

JOIN THE SELF-CARE REVOLUTION

MODULE THREE: TRANSMUTE AND RELEASE TRAUMA

HOSTED BY: DR ROBYN BENSON & KEVIN SNOW

Featuring: Norm Shealy, PhD, Angie Welikala, DC, Sarah Kalomiros, DC,
Celeste Yacoboni, Barbara Dossey, PhD, Michal Curry, Sara Gottfried, MD,
Michelle Manning-Kogler, Audrey Cole, Joan Rosenberg, PhD, and Jen Landa, MD

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Self-Care Revolution™
2905 Rodeo Park Drive East, Building #3
Santa Fe, NM 87505
505-474-8555

www.jointheselfcarerevolution.com

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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 THREE of TWELVE: TRANSMUTE AND RELEASE TRAUMA

Is suffering simply a part of having a human experience?

No one gets through life without experiencing pain and trauma, and some go through a lot more than others. In this module, learn from many experts as they guide you how to get to the root of your trauma and how to transmute it into rich and positive experience that will benefit our lives instead of taking away from them.

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

TRANSMUTE AND RELEASE TRAUMA

In this module we will learn about trauma, its effects on the heart, mind and body and how we can transmute it into a rich, positive experience that will benefit our lives instead of taking away from them. We're here to focus this whole module on helping you to release anything that's not serving you, to help people live more free: freedom in their bodies by letting go of toxins and toxic feelings.

*Each day take just 10 minutes each morning and night to write about what **'Transmute and Release Trauma'** means to you. See what you can incorporate or learn. In the next module you'll begin learning how you can **'Unleash Your Brain Power'**.*

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

Questions:

What childhood or life traumas have you endured?

Tune into your body, ask what it needs to be free of any emotional or physical trauma. How will your life be different once you let go of any trauma that is still affecting you on any level?

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!

NORM SHEALY

NormShealy.com | PhD, MD, Inventor, Founding President of the American Holistic Medical Association, President of Holos Institute for Health

SELF-CARE BLISS

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Robyn: Hello, everyone. We want to welcome you to module three of the Self-Care Revolution™. My name is Robyn Benson and I'm a Doctor of Oriental Medicine.

Kevin: And I'm Kevin Snow, Intuitive Counselor.

Robyn: Again, thank you so much for being here. If this is your first time (we know our very well-known speaker Dr. Norm Shealy has brought in a lot of wonderful people) we just want to give you a little background. The Self-Care Revolution™ is a 12-module self-care series (looking like it's going to go into 24 modules!), and each module we have a theme. The first module was "Thoughts on Food as Medicine." The second module that we just completed was "Breath and Heart Matters." Now, we are going to the deep dive of "Releasing and Transmuting Trauma." If you don't know what the word transmutation means, it's really about taking something and moving a substance/liquid into something else, or as the alchemist would call it, transforming lead into gold.

So we're here to focus this whole module on helping you to release anything that's not serving you, to help people live more free: freedom in their bodies by letting go of toxins and toxic feelings (maybe something happened to you at infancy, a tragedy of some sort).

Just so you know, from a health standpoint, true self-care strategies can really help you to live more in your body and to have a lot more energy. Certainly at Santa Fe Soul Health and Healing Center where we have 25 practitioners, this is what we do every single day; help people inhabit their bodies, to live more fully.

And without introduction, we're so excited to have you here, Norm. How are you?

Norm: I am fabulous! Thank you. "How y'all?" as they would say in the South?

Robyn: I'm good, how 'bout you, Kevin?

Kevin: I'm doing great now.

Robyn: We've been releasing our trauma, Norm. We've been living here at the center with the Self-Care Revolution™. So, for all of you, Norm Shealy, M.D., PhD, is a neurosurgeon trained at Massachusetts General Hospital. He founded the first comprehensive pain rehab clinic in 1971. He was founding president of the American Holistic Medicine Association in 1978. He was founding president of Holos University Graduate Seminary and is now professor Emeritus of Energy Medicine. He has 14 patents in the field of energy medicine, has published 28 books, and over 300 articles. Dr. Shealy's other innovations include Dorsal Column Stimulation, Transcutaneous Electrical Nerve, Biogenics Self-Regulation, the RejuvaMatrix® for the rejuvenating telomeres, which are the tips of DNA responsible for health and longevity. He has also developed five acupuncture circuits, which when activated by applying human DNA frequencies can selectively raise DHEA, aldosterone, neurotensin and oxytocin, or calcitonin, or lower free-radicals. Most recently, Norm has developed blends of essential oils to activate these circuits. Dr. Shealy's Air Bliss, which raises oxytocin when applied to the Ring of Air is particularly important for overcoming depression and anxiety to bring true bliss in the lives of all individuals. So thank you very much, once again, for being here.

Norm: I'm delighted. Obviously, I like to talk.

Robyn: I have to tell you, Norm. I was going to read your short bio, but I'm like, how can I leave any of this out? My gosh you are an innovator. In fact, when I met you, and we've met several times now, you were one of the featured speakers at the extraordinary Tesla, a technology conference, and that's where you were speaking about this telomeres rejuvenation product that you made.

Well, I think we've got some questions already for you from some of our listeners, but let's just hear your story. Here you are looking so fabulous, I must say, because I've seen you recently at 80 and, as you say, you're just getting started here. So give us a background on your life. How you became a medical doctor and how you've made this transition much more into an alternative, complementary approach.

Norm: Well, of course we could go on for several hours about that, but I'll try to summarize. At age four I knew I wanted to be a physician. No physicians in the family; I just announced that I was going to be a physician. And at age 16 I not only

knew, when I was about to go off to college, that I wanted to be a physician, I knew I wanted to be a neurosurgeon.

So I went to Duke and 3 years later at age 19 I entered Duke medical school. And when I finished that I went through an internship in internal medicine rather than surgery because I thought that surgical internships suck and, you know, I'm much more medicine. Then I had a year of general surgery at Barnes Hospital in St. Louis, and then I had 5 years of neurosurgery at Massachusetts General Hospital. Then, I spent 3 ½ years on the faculty at Western Reserve. During that time I did all my research and introduced both Dorsal Column Stimulation and Transcutaneous Electrical stimulation.

I met a lot of Chairs of Neurosurgery, and I didn't like most of them. They often weren't the world's nicest people. I decided I would get out of there, and I spent 5 years at the Gunderson Clinic in Lacrosse, Wisconsin working with one of the nicest groups of physicians I've ever met in the world. But by that time, my clinical work with Dorsal Column Stimulation had really got going. I was being sent 400 people a year for that procedure—putting, essentially, a pacemaker over the spinal cord to control pain. But I was rejecting 94% of the people, because I thought they had too many disturbances.

In the fall of 1971 I decided that someone's got to find out how to deal with these people who truly have opted out of life as chronic invalids. The average patient I was seeing had, had between 5 and 7 unsuccessful back operations. I wasn't sure whether it was the patient or the surgeons who were crazier for what they were doing. I got into behavioral modification. Bill Fordheiser, a psychologist at the University of Washington, had just finished a 5 year project with only a 100 people over 5 years, but he demonstrated that essentially, being in a hospital for 2 months and ignoring them and weaning them off the drugs, 60% of them got well.

I decided as a surgeon that I couldn't ignore them. I put them in the hospital. We had a very active behavioral modification program: Out of bed at 7:30 in the morning and not allowed to go back to bed until 9 o'clock at night. I kept them busy physically, and by then end of the first year I had treated 400 people and our success rate was 75%. So very quickly, I went from doing 6% of people with chronic pain to 1% of chronic pain, because we found all these other alternatives.

Now back in the mid-70s I also introduced electro-acupuncture, which is putting needles into the center of the pain with a needle above and below and stimulating it electrically. Now, interestingly, with conventional acupuncture, one of the manual

techniques is to put a needle in the center of the pain and put a needle above and below those, but I introduced electricity. That was certainly, to me, an improvement in what was going on.

Then, I learned about biofeedback, origin in training, that's when I really went out on a twig and got into looking at safe alternatives. Compared to drugs, and certainly compared to surgery, the holistic, alternative, complementary, integrative—call it whatever you will—approach, is, I would say conservatively, 99% plus safer than any drug in the world. That's what happened. It evolved. You may not know this, but two years ago I was adopted into a Native American band and I am now also a certified Native American medicine man. That's how natural I like it.

Robyn: What a pass from being a neurosurgeon to electric acupuncturist, really going out on a limb, and now a medicine man. That's fantastic.

Norm: And of course Robyn, I particularly want to mention that I think the next great innovation in acupuncture is acutherapy with our aroma acutherapy. I just finished a week ago at the Hawaii College of Oriental Medicine where I had 31 people. We spent half a day on each of the Sacred Rings: going over them, teaching them the points, and using massage, tapping, visualization, and finally, the essential oil blend that I made for each of the Rings. I honestly believe that this is the most important innovation in acupuncture in 4,000 years. Hey, how 'bout that?

Robyn: I'm alive! Glad you're alive to share this. It's doesn't have to be just for acupuncturists, right?

Norm: Of course not. In fact, at my workshop there was a medical student from Tokyo—I love that most of all—three chiropractors, a massage therapist, etc.

Kevin: Could you explain a little bit about the Rings?

Norm: Well, yeah. One of the things I left out in that brief overview of how I got so far out is that 30 years ago (I've always been what I would call intuitive in knowing and getting things), I began to have guides talk to me verbally. I could hear them. Over a period of years, many of my ideas in the past 20-30 years have come from them.

In the early 90s, I rarely say this fully in public, but this is what happened. My major teacher said, "Norman (by the way, he's the only one that calls me Norman instead of Norm), if you would stimulate the point that connects the kidneys with the gonads,

with the adrenal glands, with the thyroid, and the pituitary through a one to the sky point, it would raise DHEA.” Now Robyn, you’re an acupuncturist, do you do Chung Mo?

Robyn: Yes.

Norm: Well, the Chung Mo is the circuit for each. There are separate Chung Mo’s for each of the integral glands. My response to my guide was, “But there’s no point for the pituitary.” The Chinese didn’t know that. He said, “Find one.” So, I picked out the 12 points, and that became the Ring of Fire. Low and behold, stimulating those points with these frequencies of human DNA at 54 to 78 billion cycles per second, had a billionth of a watt. I mean, that’s really low energy. We found that it does indeed raise DHEA.

The other clinical studies that we’ve done with the Ring of Fire are rheumatoid arthritis. Seventy percent of people with rheumatoid arthritis who have failed conventional medicine get remarkable results. Seventy-five percent of people with migraines bring their migraine under control. Eighty percent of people with diabetic neuropathy have phenomenal improvements with pain. Seventy percent of people with depression, just stimulating the Ring of Fire, come out of it. Seventy percent of people with back pain remarkably improve.

Robyn: That was just one session?

Norm: No, two weeks generally.

Robyn: Two weeks of how many treatments?

Norm: It takes about two weeks, and of course, most of them have to continue something or they’re going to get back in trouble. When we did the DHEA on a nurse who had diabetes and high blood pressure and a rock bottom DHEA, after three months we found that she was over stimulated doing it every day. She cut down to two or three times a week. People burn out, and of course, the Ring of Fire is really for adrenal burnout. That’s what it’s for. There are an awful lot of adrenal burnout people, like a majority.

We did that one, and then came the Ring of Air. Originally, when I was given the Ring of Air (he didn’t give me the names of the points, of course), he would tell me that physically there’s a point at such and such. I then had to pick out the proper acupuncture point. I picked the one at the pituitary, too. It worked.

We did many, many subjects where we've proved that it works, not only clinically, but also for raising DHEA. When we he gave me the Ring of Air, all he said was, "This is for stimulation of thought." To me that is intuition, of course. Intuitively, when I went to evaluate that and found out what it did, out of my mouth without my hearing, seeing, or knowing anything about it came neurotensin. I studied neurotensin, which is a natural neuroleptic produced in the brain. It makes you feel detached. As one person said, "That stuff's got street value, doc." Another one said, "Is that legal?" For many years, I just played around with it as neurotensin.

Then, actually about a year and a half ago, I suddenly knew that it had to raise oxytocin also. That began my latest work on that. We eventually proved that yes, it does. I found one paper, only one, out of hundreds and hundreds of papers on neurotensin that says when neurotensin is released it also causes the brain to release oxytocin. Well now, we've done a lot of work on that.

The number one thing, by the way, considering the title of your series and the purpose of this series, this is the one in my opinion. I've got to stop for a moment and talk about a veteran who contacted me 6 months ago with terrible post-traumatic stress disorder: every night hallucinating, screaming, yelling, and nightmares. The first night he used the air bliss, the first night he slept well without a nightmare. It is now approaching 6 months, and he is doing fabulously well. I hear from him about once a week now. I've got a lot of other people with the same result. That, in a brief overview, is the Ring of Air.

Then, the Ring of Water came next. He said, "This is for balancing emotions and contacting the Christological heart," the Christ consciousness, essentially. He also said it would help weight loss, but when I tried it for weight loss it didn't work well. One day I thought, "Well, we've got to boil the fat." So, I added stimulation to the Ring of Fire *and* the Ring of Water, and we got excellent weight loss just doing that.

Then, came the Ring of Earth. Here, he was less obvious to me. My intuition wasn't working that well at the time. He said, "This is for recreation of the body." It took me a while, but one day I said, "Stupid, it's got to be calcitonin, because our body is different from an invertebrate; we've got a skeleton." Essentially, our body hangs on our skeleton. That makes us different from snakes and lizards and all kinds of other things. Low and behold, when we stimulated the Ring of Earth, it remarkably increased calcitonin—unless you don't have good thyroid function. That of course, is important for pain management because calcitonin is 40 to 60 times as powerful as morphine in reducing pain. I've got lots of experience with that, and of course, to prevent and overcome osteoporosis.

The final Ring came, and he called it the Ring of Crystal. The Ring of Crystal is, he said, "For balancing the overall energetic system." That left me again, at a loss. Then one day I said, "Stupid, it's got to be free radicals." After all, our body would not really significantly degenerate if we could keep our free radicals way down.

For those listening, I think it's important to recognize that every cell in your body, every cell, dies and is replaced within a maximum of 7 years. That includes the neurons in the brain and everything else. Under ordinary circumstances, as long as our telomeres are okay and we're generally fairly healthy, we reproduce a cell when it gets old and goes away. Free radicals, I would say, if our cells could be reborn into a bath that was essentially free of free radicals, they'd come in like newborn baby cells again. But, they come into a bath of free radicals. They come in already wrinkled and aged. We found that the Ring of Crystal strikingly reduces free radicals.

That's what I've been working on over the last 15 years. Then, the last 18 months for two reasons: 1) I found people just would not spend the time to do it. I don't think acupuncture would work very well if you stuck in a needle and took it out immediately. I know some acupuncturists do that sometimes, but I always like to leave the needles for 30 minutes. You know, if you pull them out quickly, you actually almost get a biopsy of the tissue. It brings out something with it. There's a lot of tug and resistance if you bring it out too quickly. At any rate, it takes a while and using the electro-stimulator, you have to stimulate 3 minutes per pair of points. So, stimulating Rings with the giga frequencies and the DNA frequencies of 54 to 78 billion cycles, it takes 18 minutes for the Ring of Fire and 21 minutes for each of the others. I found a vast majority of people won't do that.

That's why, a year and a half ago I began the process of looking for other ways of doing it, and that's when I began intuitively divining, "How do I do this?" And it just came. Gradually, I created a mixture of the oils, 5-7 different essential oils for each of the Rings and tested them. They work. The one that I find most thrilling to some extent is actually the Ring of Crystal, because all our studies so far are generally biochemical studies. Those you can do fairly quickly, but free radicals, we now have followed those people over 6 months using Crystal Bliss just once a day. Average reduction of free radicals is 80% maintained for over 6 months. To me that's fabulous.

Robyn: That's oil you use that will help decrease free radicals?

Norm: Exactly.

Robyn: And I know one of your very important ones is your Air Bliss, right?

Norm: Air Bliss is for increasing neurotensin and oxytocin.

Robyn: Can you explain what oxytocin is?

Norm: Oxytocin is sometimes called the nurturing, the bonding, and, based on one book written on it, the moral hormone. There have been all kinds of studies on oxytocin. In fact, in the last decade it has now been shown unequivocally, that every known psychological and emotional disorder is associated with deficiency in producing oxytocin. That includes ADHD, autism, depression, anxiety, addiction, borderline personality, inadequate personality, and schizophrenia, to name a few. Every one of them. There have been short clinical studies using nasal sprays of oxytocin, which have to be done 3-4 times a day, but every one of those can be improved with nasal sprays of oxytocin.

Now, two things about nasal sprays: first of all, they've not been done long term. Secondly, I don't think it's going to work over years, maybe even months, to be spraying something into your nose 3-4 times a day. I think it's going to aggravate the nasal mucosa and cause all kinds of problems like dryness, maybe even bleeding of the nose. That's another reason why I wanted to look at another way of doing it, and that's where Crystal Bliss comes in.

Kevin: So Norm, you were mentioning this idea of the first 7 years of life being the most critical.

Norm: Well, that's true indeed. What happens during a pregnancy is gradually a woman produces slight but increasing amounts of oxytocin—not huge, more or less level, a little bit increasing. During a normal natural delivery, she produces a huge rush of oxytocin. That is what I call grounding the oxytocin mechanism. When the baby is born under those circumstances, in general, it will be exquisitely healthy and happy. But even then, if there is a major trauma in the first 7 years of life that can block the oxytocin mechanism. I've met hundreds and hundreds of patients who said their depression began when their parents divorced, and that was very often in that first 7 years of life.

Now, one other thing, if the mother has a traumatic pregnancy; well, I don't see how an unplanned, unexpected, out-of-wedlock pregnancy could be happy. To me, that's trauma. So, she's not going to produce oxytocin the whole time. If she is put to sleep for the delivery—and there are reasons sometimes to do it, although I think it happens much too often—she doesn't produce oxytocin. It blocks it if she is induced for whatever reason, and occasionally, there's a reason for it, but the most common

use of it is because the doctor and/or the patient want to have the baby on a certain day. Well, artificial oxytocin, Pitocin, blocks the mother's ability to make oxytocin.

Here we have 3 major circumstances which mean that perhaps a minimum of 60% of babies are born without being grounded in oxytocin. Then, the rest will happen from trauma in the first 7 years of life. Spraying oxytocin in your nose may help you feel better, but it doesn't produce oxytocin in your brain. So, I'm after stimulating the body to do its own thing just as I am with DHEA. I think it's much better if you can make your own. Then, when you see someone and like them, when you shake hands, when you hug, when you kiss, when you pet a dog, you produce your own oxytocin. That's the ideal.

I really have to say this, I say it perhaps too often, but it's important: I did not have the courage to choose abusive parents. My parents were wonderful. I was probably over-nurtured, but I'd rather be over-nurtured rather than under-nurtured. So, I have always been a very happy person and have trouble understanding why somebody can't be happy in the world. I don't regret that at all. I hope I never make the mistake. I think we choose our parents to learn lessons, and I am sure I have lots of lessons to learn yet at a soul level, but at least I am basking in the fact that I really did not have to learn any bad lessons. In fact, interestingly, my guide said to me many years ago, "Most people choose the crisis in their lives. The choice will be in the body, in finances, in career, or in relationships." Then he says to me, "You have chosen to have them in your body."

In 1995 I was temporarily paralyzed when someone from a previous life came back to get even with me and jerked my neck and dislocated my spine. About a week later when I'm in a brace and my vocal cord is totally paralyzed and I'm still recovering, I had my one day of Job, moaning and groaning to myself about why did this happen to me. Then, I knew from the beginning it was karmic. At the end to the day, I said, "Well, that's enough of that nonsense. I'll never get well if I don't get out of that mess." I think it's critically important, and, yes, looking at it I've had three neck surgeries, low back surgery, a right hip surgery, all from accidents and stuff, and I feel fine, because I've chosen to have my crisis that way rather than in my finances, my career, and my relationships.

Robyn: But you're also keeping up your oxytocin level and your neurotensin and your DHEA levels. Those are all really important hormones. Just to backtrack, this is fascinating, Norm. You're covering even karma on this topic. To go back to the babies. Mostly birth is traumatic to the mother and to the baby. So, how do we start out with

this trauma? What are you doing with babies to help reestablish the oxytocin? The mom, breastfeeding and doing those things, I'm sure that raises . . .

Norm: Absolutely, I believe that is a basic. But I think you should massage the acupuncture points in the Ring of Air. You can do the massage in 5 or 10 minutes comfortably, and I think that kind of nurturing with the additional physical contact could make a huge difference.

Robyn: Can you explain to our listeners where the Ring of Air is?

Norm: Well, yes. The first point is actually the only. We always start at the bottom. I don't know what you were taught in acupuncture, but I was taught in acupuncture that if you're doing a circuit you start at the bottom and work up to the top. The first point is the only pair that is not there in conventional acupuncture. The guide said, "The first point, Norman, is at the tip of the inside of the big toenails." I put my finger on the base on the inside of the big toenails, because that's where spleen one is. He said, "I said the tip." And I said, "G [I called him G for God], there is no acupuncture point at the tip." He said, "There is now." We'll call it spleen A for one aquaria. You don't argue really, you just take it.

Anyway, the first point, and if your feet are touching together that's the inside. You just put your finger right out there on the toe itself and the tip of the big toenail. You just massage for a minute and tap moderately vigorously. Then move over on the top of the foot. That's liver 3 if you come down over the knuckle of the big toe and across between the big toe and the next toe. Of course, you're not putting needles there. You can't miss it. So, you massage in there.

Then, you move up the outside of your shin bones as high as you can come. When you get up there, you encounter the knee bone itself. So, you've got a bone on one side of your finger and a bone on the top of your finger, and that's stomach 36. There, you've done almost half of this Ring just on your feet and legs.

Then, you go to the very bottom of your spine, it's the tailbone essentially. So you just go down to the bottom of your sacrum, and it's easy to massage, even with our clothes on it's fine. I like to bounce on it. Of course, this is what's important to me, *this* is stimulating the rising of Kundalini energy. The energy then comes all the way up the top of the spine, but meanwhile, it splits and goes across through and out at the top of the lungs under the collarbone. If you put a finger across at the bottom of the collarbone as far as it will go, and when you encounter the shoulder there, right under the collarbone, but on the muscle of the chest, that is lung 1 on both sides. Then, that

comes back under the collarbone on the sides of the neck, and the energy that came up from the tailbone comes to the very top of the spine, governing vessel 17, just below the skull.

Then, the energy comes up from the lung, up the sides of the neck, halfway across the base of the skull. So, you're halfway between the mastoid and the center. There's a little indentation there between the little dashes and that's gallbladder 20. Then, you get to the top center of your head, right above your ears and that is governing vessel 20. Incidentally, that is the point that I chose. It is one of the 22 winds of the sky points, but it also overlies the pineal. My intent was, that by stimulating that, it puts the energy right into the pineal, which ultimately controls the pituitary.

Those are the points of the Ring of Air. They are wonderful points for improving mood and helping people relax. People have trouble sleeping. I have lots and lots of people who now are sleeping for the first time.

Kevin: In our surveys, sleeping is one of the main concerns that we're seeing.

Norm: Well, it's because the brain is going crazy with worry.

Robyn: So, for this whole trauma issue. Everybody has trauma, has experienced some type of stress, and more stress now than ever—1 out of 3 people are depressed. What do you think just in general? What's your advice for your patients or the people you work with to process, to deal with trauma?

Norm: Try Air Bliss first. It is certainly, in my opinion, much stronger than massages and tapping. I think it's because of the odor itself. By the time you have done the feet and legs, you're tasting the stuff already. The fact that it's absorbed through the acupuncture point, right into the bloodstream and it's coming out through your mouth already within a minute, means to me that it's got to be stronger than just tapping. That's at the top of my list both for reducing stress and for sleeping better.

