole theme that is so near and dear to your heart, how have your kids related to your Earth mother nature, your Earth mama bear?

Tracie: My Earth mama bear presence? You know what’s really fascinating? Because I think we were blessed, we have a little bit of land, and my children, I was very dedicated to allowing them lots of free, unstructured time with nature. They developed their own relationship with it. To this day, and these children are now adult, one’s now an adult and two are teenagers. But still, when my daughter who’s 16, when she has something that’s upsetting her or when she wants to just shift her mood, she goes out for a walk. She goes out and she climbs trees. She’ll sit up in a pine tree and come home covered in pine pitch and significantly happier.

So they’ve developed their own way of interrelating with the Earth and also with their own wild wisdom. I found that children who engage nature in a very personal way really trust themselves, trust their intuition, trust their own instincts, far more than kids who are taught not to have that relationship. Which, you know, if you think about it, if you don’t have your own intuition to rely on then you’ve lost a big piece of your own way of perceiving the world and knowing what truth is.

Robyn: Wow, that’s great.

Kevin: You mentioned confidence and clarity. So how can people find or increase their confidence and clarity?

Tracie: It comes back to that feeling grounded, feeling at home. So for me, one of the things that I’ll do for example, today I’m on the phone, I’m with you, I’m talking. It’s

important to me to be able to speak clearly, and coherently, and confidently so, even though it's raining out, I spent some time standing outside with my feet on the Earth underneath one of my trees and just breathing with the rhythm of that tree for a little while and remembering how at home I am here, in my body, on this Earth. That allows me to speak from a very grounded place, from a very centered place, and when I'm grounded and centered and when I have this sense that my ecosystem and by extension a whole planet has got my back, then there's a tremendous amount of confidence and clarity that comes with that. The confidence in particular, and the clarity just happens when I can breathe and I'm grounding in the Earth and all of the chattery voices drop away for a little while. The clarity rises, and there it is, that's what I'm looking for. Because when I'm connected with the planet, all of the small things that sort of eat away at you, they become a lot less important. You just understand, with great and blazing clarity, how connected you are and how richly resourced you are whenever you're connected with the planet, especially in that beautiful, breathing, pulsing, interconnected relationship.

Robyn: Yeah. So I'm curious about your background. Tell us about your history, is this something that was kind of born into you being really connected to the Earth? Tell us a little bit about your background.

Tracie: Yes, actually. I can answer the questions, the specific question that you answered real quickly and that is, I was born with a yearning for the planet – that's the best way I can describe it. I can remember being a little child and spending tons of time, like my daughter, up in trees, laying with my belly on the ground and just breathing. It felt like I was breathing and the planet was breathing with me. This is from when I was quite young. I was socialized out of it, so I lost that connection until I was in my late twenties when I rediscovered it through studying energy therapies and studying massage therapy and studying aroma therapy, and just reintroducing myself to the concepts of energy, and interconnection, and an expanded sense of beingness. So those are some of the things that I've studied. I have a background in, I'm certified as a massage therapist, I did Reiki, and I studied MariEL healing, well I'm certified as an integrative aroma therapist, so I have this background in some of the complementary and alternative healing modalities. I also have this master's degree in human and organizational transformation. So it's a degree that is about helping people learn how to make significant life changes, I mean we're talking perspective enhancing, world-view shifting life changes. So when I take that training, that master's degree, and I marry it with this intuitive, profound relationship that I have with the planet, and I kind of weave in what I know of the human body and what I know of the human energy system and all of the support that I felt over the years

from the plant kingdom, you know the plant allies through studying aroma therapy, and I said I've always been like I said a stone girl, so stones and crystals throughout my house; all of these things come together and they weave this beautiful community of support and information that I use whenever I'm able to engage with someone who's looking to make change in their life.

Robyn: You said something very profound, that you were socialized out of it – like you grew up being a magnet, a connector to the Earth, a yearning for the planet as you said. All I can think of is that many of the kids that are born, my kids' generation, my children, they never were in it to begin with. Many kids just never even know their connection to the Earth or that they *are* the Earth. So that's a big message, obviously this whole month. I just love how you made that, what I call profound statement.

Tracie: It is a profound statement. One of the reasons that I was so determined that my children would have that unstructured time to develop their own relationship with nature was because I lost it. It was so painful to lose for me. When I regained it, I was so.....my life changed so significantly, when I regained my reciprocal relationship with the planet. And when I say significantly, I mean moving out of tremendous depression and despair into seeing possibility and potential and seeing that there is belonging and thriving that's available to everyone. It doesn't matter who you are or where you are. So that was one of the reasons that my children were raised the way they were. It's something that I speak about all the time. When I'm in a crowd of people it's going to pop out of my mouth in some way or another, just encouraging people, adults, to have that relationship. Because when we do hopefully we'll transmit it to our children as well.

Kevin: Maybe speak a little bit, you said this a couple of times and I think this are really important words, about unstructured time.

Tracie: The blog post that I wrote in response to my two days off was pretty much about unstructured time. One of the things I did was I stopped looking at clocks, I stopped looking at the calendar, and I allowed myself to live for those two days on the rhythms of my own body. We all have these beautiful internal rhythms and they're very unique. So, I have a natural rhythm, and when I can live by that natural rhythm that un-rattles me. That's the best way I can describe it, but it brings me back in to center. It allows me to become myself and then to be making my choices and taking actions from that deep seat of my own wisdom. So unstructured time, to me, is crucial for anyone. It's something to build in as a part of our own radical self-care, is unstructured time on a fairly regular basis, so that you can remember what your own

rhythms are and you can honor them and let them teach you.

Robyn: I don't know if you heard this, Tracie, like we have here in Santa Fe, it seems like wherever all my friends are around the globe; this past particular weekend in general was unique in that a lot of people felt like it was walking through Jell-O. It was just really interesting energy about this eclipse, these triple eclipses that we've had, and the full moon, and enough so that it makes you think... it's almost like... I felt like this for myself... I'm usually an on-task girl all the time. This weekend I felt like I could just stare at walls, like outside, and just look at trees. It was just such a neat experience. Then, everybody I've talked to had that kind of experience. It's like that rhythmic nature, the shifts that are happening planetary that all force us to pause.

Tracie: Absolutely. I think, you know what I find fascinating, is that there are planetary energies; there are universal energies. Then there are regional energies and then there are our individual energies. All of it weaves together, and we each come out having a different experience of it, but there are certainly those global experiences like you said, where lots of people were feeling like they could slow down, feeling like they could experience the world in a slightly more timeless way. But one of the things I wonder is, if you're someone who's not self-aware, if you're not paying attention to that and you struggle against those global energies or those planetary energies, you know, how exhausting does that become? How often are we doing this without realizing that we're doing it?

I think that's one of the things, when you look at so many people talking about being tired, mentally tired, or spiritually tired, or physically fatigued, one of the things that I see repeated over and over is that we do tend to struggle against our own rhythms, we struggle against those planetary rhythms or opportunities that are happening rather than working with them. So I try and encourage people and myself – certainly I'm not an expert at this, but I'm learning all the time just to really tap into your own individual rhythms and to be mindfully aware of all the rhythms in your own ecosystem and in the larger system of the planet as well. Because like you said of this past weekend, if you had the opportunity to take that deep breath or that you make that leap of trusting that sense that you were getting, that you could slow down and look at trees, then that was a tremendously restorative opportunity.

Kevin: So as people are listening to this, I think that there still is a question. "Sure, you can do that, but I don't have the time."