Of course, if that is not adequate, the single best thing is something called Autogenic Training. This is the 101st anniversary of the introduction of Autogenic Training by Dr. Johannes H. Schultz in Germany back in 1902. By 1969, there were 6 volumes of books on Autogenic Training with 2,600 scientific references. I don't know any other approach that has so much science behind it. It's really a wonderful, very organized self-hypnotic approach. 80% of people with stress illnesses will bring them under control if they'll just do basic Autogenic Training. "My arms and legs are heavy and warm. My heartbeat is calm and regular. My breathing is free and easy. My abdomen

is warm. My forehead is cool. My mind is quiet and still.” After you’ve done that, then you can survey the body and if you still have an area of the body in distress, then you can talk to the individual parts. “My legs are relaxed. My right shoulder.” You can get really specific. That’s something I introduced back in late 1972 in my clinic.

Recently, I did a study on an herbal preparation called Kyani Nitro Xtreme, which in itself is the best thing I’ve ever seen for reducing blood pressure safely. I’ve done personally 200 people now. 70% of them get good control of blood pressure, but those who don’t, if they will do Autogenic Training, sometimes in just 3-5 minutes in my office I can bring the blood pressure down to normal by guiding them in that. I send them home with a CD of it, and then they can practice at home.

It takes, what I call retraining the nervous system. It takes 6-12 weeks. To establish a really important habit takes about 6 months for people. That’s what it does. It is fabulous, and I’ve explored and written several books on all kinds of mental ways of doing things, but there’s nothing more effective than Autogenic Training.

Kevin: Well, it worked well. You were just doing it and I feel much more relaxed.

Norm: Well, it’s true. The first time people do it, the first time, blood pressure will drop 10% or more. In my hands, if I do it, blood pressure will drop, most of the time, to normal. It can drop from 190 to 120 in 5 minutes.

Kevin: Can you mention the herbal formula again? I didn’t catch the name.

Norm: Yeah, it’s called Kyani Nitro Xtreme. If people want to get more information, go to my website NormShealy.com, and look in the archived newsletters. There are several articles there on Kyani Nitro Xtreme. It stimulates the body to make its own nitric oxide. Nitric oxide is one of the most important chemicals in your body. It dilates blood vessels, it lowers blood pressure, it improves immune system, and it improves memory. The list is unbelievable what is essential and necessary for each cell to do its job to produce nitric oxide. That’s what this does.

Robyn: To get all those oils, people can go on your website to order those?

Norm: Right, NormShealy.com.

Robyn: Talk a little bit about how health begins at home. I see that’s one of the things you like. Tell me about that big issue.

Norm: If people do not smoke, if they keep their weight with a body mass index between 18 and 24, if they eat 5 or more servings of fruits and vegetables a day—that's combined—and if they exercise 30 minutes 5 days a week (that's like breathing to me, I do 90 minutes 7 days a week), if people would do that in this country, within 20 years life expectancy would go from an average of 78 to an average of 100. That's what I mean by health begins at home. Having the willpower, the motivation, and liking yourself enough to take care of it, that's what I mean by it. Obviously, this all would include sleeping 7 or 8 hours a night, because that's essential for health. The study that was done on 160,000 people found that only 3% of Americans have all four of those basic habits. Pathetic.

Kevin: Well, we're trying to change that with this revolution.

Norm: Yes! And that's why programs like this are so important.

Robyn: You definitely understand the revolution word, which is a fundamental change in mindset. When we think about so much of the unnecessary suffering that goes on, a lot of these diseases don't have to happen in the first place. I know that you teach this in many of your books. You've been kind of a maverick doctor out there, haven't you? You've been setting a whole new mindset about what health means. I'm so impressed with what you're sharing with us here today.

Kevin: Mention a little bit about, you said you have to like yourself in order to do this. You have something to talk about, about self-esteem developed at birth. Does that have to do with that oxytocin as well?

Norm: That's it. If you are born healthily, with an oxytocin boost as you come out, you've still got to be treated well by your parents of course. Then you should have good self-esteem.

Robyn: Well, I think we're going to have to get your little Bliss everywhere, in birthing centers, in grade schools.

Norm: Oh, I'd like to spray the world with it. We should have Bliss chemtrails.

Robyn: That would be a whole new world, wouldn't it, if we were all blissed out and not stressed out. So, what do you think about the levels of pollution that we're dealing with right now but also electromagnetic pollution and how that's impacting our brain?

Norm: I'm glad you brought that one up because when I decided to close my clinic 11 years ago now, I had looked for many years to find a physician to give it to. I interviewed 100 physicians, and I just couldn't find the right personality. It takes a certain kind of personality to deal with people who are totally bummed out with life. So, I could've done what I wanted to do right there—a lovely building. But one afternoon, 5 o'clock, everybody is going and my lights are off. I just happened to bring out the old gauss meter. All of a sudden, the previous year, the background electromagnetic smog had grown to 2.5 milgauss. I walked all the way around the clinic, same thing. I walked out to the parking lot, 2 ½ to 3 milgauss in the whole city of Springfield—a city of only 159,000 people.

I decided I didn't want to live in this every day, because it's not good for your body or your brain. That's why we built my research facility outside on my farm, which is 14 miles north of there. There is no measurable electromagnetic background here now. When I go out of the farm, I put on my Clarus Q-Pendant.

Bill Tiller, the great physicist, 15 years or more ago had me do a research project on this. This does protect your brain at least from up to 15 milgauss of electromagnetic background. I do think that living in the electromagnetic smog of cities especially, one should do something to protect themselves. I don't know anything else that's been researched adequately. I have no financial involvement in the company. I did it because Bill asked me to and it was worth doing. I do think people need to protect themselves from a great deal of electromagnetic contamination. It's bad for the immune system and we know it's bad for the brain.

I'm sitting here using a desk phone, one of those hooked into the wall. I do not have in my house a phone you can walk around with. I don't believe in that. I have a cell phone. People say, "Give me your cell phone number." I say, "It wouldn't do any good to give it to you. I'd have to turn it on." Let's talk for just one moment just about cell phones. Even when I travel I carry it in my pocket. Three times forgetting after a trip, I walk into a hotel. I get my magnetic room key and on three occasions I've put that right into the pocket with the cell phone. It's turned off. I get up to the room and the key doesn't work, because the cell phone has erased the magnetic code in the few minutes between getting it at the front desk and walking to my room. I don't do that anymore. So, if it's doing that turned off, what on earth is it doing if it's over your heart for heaven's sake? Or on your ear? To me, the use of a cell phone is for significant urgency, not as a routine.

Robyn: We may have to bring you back. Just so everyone knows, the month of May our theme is Earthing, Electro-sanitizing Your Life, and Growing Your Own Garden.

Norm: Well that, as you know, I've lived on a farm since 1969. I grow, I'm sure, 90% of my vegetables and a lot of my fruits. That's one of the reasons I live on a farm. I think everyone should plow up, if they have a yard. They should plow it up and have a garden. It's less work to plan a vegetable and fruit garden than it is to mow the lawn. It's more fun.

Robyn: We've got a couple of speakers where that's their business. They help people establish gardens at their home, inside their house. We have a hoop raised garden in our house. We're looking forward to two different speakers on that topic. You might know Magda Havas.

Norm: I know the name.

Robyn: She's from Canada. She's one of our expert speakers in May who's going to be speaking about electromagnetic pollution. In fact, in terms of the trauma that a lot of our kids are going through, just Wi-Fi in schools. She calls it type-3 diabetes, which is being caused by all of this electromagnetic.

Norm: I heard that. I don't doubt it. Stress is stress. It doesn't matter whether it's psychological, chemical, or electromagnetic, it's still stress. What's the ultimate electromagnetic stress? The electric chair.

Robyn: Any more just big pearls of wisdom? This trauma issue again, so many people are depressed. Anything else that you can really share with us that can help people?

Norm: Well, I am convinced that conservatively, that 90% of conventional therapy (100% almost of drug conventional therapy), 90% of old-fashioned psychotherapy sucks. It doesn't work. It just wallows in your manure.

Robyn: 90%?

Norm: Yeah. I'm being kind. I'm giving them a small bone. There are a number of more modernistic approaches that are good, but if you really don't get out of depression with Air Bliss—and I've got many, many people who've done that now—at the top of my list is an electro stimulator called LISS. It's been around since 1975. It reestablishes a normal amount of serotonin. Serotonin really is the kind of mood. It's so important. Use the LISS stimulator for one hour, preferably in the morning between 6-9am is ideal, but any time before noon is fabulous. If you combine that with the RelaxMate—my pair of glasses with flashing lights at very low speed—85%

of people get out of depression within 2 weeks, safely without drugs. There's nothing that can compete with it.

Now, all of these people are deficient in magnesium. All. Of course the best approach for that is magnesium lotion. We did the research back in the early to mid-90s. Magnesium is far better absorbed through the skin than it is through the gut. Interestingly, when you apply it on the skin it not only raises your intracellular magnesium—it's not in the blood, it's in the bones and the cells—it also raises DHEA, which is also one of my favorite topics. I consider that a critical issue for people with depression.

Of course, interestingly, even though most people with depression certainly are not vegans, 86% of them are deficient in the amino acid taurine, which should be the most common amino acid in your body, and they're all deficient in it—not all, but almost all. Taurine can make a big difference in these people. By the way, epileptics also tend to be deficient in magnesium and taurine, especially those who are not well controlled with medications. Those are to me, the best things.

Now, if that doesn't work, then my number one psychotherapeutic tool would be past life therapy. I think a well done one hour of past life therapy can do more than 20 years of psychology.

Robyn: Do you want to talk about your special package?

Norm: Yes, please do.

Robyn: This is quite long, but you can get the mp3 download of *Rainbow Energy Balancing* CD, basic Shultz CD.

Norm: That's the Autogenic Training CD.

Robyn: The Basic Shultz CD is the Autogenic Training CD?

Norm: Yes.

Robyn: You also get a meditation CD, and the *Ring of Air*, *Ring of Crystal*, *Ring of Fire* and *Ring of Water* CDs. The physical items you'll get are a *Medical Renaissance* CD. We hope when you come, Norm, you'll share you your DVD called *Medical Renaissance*. *Dr. Shealy's Exercise for Health and Joy*, and *Health and Sexual Potency* book. So, that's quite a line up. It's a \$203 value for \$97. I guess how we're arranging it this time is you can

email bobbette@selfhealthsystems.com. Then, you can go to NormShealy.com to find out more about the Bliss Oils.

My goodness, you're right, we *can* talk about this topic and your background. You have so much to share. We just touched the surface.

Just to review, we've learned about DHEA, the importance of oxytocin, and all these natural ways that people can help reverse everything: depression, if you have problems sleeping. You also mentioned a magnesium lotion. I think we've covered a full spectrum of health and healing right here. Thank you so much, Norm. Is there any final message?

Kevin: You mentioned you're a medicine man. Just making that connection between your obviously a medicine man in our culture. What do you see as the connectors between those two?

Norm: Well, the thing I like about that is that Native American sacred practices are really exempt from Federal Government nonsense. We can go on a long time about that, but you know. My least favorite bureaucracy is government in general, one specific sub-division. I don't think you have to mention the curse word. So, this exempts you from committing a crime. Even one, and I don't recommend this, Native American tribe in its sacred practices used iowaska. That went all the way to the Supreme Court under Rogers. Because it's part of their sacred practices, it cannot be inhibited by the government. All of my Bliss Oils are in the process, actually I've just got to get the final documentation, and it's already been certified as official Native American sacrament.

Kevin: That's impressive. Well, we've got several other talks we can do here based on this.

Robyn: Norm, thank you so much for your time and sharing so much of your 60 year career with us. You're still going so strong and still coming up with new products, and I'm really glad, especially what you're doing over this last few years with these oils, because it's really touching upon the biggest health concerns of our time. If we can manage stress and we can help process a stressful event, all that affects our physiology. We'll be carrying your Bliss Oils here for sure. We're going to order them right away. But thanks again so much for being here with us.

Norm: Thank you and have a great rest of the day.

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Robyn: We sure will.

[End of Interview]

ANGIE WELIKALA

DrAngieW.com | DC, BS, FICPA, Wellness Instructor, Author

SARAH KALOMIROS

LifeAfterChemo.com | DC, Chiropractic Kinesiologist, Clinical Nutritionist

TURN YOUR HEALTH CRISIS INTO A HEALTH OPPORTUNITY

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Robyn: Hello everyone and thank you all for being with us in our third month of the Self-Care Revolution™. My name is Robyn Benson, I'm a Doctor of Oriental Medicine.

Kevin: And I'm Kevin Snow, Intuitive Counselor and a Self-Care Coach.

Robyn: Thank you all again for being here. If this is your first time, I know we've got quite a line up of new people who have joined us this month. We just got off the phone with Dr. Norm Shealy. Wow! That was an amazing conversation, wasn't it? We learned so much from him, and we saw a lot of your questions come in. And we will have that replay available for 48 hours and certainly forever for our members. Kevin, do you want to explain our membership?

Kevin: Yeah! It's an exciting process to be a revolutionary with us. There are several options. You can join as a full member, and you can join as a monthly member. The benefits abound. To join in, you can be a free member. You can login. You can go to JoinTheSelfCareRevolution.com. You probably have already been there if you're listening to this call. If not, if you found your way to this call, and you haven't already given us your info, please do that. The monthly membership is on special. It's special this month as well, \$57.

Robyn: And our intensives. Do you want to mention our intensives?

Kevin: This month is about releasing trauma. So, I'm doing a special intensive on the spiritual transformation of trauma. Nichole White is also offering two nights at 6:00. Log in to our website and check out that information. She's also offering a live

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intensive via the teleconference. And Michal Curry Hall is offering a live event here in Santa Fe for releasing trauma, as well. Go to our website, JoinTheSelfCareRevolution.com, and check those out.

Robyn: These intensives are included for anybody who's a member, so for full members and our monthly memberships.

Kevin: Absolutely.

Robyn: We started out our first month with Thoughts and Food as Medicine. We had 12 amazing speakers. Our second month was all about the connection of our breathing with our heart. We learned about HeartMath. We interviewed two amazing cardiologists. It's been a 'wowza'. We actually interviewed a woman named Wowza, who's 76 years old. And wow, did she have a lot to share with us about how to age beautifully.

Kevin: Absolutely. And her one thing that I loved was saying, "Hmmm." That's really relaxing.

Robyn: Right, and just how powerful it is and healing it is to hum.

Kevin: We got a couple of amazing people on the phone, right?

Robyn: We sure do. This is very unique, which Kevin and I were talking about earlier. In the history of teleseminars, this is probably a moment that we are really creating history because we are interviewing two amazing women, Dr. Angie and also Dr. Sarah. We welcome you both today to the Self-Care Revolution™. Thank you so much for saying 'yes' and being here and sharing your very powerful stories, both of you.

Sarah: Thanks Robyn. We are really excited to be here as well too.

Robyn: So, we have Dr. Angie Welikala. Thank you, Dr. Angie. Why are we making history? Because we have invited these two brilliant chiropractors, both women in their 30's, and we are going to be talking about cancer. Angie's going to be sharing her story when she was being diagnosed with cancer. And Dr. Sarah, this is such a big part of her practice as a chiropractor, is helping people to rejuvenate after chemotherapy.

Dr. Angie graduated from Cleveland Chiropractic College in Los Angeles in 1999. She has a Fellowship degree with the International Chiropractic Pediatric Association.

She's a wellness instructor, a chiropractor, and the new author of 'Redeem Your Health'. She is passionate about helping women especially make their health a priority.

Angie: Yes, I am.

Robyn: Yes, yes. Dr. Sarah Kalomiros, Doctor of Chiropractic, provides solutions for cancer survivors, suffering from the effects of chemotherapy and radiation. She teaches survivors to break the barriers of confusion, and sets science and directs them on the path of well being and renewed health. Thank you for being here in California and Idaho.

Sarah: Yes, I go back and forth.

Robyn: Why don't we start with Angie? Dr. Angie, can you tell us a little bit about how you became a chiropractor and also talk about your history with cancer?

Angie: Sure. Gosh, my first experience with chiropractic was, I was 16 years old and I was on Zantac and Mylanta three times a day. I was diagnosed with a nervous stomach when I was ten. It was my first chiropractor that actually taught me where my health came from. He started adjusting my spine. Within a month, I was off all the headache medication and stomach medication. I was having migraines every month, and those started to decrease. That's how I got into chiropractic care and being a chiropractor because my health changed pretty dramatically back as a 16-year-old.

My new adventure started in 2010, when I had my big "aha come to Jesus" moment, when I was busy running my marketing consulting practice, helping my husband's dental practice, and my other brother-in-law, helping him with the business. Where was Angie on the list, right? That's when I was actually diagnosed with breast cancer, and I just started this whole path. I've been a natural healer, a natural direction my whole life, from having my thumb in a tub of water at home. So I don't do anything pretty conventional. When I got this diagnosis, I knew I wanted to find as many natural options as possible. That's where I am and what happened.

Robyn: We definitely have more questions for you.

Kevin: Yeah.

Robyn: And Dr. Sarah.

Sarah: Yes?

Robyn: Tell us a little bit about your history and how you became a chiropractor.

Sarah: Basically, my whole history was watching my family kind of self-destruct. It was just one thing after the next, whether it was the drug reactions or pain. I mean, I can remember my dad crawling around on the floor when I was a little kid because he could not move. In fact, he did this for weeks. My dad actually had three heart attacks before the age of 60. My mom has RA. Nobody was giving any solutions. It was just, "Let's see if we can try another drug. Well, that one doesn't work, so let's try another one." And then there were side effects from that, which threw her back in the emergency room. I just kept going on and on with this.

I always knew I wanted to help, but I was always exploring. I wanted to be a medical doctor, and then I wanted to be a massage therapist. I was a healer from the very, very beginning, but as I saw my family actually sort of self-destruct in the medical world, that's when I turned to chiropractic. Then it evolved into doing clinical nutrition and functional medicine, which is, again, one more step further. I love chiropractic, I do chiropractic every day but it was finding out that doing one more adjustment is not going to help. If they walk out and they go to a McDonalds after they're done.

That's where it really came into play. Like, "What am I going to do? How am I going to do this?" So, I ended up getting a very solid science background. I'm actually a microbiologist with an infectious disease. The clinical nutrition just felt very natural into helping people.

Robyn: Okay. Can you talk a little bit about how you got into this specialty of working with people who are cancer survivors?

Sarah: Absolutely. I've actually been treating or helping cancer survivors overcome the side-effects of chemo and radiation from the very beginning. Actually, I can even remember the first patient that I had. And over the years, it was so interesting. I kept hearing the same problem over and over again. Most patients, they got cleared from chemo, and they said, "My oncologist basically congratulated me for making it through it. 'And I'll see you in six months for your follow-up'."

I know that this is not the only story, but this is the one that kept trending the most in my practice. The patients kept coming to me after the fact with digestive issues, debilitating fatigue, brain fog, immune issues, and so on and so forth. I can go on for miles on the list of side effects. Bottom line, they just wanted to feel better on the physical, emotional, and even the cosmetic level. That's where I got into it. I kept seeing this trend, and I kept hearing there was no advice given. There was nothing,

not even a supplement. There was no backup for when these patients got done. And it was devastating to me because I actually have been supporting these people for years and getting tremendous results. So, I just had a hard time putting these two together. That's what drove me to put this program together.

Robyn: Do you want to talk a little bit about your program?

Sarah: Yeah, absolutely. My programs are very step-by-step-oriented. That, I think, is one of the main problems with this sort of symptoms, with this sort of scenario, is that people come out of chemo and radiation and they have no idea where to start. The only thing that they know is that they just don't feel good. I have had patients come in to me with random supplements from Walgreens and Whole Foods they're trying. They know they have to do something, but really, the strategy is where you'd start. So, what we did was we created programs that are easy, step-by-step programs to guide people into a very methodical approach of how they get healthy.

The first program that we started off with is bringing down inflammation, bringing in nutritional therapies, and fixing your gut. Then it goes on to the next program. That's regaining your energy. Then it's detoxification, and so on and so forth. We came up with programs that were very easy, very simple whether you can do them right away, or there's actually a caretaker that comes in that can help you with them. So, you have a no-brainer, easy-starting program that will help you get you on your way to recovery.

Angie: Awesome, baby. Awesome.

Kevin: Yeah.

Sarah: Absolutely.

Robyn: I just want to mention to our listeners that, and I think we all know this especially those of us that are in the medical profession right now, that the new, really, one of the fastest growing diseases among the 30-year-old population, and even in the late 20's, is cancer. This is why this month's release and transmute trauma, also kind of the inspiration for the Self-Care Revolution™, is that we want to help people be aware and be active right now. Be aware that this is happening. I mean, almost everybody knows somebody with cancer right now. But a big part of the Self-Care Revolution™, what you're saying is, you're teaching people how to get back into good nutrition and to heal their gut and all that.

But before we go back to you Angie, Sarah can you just say what are you thinking when you think about how you're a young mom with two kids and teenagers out there, what do you think is the solution? How can we awaken more people, and more mothers, and people to be more proactive with their health so more people aren't being diagnosed with cancer in their late 20's and 30's, 40's and 50's?

Sarah: Yeah, absolutely. In 2012, there were 1.69 million people diagnosed. And unfortunately, that number hasn't changed for a couple of years. So, you start looking at the global aspect of this. I've been in groups and lectures, and I just had people raise their hand like, "If you do not have cancer, do you know someone who has cancer?" And there are maybe one or two people, in the whole entire room, that do not raise their hand saying that they know someone that has either died from it or recovering from it or in the middle of it. That's the scary part.

In fact, this story is so fresh to me. I have lots of fresh stories. Just less than a week ago, I was sitting on the airplane with this really, really, intelligent attorney, and we started talking. And all of the sudden, he goes, "Well, I need to know details. I have pancreatic cancer." And I go, "Oh my, gosh." I swear to goodness, everybody I've even talked to or ran into. There's a reason I run into these people. And I sat there, for two hours on the airplane, going from San Francisco to Spokane; I was talking to him about everything that we talk about. By the time we got to the end, I almost kind of gave up because he actually said, "Well, my 'Stanford doctors' said that diet had nothing to do with my pancreatic cancer." I go, "If you know physiology, you'll really look at this." I was floored. It was hard for me to sit in my seat. I was getting kind of fired up about it. He's just like, "Yeah, they don't say that it does anything, or that it contributes to anything." And I think that's where the misconception comes in.

There are only three reasons ever why we get sick. The number one is food, diet, nutrients, and nutrient deficiencies. Number two is toxicity. Number three is stress, mental, emotional, or spiritual, or physical stress. I don't understand why it's so hard to get down to the bare bones basic, on basic concepts. And I think going and teaching people that these things actually affect us, that sitting around eating Twinkies all day long actually affects us. It's really hard.

I've actually had the skinny-fat people in my clinic where they're actually so tiny that they have a metabolism that's different than most of ours. And that their percentage of body fat might be 30% to 40% even though they're like a toothpick. People have to understand that health is not always stereotypical. You don't have to be overweight and having a bunch of issues to have a problem. I mean, the day that I left Minnesota to come to California to practice, we had a marathon runner drop down dead of a

heart attack, and he ran three marathons a year. He was one of the skinniest guys I have ever seen. So, I think it's breaking down the list of really what health is and starting to teach people from the grassroots, that you go back to the basics.

I mean, we've talked about this for decades. Go back to the basics. Look at what we're in taking. And look, there's actually a field called epigenetics that we talk a lot about dysfunctional medicine. We determine our gene expression. If you sit down and eat Twinkies all day, your genes will express the effects of Twinkies, whether it's being overweight, or being lethargic, or being tired, or whatever it is. And if we put the good stuff in, our genetics will express that. So, I think that people think we're just dealt with this concept that we are our genes. Yeah, we are but we're the epigenetic of our genes. We are what we put into our systems as well too. I think getting the message out that we actually can make a difference in our system is actually the number one thing we need to do.

Robyn: One of the common statements of the Self-Care Revolution™ is 'Self-care is a way of life, not an event'. For people to realize, you just don't wake up and you have cancer, or you have diabetes just one day. It's happening. It's a process that's happening based on choices. Thank you for sharing. You've talked of big topics like epigenetics. We'll definitely talk more about that.

Dr. Angie, so tell us a little bit. Here you are, you're already a practitioner, and you're working with people day to day to day to day. And you said you were only 35, right?

Angie: 35, yeah.

Robyn: Tell us about that day, that moment, that realization. How did you deal with that mentally, spiritually, health-wise? Where did you go?

Angie: I went on my knees.

Robyn: I bet.

Angie: That day was pretty funny because in fact, I had to show the doctor I didn't have a bump or lump, or anything. I had a sickness, a density in my right breast. As a chiropractor, we've got some good hands. We've got some training there. I showed the doctor, "No. It's right here. Do you feel that?" It's just a density difference. It's just different. So, I went into a mammogram and ultrasound thinking, "No big deal, my first one ever." I breastfed my son for two years and eight months, so it had to be something there. Just some scar tissue or a fibrotic tissue. It was like each door that I

kept walking through was not the door that I wanted, it was not the door that I wanted.

Talk about this self-care, being your own advocate. The gloom and doom that I got from my first diagnosis, I didn't receive it. They wanted to diagnose me and put me in a biopsy the next morning at 8:00. And I just said, "No, I need another opinion," because the guy was so negative. Like my life was over and they handed me the 20-year-old pamphlet of all the phases of breast cancer. My husband and I just ran. We ran out of there. And we called some colleagues of ours that we trust and got a second opinion, and a third, and then, here we go.

But I think my defining moment was laying on that table for an hour and a half doing a stereotactic biopsy, where they're shooting needles in my breast for about an hour and a half. And that's when I came to my 'aha' moment with that. I was the only person that was going to take my health seriously, I was the only person that was going to make the changes to get me where I needed to go. And I was the one that got me where I was, because I was living off sugar, drinking caffeine. Nutrition? Yeah, I was there. But it wasn't a priority in my life. We're exposed to so many toxicities just in our body care lotions, and shampoos, and the water that Dr. Sarah was talking about blowing up. They're doing a test on the water. We're so inundated with toxins that I actually had a study done, and I had cetrimide and nickel that was stuck to my DNA. Even the metabolism of my little cells were only at 60% at the time.

Robyn: Oh, wow!

Angie: I really had to look on the inside out, and that was my approach to getting my body back to where it needs to be and back to where it belongs. That's how I know it works.

Robyn: So, you never did this therapy that was recommended? You didn't do chemo, radiation?

Angie: I was actually seeing zero. But then when I went in surgery, I was actually tubed, because they wanted me to do some but I didn't have peace about it. God is the great physician, he's my head doctor. He got to let me know, not yet. I waited, and I get thermographies every year, and I'm still clear.

Robyn: Can you just share with our listeners what thermography is versus a mammogram?

Angie: Yes. Let's talk about that. That's a great thing. A thermography is a digital picture that gives us the temperature of your body to see if there's any metabolism or cellular, basically, your cells here are talking. It's a way for us to very, very, conservatively look at the body for that cancer thing. I have an amazing functional nutritionist to help many women, be in phases two, or three, or four, and nutritionally get them back to zero. I know the body is made to heal.

And then, the mammogram. There's countless studies that the mammogram, that you think you're doing a good job every year is actually causing the breast cancer because it's creating traumas to the tissue. There's a bunch of research out there, I'm sure you just need to look at it.

Sarah: Angie, I think the statistics is that when you get a mammogram every year for ten years, you actually, with no other factors, you increase your breast cancer risk by 33%. That's a wild statistic in my book. I mean, it's huge, and that's part of what my videoed library is on my site coming up. And we are going to have a breast thermographist on there talking about the specifics of it. And actually, we're going to be having a video on how to do it or how it's done and what to look for. Breast thermography also is a huge, huge part of my program as well too. So obviously, I'm glad you're doing that, Angie.

Angie: Absolutely, and I didn't even know about this stuff. I hope the one person who's listening right now is hearing this because I wasn't told any of these, and I was a health professional. Where are these people?

Kevin: Angie, Sarah had mentioned earlier about cleansing, and I'm wondering, you've got a thing here on the similarity between physical cleansing and spiritual cleansing.

Angie: Oh, yes, sir. My new book is 'Redeem Your Health', and it's actually a 21-day cleanse. We did that. I used them to process my office, but whatever cleanse you put your patients on is great. My book is the day-to-day inspirational and spiritual part that helps you get through the cleanse, because have you ever started one and not finished it? Right?

Kevin: Yeah.

Angie: What I found, even when I do my major cleansing every year, I go up to Optimum Health Institute in San Diego, is during the first two, or three, or four days, your body's doing its thing. And then what happens is the emotion starts to come up

or the spiritual stuff starts to come up. And in order for you to really get through and be successful, I feel like you really got to address those things. I've been an emotional eater my whole life, so food has always been my go-to thing. I've changed my entire diet completely. I've been a vegetarian for over two years, plant-based diet. My only thing is the sugar, chocolate once in a while, but God's working on that on me.

The spiritual side, and the physical side, is so intertwined together, you can't separate them. I really believe a true successful cleanse is being able to address both of them. So, I have a cleanse, a way that you can just journal and just write what's going on like, "Why do I want cake right now? What is going on?" Not that my body is missing cake, but what's the emotional component to it? So, I get it. I get it completely, the whole food thing. I've been dealing with it my whole life.

Kevin: You mentioned the connection of emotions, so the connection of emotions to the disease process?

Angie: Sure. There's a lot of research out that even in breast cancer, there's conflict related issues that are stored, that you're holding in the breast or any other organ that can cause cancer. Keeping an emotion, stuffing things, resentment, anger, bitterness, and all those emotions can be stored up in the body, and it's just not healthy at all.

Robyn: Dr. Sarah, this is probably a question for both of you, but what do you really think cancer is? What is cancer?

Sarah: In my book, just like we talked about, there's only three reasons why you have any disease process happening. You're nutrient deficient, you're toxic, and you're stressed. It causes everything to go wrong along with your blood sugar, and your adrenals, and your gut function, and your stress, and your cortisol levels. And pretty soon, there's just the breaking point where the body is like, "Oh my, gosh. I can't do this."

But I also believe too, and they've shown in a lot of studies as well too, is that you're really the result of your generations before you as well. They've done studies where they've inoculated mice with DDT, and seven generations later, without those being inoculated; they're finding DDT seven generations later. When you look at that, it is the result of your great grandmother and your grandmother, and your mother, and then you come up. That's why I think everybody is like, "Oh well, it takes ten to 30 years to develop cancer." Well then, here comes the question, "What about the five-year-old that gets cancer?" Well, yeah, it is a result of generations previous to that. The mother is stressed and nutrient deficient, and in a bad home or a bad

environment, and all of these sorts of things. And then, you topple it with antibiotics and vaccination, and all these things. Pretty soon, there's an accumulative load. It all depends on how strong you are genetically and what's happening. You know what? It's really a melting pot of issues that can happen that raises the cancer question.

Robyn: So, we all have cancer cells in our body, correct?

Angie: Yes, that's what I was just going to say. Yes.

Sarah: Say that again, sorry.

Robyn: We all have cancer cells in our body?

Sarah: Oh, absolutely. As we're on this call, we created a cancer cell. Literally! And so, when you look at that, you go, okay, well, yeah. So, we create cancer cells all the time that our immune system needs to be healthy enough to go in and fight that cancer cell. When we get beaten down by all of these things and not having enough nutrients, and toxins, and stress, then our immune system no longer can go in, and seek, and destroy those.

Angie: I get this question asked all the time now, being interviewed, and its like, "Are you cancer-free?" Its like, "What does that mean, really?" Because we all have these cancer cells, but right now, my body is winning the war, it's keeping it at bay. I probably have one maybe floating around, but it's when the cancer cells take over, and the body can no longer keep it in balance or in check, which is why it's so important to make the step now. Do this cleansing thing, making sure that you're balanced. Learn all these Self-Care Revolution™ systems and ideas, and practices so that we can keep your body in check and not let disease and dysfunction take over our bodies.

Sarah: Absolutely, Angie.

Kevin: You mentioned having a passion, and we've talked about that. Our first interview was with Marcia Wieder, who definitely advocates having a passion.

Robyn: Passion and your dreams.

Kevin: Yeah, and your dreams. Angie first, how do you connect that passion to the success that you've had?

Angie: My passion just comes from if I can just help one more woman get it. Like,

when I was in my healing process, all I heard was the priority shift, the priority shift. I don't know a mom right now that isn't busy running around and maybe didn't even take a shower yet today. My passion is just being a blessing to that next person, and being a hope, and giving them that new direction that they can get through this and they can prevent it. And even if their mother died of cancer, it doesn't mean that they are going to. I have a lot of friends with that kind of fear going on as well. My passion is just loving people and loving God, really.

Kevin: Hmm, absolutely.

Angie: Sarah, you're up.

Sarah: Yes. Passion. I think I feel like my motto, or I talk about my motto a lot, being all this processes that we keep teaching people, they are not easy, but they're almost so simple, it drives me crazy. Everybody wants to put some big physiological thing on, and start putting up biochemistry charts, and start making this so complicated. I think my passion is to make things easy for people. Not easy, excuse me, make things simple for people, but they're going to have to do the work. If it takes ten to 30 years to build up to having cancer, then there's no magic pixie dust. You really have to want to live. And instead of taking the message and going, "Oh man, I'm plagued with this. This just happened to me," I think the first step is taking responsibility of like, "Okay, you know what? I didn't take care of myself. These are the things that I did and recognizing them. But then moving on, going on and taking this as an experience that changed your life, that you will go on and change your son's and your daughter's life, and your friend's, and your family's life. It should almost become a mission after this point. Not that, "I was plagued with this, and this is so awful, and I can't believe this happened to me."

I've read several studies too, that the people who have the best chance of surviving are the people who have the good attitude. People that look at it like, "Wow, this is my experience. Boy, this kind of was awful, but I am moving on, and this is what I'm doing, and this is how I'm changing my life." Those are the people who make it. The people who go back through and keep going, grinding out that, "Why did this happen to me? I just feel awful. There's no way. I couldn't change it." Those are the people that tend to fall back into the issue again. That's why we really have to get out the word that, "Okay, this happened. We recognize it. This is our responsibility, but this is our new life." Here's talk about transmutation, right? This is where people need to start moving towards in order to feel and not have this stuff come back.

It's funny. A lot of time when I talk to patients, their biggest fear is actually not to die,

but to actually go through the treatment again. Holy smokes! That's a pretty wild statement that I've heard from several patients.

Robyn: Pretty cool.

Sarah: Yeah!

Angie: That's how I kind of made my decision of waiving on the chemotherapy and the radiation because when I interviewed my lady that I had that had gone through it, and it came back in three years, and they did one week chemo and said, "Screw it," I just didn't get it. So for me, I just waited. I think attitude is everything. And visualizing it, and just keeping your eyes fixed on God because He's in charge. I think that was what really helped me get through my journey. And I'm on His time-clock now, because Angie's plans are over. He's filled me.

Robyn: Yeah. I think what we all agree upon is, if people will just, when they get that diagnosis, they go into such fear and they just make big decisions really quickly. It's because you gave yourselves not enough time to really look at all your options. That's why I really wanted to bring you guys both into this conversation early in our series just to let people know that we have so many choices out there, and we can't forget nature.

That's a big part of Self-Care Revolution™, is return to nature because we are designed to heal. We got these amazing, brilliant bodies that when we give our bodies just simple water and foods that grow from the earth, like you're living more in a plant-based diet now, Angie. It's so great, because that turns on our cellular health.

This kind of controversial question I want to bring up, since we're revolutionaries here, I'm sure you've heard this too, and it's kind of more common knowledge. But they're saying, a lot of the big time doctors out there saying, "This is the first generation of children that are here with us now and are being born, that based on what's happening now, may not outlive their parents." How do you respond to that? What is your thinking about that?

Angie: Angie first. Let me go first. Can I just tell you? My son is ten now, and it is a day-to-day battle. I have to say 'no' to him about 20 times just because of the different packaged food that are out there for our children right now. And he's finally getting it. Like the Lunchables he sees at his school and lunches with his friends, he's finally getting that I will never buy that thing again. And he's never going to get it so, why are you even asking? We're so inundated with the artificial colors, the neurotoxins

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we're putting in our kids. It's just gets me crazy.

Robyn: Dr. Ludwig is one of the big researchers in sugar. I mean, he's the one who's really educating the world, like this is sugar is poison and beyond, and all the artificial everything else. There's something about the Self-Care Revolution™ message is for people to realize, this is happening. So, how do we help people get these important messages? Like, what you're sharing with us today, I think we have to let this one be evergreen. Don't you think, Kevin?

Kevin: Oh yeah, definitely.

Robyn: We are going to keep you open to all people to hear what you're sharing. Sarah, what were you going to say?

Sarah: It's just exactly what you guys are saying. The amount of toxins that are out there, that you're seeing. My favorite show is the Biggest Loser. I tell all my patients this. It's just amazing. It's like a physiological experiment on national television. And I mean, these people are losing 20 plus pounds in a week just by changing their diet and exercising. It just blows my mind. And so this year, they had the little kids' team. Is anybody watching this? There is this little kids' team of these little obese children that are part of the program this season. I thought, "Uh! Thank God!" I mean, I'm so happy that this is becoming a children's issue. Michelle Obama has been doing a fantastic job in teaching about organic farming and about child obesity. And I was like, "Uh, thank goodness it is on the forefront of what people are actually talking about."

In San Francisco, another teeny bubble there. I mean, you don't see a ton of overweight children, but you go anywhere else in the US, it's out of control. I actually have a kid in my office right now that he refuses to eat a vegetable, but it's really funny. Instead of being obese, he actually is almost like as close to failure to thrive. He's so underweight for his age category, it's scary. He's not getting any nutrition in his stomach. It's so full of Candida that he no longer can absorb nutrients.

So here, we need to break this stereotype of what you think ill health is because it can be on either end. And that's the whole thing of what's coming up with the cancer. Like I was telling you on a conversation before we started, I sat next to a 31-year-old, who her best friend was just diagnosed with cancer. And I asked her, "How old is your friend?" "31." As I was sitting next to the woman, having this conversation, she was probably about 100 pounds overweight herself. It's always so touchy to have these conversations because I almost feel like if I don't even say a little something to them like, "So, how's your health?" I start off a very nice conversation because I can't help

it. I feel like I can start a conversation in a grocery store, which I have before.

Again, it's getting the message out there because everything is happening earlier and earlier. Again, cancer used to be happening, especially breast cancer, it used to be in like the 50's and the 60's. Now, on average, nine women in my office are 40 to 45 years old, In fact, I have a 30-year-old. Everything is starting to happen because it's becoming now a cumulative factor.

Kevin: Sarah, you mentioned earlier about fixing the gut before you detox. Could you share a little about that?

Sarah: Yeah, absolutely. In our program, everything is very methodical. People come out and they think, "Oh my, gosh I have to start detoxing right away. I know I need to do something. I have to start detoxing right away." I actually don't believe that's true. I think if people come out, and they're really wrecked, because in fact, in the ebook that I'm actually offering to everyone for free, we talk about why it's so important to repair the gut first because a lot of times, you can't handle a detox right away. It's impossible. You will either make yourself sick or have it backfire on you. It's like a staircase. You have to start from the bottom stair if not on the cement, right?

And you go, "Okay, what do I need to do to rebuild?" Well, the gut. Most of the symptoms that people have out there are actually a gut problem because the chemo destroys the insides of the intestinal tract so you tend to have bloating, and gas, and inflammation, and diarrhea, and constipation. That's a lot of the main symptoms when you're done with chemo. You have to rebuild because what people don't know is that the 75% of your immune system is in your gut. And that's the thing that was broken in the first place. That's why you got cancer, because the immune system did not pick up that cancer cell, or was unable fight it. So, 75% of your immune system is in your gut, and 75% of your neurotransmitters are produced in your gut.

One of the big symptoms of coming out of chemo is brain fog and depression or anxiety. In fact, 90% of your serotonin levels are produced in your gut. You wonder why they're running around with depression and anxiety, and brain fog, because their neurotransmitters are actually mainly produced in their intestinal tracts. You come down to the basics, and you rebuild. If you start giving your body too much at one time, then the body just freaks out, and you don't feel good, and you end up giving up on a program.

In our programs, again, it's very methodical. It's, again, fixing your guts. You really go there first. That's why we gave you that free ebook to evaluate your intestinal tract

and basically get that on board because it is really truly a foundational thing actually, I think for everybody, but especially for post chemo-radiation patients.

Kevin: Okay. The link to get the ebook is?

Sarah: It is, one moment here. Do you not have it?

Kevin: I do. LifeAfterChemo.com/KickstartGutRecovery.

Sarah: Yep.

Kevin: All right.

Robyn: So Sarah, what you're saying is so important. Being a Doctor of Oriental Medicine too, we're all about the gut, you know. They say it's like your second brain really, maybe your first brain.

If you were to create, I know you've got your program, but if you were to look at what's going on, like in the average oncology office in this country, how would you see it? Wouldn't it be neat if there was a lot more of complementary approach where they can be getting their chemo and radiation, but also why can't we keep the gut intact? I know the chemo destroys it, but a new model needs to happen. It's happening in some of these integrated centers. There are several, not just in this country but in Mexico and Germany. Just give me an idea how you would see it.

Sarah: Yeah, absolutely. There are a few centers around actually, that do the integrated approach but not enough. Again, with the numbers I was giving you before, there's people, maybe 1% of those people are actually really getting a good holistic, integrative approach to either going through chemo or radiation or coming out of it. In fact, I was at the IFMA, International Function Medicine Association doing some training. Again, I'm telling you, people will sit by me for a reason these days. I don't sit by anybody that doesn't give me a reason to sit by them. She was an oncologist, and she was the most wonderful woman, open. And we were sitting, I was one of 11 chiropractors out of 315 people there, which were all under medical doctors.

When I was sitting there talking to her, she actually had two moments. I'll never forget this. She had two moments, during some sort of meditation that we were doing, that she broke down and just started crying uncontrollably. I thought, "Oh my, gosh. What is this?" We got into talking. She goes, "I could've done so much more." It was the most powerful moment I've had in the last, I don't know, ten years of my practice, where it was like, "Wow!" It's like I saw, literally, I was there for her aha moment.

And by the time we were done, it was like we were talking about her and I was filling her full of information. “Why isn’t this your second career? Why doesn’t it evolve, doing the nutritional side? You don’t have to be giving the chemo and doing all this stuff. Why don’t you do this?” By the time I was done, swear to goodness, I had her convinced. I’ll be actually talking to her again in May, so we’ll see what her follow-up is. You could see in her eyes, after all this information that was being downloaded by Doctor Hyman, by all of these doctors that we’re working with the International Functional Medicine Association. You could see where she got it. She totally, totally understood.

Again, this is the mission, even with my program, is to get into these oncology practices and be like, “Listen, if you’re not going to do this information, at least team up with us. And we can help, and you can monitor it or whatever you want to do.” That’s exactly the mission. That’s exactly what we’re trying to accomplish. Not only being a Self-Care Revolution™ but actually having your oncologist almost prescribe our program. I don’t know how big of a feat that is going to be. I’m sure it’s going to be a very large feat, but that’s the main goal, to get these people moving.

I sat in a room of 315 MD’s at this functional medicine conference with very open-minded people. This is turning very, very slowly, but I think the insurance companies are really holding these people back. And the institutions that they’re working for are really holding them back because I can guarantee you, these MD’s did not get into this profession to do what they’re doing today. They wanted to help people. I know they did, but you get caught into this racket with the insurance companies, and the FDA, and the pharmaceutical companies. Holy smokes! Those guys are out of control. It is really hard not to get wrapped up in that.

I believe that it will start shifting because the information is out there. It really is up to us, grassroots people, to really keep educating and working with this. Again, as I sat in that room with that many MD’s, and they’re shifting slowly, but they are shifting.

Robyn: Medicine is one of the fastest growing aspects of medicine right now, which is so great. So just to everybody’s listening, functional medicine is like an integrative approach. Like breast cancer is not a disease of the breast, it’s a disease of the body. There’s an imbalance in the whole system. In Chinese medicine, we always look at the emotional, physical. You look at all aspects of a disorder. It’s a, what do they call it? They don’t even call it disease, there’s a syndrome, there’s an imbalance in your body.

With all my medical doctor friends too, there are so many of them, especially some of

the young ones that are coming out of medical school that actually come to see me as patients. They mostly, all these medical schools are being really, in terms of what's keeping their doors open, are the drug companies. I just feel sad by that factor that there's an education piece there that's hard for all these young doctors to even break out of, but the younger ones, really, are seeing the light too. They're learning.

But, like you said, these grassroots visions out there, what we're doing at Self-Care Revolution™, helping people realize to question authority and to be your own best health-care advocate. Every single person on the planet needs this.

Angie: And ask questions, yeah.

Robyn: Yes, exactly.

Kevin: Absolutely. You make an excellent point that doctors are healers. They didn't get into this business to do damage to people. And our mission here in Self-Care is to partner, to create integration. Kudos to both of you for definitely living that integration.

Sarah: I work with, I'm assuming you guys as well too, I work with M.D.'s, I work with pediatricians, I work with cardiologists, I work with people that actually open up. It's funny. They feel like they have to, you can tell they're trying to kind of keep it quiet, but they get it, because they're human beings. And they're in this. They see this every day.

In 2004, just to give you a wild number, in 2004, there was \$606 billion spent on Lipitor, which is a cholesterol lowering drug. Last year, there's \$206 billion spent on chemo and radiation. This is big business, you know dollar signs talk. Just like with Pepsi, and Coca-Cola, and all of these cigarette companies, and things like that, why would they want to knock those people out? They are massive financial institutions.

Here we come in, this little grassroots movement. We don't have enough money to put on commercials, every other commercial, like Lunesta, or whatever these commercials are. We have to take a different approach at how we get our message out, but its happening. I promise you, it is. We just have to keep plugging at it.

Kevin: Angie, do you want to talk a little more about cleansing?

Angie: Absolutely. I think, being that person that was faced with making a life or death decision. And if it wasn't for my husband keeping me grounded, I would've did the radiation probably, because you're not thinking clearly. My always-best advice is

just to take a minute and breathe. You're not going to die tomorrow, and give yourself a month, or two, or something, just so you can have some time to just get through everything. My passion right now, you guys, is really starting a cleansing frenzy across the country, so that groups of women and their friends, because women make pretty much 80%, 90% of all their healthcare choices in the home. It's to create this cleanse where people can get the book online at DrAngieW.com, and they can just start the cleanse. They can do it with their food, where you're just taking a break from dairy, and sugar, and caffeine, and meat. And it's just a break. It doesn't mean you can't have your coffee later. Although, I've got some great alternatives I can send all you all, because I'm not drinking coffee anymore, but really to start that process.

On the website, you can see some testimonies of patients and friends of mine that have gone through it. The funny story was I just got them in for ten days. I just hooked them like, "Let's just do ten days, and see where you're at." On day 11, when I didn't send my Email of the day, my message of the day, they got all upset. They were, "Where's my Email?" I thought, "Oh, I thought we were done?" But they continued on to 21 days because they started to feel amazing. They started being clearer in the head, and their energy was coming back. These are the cool benefits along with weight loss too. That's my passion.

I'm the before picture. Get things started now. You know your health is out of balance. People know it. I hear it every day in the office. So it's just that step to make a change so that you're not ending in the health crisis. You're staying away from that direction.