Tracie: Ah yes, the sad fact is I don't even have the time either. I'm a mother of three. Two of them are teenagers; I'm driving people everywhere constantly. I have my own

business, which if anyone out there has their own business they know exactly how much free time you have with your own business, and I guest host, guest author for a couple of different places. I have a very, very busy schedule. What I found is this ability to connect with your own rhythms and to connect with and develop this reciprocal relationship with the planet is not a big, complex thing. It doesn't take a tremendous amount of time.

Really for me, in the morning, I spend about 5 minutes just connecting deeply, and that 5 minutes re-sources me. Now, there are days when I need to stop and get another 5 minutes sometimes, but it doesn't take that long. For people who are working in office buildings or who don't get "outside," one of the things to remember is every breath you take you're breathing in the out-breath of trees, plants, and plankton; you're literally taking in all that vibrant energy. Every breath you take. Then you're breathing out and gifting your own vibrant energy back into the world. So, even in a windowless office building, you have this connection with the natural world that never, ever, ever goes away. So you can restore your sense of connection, by mindfully breathing sometimes and just remembering "I'm breathing in tree breath right here, all that vibrant greenery here. I'm breathing out and gifting that back." That's one of the ways that people can just again, 30 seconds, three ten second breaths, can really shift what's going on in terms of your connection and how interconnected you feel. Hopefully that helps a little bit.

Kevin: Absolutely.

Robyn: We spoke in our last interview about living in these electrified times. When you think about the environment, in which especially our children are growing up in and being born into, and it's in our schools, it's in everything, what do you think is the solution? How can we help the system integrate more of this Earthing theme?

Tracie: Hmm. that's interesting. So, individually, my kids have techniques that they've learned. They've also been known to carry around stone companions periodically, things like that. One of the things that for me, whenever you're trying to make significant changes, especially if you're trying to engage an entire community for instance a school system or something like that, you have to start with conversations. You start with inquiring into what's happening within that system. What is it, what are there imbalances that can be addressed? Are there awareness's that can be raised – are there ways that children be outdoors other than for 10 minutes here or there walking back and forth between classes, or whatever it is they're doing? But really starting from the perspective of engaged relations and

dialogue, so that becomes the point where, here's all the commonalities, here's the things that we all want for our children, if you're talking about a school, and now let's explore some of the ways we can get there. I know that you said you had a conversation with Harmony and you and Kevin were talking about it, what were some of the things that you came up with?

Robyn: Okay, so Harmony in terms of how she works with children, she talks about ways in which you can just touch your body, you can touch your forehead, you can touch the back of your neck. We talked about laptops and how it's the wrong name, they're putting out major amounts of electro-magnetic pollution, and that for our young children it's going to be a huge contributor to infertility issues. I certainly see a lot of that already on my tables every day. She talked about – she's a stone person too and she's a medicinal mushroom woman – when you're using a laptop computer, putting your feet on a rock and how that helps as an antidote.

Tracie: Right, exactly. Go ahead.

Robyn: There are just so many ways. I spoke a little bit about proper hydration and when we have more Earth-based diet, how when our cells are in their healthy state... I often talk about our cells looking like voluptuous, juicy grapes as opposed to raisins. Yeah, so when you talked about how you started your day outside with those 5 minutes, I mean, you can imagine a little party going on in your cells; they're so happy, yeah.

Tracie: Absolutely. One of the things that I teach all the time is teaching people to do that. I think that's certainly something that could be worked into a conversation with people and teachers and children, you know "everybody put your feet on the ground and imagine all the stuff and the static in the room just draining out through your feet and into the ground." You know, I think there's visualization techniques and there's energy techniques that can certainly come into play and be used in public spaces to help us really work with our natural rhythms, work with our energy bodies which are so fascinating, complex, and capable of really dealing with goodness. It almost feels to me that we can draw on the energetic body of the Earth and our own energetic bodies to adjust and diffuse anything that is approaching our bodies and could be static or disorienting or disharmonizing.

Kevin: I want to refer people to your website so that they know how to get a hold of you. I notice that you have an opt-in here, and that you offer a no-strings attached gift. Check out, so your name again, TracieNichols.com. I just wanted to have you share a little bit, there's a guided visualization, just listening to you actually feels like

a guided meditation to me.

Robyn: You've got a very calming voice; I like your voice.

Kevin: Yeah.

Tracie: Thank you, I hear that a lot. I do a lot of guided meditations and visualizations, and so I've recorded, there's three or four of them scattered about the site, you know free access. The opt-in gift, thank you for mentioning that, because one of the things that I wanted to do was take a bunch of the writings that I've done – some of them are my writing, some are intuitive writings or writings where I'm translating what I'm hearing or sensing from the natural world. It's actually a 40 some-odd page eModule, or electronic Module, that you download as a PDF, that's this dip into what it feels like to have this reciprocal relationship with the planet. It's something that I love having people be able to sort of dive into.

Robyn: What a beautiful gift. Just to remind all of our listeners, if you go to jointheselfcarerevolution.com and you've opted in, we have so many gifts, certainly from the first four months, but also a gift for this Earthing topic. So, thank you also Tracie, for your gift too. This eModule sounds fabulous; I can't wait to get through it myself, and hearing more of your wonderful voice.

Tracie: Why thank you, thank you. The only thing I will say is, is if anybody is trying to do this from ear, just Tracy Nichols my mother decided to be confusing, and my "Tracy" is spelled with an "i" "e", not a "ey" or a "y".

Kevin: All right, very good. Maybe you could share a little bit about how you work with clients.

Tracie: Well, the way that I work with clients... See, one of my superpowers is to meet people where they are. So when I'm working with someone, what we do, the first thing we do, is we actually develop our own reciprocal relationship. We have a conversation and we listen deeply into what the needs are. The person will come with his or her own questions. A lot of the people I work with are entrepreneurs or practitioners and healers who are also survivors of some form of trauma or abuse. So that brings its own special realm of gifts, and it also brings its own special challenges. So we'll listen in deeply to whatever those challenges are and you know, what adjustments want to be made, and then we structure an entire program around whatever those needs are. But we discern them together, so that whatever's going on is really focused on the client that I'm working with. It's an incredibly client-centered

approach.

Then I do also, sometimes I'll do a one-off session which I call the soul-truthing method where we're really diving into what's the truth, the essence of this person, especially when they're in relationship with the planet, what's revealed there. When we're doing a walking your truth program, which is kind of what we've developed together, we can determine how many sessions, the length of the sessions, whatever the sort of organic ecosystem is that we need to put together in order to have this person that I'm working with, thrive, really, really plant their roots, and come out of the Earth and be this beautiful, thriving plant. So those are the primary ways that I work with people. I do also teach some classes. I'm doing some local things that are really fun, I'm doing some aroma therapy teachings which always makes me happy, because I get to play with the plant allies. So hopefully that answers the question.

Kevin: Absolutely. Talk a little more about the plant medicines, the allies as you call them.

Tracie: The allies, yeah, well I think of anything that we encounter in nature as an ally rather than as a tool. It's a perspective shift I made a little while ago. I even interact with stones this way. So the plant allies, I work with them particularly in the form of essential oils, because that's where my training is, but it's also where my passion is. I love working with the essential oils. For the pleasure of being in scent all the time is just something that feeds me.