Robyn: I think it's great you're both are such amazing crusaders. And you are really both getting a very important message out there, detox, and this whole message of we don't have to fear. A lot of people fear and worry about getting cancer. Practicing self-care every day, you don't even have to worry about that.

One question. We've a few more minutes left. You hear sometimes that cancer is just a wad of unprocessed emotions. I know we've touched on that a little bit, or there's another doctor from Italy, he said, "Cancer's a fungus." Listening on the trauma issue, how much do you think it is related to an early childhood trauma? I know what you're saying earlier, Sarah, about the lineage type stuff that we're born into, but how much of cancer would be prevented if we were constantly processing our traumas rather than stopping them?

Sarah: It's sort of a loaded question because I really feel it's different for everyone. I've talked to people. I don't want to get too much off the subject, but when I talk to people, like they come in, that have like a depression, or anxiety, or something like

that. They come in, and I ask them, I actually ask them, and so I say, “Did something happen to you? Did you have any events? Did you have this or that?” It’s so interesting. Today, I’m actually finding that people didn’t have something really dramatic happen to them, especially. I have lots of patients that come in on Prozac™ and Wellbutrin™ and Effexor™. I mean, it’s so rampant. I would say one out of every six to seven patients that walk into my clinic are on some sort psychotropic. Again, my first question is, “Did something bad happen?” And a lot of them are like, “Well, no. I’m just stressed in work, stressed with too much.” “Was there any event?” “No, there was no event. I had a great childhood.” I don’t really know what that means. Again, that’s such a loaded question. I think it is a major conglomeration of all of the things that we have talked about. For some people, I think it’s a bigger issue.

I’ve actually had a patient that come in, their spouse died and in about two years later they had breast cancer. Was it from the spouse dying, the stress of the spouse dying? Possibly. I think everyone has a different story, and I think that’s the whole entire idea of there’s no pinpoint on anything. I think it’s whatever your reality is, of how this stuff comes up, and how we deal with it, and how resilient we are. I think it really is a conglomeration of everything, and I do believe in childhood stuff. I do believe in the things that set us up for that, but I think it’s also just different for everyone.

Angie: Well, I have a personal experience with that, and personally I had some childhood abuse as a child. I had a wonderful family. I’m adopted, but I stuffed that secret for a very long time, and I’ve finally released that probably about a year ago. I think it plays an important role. I think whether it’s abuse of a child, or there is some sort of event. I mean, being adopted at birth, that’s probably a whole other event, right?

Robyn: Yes, for sure.

Angie: I think you’re right. Everybody is different. And I think part of our self-care is recognizing it, and releasing it regularly, and being open to seeing what’s coming up for you, and not ignoring it, and not stuffing it, because life is life. I mean, life happens. I think it’s how you process it and keep it moving through you. There a whole neuro emotional technique in chiropractic that is very powerful in making sure that those emotions get moving through the body and not stuck. That’s my two cents on that.

Robyn: Yeah, yeah, absolutely. In Chinese medicine too, it’s all about when there’s trapped emotions, it affects your chi. It affects your life force. It’s connected to your breath, being connected to your heart. Why don’t you two mention why there isn’t

any heart cancer?

Sarah: Angie, you're going for that one? I love it. Let's see what you have to say.

Angie: The heart's busy moving. What kind of heart, the emotional one?

Robyn: What I've always heard is that the heart has its own electromagnetic field that is at a higher frequency than the rest of the body and usually hypoxic. Cancer cells and any type of disease process is much more likely to happen in a lower oxygenated state. And this is why in the world that we live in, spending 90% of our lives indoors, there are lots of other organs that are much more susceptible to degradation, cancer, or disease. Whereas the heart, I think there's maybe one or two cases, but the heart has its own electromagnetic field. But what's happening with so much electromagnetic pollution, a lot of our organs are getting taxed. This is a whole different world. They're calling it the biggest biological experiment ever with electromagnetic pollution.

Kevin: Right.

Robyn: So, anyway.

Sarah: That's some great info, Robyn. Seriously, it's good.

Kevin: So we're coming to a close, just to give each one of you an opportunity for some closing thoughts to our audience.

Sarah: Angie, you want to go first?

Angie: Sure. I think my biggest hope and prayer is that this call today just blesses someone, that one person that's sitting there going, "Oh my, gosh. They're talking exactly to me." I would just offer my heart and prayer, and if anyone wants to talk with me, I'm an open book. You can Email me at DrAngieW@gmail.com. I'm a big prayer. I love to pray. In fact, everybody I talk to I usually end in a prayer. I've consulted a lot of women across the country, newly diagnosed, and just got through it, spouses who are struggling right now, getting through the chemo. Whatever stage you're at, I'm just here to help you, and be your wellness advocate, and partner with you, and just help you navigate through it, because all I know is that we were made to heal, and that's what God has designed us to do.

Sarah: Absolutely, thanks Angie. I just want to say a couple of things. In all of the literature that I've seen, I keep hearing two major words, and I have to talk about

them for a moment, because they drive me crazy. There are two words. The first word is coping, and the second word is managing, and those words are so limiting to me when I see every single day in my clinic that no one's coping or managing. They're actually moving to the next level. They're feeling good after this process, after chemo and radiation. I'd like to use the words in sort of the theme of the month, Robyn, is transforming and transcending, instead of coping or managing. I really want to give you the hope that that is where you need to be going.

I just want to also let everyone know that my website is actually not up yet. I am about three to four months out before I launch, so if you go to my page to download my ebook, you will see that there's not actually a full website there, but we are working seriously. In fact, we had a little bit sooner launch time, and then all these other amazing things start to come in, and we just decided we could not launch it until we have these things in place. I just want to let you know that if you do sign up for the ebook, you will get exclusive updates and special goodies all along the way before our big launch. I just want to encourage anyone to Email me actually. My Email is DoctorSarah@LifeAfterChemo.com, and I would love to answer any questions, anything that I can do to help you along the way, because there is hope.

And the process is actually fun. We made this program fun. It does not have to be drudgery. And so we made it exciting and fun and we brought tons of people and experts talking about your different choices, anything from skincare, to programs, to supplements, to everything that you can be doing. We made this process fun for you, believe it or not, because your first part of your process was not fun. We're excited to have everyone here and to answer any questions that we possibly can. Thank you so much for this opportunity.

Kevin: Oh absolutely, thank you. Our commitment at the Self-Care Revolution™ is definitely to have fun.

Robyn: Absolutely.

Kevin: We're definitely committed, and we're having an amazing day on the 27th of this month. We'll be doing video live stream, and we're transmuting trauma on that day.

Robyn: And we're transcending to use your great word and the word transmutation is anything that's dense and transforming it into something very beautiful, lead into gold, as the alchemists say.

I just want to say to both of you, Angie and Sarah. I really appreciate how vulnerable you were for sharing your truth, for not holding back, for sharing the spiritual, the physical, and the emotional. This is a heavy issue, and it's near and dear to all of us. Thank you for putting that message out to people, that this does not have to be you. Self-care? Wow. This is the true health care. Again, thank you both for being with us today, and I do think we've made a big decision that we want this recording to be available to everybody and get it out.

Kevin: Yeah, definitely.

Robyn: It's massive.

Kevin: Absolutely.

Robyn: You both have a great day. We can't wait to bring you back on, because I have a feeling this revolution is going to continue beyond these 12 months. We're getting a lot of people who are ready to just go on and get this great message out in the world. So take good care, and thank you all for joining us.

Kevin: Thank you so much.

Robyn: All of you listeners, our great community, we love you, and good night.

Sarah: Thank you so much.

Angie: Goodbye you guys, good job.

[End of interview]

CELESTE YACOBONI

HowDoYouPray.com | Minister of Walking Prayer, Author, Healer

HOW DO YOU PRAY?

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Robyn: Hello, everyone, and welcome to month three of the Self-Care Revolution™. My name is Robyn Benson. I'm a Doctor of Oriental Medicine.

Kevin: I'm Kevin Snow, Intuitive Counselor and Self-Care Coach.

Robyn: We are excited. We have two amazing speakers to share with you today. As I mentioned, month three is all about Releasing and Transmuting Trauma. Some of our Self-Care Coaches are really now calling it really about freeing ourselves which our end result when we let go of trauma is to live, to inhabit our body in a whole different way.

We're planning this incredible event for March 27th and it's going to be called Release and Transmute Trauma and it's 1:00 to 3:00. It's going to be a live stream. We're excited because we are going to be connecting with people from all around the globe. We have about 25 people that will be here locally, lots of different practitioners including our first speaker, Celeste Yacoboni.

And then, we're also inviting other practitioners who are going to be doing remote healing but are going to be part of this incredible transformational day. We're partnering with a lot of other movements and organizations and we'll be able to share more with you next week. But right now, we had to keep that little hush-hush but we're really thrilled with what's happening because I think we realized that this whole trauma issue really keeps people kind of imprisoned in their own body. Would that be the word? What would be your word?

Kevin: That's one of things that we were investigating in Self-Care is we know some of these things on what to do, why don't we do them. This is what we're finding that there's trauma that is held in the body, the emotional and the physical body. And releasing that trauma can allow us to really take care of ourselves much better.

Robyn: Take care of ourselves, right. We find that so many people really, when you see about why they end up with the diagnosis of cancer or an autoimmune disease, you wonder, in Chinese medicine certainly since that's what I practice, there's almost always an emotional component to it. It's throughout life that there are so many wonderful techniques.

Talking about techniques, Celeste Yacoboni has a lot to share with us. Without further ado, welcome Celeste. How are you today?

Celeste: Thank you. I am so happy to be here. Hello, Robyn, Kevin, and everyone.

Kevin: Hi.

Robyn: Celeste is a Minister of Walking Prayer ordained by the Center for Sacred Studies in Sonora, California. She hosts workshops in which people share and experience different ways of connecting to Source.

Celeste maintains a private practice in Santa Fe, New Mexico. Her offerings include Spiritual Embodiment, Massage Therapy, Chi Nei Tsang, Qigong, Women's Breast Health, Plant Essences, the Hawaiian forgiveness practice of Ho'oponopono and the inquiry, *How Do You Pray?*

With breath and touch, prayer and song, she holds a space of awareness, presence and inspiration integrating body, mind, emotions, and spirit. Her core intention is to guide people to realize the true nature of the heart opening like the petals of a Lotus flower in words and actions emanating the fragrance of compassion and love.

Her forthcoming book, *How Do You Pray?* celebrating the spirit that unites us features responses to this question from 108 spiritual shamanic and scientific teachers, guides, and activists and we are looking forward to it being release in 2014.

As you can see, all of you listeners, we have this amazing woman that I've known for quite some time. I think, Celeste, maybe at least ten years, right?

Celeste: Yes.

Robyn: Yes. She's such a dear person and I was mentioning just the inspiration of the Self-Care Revolution™ was bursting through many of us here. It was really about her message today that she certainly fits into this month but also, month five where we're going to dive deeply into the idea of earthing, reconnecting to the earth, and electro-sanitizing your life. As I read in her bio, she's going to talk a little bit about

what we just went through with our second month which had to do with the connection, the powerful connection of our heart and our breath.

So, here you are. Welcome!

Celeste: Thank you so much, Robyn. Thank you for years of friendship and support. We have inspired each other and gone through a lot together. I have been on your table, on your healing touch many times. I'm really grateful to be here today and part of the Self-Care Revolution™. It is really important to share everything that we have to offer.

Robyn: Thank you.

Celeste: Yes. And trauma is certainly a challenge but it can also be an opportunity for transformation whether it's health diagnosis or relationship issues or death of loved ones or financial challenges, trauma shakes our foundation. And if it's too much to process, we hold it in our bodies. But trauma and stress can also be invitations that certainly bring us out of our comfort zone into fields of possibility where transformation and miracles take place.

To quote Ram Dass, "Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God."

Robyn: Thank you for sharing amazing Ram Dass' wisdom.

Kevin: Absolutely. That's what we were saying earlier is that we don't know that trauma is holding us back sometimes. We don't really know that it's hiding in there, hiding in the tissue, as Robyn said.

Robyn: It's using your tissue.

Kevin: Right. Absolutely, and revealing that kind of an overview, just to bring us up-to-date on what brought you to this work, not necessarily all of the years that have gone into it but just a brief overview of what has brought you to this moment, talking to us today.

Celeste: I'm a Massage Therapist. I've been practicing massage for 30 years, at least, I think longer than that probably. I'm always interested in the body, mind, and spirit connection because it is one wave that flows through our multi-dimensionality. And now, I find a very powerful healing modality that I practice is called Chi Nei Tsang. It is a Taoist abdominal massage. Chi Nei Tsang actually translates as working the

energies of the internal organs or applied Qigong.

With the breath and a touch as a practitioner, I am working primarily on the abdomen and contacting, somewhat physically, but also energetically the organs and the meridian systems of the body. Just as we digest food, we digest all of life's experiences. We digest the process or we don't. Some things are too traumatic or painful and we really don't process them but we hold them in our bodies, in our abdomens and they create emotional charges.

Many people have come in to me with a pattern of tension and they have had lots of bodywork, different modalities for years and they haven't been able to release or shift this pattern. With Chi Nei Tsang, where actually with breath, with touch, with seemingly awareness to that holding, to that place and making contact and loving it and allowing it to release, listening to it, listening to that trauma. I've had really great results and great experiences with people, with this modality.

I am really excited about that. I would say without even coming in for a session or finding a Chi Nei Tsang practitioner in your area, by bringing your own breath and awareness to the abdomen, you can have release too and certainly increase circulation on every level and contacting all the systems of the body. I would recommend laying in bed or on the floor or wherever and putting your knees up and feet flat to really relax that abdomen. Put your hands there, just maybe a couple of inches below the navel and start breathing, really inviting the breath down deep, noticing where the breath doesn't want to go. Maybe there's some painful areas, some contraction, some places that we don't feel comfortable bringing too much awareness into.

Breathing into our hands and intuitively, even letting the hands move a little bit and feeling, "Wow, these are my organs. This is my internal galaxy that is powerful, as powerful as the galaxies and the universe out there." And really getting to know your body, breathing into it even feeling around that navel, the umbilicus, we grew out of that, the umbilicus. Those were our first cells. That's the root of the fascia, getting to know the body that way, and feeling. You may be surprised, like, "Wow, this is unknown territory. This is some place I don't go." People often say that to me in massage, "Wow, I've never had my belly button massaged before. That's very interesting." But it's also very powerful.

So, with the breath and the touch, explore the abdomen and sense some love and energy there and see what happens.

Robyn: Having received your work many times and I've referred lots of patients to you over the years, it really is an experience, Celeste, because it is like how you describe a Lotus flower. I just see them like that, opening when you work just on my stomach for a session when you combine it with your essences. Can you speak to that? I know that your hydrosol and how you integrate your essences and then maybe move on, from the stomach. How you'd also focus on breast health and educate women on how to take care of their breasts and how to identify if there's a problem, and how to move lymph because as we know, our lymph system which cures a lot of toxins are pretty congested for many of us, something that has been proven as part of the detox process.

Celeste: I feel that nature is a great healer and a great teacher. And the Taoists and really first creating these healing modalities, Chi Nei Tsang, the whole five element theory, the whole mother of acupuncture, martial arts, herbology, all of these were inspired by nature, they absorb nature. Nature is an alchemist. Mother Nature, she can transform death into rebirth, new life, composting the old into the new and moving energy. Nature is never tired. She has efficient use of energy and really knows how to use energy in perfect way where it isn't overworking and exhausting.

Nature is so graceful and so beautiful and we can be fed with nature in anytime. Traumatic or tired or when feeling good, go into nature and feed ourselves with this energy and it will heal and transform us, breathing in the green light from the trees, ingesting it to every cell and nourishing every cell, breathing in the sunlight, breathing it into the eyes, feeling the vitality and the heat, breathing in the cosmic energy of the moon and the stars, the receptive quality of the water. Nature is medicine and it is spirit and we are one spirit.

By being nourished, by resonating with nature in this way, we realize our oneness of spirit and our oneness with all life. I think using the plant medicines like the hydrosols that I use. They are essence waters of the plants, flowers, and roots, leaves that are created in the process of distillation, making essential oils. The hydrosols are the water soluble components so we can drink those. Since we are mostly water in our own body, in our own cells, by drinking these plant essence waters, we are able to take the information and the healing power and healing essence of these plants into our body.

When people come in for a session, as Robyn is saying, we share a glass of hydrosol. Maybe we share a glass of Rose water or Sage water or something and we invite that plant knowledge and healing property into our body. It's a really beautiful, beautiful thing to align with the power and the medicine of nature. Using essential oils is the

same way. Using them to massage the body and to smell, it really changes our frequency. By smelling, for instance, frankincense, myrrh, sandalwood, potpourri, sage, these are some of the essences that many spiritual traditions have used to connect with spirits in churches, mosques. Even the Wise Men, it was said, brought the gift to the Baby Jesus of frankincense, myrrh, and gold. So, these were so valuable and so special, these incredible essences.

By taking an inhalation, smelling these oils, it really does enliven something in us and open us to these more subtle energies and spiritual insights. They are very beautiful. And I love using the plant essences, waters, and oils in my practice as well as in my life. When I'm out hiking and walking and being in nature in the beautiful sanctuary out there, the natural world, I love communicating with the trees and praying with these plant spirits. We are one essence. Connecting with them in that really spiritual way and smelling their beautiful branches of cedar or juniper or pine and ingesting and merging them in that way is a spiritual experience. It is a beautiful communion and very powerful. I do have blends of oils.

Robyn, you mentioned the breast massage. That's very powerful. I have a beautiful blend of oils that I use to work on the breast tissue and it really increases circulation, drainage of the lymph and also, waking up any stagnations. Moving energy in there to help to keep things fluid. The lymphatic system doesn't have a pump like the cardiovascular system has the heart to pump and move that blood along. But the lymphatic system relies on muscle contractions, our movements, to move the body, to move that cellular waste from the body and to the lymph vessels and then into the circulation.

Massage is really, really wonderful for that. The breast doesn't really have any big muscular bodies to pump. It's really important to keep the breasts moving, to shake the breasts, to have them move and circulate. And often wear bras with under wires that can really inhibit the movement of Chi and lymph circulation.

Robyn: With this whole Self-Care idea and this theme, what do you recommend women do for themselves and what would be one technique that each woman who's listening today could start doing everyday or a couple of times a week?

Celeste: One thing, you can take your bra off for a while. When you come home, get into something a little more comfortable, maybe just take the bra off and let the breast move naturally, uninhibited. It's not very supportive but maybe you don't always need that support if you're home and not as active as you are out in the world. Movement is really big, allowing the breasts to move. You can massage them. You can

massage your breasts. It's a wonderful way to check out and get to know your body and feel, "Oh, yeah." What it feels like and then keep an eye, just know what it feels like.

The more you massage, get to know your breasts through the years, you will see if there are any changes or anything that you want to be aware of. But you get a beautiful oil, a blend or a herbal oil is really good and circulate, big circles around the breasts and lift them and move them and jiggle them. If you aren't massaging, you could lean over and shake your breasts. Just give them a good little workout, a good little shaking out to help to move that lymph and to circulate energy and blood and lymph and Chi.

Robyn: It's good for women also to identify what is normal tissue and what for so many, because the new disease of the 30's is cancer. As we know, breast cancer is rising year by year. It's definitely something that more women should get more in touch with their tissue, they could kind of tell the difference. I know that's something you teach very well too.

Celeste: Thank you. It is very important to know your breast, to get to know your breast, and to really self-monitor. You know what's going on. You can feel if there are any changes. Then you take responsibility too for what's up, if you need to have a breast massage, or an exam or something. It's really nice to know your own body and not just have to check in with a health care practitioner or doctor every once in a while but really to be involved in your own breast and body health.

Robyn: Before Kevin asks a question, I want to mention too that men have to be concerned about this too because more and more men are being diagnosed with breast cancer. They may get older because of having too much estrogen in their body which is part of being alive in the world today are forming breast tissue. This is an important message that I think Kevin is going to lead you. You're so multi-dimensional. You're just like the Lotus flower opening up, my dear Celeste. But we know you have so much to share when it comes to prayer and speaking about Ho'oponopono.

Kevin: The basic question is we know that you have a very busy schedule. How do you find time to fit prayer into your life?

Celeste: Prayer, for me, is every breath. It really is every breath. I feel like those Buddhist prayer wheels that you see. With your intention, you put a prayer in there and then it spins on its own and it's spinning. That's how I feel. I am breathing prayer.

Because our lives are so busy and full of activities, sometimes we don't find time to pray. I think a lot of us grew up going to a church or a mosque or a temple or synagogue and that's where we prayed. Often, it was maybe an hour a week. But now, I feel like we are praying in every cell of our bodies. We have really embodied prayer and spirituality and we realize the sacredness of this body temple.

I feel that in my busy day, it's really important for me to take a few moments and to allow that breath to come down in my body and send out loving kindness to myself and to the whole world and to the whole universe and connect that loving feeling from my heart to your hearts, to all hearts in the heart of the earth and the heart of the universe. I feel without any special place, any special time, any special equipment, we could be here and now in the practice of this present moment. So, here we are in this present moment. I feel so much gratitude, that's what comes up. Often, I pray in bed because I open my eyes and I'm here in this wonderful, beautiful opportunity of a lifetime so I feel gratitude instantly.

I feel that's the first prayer of the day, opening my eyes in this awareness brings a feeling of gratitude. And then, in that gratitude, I feel love, I feel caring and compassion for people. I know so much suffering. Many people are suffering in the world. There's pain, there's trauma, there's illness, there's war. In this beauty in this present moment, I could send out some of this loving kindness out to all of them. You know, it isn't even sending it out. It's really being right here, right now with them because we are all here in this present moment without separation.

Kevin: You were singing a little bit of the Ho'oponopono song before we logged on here. I'm wondering if you would be willing to share some of that with our listeners.

Celeste: I would love to. If you aren't familiar with Ho'oponopono, Ho'oponopono in Hawaiian, it means to make things right. It's a Hawaiian healing practice. It was used more as community mediation. It was for families and communities. If there was a problem, everybody just showed up at that house with food and they were willing to stay in there for the duration until there was some kind of release and resolution. They were going to stay together in support and intervention and love and sharing. And then, through the years, it was practiced and really got into more of an individual practice. By saying, 'I'm so sorry', 'I love you', 'please forgive me', and 'thank you', we clear ourselves with love, forgiveness, gratitude. We clear ourselves and the world around us. The words are vibrations that break up old patterns of fear and negativity and they clear the unconscious blocks that create patterns of stress in our bodies and our minds.

Would you like me to sing it now?

Kevin: Yeah, definitely.

Robyn: Before that, can you maybe just talk about Dr. Hew Len and how he used Ho'oponopono, just to give a little more explanation of how it's been used in hospitals and other places?

Celeste: I would love to because he, of course, is how I first heard of Ho'oponopono. Dr. Hew Len is a doctor, a Psychologist. He was in Hawaii working at a clinic, a ward in a hospital for mentally ill criminals. This ward was so devastating and so ill that people, the inmates, they were shackled. The staff was dropping away. They didn't want to go to work. There were no visitors. Life was just disintegrating. They couldn't even keep paint on the walls. The paint was cracking off of the walls. It was really a horrible, horrible place.

Dr. Hew Len took on the job. He said, "Yes. I'll work with these people." He worked with the people there and things started changing. When interviewed and asked, "What did you do? How did you make such a difference there?" He said that he never actually met any of the people. That he was in his office, and sometimes, he would take their files and he would look at their files and see, "How did I create that? Or how did I bring that into my life? How did their pain and trauma show up in my own life?" By taking total responsibility for what came to him, because we are responsible for the world that we create, he started clearing himself by saying, "I'm so sorry. I love you. Please forgive me. Thank you." He cleared himself and he cleared the ward around him. These inmates were being healed.