But the plant allies will offer specific support based on the person they're interacting with. So even though most of us have probably heard that lavender can be relaxing, and certainly on a physiological level it can be relaxing, but it also has a whole complex host of other responses that it can evoke in someone. So often times, lavender will speak up when someone is wounded and is looking for a mother presence, but it can also speak up when someone is looking for calmness but with a mind that is present and clear. So the idea that lavender will put you to sleep doesn't necessarily work for everybody, but it really depends on the specific relationship between the plant ally and the human being that they are volunteering or stepping forth to work with. So I sort of facilitate the relationships, basically. I help out by listening to the plant allies, by offering interpretations if that feels necessary, by suggesting plant allies that perhaps I'm hearing and the person working with might not have tapped into. So, it's really, again, a dialogue between me, the client, and the plant allies. We develop ways in which the person can work with the allies, the form in which the allies should show up, it might just be their energy that the person can

work with or it can also be just the essential oil or herb, any number of things. But it's really about developing that relationship and finding the actual rhythm between the plant and the human that is most supportive for both.

Robyn: So you talk about, I know a little bit about your writing, you talk about living fierce. What exactly does that mean?

Tracie: To me, living fierce means that I am living connected and living out of what I call my wild wisdom. So it doesn't mean that I'm ferocious, it doesn't mean that I'm aggressive necessarily, it doesn't mean that I'm in peoples faces. I'm sort of the most soft, peaceful kind of person that you might want to meet. But it means being so much myself that I am fiercely present. I am here. I am alive, and anyone that encounters me knows that. It also means that I am, in my own way, I'm unshakable. I understand what is my truth. I understand who I am in the world, and I'm willing to stand in that regardless of what's going on around me, or what someone is approaching me with.

Robyn: So are you able to stay in that unshakable place pretty much 24/7, or does much blind side you, or do find your ego steps in and you feel puny some days? Is that rare for you? Are you super-human?

Tracie: It's getting rarer. It's getting rarer. I certainly find myself thrown off balance periodically. But what happens is, this fierceness, being able to be fierce, means that I'm able to be more resilient. So that if I am toppled, which certainly happens, I'm able to come right back into center or I'm able to come back to center much more quickly than I would have in years past. So I think what it is about is significant resilience, it's not about perfection, nobody's perfect.

Robyn: So super-Earthed? I don't know what else you can strive for, anything better than that, really. I don't honestly, know what I think about all this success in the world, what can be more important than what you're talking about Tracie right now: being unstoppable, being resilient, deeply, fiercely knowing self. Yum, yum. Talk about the Self-Care Revolution™, talk about a self-care message, and radical self-care. I mean, ultimately, it's through self-care that we can sustain that.

Tracie: Absolutely. Absolutely. So you know, this is my own piece of self-care. It's just my own way of viewing self-care as kind of the ultimate way of gifting the world with my presence so that I am here doing what I landed on this Earth to do and doing it in the most centered, loving way I can.

Kevin: So, the unstructured time that you've created for yourself, also creates for

itself, could create a conflict, with people that would like to structure your time dedicated to them, right?

Tracie: Absolutely.

Kevin: How do you deal with that?

Tracie: Well, one of the things that I do is, because I have my own business I can structure my day, somewhat, but because I'm a mother of three and because people do require me to be available to them at times when we can speak, I also have times when I'm simply at the mercy of someone else's rhythm. So what I've done is that I block out specific times. This past weekend it was a sort of surprise time and felt that was really wonderful. But usually once a month, I will block out at least one day of completely unstructured time. I just take myself offline. I will not schedule anything that day. It could be a weekend, it could be a weekday depending on what's going on for me. So it's about honoring that enough by choosing it over anything else. And for the most part my family, you know, they're pretty good about it, they'll know "Oh no, it's a mom's off day." We don't plan anything on that day, or dad's the one who does the driving. So it's really about being mindful, knowing my own rhythms. I recognized that I needed to do this about once every moon cycle. That was really important. So everybody will kind of have to be mindful of their own rhythms and when do you need it? And how then can you block it off – do you need a whole day or do you just need two hours?

Robyn: Wow, you said something that I love: this idea of being at the mercy of someone else's rhythm and how we become resilient with that. But the bigger question I'm asking here is you have a certain path and it's quite beautiful, and how do you – our next month is all about, month 6, **Relationship to Self, Others, and Money**. Sounds like your kids are pretty connected to your rhythm and they've learned through you modeling this as their mother, since this is how you grew up in the world, and your husband, sound like he might be similar. So, how do you deal with the greater world that's living high five with their hair on fire, it's crazy? There's a lot of hot stress in the world like never before.

Tracie: There is. There's a lot of crazy in the world. So, what I do is, again, I'm working with that staying resilient within myself. I'm out in the world all the time, it's not like I'm living in a bubble. So I breathe, I stay mindful, I stay in my compassion, and if somebody is really having a crazy day one of the things I remember is people tell me all that time that just being around me is a peaceful experience. So, I just kind of be who I am. I keep my rhythm. I flow in and out of the

faster, if I need to be faster-paced, okay I'll speed it up a bit, and then I can slow down. I try to weave it in and out to the rhythms of other people, and I remember that by being who I am, by holding this space of deep connectedness, that I actually can shift how someone else is experiencing their day. It may ease their stress just a little bit.

Robyn: Is there something, what that triggers you? What is your number one trigger? Or isn't there one? What is your trigger, what really, what are the top one or two things that really gets you?

Tracie: Oh goodness. Injustice.

Robyn: Oh yes, injustice.

Tracie: Unfairness. Those will send me over the top. I'm certainly less than resilient when responding to those sometimes. I think that the other thing there is my fierceness will really, really respond to that. So I'm likely to be the one in there saying, "No, this cannot continue" or you know, "We have to have a conversation about this." Or whatever needs to be spoken. So those are the things that really, that will send me; and cruelty. I have a really, really difficult time with blatant cruelty, whether it's verbal cruelty, whether it's someone being physically cruel. That certainly is a huge trigger of mine. I need to work you know, when there's a lot of input from social media, where I spend some of my time, and a lot of it tends to, is revolving around cruelty or injustice. I have to be very careful. I don't want to disengage. I refuse to disengage, because I didn't incarnate in this lifetime to be disengaged from life and from its experience. But what I do want to do is make sure that I'm responding as resiliently as I can. So I monitor what's going on, and if I find myself off-center, you know, I'll take those 5 minutes. I'll go outside, I'll breathe, or I'll just close my eyes and tree breathe as I call it, just consciously connecting that it is the breath of trees I'm taking in, and really letting myself come back to center before I reengage with whatever's happening.

Kevin: You may reiterate some of the things you've already said, but what is your definition of intuition?

Tracie: Oh, interesting. My definition of intuition is a deep inner knowing that is a relationship with the unseen or perhaps the seen, if you're talking about the natural world. Wow, that's an awesome question, because I think about intuition all the time and I use my intuition, but I haven't actually defined it for myself. Fascinating. So I think what it really is, it's a sense beyond the five senses that I have, and it's a way of exchanging information, communication, and knowing with other than human

beings, the natural world and the unseen world where, for me, my intuition comes through my body. I'll get body sensations and also imagery and then that will translate into words eventually. I know other people receive intuitive information in different ways. Hmmm. That's about the best I can do in the moment.

Kevin: Excellent, that's beautiful.

Robyn: Beautiful. We might have to write that down for you when we re-listen to it.

Kevin: Absolutely.

Tracie: I may need a transcript of this, 'cause you know, I'm enjoying what I'm saying.

Robyn: Yes, we will get this transcribed. As we come to the end of our conversation today, I'm thinking you know one of the gifts of the Self-Care Revolution™ has been the wisdom that many of our speakers have shared and what you've shared today in this hour, power hour, beautiful, beautiful message. But just so we, just so our listeners know, we have so many plans for what we're doing with this content. I think as I listen to you, that anybody in the world could listen to this message from you. And I think about my 11 year old daughter, my 13 year old son, and seeing them go through their inner conflicts. And anybody, I mean how many people do I see everyday that are depressed, that are disconnected. Sometimes they can't even, they are so painfully disconnected....when I say "Let me give you the advice of walking outdoors." The thing is that everybody has that ability to reconnect. Anyway, any parting thoughts when you think about all you've shared, all that you've written, all that you've learned, is there some main, final statement you'd like to make or share with our listeners today?

Tracie: I think so. You know, the thing that I find the most hopeful in what I've learned is when I remember that I am nature, then developing a relationship with the natural world becomes just sort of normal, and easy, and it's not this big, giant undertaking. It's not something I have to seek for or work at or strive to do. It's not something that takes effort. It's something that is intrinsic. It's as easy and simple as breathing and remembering who I am. So I think if people can just grab a hold of that and really make that tiny shift "Oh, this isn't a task, it's not this task or to-do, it's not a project." It's just remembering something that I already know and turning up the volume on it so that I can be aware of it a bit more frequently.

Robyn: Beautiful.

Kevin: Awesome. Well, I am encouraged to unstructured my next few hours.

Robyn: Kevin Snow, the Desert Shaman.

Tracie: Wonderful.

Kevin: Yeah, I totally appreciate your languaging in working with the plants and considering them allies. I think that's really a beautiful way to understand that, and for people to understand that.

Tracie: Oh yes, yes, thank you.

Kevin: I'm really grateful for this conversation. Thank you for your eloquent words. I really can feel that you're writing ability and your speaking ability is very centered and grounded.

Robyn: Right, and the nature theme is always in fashion, right? But now, I have to say, I just think it's great that people like you, Tracie Nichols, really live it, breathe it, and you're an example to so many people to remember, just to remember who we are really.

Kevin: Definitely.

Tracie: It's been such an honor talking with the two of you. I thoroughly enjoyed it.

Kevin: Thank you.

Tracie: And whoever else is out there, a whole community.

Robyn: And we hope you can come with your beautiful family sometime to Santa Fe and visit us, and maybe do a workshop or maybe share some of your great teachings.

Kevin: Yeah.

Tracie: That would be wonderful.

Robyn: Have you been to Santa Fe?

Tracie: I have not been to Santa Fe yet, it's on my list of places to go. I will now put that out to the Universe and see what manifests.

Kevin: Great.

Robyn: Awesome, awesome. Well you take care, and I know we'll continue this connection with you. And for all of our listeners, we will have this replay up shortly, and we want to remind you to go to TracieNichols.com.

Kevin: Any questions for us, it's info@jointheselfcarerevolution.com. And if you haven't logged in and become a free member, it's jointheselfcarerevolution.com

Robyn: We're ending on such a high note. It's sad that we're moving out of our Earthing month. It's never ending right, it's forever with us as we move into the relationship month. But wow, when we go back to starting the month with Magda Havas, and Sandra Ingerman, we have had Pedram Shojai, we have had an amazing group of speakers this month. I'm grateful. Everybody has had a different message. The lady talked about skin health, Michelle, she was terrific.

Kevin: And you and Harmony were incredible.

Robyn: Thank you Kevin. And so ending with your great message, your sweet message, your authentic fierce living, oh man, I'm full of good words now after listening to Tracie. Not just words but boy, the sheer emotion behind it too. Thank you for the work you're doing in the world. You're a blessing.

Tracie: Thank you, thank you too.

Robyn: Take great care.

Tracie: Okay, you too.

Kevin: A little piece of our song today.

[End of Interview]

ROBYN BENSON

RobynBenson.com | DOM, Founder of Santa Fe Soul Health and Healing Center and Creator of the Self-Care Revolution

HARMONY WEST

BlessYourMom.com | Parenting Coach, Family Health and Wellness Educator, Energy Medicine Practitioner

GIFTS TO GIVE YOUR CHILD

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Robyn: Hello everyone! You can tell we're having some fun over here at the Self-Care Revolution™ headquarters. My name is Robyn Benson. I'm a Doctor of Oriental Medicine and also the Founder of Santa Fe Soul Health and Healing Center. I am here with...

Kevin: Kevin Snow, intuitive counselor and self-care coach. We are also joined by

Harmony: Harmony West, I'm a parenting coach and an energy medicine practitioner.

Robyn: Also a self-care coach at Santa Fe Soul. We have so much to share today and what's fun is we're the ones being interviewed today. Kevin gets to interview Harmony and me. We've got so much to share with all of you. Thank you for all of your wonderful comments to our series so far. As we mentioned last week, we interviewed our 50th and 51st speakers, so we're well on our way through our 12-month series and we're already planning our 2014 series which is exciting. So stay tuned.

We have a lot to share with all of you. So to begin today's talk, Harmony is going to be sharing a lot about how to live in these electrified times and some of you may be wondering What it means to be living in electrified times? I'm going to start by telling you a little bit about Harmony's history.

Harmony is a parenting coach, a family health and wellness educator, energy medicine practitioner, circle facilitator and certified New Mexico educational trainer. Harmony will inspire us to use everyday moments in our lives as simple yet very

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deep self-care. Discover how you can weave breath, thought, intent and simple movement into a beautiful tapestry of self-care and healing for your body, mind, heart and spirit.

Kevin: Welcome.

Harmony: Thanks.

I have the great privilege and honor to introduce my dear friend, Dr. Robyn Benson. For 21 years, she's been a Doctor of Oriental Medicine. She's a mother of two, an adventure enthusiast, world traveler and world speaker. She loves to help each of her patients achieve optimal radiance and sustainable health. She brings a wealth of services to you and me, including acupuncture, herbs, IV therapies in cutting edge energy medicine and mostly, her caring and her intuitive understanding which will help you with any health issue you may have.

Robyn is known by many to be the health detective with life changing solutions. In addition to building a 21st century healthcare center eight years ago, Santa Fe Soul, which is the home of 25 practitioners with a vision that's locally focused and globally expressed, she's now on to what she calls her legacy; the creation of a movement to change the face of healthcare.

Welcome to the Self-Care Revolution™. You rock, Robyn!

Robyn: Thank you! You rock too. We're all rockin' with the revolution here.

Kevin: That's awesome to hear Robyn's bio because we introduce ourselves in these talks a lot but we don't get to hear a lot about Robyn. But today we're going to get to hear from her and her expertise. We're going to be talking a lot about these electrified times and that's one of the questions you brought up earlier. What is it to be living in this time of electricity that we've created that hasn't really been around that long?

Robyn: Actually since 1885 something like that. It was Nikola Tesla, one of my favorite geniuses of all times who said that "*The advent of electricity would be a blessing and a curse to all of life.*" So yes, it's a blessing. We wouldn't have all these amazing, talk about bliss, all these experiences that we get to enjoy and sometimes we take them for granted.

Anything from light to having a TV to driving your own car, you know that kind of thing. So when he said the word curse, I'll use the word challenge. But in these

electrified times, and we're becoming more electrified year by year because now we have Wi-Fi, we have deck phones and electric cars. Anyway, the point being is that our ancestry, when we think about how we've evolved, man has evolved over time always close to nature.

That our nature beings are more bio-identical to nature than anything else, so the way in which we thrive has all to do with how nature thrives. Then you add this element of artificial energy. So it's not surprising that with the advent of electricity has come this boom of disease because especially now, we're living 90% or more of our lives indoors, including our children and that's having a dramatic effect on our health.