Over some time, these shackles were coming off. The inmates were out of there playing tennis with the staff. They repainted and the paint stayed on the walls. People were coming in to visit. They eventually had to close the ward. They transferred a few of the people that needed to go other places elsewhere but most people were released. He had such unbelievable, incredible results with Ho'oponopono there.

Robyn: What's so exciting too, just for the listeners to know about this, is Dr. Hew Len was in Santa Fe for an international peace conference in April of 2006. And last minute, they needed a place for him to speak. He came to our center in Santa Fe Soul. We had like 125 to 135 people. It was amazing. That's how much people wanted to hear his message.

It was also a great confirmation and I think you know about this too, Celeste, is he

walked around this building because we built Santa Fe Soul from the ground up. He completely connected to the ancestors of this building, of this land, I should say. And he was so taken by what had been created here. He could feel the intention that went into every aspect of how we put it together. And so, it's just really neat that part of his energy, Ho'oponopono, is in these walls based on that incredible event.

Were you here for that?

Celeste: I was out of town but I did watch the video.

Robyn: You saw that, the video. It was great. I think that we're going to hear your beautiful voice and we'll let people know how they can get your CD of this. But also, we're going to try to get it online for our Self-Care Revolution™ members that would like to hear the 1 hour and 20 minute presentation, it was fantastic, for those of you who want to go deeper into just the understanding of Ho'oponopono.

Celeste: That's wonderful. I use this practice for about two years. I'm so sorry. I love you. Please forgive me. Thank you. Things would come up into my life. Instead of thinking, I had to actually do something about it or perhaps confront the person about it, I Ho'oponoponed. One day, I was driving home from town, I live in a house out of town, and it came out in song. I sang this Ho'oponopono. People started asking me to sing it at their workshop or here and there and then, I recorded it. That's how that all happened. It surprised me too that this came out in song.

Robyn: This is great that we've had this extra time to hear your story of how this song came through, the Ho'oponopono. Whenever you're ready, if you would just share a couple of minutes of singing Ho'oponopono?

Celeste: Okay. It's the same melody and the same lyrics. So please, if you're so moved, sing along with me.

Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono

I'm so sorry. I love you.

Please forgive me. I thank you.

I'm so sorry. I love you.

Please forgive me. I thank you.

*Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono*

*I'm so sorry. I love you.
Please forgive me. I thank you.
I'm so sorry. I love you.
Please forgive me. I thank you.*

*Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono*

*I'm so sorry. I love you.
Please forgive me. I thank you.
I'm so sorry. I love you.
Please forgive me. I thank you.*

Kevin: Wow! I thank you for that. That's really beautiful.

Celeste: Thank you. The CD is 20 minutes, it is a long meditation. You can really get into it.

Kevin: This might be a good time to let the people know how to get that CD, your website and so forth.

Celeste: You can get on to my website HowDoYouPray.com. There's a page there and there is a link to CD Baby where you can download or purchase the CD.

Kevin: Okay. So, CD Baby is a place where the CD lives.

Celeste: That's it. Yes.

Robyn: For all of you to consider that if you're going through a traumatic time, if you're really angry at someone, this is something you could do. You could just do Ho'oponopono for five minutes, ten minutes. I've had Celeste's CD for a long time and I have it on my iPod. It's really great to remember that this is just one of many tools. I just happen to think it's a great one because by clearing myself, I can not hold on for days and years and months of a burden that is something that's based on a perception

or very often, a misperception that so much of the turmoil that we go through is based on that. That's a whole topic right there.

Kevin: Absolutely.

Robyn: This is something also for all the people that are going to be live with us on March 27th, which is a Wednesday, from 1:00 to 3:00. This is one of many techniques of Ho'oponopono. Celeste has now informed us that she will be back with us fortunately. We are very excited to have you be part of this pretty amazing day that we've got planned.

Kevin: Absolutely. I'm kind of interested about the book that I'm seeing here as well. Maybe you can share a little bit with us about the project and how it's going.

Celeste: I would love to. *How Do You Pray?* is literally a vision that I woke up to. One morning, I woke up and the room was illuminated. I looked out and I saw it was dark outside. But everything was lit up and I heard the words, "Ask the world 'how do you pray'." And I started writing and these words came to me. I really channeled or downloaded this amazing inquiry, "Ask the world 'how do you pray?'. How do you connect with the source of your being? Do you call a god? Do you have another special man? Do you pray like your parents, culture, or tribe? Or did you develop your own way of prayer?" Inquiries like this, these words that came are on the website, HowDoYouPray.com. That's what created the website. I started asking people how they pray. It really sparked this inquiry in people. In this download, I got it that I should ask and create a book. Put this information into a book, facilitate a book.

How Do You Pray? is now a book that will be published by Monkfish Publishing in Rhinebeck, New York. It will be out in Spring 2014. It features responses from spiritual shamanic and scientific teachers, guides, and activists. They share very intimately, personally, beautifully how they pray, how they connect with spirits and the source of their being.

Kevin: Beautiful.

Robyn: Can you name a couple of those people?

Celeste: Sure. We have Arun Gandhi, Roshi Joan Halifax, David Sandalross, Lowell and Von Lee, Andrew Harvey, Sandra Ingerman, Patricia Ellsberg, Katherine Woodward Thomas, Michael Gelb. So many, David Promol, James O'Day, Regina

Sara Ryan. So many, 108 amazing people. It's really, really an amazing and beautiful book. It really speaks of different lineages. We grew out of spiritual traditions. Now, many of us have outgrown these traditions and are finding our own connection to source, our own spirituality. I'm finding it's really a spirituality and expression of the heart. So many people share and speak of the heart from the heart. It's a beautiful, beautiful sharing and evolution of spirits.

Robyn: It's great that you mentioned quite a few of our upcoming speakers. You're going to be hearing from Michael Gelb, first Tuesday in April, our fourth month which is Unleashing Your Brain Power. We also have Barbara Dossey that month and Sandra Ingerman who many of you know, an incredible Shaman, actually an amazing woman who lived here locally but has really revived Shamanism which is really one of the oldest practices in the planet which dates back about 40,000 years.

I think it's so great that not only did you get this inspiration, Celeste, but you've acted upon it and how great that your book is going to be birthed next year.

Celeste: I'm excited too. We also have Nina Simons in the book and Kenny Ausubel is in the book.

Robyn: Yes. They're our speakers coming up in July, exactly. Great. We've got some amazing people that I just love in so many different ways have been sharing their stories, their expertise, their walk in life, truly.

This idea of prayer, just maybe speak to that too, Celeste, just the power of prayer in everyday life. I'm sure it's going to be great when your book comes out. You have 108 different expressions of how prayer plays out in our individual lives. But for our listeners to think too, how can you use prayer more in your life, on a day to day basis to deal with the ups and downs of life.

Celeste: Like I said, there's the practice of the present moment where we take that big deep breath and let out a 'thank you' or really share that love and loving kindness that we feel with all of humanity. And then, there's the opportunity of setting a little time a day, aside each day for this sacred space whether it's ten minutes, 20 minutes, an hour. Whatever we can do, but taking a retreat in that stillness of the present moment, of being in a sacred space, maybe lighting a candle, maybe going to that room or outside or wherever we choose to meditate, contemplate, or pray. And doing a little special something, smelling an essential oil, or lighting an incense and having that little bit of time put aside to be unbusy with God, Spirit, the Divine, our source, whatever name we choose to call this higher aspect of our self, of our ordinary reality.

But really connecting with essence, with the source of our being which really is our nature, our true nature.

Having this special time is very powerful and very nourishing to our soul. If we can even have a little bit more time, maybe once a week, have a Sabbath. Maybe a day, a Sunday where we don't work on the computer or don't do other tasks and everyday activities, but have a real special day to replenish ourselves and to be unbusy with spirit, with prayer, meditation and that unlimited inspiration that comes to us when our minds aren't real busy with everything else we're thinking and figuring out and doing.

Not so much some big thing about prayer, but resting in prayer. Allowing that spaciousness that feeds the body, mind, and spirit to be a big part of our lives, to cultivate whether it's those moments or a little bit more time each day or a Sabbath once a week or whatever, we could do to really bask in our vicinity. I call God the Grid of Divinity, this oneness that we are, this grid, this matrix, this web of intelligence, I think what the ancient called the Web of Life. Now, we're finding even Quantum Physics calls the Unified Field. We are all connected. This is our humanity and it is our divinity. This is our God-self to acknowledge that call today and rest in that is a beautiful thing.

Kevin: Just even listening to you sounds kind of like a poetry.

Robyn: Absolutely.

Kevin: I'm really grateful.

Robyn: It's melody to your speaking way.

Celeste: The language of the heart.

Kevin: Yes.

Robyn: The language of the heart, exactly; and your hmmm, the humming, we're reminding ourselves of a speaker that we had last month, Wowza.

Kevin: Yes.

Robyn: We were talking about prayer, movement, breath, and humming. How these hums, just get listeners today to just listen to your humming.

Kevin: You mentioned that part of your work is to guide people to realize the true nature of their hearts. It's really speaking about that. I love that you said the nature doesn't get tired.

Celeste: Efficient use of energy, not overworked at all. Look at all Mother Nature did to them.

Robyn: Could you speak more too, because people are really in their trauma. How to move them to the idea of this being an invitation or that there's a miracle or it's a gift. You see there are devastating things happen to people everyday. I think we do know, for most of us that work on the physical field. There's no time clock really but what really I think a lot of us do as practitioners, we really want to help people not keep it locked up, to talk about it, to exercise it out of the body, to detox it, to do tapping. Just speak a little bit about trauma as being an invitation, talking about that miracle piece that you said at the very beginning. How can we bring people to that space and idea rather than out of victim?

Celeste: Ho'oponopono is wonderful out of victim because we are in love, forgiveness, gratitude, and compassion with victim, perpetrator, every part of ourselves, and again, this oneness of humanity because there's only one of us here. We are all aspects of this one life force. This potential to be hurt or to hurt, it's all there. When we aren't necessarily going as personal or local, and going collective, we're healing it all. We're healing the collective which also is really going through a lot of hard times too in this world where there's so much beauty and there's so much materialism, stress, disease. It's a world of cyberspace, technology. How do we find the time and space to be nourished and to pray and to take care of ourselves and to really teach our children as well what is going to nourish them.

I think this inquiry and this very conversation that we have with ourselves, like, "How am I going to find time to pray. Do I pray?" Or, "I am really freaked out. I am really traumatized. What am I going to do?" That very conversation is a form of prayer. This inquiry with our own guidance, our own higher self is a form of prayer. I think we do what we can do, what we have access to.

The Dalai Lama said something like there is no prayer without action or something like that. We pray, and then there is a certain amount that we can do for ourselves and for those around us to help them and facilitate wellness.

If you're traumatized, you can get over there to Santa Fe Soul and connect with a health care practitioner. You can come in for a session, spiritual counseling or Chi Nei

Tsang or anything that I offer or all the other possible practitioners and people out there who can help you. We do everything that we can do, and then we surrender to Thy Will Be Done. I think that is a prayer. That is the ultimate prayer. We do what we can do. We do what we have access to, what we are able to do. We do everything we can and then we surrender because it is in God's hands.

Kevin: Absolutely. I like that you mentioned that, in our Self-Care Revolution™, we're taking care of ourselves but we're also reaching out to people in the healing arts professions and when we need to. This really is an integration. You mentioned several times in here, integrating body, mind, and spirit. Could you talk a little more about how to integrate these aspects of ourselves?

Celeste: It's interesting but I found what I was saying. First, I was talking and sharing a bit about the Chi Nei Tsang. And I was talking about bringing awareness with the breast and the touch into our lower abdomen and really feeling that in our body, inviting and allowing the breast to come in deep.

And then, I was also later talking about inviting nature and that medicine of nature into our bodies. I heard myself talking about, we are now, and we are the temple. We don't have to go necessarily to a place to worship. We pray with every cell of our bodies. I really notice the thread that runs through all of it that we are embodying spirits, that we are truly a body temple. We are an altar. We are that bridge between heaven and earth by breathing up that earth energy, feeling that energy right now into your feet if you're standing or sitting. Feeling that energy come up, that magnetic energy of the earth, breathing it in up into the body and releasing, sometimes exenterating the exhale, letting out a 'haaaa', like a hum or ahhh, letting it out, helping to release the trauma that way.

And then, breathing up into the heavens, into the cosmos; breathing all that cosmic energy and bringing it down to the top of our head into our body and breathing it into every cell. We actually are the bridge between heaven and earth. Our bodies, our physical bodies are that altar. Actually, we aren't the bridge because it is all one. We are that wave that move from heaven and earth. We are heaven on earth.

Robyn: Yes, we are.

Kevin: Absolutely. Time has flown again. I mean, it's an hour. It's been an hour.

Celeste: Wow!

Robyn: I must say this has been a very unique and wonderful hour for the Self-Care Revolution™. I think about all our presenters have been so unique. Certainly they have their own voice, their own message. But I really appreciate all that you've shared with everyone here and we love it. It's going to be available for 48 to 72 hours. We'll certainly be sharing it at other times throughout this 12-month series.

You want to mention our live event?

Kevin: Yes. Not just on the 17th of March, the Release Trauma Day that we're having. We're having a live event in June 21st and this is called Self-Care Bliss. Will you be joining us for that, Celeste?

Celeste: I would like to, yes.

Kevin: I think that would be awesome.

Robyn: We just confirmed, Norm Shealy who spoke last week. People love his work. In fact, we've had lots of phone calls to order his Bliss Oils and he's going to do a one-day workshop here. We also have The Juice Lady who was in our first month. She was going to be doing an interactive workshop with us where we're actually going to be juicing and eating healthy food. We will also show three documentary films. And we have a lot of other very well-known people who are going to be part of this event that we'll be sharing with you shortly.

Celeste, thank you so much for being you.

Celeste: Thank you so much. It was such a joy to be here. And blessings to you and to all those you touch.

Robyn: We got so swept away in conversation with you. We promised all you listeners, we have another fabulous presenter today, Barbara Dossey. An amazing woman who has written 24 books. Please stay tuned for her. We're going to go live with Barbara Dossey in just one hour.

Thanks again for being with us here today. We just want to say here at the Self-Care Revolution™, we love you all. And please, think about coming and being part of our big event. Three days in June.

Kevin: Absolutely. Thank you, we love you. We will all Ho'oponopono in the close.

Robyn: We're going to end this with Ho'oponopono instead of the Self-Care

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Revolution™ song.

Kevin: That would be great. Take us a little bit with a little more of the Ho'oponopono singing and then, we'll close for today.

Celeste: Okay.

*Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono*

*I'm so sorry. I love you.
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Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono
Ho'oponopono, Ho'oponopono*

Kevin: Thank you. Thank you everybody for tuning in. We'll see you in an hour.

Celeste: Bye-bye.

[End of Interview]

BARBARA DOSSEY

DosseyDossey.com | PhD, RN, AHN-BC, FAAN, HWNC-BC

RITUALS OF HEALING FOR HEALTH

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Robyn: Hello, everyone. My name is Robyn Benson. I'm a Doctor of Oriental Medicine. I want to welcome you to the Self-Care Revolution™, which is a 12-month series where we have themes each month. We are in our third month and our topic is trauma, and how to release and transmute trauma. And we're so excited about our guest speaker today, Barbara Dossey. And today, I'm joined by two people with whom I'm going to share the stage.

Dee Dee: My name is Dee Dee Adams and I'm an affiliate of Santa Fe Soul. I'm a stylist that deals with hair, skin, and makeup. Thank you for allowing me to be here. And I'm very fortunate that I've known Barbara Dossey for many years now and it's a privilege to be here to help interview her.

Kevin: And I'm Kevin Snow, Intuitive Counselor and Self-Care Coach. And I am definitely privileged to be here with all these amazing powerful women.

Robyn: Barbara Dossey is a friend of Santa Fe Soul and spoke here a couple of years ago. Remember that, way back when? I think it was a December. Thank you so much. And Barbara is known by all her dear friends as Barbie. So, we're going to be referring to you as Barbie here.

Barbara Dossey is internationally recognized as a pioneer in the holistic nursing movement. She is a Florence Nightingale scholar, nurse educator, nurse theorist, and a national global speaker. In major focus, Barbie's work currently includes integrative nurse coaching, integral and holistic nursing, global nursing, and the impact of Florence Nightingale's life and work on contemporary nursing and humankind.

Barbara is a Fellow of the American Academy of Nursing. She's certified in Holistic Nursing. She's received numerous awards and is a nine time award recipient of the prestigious American Journal of Nursing book of the Year. Her most recent awards were the New Mexico Nurses Association 2012 New Mexico Nurse Leader, and the

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Integrative Healthcare Practitioners Symposium, the 2010 Visionary Leadership Award. She is a co-author of 24 books, so amazing.

Her most recent include *Holistic Nursing: A Handbook for Practice*, *The Art and Science of Nurse Coaching: The Provider's Guide to Coaching Scope and Competencies*, *Florence Nightingale: Mystic, Visionary, Healer*, *Being with Dying: Compassionate End-of-Life Care Training Guide*, and *Florence Nightingale Today: Healing, Leadership, Global Action*.

She's been a driving force in the development of the professional nurse coach role, defining scope of practice and competencies. The collaborative global nursing project, The Nightingale Initiative for Global Health, has been developed to strengthen individual commitments toward achieving a healthy world as a priority objective for action by ordinary citizens by civil society organizations and by all government, local and national.

Wow! It's so great to have you here. Thank you so much, Barbie. And you're 40 years you said, 40 years. Maybe we could just start off with the question, how did you get into this profession? What got you into nursing?

Barbie: Well, we can even step that up to 48 years now. I look back at the introduction and thank you very much. When you've been in a career for 48 years and you're focused on your career, you continue to create incredible networks and ideas. And I love working with people. My projects are frequently with a focus group and then we move out with many others on the team. So, that is what the projects and what the work is about.

You asked, "How did I get into nursing?" I have three first cousins that are seven, eight and ten years older than I am. And my Granddaddy, my Daddy's Daddy, lived with them. And so we would go down and visit Granddaddy every couple of months. And when we would go down, by then, particularly when I was in junior high, my cousins were living at home and working and that was back in the 50's before women went out and were living on their own when they were single. And I was just enthralled and mesmerized by their stories. And of course, they would come in from work and they would have these gorgeous white uniforms and have their caps and blue cape, and just to hear them then debrief among the three of them, "How was your day?" And their day was just so exciting.

And then, when I was in my junior year, we had gone down one weekend to visit Granddaddy and my uncle was out at the back porch. And he said, "Miss Barbie, you come here, I want to talk to you." And I said—you can tell I'm a southerner . . .

Robyn: That's why we love you so much.

Barbie: So he said, "Come out here, I want to talk to you." He said, "What are you going to do with your life?" And I said, "Well, I really haven't thought much about it, Uncle." He said, "I think you need to be a nurse. You would be a very good nurse" and I said, "Do you really think so?"

And then, the next week I had to go meet with my counselor in high school, and it was to look at what we want to do in college. Number one, go to college, and then what do you want to study? It popped out of my mouth, "Nursing." I had really never given it a thought. I had never put it together before that weekend. And this was the first time that I met a counselor, and then began to look at where I wanted to go, and what it would look like in curriculums, and how to get in school, and stuff like that. And I've never looked back.

It is something that literally changed my life. It is a privilege to be a nurse, to journey with people and their life, through successes, discouragements, illness, and death. It is a privilege to work with people and their families. So, I've been very blessed.

Dee Dee: Barbie, I want to ask you to tell us a little bit about your current work, how much it's changed from when you started nursing and also why you're excited about our Self-Care Revolution™.

Barbie: Dee Dee, that's a great question. The main thing that has changed is when I began my career in 1961. At that particular time, we didn't even have a movement called "proliferative" or "integrative" or all the different terms that we're using now. You basically did what your doctor told you to do and that was about it. And of course, your grandmothers and your mothers were also giving you advice and enjoying that. But the big difference here is that when I began my career and then luckily—and Larry will be on this show later on, next month I believe. Larry and I met in 1967 and that was about the time where people were beginning to think about food, to exercise. And now I can remember there were few physicians at that time available at Baylor University Medical Center that put their patients on a lot of vitamins in the hospital. And everybody used to say that's the most expensive urine in the hospital. And as far as food, that's what needs to be looked at.

This was also when people were beginning to run. And I can remember, before I started running seriously in the late 60's, of people that would start running on the streets going, "Man! What are they doing?" And then, all of sudden, there came this shift in consciousness and one thing that does get your attention is when you have a

health condition that you have to address. And for me, one of my big learning curves was dendritic keratitis, that's a fancy name for a fever blister on your cornea. Most people get a fever blister on their lip. I am one of those people that when I went to Mexico, I ate food on the street, contaminated food. Within 24 hours I had a rip-roaring fever and worst case of the turista's I've ever had. And 24 hours later, after that initial onslaught of the fever, my eye was slowly shut, and that's the story that started that. And that was in '65.

The cornea is a very difficult place when a lesion happens to heal. Anyway, there was no medicine at the time for it. And so, it was ten years before I could be placed on a transplant list for a cornea because with that initial episode, I lost almost all of my vision in the right eye. And by '75, I certainly had no vision in my right eye because of scarred tissue.

So, I had the corneal transplant and it is a true gift. All of us can really look at their own organs and the owners down in our list and it's so much easier now. But at the time, also the list was very difficult. Corneas are much easier to be a recipient of now. But anyway, I still run a rejection rate with my cornea, a 30% to 40% rejection rate through the rest of my life.

So, this is one of the things that really got me very clear about what self-care is about. One of the vagaries that I began to look at in my career as a critical care nurse, and that was my focus for 25 years. And it's a very exhilarating place to work. And it is a very stressful place to work. And back in the 60's when I started, and this was long before people do it now, I would take my lunch because I realized that for me, to really get into a place of deep relaxation, I didn't need to go from the seventh floor down to the basement and gobble lunch after standing in line in the elevator, going back and forth in a 30-minute lunch break. So, I began to do that.

The other thing that was very clear to me, that was a real wakeup call is, at that time too, I was fencing competitively and I was in top-notch shape. And so, one day at work, I got a very, very bad headache. And I wasn't prone to headaches, and I went, "What in the world is this about?" And I went, "Well, I am going to take my blood pressure, my blood pressure can't be up." My blood pressure was 160/90, which is very high. And I went, "Oh, my heavens." I intellectually know about fight or flight response, I know about stress, I intellectually know about relaxation, I do it on occasions. Of course now, it is very serious, and we had a mediation hallway here where we sit in our home.

But at that particular time, that was a real wake up call for me. If I intellectually know all of these facts, but at any given time, and again being a cardiac nurse, too, I also knew the analogy of the treadmill. It's called "step off the treadmill." It's time to step off the treadmill of life and however we're going to care for ourselves. So that has become a real central place for me to look every day in my own life, because I am in the literature described as a "hot reactor." I have a ton of energy and one of those people that wakes up really fast. I start working before I get out of bed many days in my mind, but part of my ritual is to have, and yes I love my coffee, a cup of coffee.

Robyn: I do, too.

Barbie: But what has changed for me in the last 20 to 30 years is really trying to figure out 30 to 45 minutes (and I love an hour), and I really try to fit that in—there are some days, of course, I don't that—but at least how can I achieve and even before I get out of bed, I will watch my body unveil, my higher self watching that ordinary self stretched out there on the bed, and just feel the total relaxation of my body. That my hands are warm, I feel warm. Of course, I'm in my bed that I love and my hubby's in bed. But all of these things are just the natural flow of what we are capable of doing.

And then, how can I create an anchor within myself as I go through the day and it starts stepping up. And, it's like, today, this is my fourth. I've got three other conference calls today. And then, I have one after this today. So this is a big day. How can I continually pace to really do this? Before I called in to the number, I sat down for ten minutes, just to get as quiet and still as I could so that I could be here with you today. That's the thing that's really continued, being introduced to that in '65 and here we are in 2013. Our life has taken the paces over the top, so that one thing we have total control over is how we respond to it.