These truly are electrified times. Let's talk about our children, they're pretty much on their screens sometimes 24/7, they're sleeping with their phones. A big purpose of this call is to say yes, we can't live without it, but how do we live with it in a more conscious and mindful way?

Harmony: I think that's the bottom line. That none of this is going away. We all love the electrified conveniences. But we are nature beings as you said. So it's how do we really take care of and ground ourselves at the same time that we are surrounded by all these electrical and radio waves and frequencies?

Kevin: Any basic suggestions, Harmony, at this point in time?

We've talked a lot about cell phones and that's just one aspect of this. We've got these things plugged into the wall right now that are taking out the dirty energy out of this room, so maybe just touch in on cell phones because this is a top concern for people who are listening, maybe on their cell phone.

Harmony: Cell phones are one of my concerns because I work with children and the thing that I notice with children playing is that they hold cell phones up to their head. So they pretend that they're calling mom and dad and they put this cell phone up to their head. One of the things that we really need to be doing is modeling safe habits for our children.

So, one of the things that are really important is using speakerphone so that our children see us using a speakerphone. You know, if you have the phone two inches away from your body, the signal that's bombarding you is about a quarter of its original strength. And if you take the phone four inches away, it's 1/16th as strong. San Francisco is the first city to adopt an ordinance that the precautions that come with

cell phones have to be written in a font that's large enough for you to be able to read it.

That means, do not place on the body and that's what most of the cell phones say, though we don't read all that. So keep it off the body and to use a speaker phone or a hollow-tubed headset would be two enormous ways that we could help protect our bodies, keep the cell phone off your body.

Kevin: This is a thing that Harmony's offering today, a checklist; things to be aware of with cell phone usage. She's offering that to our listeners today, which I think is awesome, thank you very much. This idea of even staying away from the electrified devices like clock radio maybe, I think that's something we've talked about before.

Robyn: Yes, clock radios have a very high EMF's (electromagnetic fields), which are measured in frequencies and wavelengths. There are devices out there called gauss meters, and we learned about this with our first speakers, Magda Havas and Marcel. I take mine everywhere I go. I travel quite a bit and I have to say, just anything that's plugged around your head, especially at night, unplug it. As much as you can, have your room EMF neutral. You want to sleep well and to have and experience optimal health we need deep restful sleep every night.

Kevin: You mentioned travel and I happen to know that you are writing a Module on travel.

Robyn: I am indeed. It's one of the most important pathways as I mentioned earlier, seven pathways to traveling well in today's world. The thing is that people have no idea still. It's becoming more common knowledge but most people don't know how much our electrical appliances affect us. In travel, you're going up to 30,000 feet, the radiation is high and when I take my gauss meter on the plane, it can't go higher. So you're in that field for so long, it's not surprising that people look so exhausted when they get off of a plane.

People tend to have edema because they're cellular health gets stressed. So, water can't even get into our cells properly. But depending on your age and certainly what your health concerns may be. Also, educating the population on the fact that we're energetic beings. I practice energy medicine; you do Kevin and so do you Harmony.

So if we have a healthy electrical field around our body, which is basically bio-identical to nature. There's an electrical magnetic field around the Earth, and the

more we're in that field, which is a very low frequency, about .5 to 25 hertz. A cell phone is like 900 megahertz, and Wi-Fi even higher than that.

So one of the big messages that I'd like to share with all of you listening today, and certainly to all of my patients, is that you want your energetic field to be exposed to nature as much as possible. If you are on a computer all day long, which many people are, their job is computer-oriented we just need breaks. Take a lunch break; take a break every hour just to get away from that field and what Harmony was saying with the phone, the same thing with the computer.

Kevin: This is interesting because what Robyn has just done is she's given you a doctor's note to take a break.

Robyn: Yes, I have. In fact, if I get a little break here I'll run out and get one of our gauss meters. They're anywhere between \$150 and \$500 and there are \$4000 devices as well. It's a simple handheld device that will measure electro-magnetic and microwave pollution as well. What you hear when you have a laptop on your lap or if you just bring the gauss meter up, it's got a really strong hissing noise. A lot of electro-magnetic pollution you can't hear it, smell it or taste it, so we don't think it exists, but heaven it exists.

Harmony: That's huge. I think a lot of people don't take this as much to heart because of what you just said because it's invisible. Because, are you not seeing people with more sleep disturbances than ever before?

Robyn: Than ever before! Anxiety, heart palpitations, even digestive. People stay in pain longer because they're in these electrified fields on a regular basis. Headaches...

Harmony: So, I think what you were talking about was to really make your bedroom into a sanctuary for sleep. That you really take out all of the electrical devices that you don't need. You don't charge your cell phone in the bedroom. Did you know that one of the strongest electrical currents runs right through the middle of all of the walls? The houses have been wired that way so that the electricians don't have to reach really high and they don't have to reach really low.

So all of those wires are right in the middle of the wall, right where you sleep and your head goes, so just pulling your bed a couple of feet away from the wall or using a battery operated alarm clock, just those few things will at least make the field in your room more neutral, like Robyn was talking about.

Another thing I did is under my computer; I went out and got an enormous rock. So I'm barefoot on my computer with my feet on the rock, because it helps ground you. Something simple because there are all kinds of things we can do so that we're still using all of the electrical and radio wave frequency devices that we want, but protecting our own energetic fields.

Robyn: So laptop is not a good name for a laptop computer is it?

Harmony: It's really a bad name. It should be a table top. Your laptop; it's on the floor right now and it's so hot you can cook a tortilla on it. So, if you want to cook your ovaries and your testicles then put your laptop on your lap.

Robyn: I remember recently I was in a college town giving a talk and I went into a coffee shop. There must have been 40 people in there sitting with their laptops on their laps; college-age kids. So when we think about the deep issue with fertility in today's world, this is probably one of the number one causes, is the fact these younger generations have been exposed to these electrified times more than we certainly were.

When you put something that hot with such high frequencies affecting your cellular body and you can see it on thermo grams when it gets really hot. A thermo gram is a way to measure; you can see cancer in the body, you can see other abnormalities in healthy tissue. You expose yourself. It's the same, as with the ear like Harmony was saying with the cell phone when it's up to your ear it gets really hot. Well when you have tissue that's really hot over long periods of time, every single day, it's not surprising that our healthy tissue goes into shock and there's a breakdown in the mitochondria, which is how we create energy. Then our DNA gets affected so it's a big problem.

Kevin: I love the analogy that you gave talking about cells. You were holding up these beautiful grapes.

Robyn: Yes, you remember very well. Actually, I just gave a talk to about 200 medical doctors, veterinarians and dentists on the use of pulse electrical magnetic field technology, just talking about healthy devices out there that help to mimic the frequencies of the Earth. I shared with them, whether I'm giving a talk to teenagers or people that are retired and in their 60's or 70's, that basically we are as healthy as our 70 trillion cells, maybe we have 80 trillion cells.

So, if we have health in our body our cells look like healthy, juicy, voluptuous grapes. If all of you could just imagine what a healthy grape looks like as opposed to raisins which are dehydrated, and pretty lifeless. They don't have much chi life-force, in them and that's exactly what inflammation looks like in our body.

What we want in terms of Self-Care Revolution™, a big part of our health has to do with our cells so, we want to do everything through prayer and meditation and when we think about our series so far, Harmony and Kevin, all the month's themes are about, self-care, is about do all kinds of cool things on a day-to-day basis that really keep ourselves in a healthy, vibrant state.

Kevin: The cell care revolution.

Harmony: I was just having a thought that if once an hour, once every two hours, people just took a break and went outside for one minute, and take a breath or two. I sometimes set an alarm for that. I'll be working, set it for an hour and it goes off and I just take a break.