Dee Dee: Barbie, I love what you said, that even if you have ten minutes, you take ten minutes. I think that is something that so many people don't do. It doesn't have to be an hour. If you don't have an hour, ten minutes is better than no minutes.

Barbie: Right. The other thing to, which is key to all of the work with you all, is the breath, the breath awareness. If we can just remember to take that breath in and out and literally find that space where we draw inside our breath, literally, we breathe in and out, and we have that experience of being inside the breath, and getting calm and getting quiet because just the focus on the breath changes our entire experience.

Kevin: Absolutely. We had a whole month on this. It's incredible and I really appreciate the fact that you used the word "rituals." I think that's such a powerful

word. And the fact that we do rituals anyway, whether we know we're doing them or not. If you could expound a little bit on that idea of the healing rituals that you do.

Barbie: Before we get into that, I would just say a little bit about why I think the world's distressed.

Dee Dee: That was going to be my next question.

Barbie: Yeah. But I can't wait to share.

Dee Dee: So that question is, why do you think people are so stressed out today?

Barbie: I think that this is a big part for me, and I like to look at this as our capacity. We know so much. If we look at the definition of what capacity is, this is our power to receive and hold knowledge. And capacity also is how we carry out our responsibilities every day. And capacity also has to do with us being qualified, all of our responsibilities for every chance that we work professionally, in business, in the community. It is again bringing our qualities of caring and healing to that work. Also, I think it is really about learning new skills and when we learn skills and new skills, and we not only learn them, then we have to really embody these skills. And when we do that, then we're able to really share with others.

This is what you're doing with this amazing series. It is introducing people to new possibilities and new skills and inviting them to really embody what it is that they just heard. In developing the concept of capacity, I think the idea of looking at the two sides of capacity is really very helpful. If we say that capacity includes responsibility, just think about your responsibilities and work as being a member of your family and different kind of community projects. So, we have a responsibility and so we have it. That is the capacity.

What also goes along with that, though, is if we have this capacity, we should give it away. We should contribute. This is what we do. Again, it could be conscious or unconscious. What we can focus on then is what is that balance? How do we achieve the balance of these two gifts that we have? It requires that we embody this body, mind, spirit, and cultural, environmental awareness. If we don't find out how to balance our life, this is when we become empty, we are burnt out. We hear the word "compassion fatigue." Compassion fatigue, the term is primarily used in the literature on family members and friends that take care of their loved ones. Of course, it is about health care professional, as well. But I think that if we truly look at these two sides of the capacity, and our responsibility, something begins to shift in our work.

Dee Dee: Do you think that family members and nurses and doctors, do they have more capacity or do they need to do more things to balance out their life, their schedules? What do you think about that?

Barbie: Yeah, they have a lot of responsibilities. They choose to work in a highly intense environment. I had a call this morning with my niece. One of her best friend's daughter committed suicide. All of a sudden, your life is going okay, and then all of a sudden . . . Then I look at my niece with her friend, with her children now to come home with all of this. So it's all about, I think it is the human condition. We go along, everything is just going fine and then, all of a sudden everything just becomes chaotic and over the top. So, again, how can each of us, in our own way, find what it is that helps us, find this balance and harmony?

Dee Dee: Barbie, how do you define health and wellness, and how do you feel those are related?

Barbie: This is a huge area and I just am impassioned about it, just like you all are. What I think right now is that we truly have entered a new era of how we think about health and disease and wellness. And when I think about my grandmother's and my parents' generation, health was what your doctor said that your health. And it was about the examination; it was about the X-rays or the lab test, or not having a disease. But what I see is going on right now is that health is really—each of us is going to define this differently, and I see it as how that person experiences his or her sense of well-being. How does the individual find a balance?

The way I find a balance is not going to work for other people. I can share ideas about what I do and I'll just give an example. I am passionate about my needlework. And so, a good day for me is ending it in having at least an hour of needlework. And for most people, when they think of my needlework, they just go, "That just looks like a ton of work!" There is no work within it. There is something that happens when I thread a needle and I find my project that I'm working on, and it becomes mindless where I then have a conversation with myself, with all my of stories that are overlaid, some talk out fast, others walk away. All this level of conversation we've got. And then all of a sudden what I find as I go into this space and then all of a sudden achieving the rhythm of the needle, the thread in and out of the canvas. And there are some pieces I can only work on when I am really relaxed because the canvas is silk, and I can rip a hole in it if I'm going too fast.

So, that is just an example of how I find harmony and balance. And then, the deeper place of health to me is lack of unity, how are we connected with others. And so, if we

explore our health, it is truly honoring what we believe to be true for ourselves. What do we value for ourselves? And then, when we come to this level of consciousness, we are able to truly open and it's this opening that your show is and this project is about, that Self-Care Revolution™. The opening is literally a process. It's not staying in your brain, thinking, thinking, and thinking. Opening is when we open so that we can literally widen our own personal awareness and literally shift our consciousness to include a larger worldview. When we do that, then all of a sudden, here are the possibilities that we didn't ever think would be possible. Just all of sudden, it's in your lap. And we go, "Oh, my God! I asked for it and here it is. So, how am I going to do it?" Again, integrating the health with it.

I think then the question of wellness and people's happiest comes together and they certainly do flow together. I think wellness is really becoming conscious and aware of how we can reach our highest potential. And again, it is how we truly get clear about what our personal values and beliefs are. And when we do that, then we're able to make really wise choices. And our decisions move us towards our goals of what we would like to see happen.

Dee Dee: Barbie, I just want to let the audience know that I have seen your needlepoint work and when we talk about needlepoint, we are referring to works of art that are six feet by—how large was that?

Barbie: The big ones are 6 ½ by 9.

Dee Dee: They're incredible. They're not cross-stitched "Home Sweet Home."

Barbie: They're tapestries. Thank you, Dee Dee.

Robyn: Display one of these at Santa Fe Soul. I think we can find a wall.

Barbie: Well, that's a possibility. Let's think about that.

Robyn: As I listen to you so far, I keep thinking about this whole trauma issue, and you being a nurse for so long and being in the hospital, and all the years you had in training nurses, how are you educating your nurses on this whole issue with trauma because we're just seeing when people get a diagnosis of cancer, or whatever disease process, almost always certainly in Chinese medicine, there is an emotional component. So, I am just curious about how you address this whole issue of trauma.

Barbie: Would you say the whole issue of trauma?

Robyn: It's a big issue, yes.

Barbie: I think a big piece to do that before we get into the rituals then is trauma really takes us to a place where we move into utter vulnerability. There is a lot on the Internet. It is just so remarkable how we are able to share so much. But if we just explore a definition of vulnerability and the way I look at this in my work with my colleagues, particularly right now in our integrative nurse coaching, is that we say that vulnerability is really an essential truth that every one of us, without exception, is subject to change and loss at any moment. It's like that experience I told you about my niece today. I look at this vulnerability right now. Larry and I have lost four friends in the last couple of months that are younger than we are and it's just such a wakeup call. This vulnerability is a human condition.

This is why we need to look at the capacity. How are we going to take time for ourselves as we move into the rituals? Couldn't we become aware of how we react to our vulnerability? Then this is what allows us to really be responsible. I love to break words apart and I like to say response-able. And so, when we really become response-able, then that helps us make those healthy, life-affirming choices. So often it's just this fight or flight, "Oh, my God! What am I doing to do? How am I going to get my work done?" I had that conversation with myself this morning. I was, "Oh, my God. How am I going to do it?" And I just went breath in . . .

Dee Dee: You practice what you preach.

Barbie: Right. The old Chinese saying, "To go fast, go slow." And so, I just kept really focused on, start something and finish it. Start something, finish it the best you can. And then, knowing that I had a lot of conference calls today, I didn't start one of my big projects that have a deadline. It's, "What can I get done and finish in 20 minutes?" It was so exciting. So, that's what I mean by response-able.

Robyn: I like that. It's a gold nugget.

Dee Dee: We're sending that out into the network. I sure love it.

Barbie: Let me make another piece here, how do you teach it? One of the things that you said at the very beginning is that another area that I focus on a lot is how do you apply theory in a very practical way? And so, my theory of integral nursing, people can go on the website that I share with Larry, it's DosseyDossey.com. And you will see my theory of integral nursing and there is a PowerPoint and a book chapter and all of that in there. But just quickly, and again this is based on Ken Wilber's integral

work, and Ken is very different and he is very excited that I'm moving the work into nursing.

But it is just like a square: make two lines to make four quadrants. So if we look at the left side, and in the model, the upper left is about me, my inferiority. And again, this is not selfish. If we do not focus on what it is that we need in this moment, we're not going to do well. So, this is about our health belief and what we value. So, this upper left quadrant, it's about my meaning. And so again, I will put it all together. But when I say my meaning, I'm speaking about my inner world, what matters to me, it's about my thoughts, my feelings. And I said values a while ago, it's about my intentions, it's about how I use my consciousness. And then when I get clear about those, then I am able to share with others what I want to share about my private inferiority.

And so, here we are on this call and I really look at this as being a talking circle. And so, here we are, we've gone to that lower left and that says 'we'. How do we come together? I got invited to be with you today, so that we could share our meaning and strengthen our possibilities about how we work and our relationships and our community. This shared meaning then, it's about my relationships, and it's about my culture with you in this community. It's about all the ways that we weave it with all of the people we connect with. And so, through conversations and through our dialogue, we are able to mutually understand and relate to each other. And so, this is about the individual collective and the shared collective.

And so, if we go to the other side of those other two parts of this square, on the right side you've got two quadrants there. That upper right then is about what we're talking about today. It's The Self-Care Revolution™. This upper right then is about my body and my actions. What am I learning from you with this entire program and what I'm reading, what I'm putting together. It's about my body and actions. It's about those tangible, measurable parts of me, of my behaviors, and what I do. Now within this upper quadrant, too, this would also be the place of me working with clients and with you all working as coaches and dealing with design and all your aesthetics, which is just extraordinary, and Robyn, with all of your work. This is the area where, yes, we do diagnosis; we have cure plans and all of that and how we do it. It's external about the body.

And then, if we look at the lower right then, this is about the group process. This is about the systems and this is about the structure. So, just an example of how did you put this Self-Care Revolution™ together? You looked at the individual, each of you, then you got into that shared space and you talked it out, what could we do, what could be different, what could be of added value. And then you, in this lower right,

you created and you designed the structure of how it might work. You brought in the aesthetics, you brought in the music, you brought in different kinds of processes, the procedures of how you will connect on the Internet, and created literally a support map letting your people know that you've already done almost 30 interviews and with many more to come. And then, going to your big June conference, it's going to be extraordinary.

So, I think that that is one way of putting this together. When I'm working, what I love to do is I never know how I'm going to get there. I love big projects. And so, one example you were talking about is Florence Nightingale. In 1995, I had to read about Nightingale. Then I read more about Nightingale, and then what ultimately came was a large illustrated book, a coffee table book. What can I say after I've read that book?

Robyn: Beautiful book.

Barbie: Thank you. I didn't know how I was going to get there except I had that idea. And this is the way my brain works and I do my math all the time. In the center, I put this gorgeous book. I wanted 200 archival photographs. I wanted her whole life, and then I began to put together all the pieces that it would take to make that work. And one of the pieces was seven years of research going back and forth to England and working with 40 archives.

Again, big project, and I held the image and there was a certain point where I didn't think it was going to happen at all. I literally just burst into tears, walked around in confusion. After two and half years of research, I had nothing to show, I'm not doing anything original. I went to sleep and I had a dream and that dream was of my Daddy. I'm in the 9th grade, on a high school float—I think we've all seen those during the football season. And I'm on this float and I'm doing that queen's wave going back and forth. And there is a big tall guy. Daddy was 6'4". I looked to the left, I looked to the right, and I see somebody trying to get my attention, and did that three or four times. I looked around, it's Daddy, and he said to me, "Go to the finish line." I never looked back and it took me another seven years to finish that project.

So, the projects that I'm working on right now, they're really big. I have an idea again, but I'm not doing it by myself. I'm working with colleagues. If we believe that integrative nurse coaching can be a part of creating and working with inter-professional colleagues, what do we do to interface and to get this out there in the public with care coordination and working with everybody else on the healthcare team, and working with like minded colleagues in the community such as yourself on this inter-professional team.

So, I am rambling on about that. But how do I work? I look at putting the pieces together. That's what I love to do. I love to do my math, love to have ideas, and love to work with other colleagues about how we can make this better. We don't need to sit around talking about everything that's going wrong. Everybody knows that. So, what's the solution? How do we weave it? How are we going to create a new story? I think this might be a great place to really begin to move a little bit into some rituals. What do you think?

Dee Dee: Is this how you define spirituality?

Barbie: I think, yes. It's so big, and I see spirituality as it comes from our roots, and it's really a universal need to understand our human experience. And when we are able to drop into this place and recognize all parts of our self, then this becomes the driving force on how we live our life. Spirituality is just when we say, "This is what I value. This is what I need to be doing." One thing that's a real hit for me is being called in so many different directions. The projects are parallel and they overlap. But if I'm engaged in any part of it where I don't feel this tug upfront, I mean, it's a tug inside, but it's a higher self that's saying, "Go forward." I go, "I think I need to back off from this one for right now."

I think spirituality is something that literally it permeates all of our lives and it manifests in all of our knowing, our doing, and our being. Our big challenge is how do we create and find that very, very important quiet time. One of my favorite quotes from Florence Nightingale when I think about saying that, she wrote letters to her nurses every year from 1872 to 1900. By the way, some of your viewers might not know Nightingale lived 1820-1910. She left these 14,000 letters in the archives and over 200 publications. We are not even beginning to do what she has designed. But one thing that is very helpful now is that we have the United Nations Millennium Development Goals, and Nightingale outlined all of those in her work before she died.

But, anyway, one of her quotes that I remember, she said, "When we live so fast, how are we going to acquire any time to breathe, a moment or two daily? Please we must do this." And then she said, "If we don't do this, how in the world are we going to prepare if we don't have time to prepare for our afterlife?"

Dee Dee: She's so rushed and busy in 1890 without computers, Internet, iPhones, and the technologies that we have.

Barbie: Yes. I can tell you, if Nightingale was here today, she would have all of those and she'd probably have her own satellite uplink.

Dee Dee: I think it's great, Barbie, what you're doing to keep her legacy alive and well. And all that you're doing to transform nursing and have a more integrated model, but also just all that you are offering to this new way of looking at healthcare, what true health really is. Thank you.

Barbie: Right. And the other thing, too—another Nightingale quote—she said, “Because there was only an intermediate stage of civilization, never intended to take in the whole population.”

Dee Dee: Good.

Kevin: She was the true Self-Care Revolutionary.

Barbie: Since we are here, I will just be a few more minutes. Florence Nightingale was a 19th century mystic. In developing the work, what I did here was to look at Evelyn Underhill's five phases of mystic spiritual development. The first was awakening; the second, purgation; the third, elimination; the fourth, surrender; and the fifth, unity.

The awakening is when Nightingale recorded hearing the voice of God three times in her 90 years and three months. Purgation is when she, in her teens, was not sure what she wanted to do with her life. She came from a wealthy Victorian family who wanted her to marry. She refused marriage on two occasions. She then literally educated herself because she couldn't go the university at that time. Her father was Cambridge educated, graduate. He educated Florence and his two girls in a Cambridge home education. Nightingale was never one in a class of two but she was absolutely brilliant. But she had this . . . it's this whole purpose that I was talking about. And all of us know what that is, why couldn't you? And our dear friend, Bob loved when he introduced me to spirit levels. It's just like you know it's right when you break out in spirit bombs, it's something you said or you hang on to it. You just know that you're supposed to be doing this.

And then the illumination is literally when you are on fire with what you need to be doing. And that's exactly why this Self-Care Revolution™ is happening because you all got together as a team, and you got your own fire with this. There is no stopping it. Even if you wanted to stop it today, you can't stop it because it is on the Internet.

Robyn: Even if you don't know how, it's going to happen.

Barbie: Right. It's sometimes we just we try to put limits on what we can do. And then, she goes to the Crimean War when there was no job description. She had no idea what she was going to do. Nobody wanted her to succeed. She succeeded. That's another whole story. But then, the surrender, she came home from the Crimean War, and from the age of 37 to 90-years-and-three-months, she only made four public appearances. Everybody came to her. She only granted a meeting for 20 or 30 minutes at a time. She would grant you a second meeting, but you had a list of what you had to answer before she would see you a second time. So, the butler or the footman or whoever would meet you in the parlor and if you didn't have an answer to Miss Nightingale's questions, you did not get to go to see her. She was a time manager. She was an extraordinary individual. I don't want to go further, don't let me get started.

Dee Dee: She was wise. She had a formula and she knew how to stick to the formula.

Barbie: Right. For those who know the Myers Briggs, she was an INTJ. There was a protocol you did for these people. She did not take the Myers Briggs. Then that surrender, she came home, and one of her pieces was her reflective practice. At night, she would read the Bible. Her two favorite books were the *Bible* and the *Bhagavad Gita*. That's pretty powerful. She liked to read in the original and translate. She wrote her liberation theology by the age of 30. Anyway, that surrender phase, she did magic work. She found time to go deeper in her inferiority. That surrender phase is when you go in, you recognize what your suffering is, what you need to do.

And then, the unity of consciousness is later in life, in the last 15 years of her life. She still discussed projects that were nothing like the previous part of her life. So, I'd like to say something, I just said the word suffering there, and I am conscious of time. We have 15 more minutes?

Dee Dee: Right. That was one of our questions, too.

Barbie: I did mention a story. It's about stories of ramble come and go and some take me off course and stuff. But I see suffering really is our story around our pain. And so, the size of suffering can be, they can be physical, they can be mental, emotional, social, behavioral, spiritual. The point is that when we feel that anguish, we feel that there is really a threat, what's going on with us? And our integrity and the fulfillment of our intentions literally get blocked. And so, one of the things that is so special is, who are our few friends that can sit with us at any given time around our work?

One of the things that is so important about suffering is that we truly really begin to look at how can we look at the parts that are around suffering. And the piece here that is so important is that strictly what happens in a workplace, and . . . can I come back and talk about rituals another day?

Robyn: Sure.

Kevin: That would be great.

Robyn: We would love for you to. Self-Care Revolution™ never ends. It's just getting warmed up.

Kevin: A whole hour of rituals.

Barbie: Okay, let's reschedule. I'd love to come back and join you.

Robyn: Okay.

Barbie: This suffering piece is just so huge. We are confronted every single day, and the media right now, the Internet, the television, and the atrocities that are happening. And so, when we can come together to, number one, look at how suffering gets into our life, the external expose, we know all the stuff that can go on just being in a workplace, being in a community, being in family, who are in our network who can really help us explore the suffering? Because what I'm seeing in the work right now and in health care—let me just use that as an example.

I must tell you I'm excited about what I see coming of the revolution in health care reform. It's got to happen because we have a sick care system that simply doesn't work anymore. All of us can stay informed about the changes that are happening which are very exciting. But the suffering piece is that there is so much slow pain, and people are really experiencing disconnectedness about a purpose. What am I supposed to be doing? How can I get past this? Nothing's going to work.

We need to recognize those little things where we began to feel disconnected from what we think is important for us. What happens when we start feeling these pieces? And all of us, I'll speak for myself, I can feel disconnected when I go, "Oh, my, gosh!" Losing friends, this and that, with little stuff, big stuff, family and friends. With all of this I have a responsibility to go back and find this deep quiet space where I can pull together.

I use the metaphor of threads. When we have an interruption in our life, literally this is like the fabric of our life has been disrupted. How do we weave it back together? These are the pieces that we can do on exercise, on quiet time in particular, walks in nature. How do we come back to that?

What's very interesting about what is happening right now with suffering, as people use the word. And so, particularly what happens in a workplace or even in a family is people will just be mute about the part of them that is really hurting. They just go, "I'm going to keep my mouth shut, because I don't want to go there." And sometimes, that's important. Keep your mouth shut because you can work through this. But simultaneously, if we look at these phases of suffering and then the literature, an easy way to look at this is mute suffering. That's when we keep our voice, we just zip our lips. We don't deal with it. It then starts to begin to unravel inside ourselves.

But what we have the capacity to do is to come together in a counsel process, just sitting there in a small group. Counsel can be done with 40 or 50 people, but just a talking piece. Frequently, what happens is people crosstalk. And someone doesn't even get to share what it is that they want to share about this place of suffering. And again, picking even in a circle, picking up the talking piece and the person that's talking is the one that does the talking. And so, going around in circle and having people that you can share with, this is where we begin to move into the expressive phase of suffering. But suffering is still there.

But what happens is I share my story with you, you share what's going on with you. I'm not trying to fix it. And again, we used the word "coach" early in our session, and this is the beauty of coaches. Coaches take off their expert hat. They don't try to fix things. But they weave stories together, and again, they explore what the meaning is of what someone said, what's the shared meaning in a situation and what are the external behaviors that can begin to change this, and then the group process. And what happens is after a counsel process, sometimes, it can be five or 10 minutes, sometimes 30, 40, 45 minutes or so. The suffering is there. And we can look at a deep suffering.

A wake up call for me early in my work, when I was doing a lot of biofeedback nursing, is when I had the privilege of walking with this woman into a session and she burst into tears when I was doing a relaxation and guided imagery with her. And what it was about is that she had been sexually abused and raped by an uncle for nine years before she was old enough to leave the house. So, her mother, father, two brothers, nobody believed her because she was making it up. Even the uncle, in front of this group, had denied it. That kind of denial that happened as much, but this is what

happened then. And I went, “That kind of suffering,” and then I would say to those that were listening to me, “That was not my area of expertise.” And I think at any given time, it behooves all of us to know who is in our community, so who we can refer people to who are dealing with certain issues. And this particular woman, I had three different therapists that were working with in my building and I knew how they all worked, they were all fabulous. I just shared how they would approach this and she chose one of those therapists. We continued to work in biofeedback.

We never know what happens when someone drops into this space. And this is the beauty of having our external professional qualities, as well as our capacity to know that when we have an expert cap, these are skills that are beyond our level, we need to have that referral place in there. Suffering can be addressed. But there are deep levels of suffering. And the full pain is extraordinary. It can’t be handled in just a minute.

Kevin: No, definitely not. That’s one of the gratitude’s that I have about being in this community at Santa Fe Soul, is we have this counsel layer you are talking about here. And we will be doing a day that’s very similar to what you just shared. Our Trauma Release Day on the 27th, which is an incredible opportunity for people to tune-in to share their stories, to the rituals that we’re creating for this ceremony, and be able to release—given the time and space that you’re talking about—to release suffering.

Barbie: I suggest looking at that what happens is we are at this moment in time, I believe, in our individual lives with our families, with our closest colleagues and our community, we have to create these strategies in our communities to really address this suffering and moral distress. What you are describing is how can we acknowledge the individual suffering, how can we give voice to it? And then, and this is another key factor in this piece of self-care, is when we are able to do our own reflective practice and we sit with this inferiority ourselves, then what we are able to do is we are able to bear witness to the suffering.

What frequently happens is people think they have to fix it. Like, “What am I going to do if I hear such a horrible story?” If we are doing our work and it is allowed in meditation, it’s full front, strong back. And when we are doing our work, we are able to be the container to hold the suffering, but we take it in and we simultaneously release it and we don’t try to fix it.

Kevin: That’s beautiful.

Dee Dee: Thank you for that information and that wisdom.

Barbie: I would just like to say that speaking about this here in our own community, Upaya Zen Center is one of the places I worked every day for eight years, and Joan Halifax, Joan is just amazing. It's an open community for all of us here in Santa Fe as well.