Robyn: Harmony, I love that suggestion. Harmony is my dear friend for many years and also been an incredible teacher to my children and also a self-esteem coach to my daughter for many years and many of my friends and patients' friends. What you brought up about putting your feet on a rock if you're on your computer, can you say a little bit more about that because that's like bringing Earthing indoors right?

Harmony: Yes of course, but you know more than anyone because we have that kidney one, which is where we pull energy up from the Earth through the bottom of our feet all the way up to kidney 27 and start circulating through all the other meridians. So anytime we can be barefoot, anytime we can put our feet on anything that's an element. I think that's even why you feel so good after you've taken a bath. If you take a shower you're connecting with the Earth while you're taking a shower. So it doesn't have to be just the Earth, it has to be any of the elements on the Earth.

Robyn: So if you're building a house, what are good choices for floors? Would the wood in this office count?

Harmony: Yeah, it counts, especially if you have cement underneath too, I think bamboo counts. But it's not the same as putting your feet on the Earth. I don't know a ton about all of the floorings but you know the other thing with floorings is we've got whatever finishes on them and then we're up however many feet off the Earth that we are. So as natural as possible you know, a wool rug is better than a synthetic rug

but what we really need is to get our fannies outside. What we really need to do is get our feet on the Earth, and what we also need to calm the stress response so that we can feel our connections.

Calming the stress response is the, triple warmer fight, flight-or-freeze response that happens with everyone that often doesn't get calmed down by anything we do. Because then your computer crashes, then you get a flat tire, and then you're late and so that stress response is always activated. So anything we can do to be pulling our energy down, to calm the stress response, to take some deep breaths, to stand out on the Earth, or something as simple as putting your flat palm on your forehead and just taking some deep breaths.

There are what, are called neurovascular points on your forehead that are right above the center of your eyes. So my teacher Donna Eden who sees energy says once you do this then it makes sense. The energy in your limbs that say run we're in danger that blood goes back up into your head where you can start thinking a little bit stronger! So you're using the electro magnetic energy of your hands to do that.

Kevin: Just a mental note, we're all doing that here in the office

Robyn: Yes we are we're practicing.

Harmony: I teach children that, like I taught 20 teachers this and some of them sent me some photographs from their classroom with children holding each other's heads like a football hold. One head on your forehead the other hand on the bones on the back of your head, just a minute, two minutes, breathing helping each other calm that stress response so you can actually feel your connection to the Earth.

Because we are electrical beings like Robyn was saying and surrounded by all these electrical fields all the time and they are stronger than us. The Wi-Fi, the cell phones, their radio frequencies especially are stronger than our fields.

Kevin: It is an interesting concept. I don't even know if we feel immune to it, we just don't recognize it because it is invisible.

Robyn: To add on to what you're saying, Harmony, not only are we electrical beings but our electrical energy has to be functioning before our biology even functions. So in the Western world of medicine, we're mostly focused on our biology first. A lot of people have heard that energy medicine is the medicine of the future and when you think of all the medical schools out there, chiropractic, they're now just barely

starting to teach that, that we are energetic electrical beings. Everybody has electrical fields around them.

If we restore a healthy electrical field, then our bodies can really heal. In other words, if our electrical field is healthy, talk about the grape-raisin effect. Let's say you're not feeling well, you might have the flu, you have no energy so you've got inflammation in your body and your biology is not working very well. Very often, getting acupuncture, which is a form of energy medicine, if you could be reiki or evening getting outside when you're sick. It's Earthing as you're saying and you're getting all those negative ions, and a negative ion acts as an antioxidant so it helps to neutralize all the free radicals in our body.

It's not even a new thought it's the knowing of our ancestors. And of course for me, traveling around the world, I love sitting with the indigenous people. In fact, when I think about my 21-year career, nothing has been more significant, in terms of my aha; what I learned from the Masai people in Kenya, I was in the cradle of civilization, the great roof valley, and being in line on that Earth, just feeling the electrical flow through my body like I've never felt before, but my Masai friends really helped me understand the importance of going barefoot and jumping.

They have that understanding they know that we need to move. So we can be Earthing and sitting all day with our feet in the ground, but if we don't move we don't get that pulsating nature that we need to help energize the cells. That's my long version of

Kevin: That's excellent. That leads to a very good question for our listeners, which is this. What led you to start the center that we are sitting in today called Santa Fe Soul?

Robyn: That's a very good question. The inspiration of Santa Fe Soul came; I guess I always wanted to build a center. I think it's a vision of many people but it scared me to death and I thought, "forget it I want to keep my life simple." We have been open as of May 23rd for eight years. In fact, we built Santa Fe Soul from the ground up.

We had two groundbreaking ceremonies to bring in the practitioners so we could really express what our intentions were for the center. Then we brought in community, but this is a piece that we often forget, to bless the land, to thank the sacred energy that we've built this center upon. I think more than anything, I really wanted to create a 21st century healthcare model that represents true healing.

Many people that walk into our doors immediately can the healing energy. And it's really recognizing and celebrating humanity, who we are as humans, and part of life is the flow, the yin and yang of life. To stay healthy in today's world is rather challenging, but how do we as caregivers take care of ourselves. That was a big part of the inspiration was to have, well what we now have 31 independent practitioners at Santa Fe Soul.

How do we support each other in our health? I know I would never be where I am today without your help Kevin, without your help Harmony and so many other people that the minute I feel, like even yesterday I was just kind of sinusy with all these allergies. I got a great treatment from Tom. That's a big part of it, so having a 21st century model was really important. Practitioners that support each other, how can we work together to support our patients? How can we not have the white coat effect where we're your equals?

A lot of us known as the wounded healers have done a tremendous amount of work on ourselves to be able to deliver and to care in the way that we do, so that's a big part of it all and I see that Santa Fe Soul will continue to be a model for other centers around the world. We are not perfect but we are an evolving and growing community that goes through many shifts just like nature. We're in, I feel, one of the most exciting times in Santa Fe Soul's history right now.

Kevin: I think so too, this revolution that we are currently participating in right now.

Robyn: Why the revolution? Going into our eighth year was a big shifting time for Santa Fe Soul. Just learning from all the practitioners, learning from our past, because each year we've had new thoughts about how we want to run our center and how we want to cohabitate here, really. I think it was time for Santa Fe Soul; I think many of us felt like, let's start a movement! For me to be asked, in my 21-year career, what's the most important message? Without a doubt, after 80k patients at least in traveling around the world, this self-care message is really critical.

There's the food-revolution, all these revolutions going on, but the number one revolution is the revolution within, that we are all making the most important decisions every single day. Not even me as someone's doctor can I; I can be a catalyst, I can help to shift the energetics of someone's being, I can advocate certain things, but ultimately my best success stories are me being able to be a conduit, for me being able to give the best possible care. Ultimately, it's my patient that's taking the information making his or her own decisions. So it's up to the patient.

My great successes are that I'm just a facilitator and someone therefore decided to take action, valuing themselves enough to take action on good health practices every day. To all of you listening right now, this revolution is just starting we're only in month five and we're learning each month as we go along with each theme.

Next month is all about relationships to self, others and money. You can call it prosperity but we're saying money. We're seeing ourselves take this message out to schools and non-profits and we want to go around the world on travel trips, Self-Care Revolution™ trips.