Robyn: We just want to let everybody here know that we have our big event, as Barbie mentioned, June 21st, 22nd and 23rd. Many of our speakers are going to be here. We're hoping that Larry and Barbie will be there, if possible. And we'll get to hear your wonderful husband, Larry Dossey, in our next month, which is all about unleashing your brain power. And we understand he's writing a book called, *The One Mind*. We cannot wait to hear from your darling.

Thank you so much, Barbie. We really appreciate your time and sharing your 46, 48 eight years of wisdom with all of us.

Dee Dee: Your points on suffering and trauma, this was really insightful and valuable.

Barbie: It's my 70 years of wisdom. But I have been doing this for 48 years. But I love doing this with you together and do schedule me again; I'd love to talk on rituals.

Robyn: Thank you.

Kevin: Absolutely, yeah. We really appreciate your sharing some of Wilber's work here, the integral model. You made it very simple.

Dee Dee: Very simple. And I love the Self-Care quadrant.

Robyn: For everybody who's here with us, to find out more about where we are going each and every day and month in the Self-Care Revolution™, bring your friends, JoinTheSelfCareRevolution.com.

Kevin: And if you have any questions, Email us at info@JoinTheSelfCareRevolution.com. And Barbie, would you like to share how people can get hold of you, your website?

Robyn: And your book?

Barbie: Right. People can go on my personal website with Larry at DosseyDossey.com. My Integrative Nurse Coach is iNurseCoach.com. And my global project is NightingaleDeclaration.net.

Kevin: Thank you so much for sharing so much about Nightingale.

Robyn: You take care.

Barbie: Okay.

Dee Dee: Have a great rest of your day.

Barbie: Okay. Thank you so much. Bye-bye.

Robyn: Bye-bye.

[End of interview]

MICHAL CURRY

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BREATHE FOR YOUR LIFE

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Robyn: Hi everyone, I want to welcome you to the Self-Care Revolution™. We are so excited to be in month three, which is all about releasing trauma. My name is Robyn Benson.

Kevin: And I'm Kevin Snow.

Robyn: We're so excited to have our very own Santa Fe Soul Self-Care Coach, Michal Curry, with us here today. This whole month, which is all about releasing/transforming trauma, realizing that when we think about achieving optimal health, or when we think about how we reverse a certain condition that we may have, that this is a big part of it, that we know healing is about the physical, mental, emotional and the spiritual.

Michal is like the perfect person for us to introduce to you today. We're just so grateful for all the work that you do and all the ways in which you provide for your clients and everybody who walks in the door. I always know to send my patients that are experiencing posttraumatic stress disorder (PTSD), to you.

You also have this amazing yoga practice and we love your connection with Dr. Harvey Zarren. We would thank you for bringing him to the Self-Care Revolution™ because he was one of our well-received speakers in February.

For all of you who are reading this, February was all about Breath and Heart Matters. Dr. Harvey Zarren spoke that month. As a full-time member, you have access to all these calls. Just looking down in the future, we have 12 full months. The Self-Care Revolution™ is a 12-month Self-Care themed series. We're just in month three now so let's get started in introducing Michal Curry.

Michal comes from a family of healers, her dad, a priest and her mom, a nurse. What she learned was to do unto others before ever doing unto yourself, so there was not much self-healing happening. As a student of healing touch, Michal learns tools for

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self-healing, the healer healing herself. What a great idea! For almost 20 years, Michal has been working as a healer with matters of the heart, trauma, and the dying.

Michal also teaches conscious awareness through hatha yoga, which includes asanas breath work, imaging, Qigong, creative mantras and the observe self. These are all tools for self-care and wellness. Yoga means coming together of mind, body, and breath.

Michal has been co-teaching with Dr. Harvey Zarren at the Heart of Wellness for over 10 years in the States and abroad. In 2005, after Hurricane Katrina in Louisiana, Michal was hired by FEMA to be part of a team to work on first and second responders. Michal's intention is to be present with her whole amazing self, to be a mirror for that in a compassionate and creative support for wholeness and healing and joy. The cosmic blessing is: you are it. Thank you for being here.

Michal: There you go. It's so interesting hearing that read out loud by someone else.

Robyn: I actually learned a lot about you in that first paragraph. This is great.

Michal: Thank you. I am very glad to be here and be a part of Self-Care Revolution™. It's a blessing for all of us to be able to participate. It's been like a calling out of our strengths; who we are and what we can contribute to Self-Care Revolution™. When I say with both parents as healers, that was their paradigm, you did for everyone else.

So, when I was having emotional stuff come up or whatever healing was going on with me and I was in the middle of divorce, and I usually saved up five or six things and I go to the doctor and he'd say there's nothing wrong with you, but I knew something was up, so I started taking the healing touch course curriculum. They did actually teach you ways to heal yourself, in a way and I thought that makes sense, right? My parents, I'm very grateful for their part, because they did their work, but they showed me how we needed to move into a new paradigm with that.

Kevin, maybe you and Robyn both have noticed over the last 15 years that your client comes in and they've got information. They've done some of their homework. They're asking questions. They're not just coming in and saying, do this to me. So, it's a relationship and collaboration between the client and the healer paying attention.

Welcome to our amazing journey for all of us. I do have an intention for today that part of what I share helps inspire, encourage people and give them hope because we are in this together. I made some notes so I could stay focused, because I get excited

and bifurcate.

Kevin: We were wondering what got you on to this. You mentioned your parents. If you want to expound on what brought you here. You're sitting here on the chair with us today, here in Santa Fe Soul.

Robyn: You're also a grandmother of four grandchildren.

Michal: Yes and they are huge teachers. I have stories about them too, which I may or may not share. What happened was it really started with yoga. My intention is to remember that we're all in this together and to just take a breath, look around and be present.

Kevin: Excellent idea.

Michal: Breath was actually the first things I learned as a student of yoga. I actually got bored in yoga. I would do the class, this is as a student, with my eyes closed and I'd play with my breath. I'd move it to different parts of the body. Then, even noticing at the end of yoga class, you could get your mind still which I didn't even know was a possibility. So, I didn't go to yoga to do all the poses and asanas, I went to become still which was so interesting to get that peace.

I guess the turning point was actually my divorce. I knew I had to get clear in my life what was working, what was not working for me, to not be afraid anymore and simply pay attention. It was really about paying attention, and nobody told me this.

Actually, like I said when I was going through my list of things, I realized I could call myself self-care queen because it's like I have the training, but the real experience was in the daily life, like the kids in front of you that needed something. Or my son, even when I was divorced, at seven was saying I'm going to give you extra hugs because dad's gone. Or, when I was being sarcastic, he'd say well you know that hurts when you do that and I was like, okay, thank you for reminding me. So, lots of stories and all a journey, for sure.

One of the things was the observer self, that I noticed, which is a great tool. I guess there are books about it. I never read about it, but I started noticing my thoughts and tracking them. I started noticing when somebody said something and it punched my button, so I'd track that energy, which is a very shamanic thing to do, which I didn't even know.

The thing is I was tired and fed up with, either what was happening that I had no

control over or what I was feeling. So, I just started noticing it. When I started noticing it in the observer self, I realized that my attachment to it started to lessen. This is really good for trauma work too, or anybody. So you notice it and then it's like you breathe, take a breath and step back and actually, you can see it in a different way. You're changing your perspective. You're not caught in it or caught in the loop, as I found out.

Kevin: I had a meditation teacher that brought that to light for me. We're sitting there and thinking thoughts and he says to us, well who's noticing that? Who's noticing that you're thinking thoughts? If you were your thoughts, you wouldn't notice.

Michal: Right.

Kevin: I think that's beneficial and it's absolutely imperative to understand while doing this trauma work while being the healer in the process and also the person being helped.

Michal: That being said, one of the biggest things I found over the years that I do in my practice is listen. Recently, with the Self-Care coaches, actually in the New Year, we were doing our little together thing, what we were going to do for the year. I taught the listening bowl and this is a really interesting story, so I'd like to share it. It is a great tool and a great technique. I find, when I'm getting pulled into someone's story, whether it's a client, my family or someone I have issues with, anything like that that I can actually stop, lean back and relax and breathe into this listening bowl.

Here's the story with the boyfriend and the beautiful restaurant. Everything's fine, wonderful food and all of a sudden, he says, "I got a letter from my old girlfriend." I, "What?" "She wants me to come see her," and he's going on and on. I literally felt like I'd been punched in the stomach.

In my head, in my body, I said, I'm so sick of this feeling, whatever it is. As he's doing this, I realize I'm collapsing and one of the things we do when we are injured or even in an old pattern, it's like you are punched. It's like we collapse and our breathing gets shallow. This was happening in my body. It doesn't even matter what it was related to.

So I say to the body just breathe. As I kept breathing, I started to relax and then I said maybe I can listen. Maybe. The mantra in my head was 'listen'. I would lean forward and I felt myself paying attention. As soon as I did this, I sat back and I could relax. The more I said 'listen' to myself, so I was attending to me, clearing my response or

balancing out my reaction. I didn't even know it was going to happen.

It was interesting, this bowl came up that comes out of the heart because the heart's a transformer and it had holes in it. The icky stuff went through the bowl. By the time he finished I realized that this is the end of the relationship. He'd done this before. It wasn't new, so when we literally did stop talking I said to him, whatever you have to do. I felt balanced. I felt grounded. I felt totally present.

I shared this with a lot of you Self-Care coaches and I offer this to everyone. We started our whole visioning with...

Robyn: Listening.

Robyn: You started our whole visioning mirror.

Michal: Right, with listening. Because it creates not only a relationship, so it's not me just listening or doing something, but it creates a container and I can expand it to my bigger self. There are a lot of ways to do that, but it's been a huge tool for me again and again, so listening bowl for listening. That and your observer self, throw that out to people.

Kevin: Awesome.

Robyn: I was wondering, just in your journey in life and doing this practice that you've done for quite some time, who have been some of your greatest teachers?

Michal: Actually, my own self. I have to say that. I feel almost self-conscious saying that, but it's so true. That's why; if we pay attention and we're listening, because our body is always self-healing all the time, always moving about. Now, we may not notice it, even if we have an injured knee on the right, the left is going to compensate. That's balance.

Once we don't have the injured knee on the right, that's a lot of what yoga does, and other polarity therapies, we shift the weight back into the right. But, if we're not conscious we stay with it on the left. So the body's always self-healing. So I would so offer to everybody, stay in the body, because when we are traumatized, injured or ill, our awareness actually leaves the body and it does add a safety mechanism.

That's good information. The dragon is not chasing us even though it may feel like it. The Fear Factor, as we see on TV may or may not be true, but we can still decide that. Your body is one of your biggest teachers.

Robyn: As you say that, I immediately think of leaving our body and people often go to their favorite addiction– shopping, smoking, eating, drinking– especially when it relates to a traumatic event or just what we talked about, why we're focusing this month on releasing trauma. The root of so many addictions lies in what's been suppressed for so many years.

Michal: Right, and really finding ways to release it, there are so many ways to heal and the definition I know of healing is to become whole or to remember your wholeness. One of the things I notice that we are actually, if you believe that your spirit being manifested in the physical body, we are actually with our wholeness and our whole self all the time. We usually don't remember that.

Here's an example. When we are diagnosed with cancer, the mind automatically attaches to that unconsciously. We begin to unconsciously react and respond out of cancer or trauma. Now, it's an illness it's not who we are. But the mind attaches to everything saying, that's who I am. That's why the 'I am' is such a powerful meditation, and that's a different subject.

The first time I taught a multiple sclerosis yoga class and said you are not your illness. You are not your diagnosis. You are more than that. You are creative beings, manifest in this physical body. You're spirit beings. So when we remember that, tuning into that, and reminding our clients that then we have infinite possibilities it's not just one road or one way.

Another perfect example like, we're all at the movies we love the movies. We respond and react to what we're seeing. Is it real? This is the question. When you're in trauma, when I'm doing the work in the clinic, I tell people to put their hands on their chest and their belly. That is very soothing. Then we breathe to our hands. We deepen our breathing. Then the question we ask is, if they're triggered, is this true now? Is this happening now? Because we've got the cellular memory that's coming up, you see when we're triggered and it feels like we're back in that place.

If we've had multiple traumas or addiction, as we know it can be overwhelming. If we stop and ask ourselves, is this true now? And the word 'now' actually sets up an energetic barrier for the past and future so you can be totally in the present. So having any kind of intention with now is a wonderful thing you can do for yourself.

Robyn: Now is good.

Kevin: Now is great.

Michal: Now is great.

Kevin: I'm being in this now.

Robyn: This makes me think of Eckhart Tolle, a brilliant job in helping us see the glory and grace in now. Thank you for sharing.

Kevin: There's a little connection there that I came to when I was looking at the cover of that book actually, and thinking about self-care and realizing that if you took the 'W' off of it, it would be the power of no. In case of trauma, I think that that's super relevant to what we're dealing with here.

Robyn: Can you expound *The Power of No*?

Kevin: Understanding this idea that we can say no to anything in our lives. And when we have been traumatized, we don't do that as much. We allow our boundaries to be blurred and we allow a lot more energy to come in. That's why Michal's listening bowl exercise is so powerful, because that really is essentially saying no to allowing that energy just in, and allowing it into this bowl.

Michal: It transforms it or lets it go.

Kevin: Absolutely. When we did this on our visioning, it was very profound.

Robyn: Just so the readers understand, Santa Fe Soul Health and Healing Center every January, we have a visioning for the whole year. This was Michal's gift to our whole group January 5th. I remember it well we started with a fire ceremony.

Getting back to what you're saying, the no, that is so powerful to really appreciate now. When there are so many choices out in the world right now and people don't really know how to do that.

Michal: 'Choices' is the optimal word, too, because one of the big things in my practice is knowing that you have a choice. If ever you want to know where your power is it's knowing that you can choose differently at any moment of your life. If you're caught in that pattern, even if you physically take a step back so you can look at that, breathe and know that you can choose differently. You may not even know how, it's just knowing that you have the choice. I don't really care to use the word power, but to me that is our power, is choosing at any point. That's very cool.

Robyn: While we're still on this question. I'm really curious. I send people, who are

highly, let's talk about out of their body they're a 10 in alarm state.

What is the best way, whether someone is going through it themselves, is it through contact, connecting with their breath?

How do you really work with someone?

I know what acupuncture certainly does and certain supplements, calming tea and essential oils. I've seen you; you're so transformative in your effect, often.

Michal: One of the things, I got from Peter Levine, his work, *Taming the Tiger*.

It's shaking when we watch animals and we've become closed in so many parts of our awareness— physically, mentally and emotionally— in this world, for whatever reason. Just to be able to literally shake and we do this in the trauma yoga class. We stand up and you can shake your arms, your legs, because that etheric layer, which is right next to the body, it's the body's physical double. That's how we say it. When we're shaking, we're releasing stuff right there at the etheric layer and it will translate immediately into the body.

You can this, even getting out of the shower using a dry loofah just scrubbing your body that way, anything like that. It's like when you see the animal coming out of the forest and he's been chased or he's chasing, yeah, let's shake! When they stop, I mean, they're using all this energy and trauma or not, they stop and they're done with the chase, the very next thing they do is shake and then they collapse, literally. So it's one of the things I have them do in the yoga class, is shake.

The other big thing is they're telling their story and like I said, creating the listening bowl. I have this head to heart reconnection technique that follows the neuropathways of the fight or flight in the body, resetting this in the amygdala. I do this with them and one of the things I like to tell them is I want them to feel comfortable, because as a victim of trauma, a major injury, or illness, they don't feel safe. I'm trying to create a safe container.

I just let them know some information about me. When I begin I tell them what I'm going to do so they know what's coming. Then the big thing is; is I say you have a choice. You can stop me at any point in time if you need to. So if they start to feel panicky, nervous, whatever, they can stop. I think I've only had one or two people to actually do that, but my sense is just knowing that they can stop this if someone's not doing something to them, that's a huge thing.

I'd like to throw out also, getting into trauma. When I moved here almost seven years ago, I knew I needed to focus. I'd been doing trauma work at the shelters for FEMA in Baton Rouge after Katrina. The big news was, I worked there for six weeks volunteering and then they hired energy healers like myself to work on their first and second responders. Among ourselves we said, they know not what they do, but we're very glad they did.

Robyn: Can you share what a first and second responder is?

Michal: These are the people on the frontlines, the policemen, the firemen, right there getting people out of the houses. They're rescuing people that are basically stranded, either on housetops/rooftops, on boats or who without water or food. Then they come back to the center where we were. Everybody had it different. Some people had a meditation, some people had breathing, and I used this technique with people.

I have a picture, my girlfriend and I were at the shelter and we wanted to be inside, we thought. So it's August in the summer, in Louisiana, so whatever you can imagine it's all true. We literally followed the shadow of a pecan tree with one massage table. She was doing massage and people were waiting in chairs. While they were waiting, I did this head to heart reconnection with them. It was an incredible experience.

The healers themselves, all the complementary healers, we would get together every week, because there was so much going on as you all remember with Katrina, there's so much disorganization. Of course, it was amazing. We've never had this experience. I like to get to the bottom line, which was, what are we really doing or what is needing to happen amongst the chaos? The bottom line was to show up in love and compassion.

They're on phones, going back and forth through the houses and they've got to wear oxygen masks or whatever because of the mold problem. The stories that were coming in, people couldn't find gas. It was so bizarre. Be careful what you ask for.

Kevin: Just to maybe jump off topic just a little bit. You have worked with Harvey and we interviewed Harvey in January.

Robyn: February. Loved Harvey.

Kevin: Okay. So awesome. Michal was here to help us interview him and I just thought you could share a little bit about your work.

Michal: He's definitely been a catalyst for change, not only in me and my practice.

We actually met in California after 9-11. Here's September and we're meeting, I'm going October the next month, to California for the first conference on integrating complementary therapies in the cardiology practice. He's a cardiologist and he was there with his friend from England and I was there with my colleague from Baton Rouge, and Bessie and I had a booth demonstrating healing touch. In fact, my friend Bessie called up and said, you want to go and I didn't even hesitate.

After 9-11, everybody's fear factor, I almost didn't go and I said I'm not going to by fear. It's my time; there you have it I'm doing what I do. So we met and had a connection. Like I said, Bessie and I had our booth and we were working on people almost 12 hours straight, every day. It was a great experience and Harvey and Bill kept coming back there.

We were hearing their stories and Harvey said something about teaching this Heart of Wellness course in England. I was curious. There was a little voice it was so small, because he was looking for another teacher like a nurse. In my head, I thought I can do that. That was the voice in my head then I thought, what is that?

Anyway, the long/short of the story, I went to England with him the next year. He had this seven day and night course. He let me teach three things and then he said next year you can teach half the course, which was huge for me. I was used to teaching yoga and teaching breathing meditation, but I wasn't used to teaching the energy work I was doing. I was just doing it and it really has called me out to language that.

We can language energy. You have Barbara Brennan, Healing Touch, Reiki there are all sorts of ways to language energy. One of my things with that is, I will language it so far but I don't want to explain away the mystery. It's a beautiful mystery. It's become a trust for me to just trust what I'm getting when I'm working with somebody. Trusting, as I've done my invocation that I'm connected to the source of all creation and I'll get what's needed in that moment.

Having Harvey say we would do something in the course... because I'm very experiential so this talking is good and I can talk, you can tell, but I'm very much an experiential girl... so I'd do something, we'd be teaching, and Harvey would say now, why did you do that? I said, I don't know.

It's really only been the last five of six years that I've gotten the understanding of the why. When Harvey would say that, the next day he'd come to me is oh I get it. It's like he was so busy, telling us all the scientific facts, nutrition and all these other things. It's such a great balance, but I'm trying to get people out of the head and back into the

heart in the body. It all becomes about the heart, to me.

If I could give you a one-liner, it would be, what are you choosing, is it love or fear? If it's fear it's usually an old wound or an old pattern and we could change that.

Kevin: Is there a way for people to know?

Michal: Know what?

Kevin: Know whether it's love or fear, I guess.

Michal: That's everybody's journey. It's still my journey. In self-care, all the things that you pay attention to that's going on in the body and even the mind, noticing. Socrates, know thyself. So, when I am paying attention to me, I'm learning these things that I can on to others. It's been a healing of the child-self. I have noticed over the years, my daughter. Now that I have these things on tape with my adult kids, my number two daughter, it's interesting. Since I moved here, they all have a number now. I have three daughters and the son's the baby, my favorite son, because he's the only son.

So my number two daughter, talking about the child-self in middle school, she's going to be 30 this year so this was a long time ago. They had two kids in middle school that committed suicide. There was a suicide watch. This is all part of the story.

The kids in school knew who was on suicide watch. My daughter was in French class, they were taking a test and they turned the test in and the teacher said oh no, this isn't acceptable and he gives them the test back right because they just hadn't finished. So, she gave them more time on the test. My daughter actually helped one of the girls in class to cheat because she was on suicide watch. Not an excuse, just what happened. Of course, they were both sent down to the principal's office and the teacher in the class didn't really like them and he's really making them feel bad.

As we all know as adults, there are a lot of adults that just don't know how to handle children. So, they get to the principal's office and he's not there. She comes home and tells me and I have to go to school the next day. I have to be the big person. This is not easy for me because I don't want to be a big person, because when I look around at the big people in the world that has changed for me. I have grown up with my children, thank you very much.

So, I have to go to the principal's office with my daughter and not only her but the other girls who was on suicide watch, whose mother is not showing up. My child-self

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is freaking out because I am empathizing big time. It's authority, right? I put my reading glasses on and I can be the adult. I take them off and I'm crumbling like a child. This is me noticing my experience.

The principal's not there. We go to the guidance office and she's doing the same thing. She's just really making them feel bad. They're already feeling bad. I'm the adult thinking I'm supposed to do something. I don't have any examples of this in my childhood growing up.

So finally, in my head I'm going, I need help. I have no choice, I need help. I just said I need help. It just got clear in an instant. I looked at that woman and I said, what's your job? Tell me what your job is. She described it. I said can you help us now? She said, No, and I said, we're out of here. By the way, everything you were saying to these girls, sounded like they had done something so horrible, you wanted to kill them. That's what it sounded like. That's not healthy.

We turned around and walked out the door. The principal didn't show up. Next day, the girls went by themselves, it was all fine. The example is it was my child-self so it's really interesting when we watch our responses and reactions. Where is it coming from is it my adult conscious, full, present self or is it that child? I am very grateful for her, because it was a huge lesson in the moment to be able to get very clear on what I could do, but I didn't even know how to protect them and then I did. We love child-self.

Kevin: Absolutely.

Robyn: We sure do.

Michal: Take a breath.

Kevin: We usually ask everybody, and you've shared some stuff already. What is your self-care regime?

Robyn: That really gives you the clean energy that you spoke about earlier. We have lots of self-care everything, but we haven't really brought that into. It sure is important.

Robyn: There definitely needs to be a self-care queen or king.

Kevin: I totally agree.

Michal: I think we ought to do it every month that would be great.

Kevin: Perfect.

Michal: It changes, but currently, it's really playing in my meditation. I have been journaling my dreams for about 15 years. That has been changing and that's another story and yet I've been meditating for over 20 years. Part of it is getting in there to be still, because in the stillness and in the silence, that's where the healing and our revelations come up.

For me, I get in there and I play, like I do different mantras in my chakras, or I take my energy out to the stars. So there are all sorts of ways to do this, because people think there's one way to meditate and there are many.

It's just getting yourself, whatever your safety net is for that. I do a grounding thing, sending my energy into the earth and up to the sky, expand out in each chakra. Then I just go where I want to go, it's so much fun. Then you come back into your body. You always come back into your body, into your heart. It really is playing. I want to say the operative word is play.

Robyn: I've never heard of playing in meditation before. I'm going to try it. I might meditate more often with the playing part.

Michal: Because people get so serious

Robyn: Or you get tired.

Michal: Or you have to look a certain way. I'm like oh no, I've got to play with this. That's part of the child-self, giving myself permission to do that. I've been doing that for quite a while.