Harmony: Self-care encompasses all the other revolutions. You have to eat. You have to breathe. You have to drink. I was thinking about, as you were talking about the whole development of Santa Fe Soul, all the intent, the intentionality that went into that, if one were to take that seriously and really apply that to their own self-care, it really would be like you blessed the land. There would be, how do I take care of myself? All of the things that we're talking about is really taking all of those into self-care. Santa Fe Soul is a wonderful model as well as a facilitator of the Self-Care Revolution™.

Robyn: I want to thank you, Harmony, for sending a great gift when I was in Mexico last month. Talk about serious Earthing; I was working on my travel Module and I had a lot of time with my feet in the sand and in the water too. When you get that water, talk about a bliss party in every cell in your body.

Anyway, Harmony sent me a gift that actually all of you that opted in, in the month of May received; which was a mother's day gift. It was a 20-minute audio with just, it was like you were channeled this divine information. What's so beautiful about you, Harmony, is that you practice what you preach. To just know that when you get to hear this call or hear the replay, you can check in and listen to that. It doesn't matter if you're a mother, a father, if you're a 25-year old or a 99-year old, there's great information in there for you to inhale. I practice every day.

Harmony: I called it intentional acts of self-care and it was totally inspired by you and by this revolution, and just the whole idea that we can't really add too much more in. Everybody's so saturated with so much information, but we can take the everyday actions that we do and use them as anchors for self-care.

Who doesn't wake up every morning? What do you do when you wake up? Do you go out and say hello to the sun or do you say oh crap I have to go to work again? As

you're putting lotion on your body, do you say thank you to your body and use that as an act of self-care or do you just slosh it on and run?

I'm just, as I'm pushing the sixth decade of my life, really looking at what is self-care? What is true, deep self-care? For me it's being as awake as I possibly can at every moment. Trying to find ways to anchor and say this is beautiful that we're here. How can I take care of myself now? Because many of us have been taught so much so take care of everyone else and a huge missing piece is you can't give what you don't have. You really do have to take care of yourself.

Kevin: Using breath and thoughts as self-care. What are your thoughts on that?

Harmony: I'm an early childhood educator too and I feel that so many of us breathe so shallow. We're not even being aware of our breaths. Just being able to take a deep breath right now and just exhale like. We have too much energy so when you take a nice breath, there's room for more. We really can use breath as a way to clear out what it is we don't need and we can use the breath to ground an anchor into right here, right now.

Breath can be used in such an easy way. The number of times I say to the children I'm with, take a deep breath so that everybody just stops. Let's consciously take a deep breath, and the same thing with thoughts, Kevin. The statistics are something like we think 50 to 60k thoughts a day. Most of them are negative and regurgitated which means we're swimming in ca-ca. We're addicted to thinking and we're addicted to bad thinking. So, just have a little bit more awareness of our thoughts and what we're doing with them.

Robyn: That is a great antidote to all of the negativity that can be flying through our minds at any given time. As I hear you speaking, Harmony, I'm thinking about listening to your gift and you talk about water. Speak a little bit about that.

Harmony: I was so taken when I learned Imoto's work and I know most people were. The long and the short of it, for anyone who's lived under a rock and hasn't heard of his work, is that he's a Japanese scientist and he took water and either talked to it or said bad things to it and then froze the crystals and looked at them under a microscope. Or saying to it, I love you, I feel so happy, played classical music and looked at those water crystals.

It doesn't take a rocket scientist to know that gratitude, love and appreciation made the most beautiful water crystals. So I started thinking, we're mostly water and we

drink water and we wash vegetables in water and yada-yada. So just a simple task, if you will, of drinking water to just say thank you while you drink water. To let your water bottle be an anchor that reminds you that you're learning something new and what you're doing is saying thank you. Saying thank you to yourself, thank you to your life, and thank you to whatever you want to say thank you to, to me is common sense.

That of course it's going to do some beautiful things in our body. I was in Ecuador and I saw children doing laundry. And I thought, in my country, children don't do laundry. So I started learning about Imoto's work and now I do laundry saying thank you. Thank you for this water, thank you for this washing machine. I'm not banging the clothes on a rock. I think gratitude is such a good medicine and, you can say thank you. How much water are we supposed to be drinking, Robyn? You can say thank you hundreds of times a day.

Robyn: Can you feel the energy in this room as we talk about water and Earth? I love all the months but this theme rocks my heart. I want to share this story with all of you listening.

Another reason why this is such a critical message about Earthing is that really the Earth's magnetic field is the holy spark that certainly turns on every cell in our body but, on a personal note, in 2008 I had pretty much a lifelong issue with weight. It was so bad that at times I thought I really couldn't live with this. In 2008, I was on my way to go to Bhutan, it was before I left and here I am a practitioner too and I have been to some of the best people in the world. This is 2008 in 2005 I very quickly forgot what I learned from my Masai friends. How quickly do we often forget some of the most important messages that we receive? I was at my wit's end. I made five appointments with doctor friends in Santa Fe; I'm short of going on a prescription pill, which I actually did do at one point but I'm, like, losing it. I'm treating 25 to 30 people a day, on no sleep, and having young children. So you can imagine.

What really happened was John Gray came for this Santa Fe Soul Foundation event? He told me about this Earthing mat that basically is a Tesla coil. There are six of them in each mat. He said you know Robyn I've been in practice sharing my message on relationships and certainly health for 30 years. He's like this is the best thing I've ever come across. Anyway, the long short of this story is that he spoke to 800 people, a filled out audience, and said Dr. Benson from Santa Fe Soul is going to get eight of these Earthing mats and change the face of health in Santa Fe.

I guess I can say I didn't listen to him. But my patients did and they said Robyn, please order one of those. So, it has been to this day, five years later, and I don't want anyone to substitute ever for being outdoors, but it helped. Harmony had talked about the sympathetic nervous system, and the parasympathetic, the yin and yang, my sympathetic nervous system was so on fire and I was so out of balance even though I looked the picture of health. The not sleeping was really affecting me, because I wasn't getting that deep sleep.

Anyway, I started using that mat because it automatically, when you lie on it for 8 minutes it's putting you onto an artificial Earth frequency. But over time, it took me about four or five weeks, my body was recalibrated for the first time in many years. I'm a marathon runner, working all the time, having children, used to be type A, I think I've reverted to maybe a B+ now. It took me being at my bottom, really. That was such a bottom in my life, like I don't know how I can go through the next day.

That was kind of like my rebirth and through that came all this education. I got to really learn how we really function as human beings and you can never hear it enough, but we are bio-identical to nature. So 70 to 80% water, we are minerals, we are oxygen and of course we need air to breathe. So, everything that's about health about the body is simple. There will never be a magic pill. You will never find something that's not about nature that's going to be the end all that brings health to your body.

So, since that time in 2008 I have really restored my health. That's why this Earthing theme is so key and whether it's a message to our children, or you can be 90 years old and it's never too late to really get back into nature as often as possible.

Kevin: I kind of like the cuckoo mom. What do think some of the main stresses are for parents?

Harmony: I think the number one challenge facing parents today is time. There is too much information, too much to do, too much stuff and not enough time. I think it's really important for us to spend quality time with our kids. It doesn't have to be a lot of time, but it really does have to be time that's connected, time that's really attached to them. Time where the cell phone is put down and if it rings you say someone else wants me, but I want to be with you, right here right now. Just having 15 minutes it's all about us. Now for this hour we're going for a walk; shutting the electronics and the rest of the world out. So, I think time and as children get more electrified, for parents to be putting some kinds of boundaries on those. Keeping them out of their bedrooms, having some safe zones and some safe times that we're

not going to all be plugged in. maybe we're going to be plugged into the Earth instead of all the other frequencies.

Kevin: That was one of the things that I heard as a recommendation at one of our talks, was to turn off the Wi-Fi in the house because it's becoming a huge problem in schools as well.

Robyn: Yes we learned from Magda Havas that there are certain schools in, because she's Canadian, that they will not allow, in Paris too, that it is so hazardous to our health. Lets just point out with the hydration, not only with the Wi-Fi but they're not eating well and they're dehydrated as well. So that combination is not good. Raisin cells.

Kevin: And the leaky brain syndrome that we heard about with the gluten intolerance.

Harmony: The thing also about these electro magnetic fields is they weaken the blood brain barrier. That's why it's so important for us to have really safe zones because our children's brains are still developing. Wi-Fi is harmful. It's never been tested and we don't know. Our children are growing up in this. Wi-Fi radiates for at least up to 600 feet. If people want to have Wi-Fi, at least shut it off at night so that you can have a neutral space where you don't have to constantly be dealing with all those fields.

Robyn: If any of you listening would like to get more information there is endless information on the Internet, believe me. More is coming out about the smart meters that are all around our homes now. You can read the Module called *Zapped* by Ann Louise Gittleman. There's also a Module called *Healing is Voltage* by Jerry Tennant, a medical doctor with an amazing story about his own recovery by realizing how much electrified fields have been affecting his body.

We just need to understand that there are healthy electro magnetic fields of the Earth and there's electro magnetic pollution that's artificial, just so you understand the difference. I also just want you all to know that the World Health Organization has a new disease category called electro-hypersensitivity. So many are being diagnosed left and right with arrhythmia, palpitations, migraines, abdominal pain, gastritis and even fibromyalgia.

Different kinds of, even when you think about schizophrenia. Put these people in these highly electrified fields and it increases the intensity of the symptoms. So just

to know that, no matter what health condition someone has, everybody will benefit by electro sanitization.

Kevin: You're an acupuncturist right, a doctor of Chinese medicine. What do you do in your practice, first of all to deal with this? What is different about your practice than others who are practicing this modality?

Robyn: I've brought a lot of experts into our center. Just so you know if you go to AntennaSearch.com you can find out exactly how many cell towers are near your house. So anyway, we've got a lot of different things, we've got what are called stetsorisors that we plug in that help to neutralize. So when you take the Gauss meter, any electrical meter will have high electrical readings, but when you put the stetsorisors in it, it neutralizes it.

We have some products from Germany, they were high so can you imagine how that's a conductor of electromagnetic pollution? There were some people that were so electro hypersensitive they couldn't even walk into the center when we first opened. So we've done a lot of things to neutralize. So in terms of all my patients, I'll share my whole view on how critical this is. I often speak about the five pathways to living well in today's world. We've created a really healthy environment here in the center so people can get the best quality care.

Kevin: We have an interview, I interviewed you, and we have that available on the site of the pathways. Can you share briefly about the pathways and that will encourage people to listen to the full 1-hour interview we did with you on them?

Robyn: Right, we pretty much have covered most of them.

1. The first one and most important is be your own best healthcare advocate, which is essentially self-care. Knowing that, thank goodness, we have the experts and emergency rooms out there and we're so grateful, but ultimately, your health is a result of the choices that you're making. So question authority, if you're given three prescriptions, maybe go to two or three other people and find out what is really best for you.

2. Part of being your best self-care advocate is really slowing down enough to listen. Look into that deep intuitive nature that we all have.

3. And then, of course, Earthing is huge that's one of the pathways. Whether you're traveling all the time, I always tell the pilots of mine and the flight attendants that

when you get to your hotel, just go outside. If you could get on the grass, that would be great. But just get 20 minutes of getting your body acclimated. The water piece is very important, Harmony touched on that beautifully. Not all water is created equal; obviously, it's an \$80 billion industry. Stay away from plastic.

1. Exercise, but it's not all about exercise. We have to be moving.

So, yoga's great but we need to get our heart rate up. So, exercise is essential and we're going to be getting into that topic in July. Exercise as medicine and we've already talked about food as medicine.

Be your own best healthcare advocate, Earthing, healthy water; half your body weight is great but getting the minerals in the water, you don't want to strip your water of minerals because you need that to get it into yourself. Food, as much as you can have high voltage, alive food. If 80 or 90% of your food came from the Earth you'd feel really good and you're producing health in your body on a regular basis.

2. Also, I love talking about passion.

You can do all those other four things and not have passion or a sense of purpose. So I'm really into finding your passion and living your passion. We're going to be bringing the passion theme into the month of July. There isn't a revolution without it. So, those are the main pathways. Certainly, in the gift we offered last month, you can find that there and it's much more in-depth.

Kevin: What is your dream for the future? I mean, we're talking about self-care here so this idea of how this will look

Harmony: I'm a Sagittarius so I like to have some idealism in this. I guess I would think that families would practice some healthcare together. That moms and dads would teach their children that it's important to take care of yourselves, that no one's going to complete you, no one's going to do it for you, your mother and father are not going to take care of you forever, your partner's not going to do it for you, that is important and to not put everyone else first; to put ourselves first and be teaching our children how important that is and to teach them self-care in all the ways that you can do that.

Kevin: I totally get that. Robyn has just gone to get the Gauss meter. I wonder if you can share, Harmony, how do you recommend that we ground?

Harmony: The way that I like to ground the best is first thing in the morning I get up and walk outside barefoot, even if there's snow I stand outside and touch the Earth and say thank you so much for everything that you give us. Then I raise my arms up to the sky and say thank you so much Source, you have a million names and have none and then I put my hands over my heart.

It's an easy way, just to walk around barefoot even if you're not outside. Another way is to pull energy down. Start at your head and pull energy down your body and give it to the Earth. It's hard to explain how to do that on audio, I could show someone how to do it but again, just pulling your energy down and connecting with the Earth.

Kevin: One of the things that I run into is I tell people to do this in my practice, and sometimes you get a reaction of, well I don't want to put all that negativity into the Earth.

Harmony: Except the Earth transmits everything. She grows trees and flowers and medicinal mushrooms can actually clean up toxic waste.

Robyn: I love that word transportation. We talked about that word transmutation we talked about that with Sandra Ingerman, one of our amazing speakers this month. She's an incredible woman who has written many Modules about healing the Earth, and transmuting anything negative into something positive. Final remarks, Harmony before I share?

Harmony: I'm just hoping that if nothing else, one thing will inspire someone to say I'm going to put my feet on the Earth or get the cell phone away from my head or find whatever it is that inspires you and take it one breath at a time. Take care of your own health.

Robyn: Thank you. I'm going to end on a real memorable note. A sound that you'll never forget, I have my gauss meter called a mic mac handy, a great resource. We've had kids that couldn't sleep; they're sick all the time and the parents will take this home and say I had no idea that there were electrical outlets you can't even see between the walls. They change the beds to the other side of the room and they don't get sick anymore.

I have this device on right now [*Measures electro magnetic pollution of phone and laptop. A screeching sound happens around*] imagine keeping them on your lap.

Kevin: This is your cell screaming stop!

Robyn: So, my ending comment is if you've never heard the words electro hygiene or electro sanitization, this is something I hope that will be part of your thinking and part of your self-care strategy each day. How can you remove yourself from these fields as often as possible to keep yourself and your family as healthy as possible?

With that, I just want to say thank you for being here with all of us. We will be back because there is so much to share about this topic. Kevin, thank you for really being the one to hold the energy of this interview.

Kevin: I'm the grounded guy. Again, we're we are so grateful that you joined us here today and We love you and we say we are with you with your self-care way of life everyday.

[End of Interview]