Robyn: When you said earlier, choosing the love or the fear, this is one of your processes. That's what self-care is. This is really helping me think of this keeping you in the love and not the fear. So self-care is the big point of the Self-Care Revolution™ is what we're talking about here. In fact, I think we should have bracelets that say, "Are you choosing love or fear?" Then we have the Self-Care Revolution™. Because if you're choosing love, that is self-care. Wow, something was inspired beautifully here.

Kevin: Then you can flip it up.

Robyn: That's a great idea.

Michal: On the other side, you could put courage, because don't we know that courage, 'cour' means heart. So courage means living through your heart. How are we living? What changed in my healing practice years ago when my mind was making up these stories, is putting my head with my heart-expanding out to multidimensional opportunities or choices. I'm not just here, my head figuring it out, I'm literally sensing with my whole being. It's great. We can choose and we can live from the heart, always.

Kevin: Michal is so experiential in what she does. I really want the listeners/readers to have an experience of one of the things that you do. I don't know that we have time to do that today. But we've had several questions on how to get a hold of you. Maybe a website?

Michal: MichalHallCurry.com. It's on the Santa Fe Soul website and Self-Care Revolution™.

Kevin: SantaFeSoul.com and JoinTheSelfCareRevolution.com. Any questions you have, there's an email address for us as well, which is info@JoinTheSelfCareRevolution.com

Michal: I have this poem here and I usually have it memorized, but I want to make sure I get it right. It's called *Courage* by Amelia Earhart. I'd just like everybody to take a breath and soften or close your eyes. You can place your hands on your heart center if you'd like to, just being aware of your heart and all that it does for you, beating life into the body, and energy that goes around into your energy field, the whole of yourself.

*Courage is the price that life extracts for granting peace,
The soul that knows it not
Knows no release from little things;
Knows not the livid loneliness of fear,
Nor mountain height where bitter joy can hear the sound of wings.*

*How can Life grant us boon of living, compensate
For dull grey ugliness and pregnant hate,
Unless we dare the soul's dominion?
Each time we make a choice, we pay
With courage to behold the restless day, And count it fair.*

- Amelia Earhart

Kevin: Beautiful. See, we did get a chance to have an experience with Michal.

Robyn: I'm speechless and that's never happened.

Kevin: Right. That's excellent.

Robyn: I love that when we think about this whole idea of pain and trauma that many people sit on it for years and years when there are so many wonderful techniques out there that can really transform. We're using the word 'transmute', which is like from lead to gold kind of idea. It's like is it ever really gone from our body? No. Can it not have the density, impact of the denseness of affecting tissue? Does trauma affect tissue?

Michal: Yes.

Robyn: It does. Live cells?

Michal: Yes.

Robyn: All of life, right?

Michal: We can weave it into the tapestry of our whole self and then it's transformed and transmuted.

Robyn: I was wondering if we could end with you talking a little bit more about the Global Release Trauma Day, the two-hour event. Michal is going to be the main point-person who's going to really orchestrate the whole day, along with four practitioners that are going to be doing different healings. We have noetic balancing and we have reconnective therapy. Do you want to share a little bit?

Michal: Yes, it's going to be really interesting and wonderful. We're going to focus on making it light. Even we as Self-Care coaches, as soon as we start talking about trauma, even the word, we do we all tighten up. Trauma is not just a major event. It can be little things that turn into a big thing that can create trauma.

So, in this Global Release Day of transmuting this energy, we're coming together as a community, as healers, as people of this earth, connected on the earth. As we see or remember that we are connected to the earth's energy, being nurtured by that, food, water, air, sun, all of that or we couldn't survive. As we remember that connection and release it on a global, even an earth level, we're releasing it in ourselves. We're going to have singing and chanting. It's about claiming or remembering our strengths.

How can that release trauma? We don't have to keep focusing on the bad. It's there, we know it's there, thank you very much. It keeps telling us it's there, fine. So I'm going to sing to it, I think I'm going to sing to it. That's very soothing, how soothing is that?

I had a lawyer client one time, a lawyer-judge, his wife was a lawyer, and she came into my office. She wanted to know what I was doing and I said, don't you remember as a mother when you held that child in your arms and they were sick? You just want to take it away, but what are you doing, you're simply loving, you're doing anything to sooth that injured, that ill child. It's the same thing.

We want to sooth our fevered brow, as it were. Make it cooler. Make it lighter. So we don't feel the weight of this trauma. So I feel like this global experience, knowing that we're not alone, that we can share our different talents with our listeners and ourselves, as we remember our connection to wholeness and to our spirituality as Kevin has talked about in trauma release also.

I'm putting it out there. I think we all are there to lighten up, to give ourselves a break, just to lighten up on our own selves and to claim that child-self. That way, it's actually easier so it doesn't look a certain way. We don't get stuck. That's why child-self and playing is so important, because that can move that energy that feels serious and heavy.

Kevin: I just wanted to reiterate, Michal's suggestion to cultivate a meditation practice. The interesting synchronicity, I'll use that word. In my meditation practice this morning, I asked to know what courage truly is.

Michal: Wow!

Kevin: I got the answer.

Robyn: Thank you so much. A lot of wonderful energy shift happened in this hour.

Michal: It was really fun. I had a whole list of things written down and I knew we were going to, we always do this together, but it's so nice because we're getting to know each other, too. It's great.

Robyn: The Self-Care Revolution™ has revolutionized our lives, that's for sure. My life, as Kevin always says, my life.

Michal: My life, big time. Another great, easy self-care, particularly for us in lovely New Mexico, is just walk out the door. Look out the window. When I first moved here and I saw the mountains coming from the swamps of Louisiana, I looked at the mountain and I said I am that. I look at the sky and I say I am that. My energy just opens up. I feel myself expand because we are that. That's our connection. So just a simple, just looking at it, breathing. 'I am' is a wonderful meditative practice, too. Just say I am that and smile. Watch how your energy changes with just a smile.

Robyn: I also just want to make a comment on when we mention to people about this theme. Out of 12 months, why would we dedicate a whole month to trauma? It's amazing how some people recoil when we even mention this topic, people don't want to go there, or people will say I love your themes, but the third one, that's not for me. I just like how you have brought such a whimsical, playful, the words that you use to lighten it, because imagine.

As a practitioner myself, for 21 years, I see the bombs that are in people's bodies literally from traumas. Somebody who recently lost a baby at seven months and that trauma, years later, people can't really talk about. When people realize the freedom you can experience and the joy that you haven't allowed because of what you kept deep inside you. That's why we want to have a celebration. It's about releasing and celebrating this new being that you are, because you don't need to carry this anymore.

Michal: Watch how we're languaging anything. Caroline Myss taught me that. Myss. If you've ever read any of her books, *Anatomy of the Spirit* is excellent, and many other books. You pay attention to even how you're introducing yourself.

One of my other big things is intention. We're putting that out into the world. I used to introduce myself as a divorced mother of four kids, years ago. When I got this information from Caroline Myss, I went why am I doing that, because that's so limiting. What am I saying? I really want people to feel sorry for me because I was divorced and raising these kids. So I went wow, I don't want to do that. I want to introduce myself as this creative person on this adventure. Whatever that looks like.

Really listening, each person, really watching your own self through the day, how we self-criticize and judge. It's information or as I would say in my head, thank you for sharing. I'm going over here. But we can.

My mother was a huge tool with that. She'd always complain about my dad. I had been divorced for several years and really into my journey of awareness. I looked at her, another child story and the child in my head kept saying don't say it, because my

child-self would never say it. I said to my mother you know I hear what you're saying but this is the same song– she was complaining– this was the same song 10k first. I said I would love to hear what you have to say if you have something new to say, but I can't hear this any longer.

It's just an example remember, and we all do this. She kept putting that energy out there, kind of poor me and she stopped, she heard it.

I have a good friend and when we talked to each other on the phone, I said I need to do my pity pat for two minutes. And we do we time each other. She says okay, two minutes. I say okay, I'm done, because we get stuck in that. It creates a loop. That really happens in our trauma and in our addictions, too where we get caught in that loop and we can change that.

Kevin: Absolutely.

Michal: Courage; courage to say and courage to look at our own self.

Kevin: That word, vulnerability, I think is relevant to that.

Michal: Very. We can be vulnerable and open. That's what the heart does. That is a secret, because if we're in the heart, we can always come back to it.

Kevin: Well this has been a very heart-centered focus.

Robyn: Awesome! I love this power hour with you, Michal.

Michal: Good! I'm so glad. I've been looking forward to it.

Kevin: Woo-hoo! I'm Kevin and I am a child. I'm a wonderful child on this journey. That's who I am today.

Robyn: I don't know who I am and that's so great.

Michal: I love who I am. It's great. So we get to play. Thank you all. This has been really fun.

Kevin: Thank you all for being with us.

[End of Interview]

SARA GOTTFRIED

SaraGottfriedMD.com | MD, Speaker, Author, Natural Hormone Expert

CORTISOL AND STRESS

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Robyn: Hello, everyone, and welcome to the Self-Care Revolution™. We are so excited to be with all of you today along with our guest speaker, Dr. Sara Gottfried. My name is Robyn Benson and I'm a Doctor of Oriental Medicine and Founder of Santa Fe Soul.

Angelique: My name is Dr. Angelique Hart; I'm a holistic physician.

Kevin: I'm Kevin Snow, intuitive counselor and self-care coach.

Robyn: We know we have a lot of people who are joining us for the first time today. The Self-Care Revolution™ is a 12-month self-care themed revolution. We are actually in our third month where our topic is all about Releasing and Transmuting Trauma. We're really thrilled with our speakers we've had so far this month, and we appreciate all the responses and comments. We are excited to have Sara Gottfried with us, how are you doing today?

Sara: I'm great, Robyn. It's so great to be with you. Hi, everybody.

Kevin: Hi.

Angelique: Hi.

Robyn: I am really excited because Dr. Sara Gottfried is one busy woman right now. She is a bestselling author, Amazon bestselling author in three categories. I have quite a bit to tell you about her. We are thrilled that with your busy schedule that you could be here with us today. Thank you so much.

Sara: My pleasure.

Robyn: For all of you who want to know more, Dr. Sara is a Harvard-educated physician, speaker and author of the forthcoming book *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality with the Gottfried Protocol*. For the past 20 years, Dr.

Gottfried has been dedicated to practicing and helping women feel at home in their bodies.

The Gottfried Institute is an enormously successful virtual practice. Dr. Gottfried has a disruptive model of how to deliver cutting-edge women's health to as many women as possible by using technology, including: teleseminars, group coaching, webinars, and social media, to raise oxytocin and reduce stress among today's overly busy women, while teaching them how to balance their hormones naturally, regardless of age and location.

As a result, her innovative methods for sharing medical information make her a popular keynote speaker. As a nationally-recognized yoga instructor, Dr. Gottfried teaches workshops and online courses, such as her *Mission Ignition Sex Drive* an online program she developed to help women cultivate their vitality.

Dr. Gottfried also conducts mentoring and mastermind programs for practitioners to learn The Gottfried Protocol, her proprietary three-step evidence-based method for natural hormone balancing.

As an integrative gynecologist, Dr. Gottfried is a firm believer in treating the root cause of problems not just the symptoms. She believes in leafy greens and nutrient-dense foods, together with evidence-based integration of botanicals and bio-identical hormones, rather than just prescribing medication. "My method is not one-size-fits-all. My mission is to help women feel sexy, vital and balanced from their cells to their soul," claims Dr. Gottfried adding, "I believe that managing and optimizing your health is your divine responsibility and path to personal power."

Wow! That's so great. I've already shared that quote of yours online, many times now and I just want to say thank you so much for getting your message out to the masses. I know you have this noble and wonderful goal to get your message out to a million women, is that right, to change the hormones of a million women.

Sara: That's right. I have an audacious goal. For the guys who are listening, I also have some things to say about men and their hormones, so that's probably going to be my next book.

Kevin: Good.

Sara: It's definitely the women who are the ones who are suffering the most from hormone issues right now and those are the ones I want to reach this year.

Kevin: That's great.

Angelique: So, I'm reading here you are Harvard-trained, Harvard Medical School, and you're a certified gynecologist. How did you go into this different path with what you're doing?

Sara: Well, in some ways, the path chose me, I would say. I grew up with a great-grandmother who was a bit of a radical. She would show up at our home, not with Barbie's, candy and gum like my best friend's grandmothers, but she would show up with kale and with wheat berry carob cookies. She really believed in whole foods. She believed that you don't find the answer to health in the bottom of a prescription pill bottle and that stayed with me. She practiced yoga, and this was way before... like now when we have yoga studios on every street corner now. This was decades before that and she definitely had a profound influence on me.

It wasn't until I was in my 30's and I was struggling with my own hormone issues, I was struggling with PMS and feeling stress-crazed. I was practicing McMedicine, seeing a lot of patients each day and just got to one of those defining moments where I felt like I was pushing a rock up the hill. I really felt like I was struggling too hard in my life, harder than I expected I ever would as a working mother and a wife. So I went and saw my doctor, as many women do and my doctor offered me an antidepressant.

Angelique: That's a common pathway to the holistic physician. You know, offer the antidepressant... well, I know it's on my mind, but there's got to be something else and then they end up as your or my doorstep there. Amazing.

Sara: That's exactly right. I just stared at that prescription for, in this case it was Prozac™, and I just felt like, wait a minute I'm not depressed, so why is this being offered to me? I'm stressed out. I've got PMS. I've got low sex-drive and my energy sucks, but I didn't feel depressed. That's when I took my medical training, applied it to myself and started to understand that the way that you find your best health is with how you eat, move, think and supplement. That led to me balancing my own hormones within a month and then taking that to my medical practice and offering it to the next 10k patients that I saw.

Robyn: Right. Wow! Dr. Sara, what's a top problem that you think modern women face these days?

Sara: I think the top problem is actually along the same lines as that story I just shared with you. I find that modern women, men too, but women especially are

vulnerable to this. They feel overwhelmed. They feel anxious. They feel like they're rushing from task to task. They are kind of caught up in that hamster wheel, not able to fully engage with life the way that they maybe want to or always expected they would.

That is, I think, the top problem that modern women face and I want to be careful not to blame it all on hormones, but I think hormones are a big part of it. By hormones, what I'm talking about are three main hormones in women, what I call the *Hormonal Charlie's Angels*: cortisol, the main stress hormone, thyroid, and estrogen. In guys, I like to call it the *Hormonal Three Amigos*: cortisol, testosterone, and thyroid.

Robyn: Getting back to this whole idea of depression and Prozac™. We know that's an epidemic right now, anxiety and depression. Is it a hormonal issue rather than people really being depressed? People are being misdiagnosed left and right, don't you think?

Sara: I totally agree. I think they're being misdiagnosed, treated with the wrong thing and they're not getting their hormones addressed. So, you're absolutely right that it is an epidemic. We know that one in four women in the U.S. take a drug for mental health. That's across all ages. It's even higher if you look at the subset of women between the ages of 40 and 55. One in seven men takes a drug for mental health and most of those are anti-depressants or anxiety pills, some of them are also sleeping pills.

What bothers me so much about that, Robyn, is that you're not getting to the root cause. We live in a culture that's really obsessed with masking symptoms with the latest prescription. So, not only are these people misdiagnosed, some of these medications actually cause harm. We know for instance with antidepressants, they can be life-saving if you have severe depression.

But, as you can imagine, among all those people who are taking the antidepressants, very few of them have severe depression. Most of them have mild to moderate depression and those anti-depressants have been shown to be worse than placebo in that situation. They cause weight gain. They can hijack your sex-drive. They can make it very difficult to have an orgasm. Now, we have new data from Harvard showing an increased risk of breast and ovarian cancer among people who take certain anti-depressants.

So, I agree with you. I think we're barking up the wrong tree. We're using the wrong medication. Just looking at some of those hormones I mentioned, we know that 20%

of people with depression have a thyroid problem and 50% of people with depression have unbalanced cortisol. It's either too high or too low or even both within the same day.

Angelique: When patients come to you, what do you think you're doing different, compared to conventional physicians? Because they might look at the hormones too and do a blood test and don't see anything. Yet when they come to people like us, we're doing something different where we go, hey, there's an issue here. What's the discovery? How do you do that?

Sara: I think there are a number of things that are different, Angelique. I know that you practice in this way as well. I'm preaching to the converted here, so feel free to chime in please.

1. The things that pop out in my mind right away are number one, in conventional medicine, they don't recognize adrenal dysregulation or problems with cortisol the way that we do in holistic medicine.

Angelique: Big time.

Sara: I imagine you went through similar training as I did. I'm not blaming the folks who are practicing traditional medicine, because I went through that training and know what it's like. It's not that they're ignorant it's just that, I was taught that when it comes to cortisol and stress, you have one of two extremes. You either have Addison's disease, which is...

Angelique: Or Cushing's.

Sara: Right? You have severe adrenal failure where you don't make any cortisol at all, or the other extreme is Cushing's Syndrome where you make way too much. So there's no room for that vast middle ground of 98.5% of us, who actually have some issues with cortisol and need some help with it. That generic advice, reduce stress, go walk around the block, just leaves people cold and isn't helpful at all. So, I think that's one piece that we look differently at the role of the adrenal glands and how we're dancing with stress and cortisol levels.

2. The other major difference, and I'd love to hear your feedback on this, is the way that we look at the normal range for hormones versus what I would call the optimal range.

Angelique: Exactly.

Sara: So, whatever hormone you're talking about, I really see that for both men and women. There's a range over which women feel their best. Like, they're at home in their bodies. They're happy with the number that's on the bathroom scale. Their skinny jeans fit. They're not screaming at their children. That number is very different than the number that I learned in medical school.

It's a much tighter optimal range and not that normal range that most labs will publish, that is true for 95% of the population, which includes many people with hormone imbalances.

Angelique: I agree. I look for the upper one-third of normal and then I still question normal because normals are taken from people that go to labs, and who goes to labs is usually not so healthy.

Sara: That's right.

Robyn: Especially with thyroid, too.

Angelique: Especially with thyroid.

Robyn: Also, just to pitch in here, being a Doctor of Oriental Medicine for 21 years, what you mentioned earlier, looking at the movement, the thoughts, the food, everyone's individual and you're not a lab marker and treating people accordingly. This is what I love. Doctors like you, Dr. Sara Gottfried and also it's so wonderful to have Angelique right here, because even in a town like Santa Fe, we're like a healing Mecca, right?

There are only a handful of doctors that really speak this language that we're talking about right now. It's just so great, Sara, that you're getting this message out massively to audiences everywhere and we're here to support you. We love what you're doing.

Sara: Thank you. I appreciate that. I'm sending the same mojo right back your way, because I love what you are all doing in the world too.

Robyn: Did you like our Self-Care Revolution™ song?

Sara: I do. I was tapping my foot as it went along.

Kevin: Great.

Robyn: The feedback so far was a little subdued. This is a serious revolution. It's

interesting, all practitioners, just about every practitioner, people who are doing the work that we're doing, agree. Self-care is where it's at, we can give all the advice but if people aren't doing the exercise and eating accordingly. So I just love again with you, you're big on diet. From what I know of your book already, you're covering all the bases and not saying, take these drugs. What is your whole feeling about bioidentical hormones and how much do you prescribe those?

Sara: In my book, I laid out a plan that I used in my own body. It's what I've been practicing with both men and women for the past 10 years. I call it the Gottfried Protocol. Honestly, my publisher wanted me to call it that. Here's the idea behind it.

The idea is that you want to start first with the foundation and I call that step one of the Gottfried Protocol. There are three steps.

1. Step one is that you're filling in the nutritional gaps and you're focused on those four things that I mentioned earlier, how you eat, move, think, and supplement. You're making the lifestyle tweaks that really help to create hormonal harmony. Everybody needs to do that. A lot of people just want to jump to the bioidentical hormones, but I can tell you you're much more likely to get a cure, to get the hormones to support you at the lowest doses if you go through this step-wise progression.

2. Step two is that you try proven botanical therapies. We could probably spend hours talking about that, Robyn, in terms of what's in the Chinese medicine formulary, what's in the Ayurvedic formulary, what's really proven to move the needle when it comes to hormone balance.

3. Step three is bioidenticals. I do use bioidentical hormones, but what I find is that the majority of my clients, in fact somewhere around 90 to 95%, are able to balance their hormones naturally just with step one and step two. They don't need step three.

The cutting edge of hormone science, as you probably know, is this issue of hormone resistance and for our listeners, you've probably heard of the term insulin resistance. That's one that's used quite a bit. It's where your cells become numb to the hormone insulin. So just like you can have insulin resistance, you can have resistance to other hormones as well.

You can have cortisol resistance. There's been a surge of papers on cortisol resistance in the past year. You can have progesterone resistance. That is the mechanism that has emerged around why we get PMS. You can have estrogen resistance. You can have

Resistance is a major issue and if you just jump to the bioidentical hormones and start frosting yourself in estrogen and progesterone, the problem is you're going to probably need increasing doses to get the same effect, and you're going to develop resistance over time. That's why I really think you're best off if you start with those foundational parts that are a really crucial part of Chinese medicine as well as these other ancient wisdom traditions.

Kevin: You've mentioned a few times the connection of your work with men and possibly releasing another book just for us. Could you talk a little bit about the testosterone and the balance of those hormones?

Sara: Definitely. My husband, when he read my book for the first time, he started to really look at women differently. He started to tell his friends, hey guys, if your woman's hormonal, you're in trouble. You need to learn about this stuff and learn how to support your women because it's really important to improve your quality of life. We went on to talk about whether the next book would be for men and he actually joked that I should just do an app for men. Like, they don't need a 432-page book they just need an app that tells them what to do.

Sara: I don't know if that's true. Kevin, I should get your opinion.

Kevin: I think that's great.

Sara: I was talking about the Three Amigos earlier. For men, I really think a very important set of hormones that you want to pay attention to, besides cortisol, besides thyroid, is the balance between testosterone and estrogen. I think those two are very important in men. In fact, I just was reading a new study looking at the risk of heart disease for men who have a ratio that start to drop over time.

We know that what happens for men as they get older is that they make less testosterone. That typically starts sometime in your late 20's, early 30's, if you're really lucky, not until 40. But there's this whole belief that men, as they lose their testosterone, go through andropause and develop what I affectionately call the 'grumpy old man syndrome.'

The idea is that you want to be managing that ratio of testosterone to estrogen or estradiol. If you have not enough testosterone and too much estrogen, not only can it make you a bit cranky, but it tends to decrease sex-drive. It can reduce your ambition,

sort of your drive, and your verve in the world. When you're aromatizing, when you're making a lot of these estrogens, especially the not so good estrogens, it can give you man boobs and love handles and most men I know don't want those.

Kevin: No.

Robyn: You're touching upon this whole issue of estrogen dominance, which is really hard. Like, with my patients they come in and they don't have any estrogen in their blood work but it's clear that they have estrogen dominance. Then I prescribe certain herbs like Calcium D-Glucarate or i2c. Can you just talk a little bit about that and explain to our listeners, we've got quite a few people online right now, to help people really understand how serious that is?

Sara: Sure. We're talking about estrogen dominance. I was just referring to men having estrogen dominance. We know that women face estrogen dominance typically starting around age 35. In fact, between 35 and 50, I've seen some figures as high as 80% of women have estrogen dominance. The idea here is that you want to have, in women, a particular tango between estrogen and progesterone. You want to have a balance between the two of them so that one is not dominating over the other.

Typically, in the female body it's estrogen that's dominating over progesterone. The idea here is that regardless of your level of estrogen, you want to have it in balance with progesterone. It sounds like, Robyn, you were talking about women who have a low level of estrogen but still are in estrogen dominance. Is that what you were describing?

Robyn: Yes. I see that a lot.

Sara: I see it a lot too. I think there's this myth that as you get older, that as you make less estrogen, you're less likely to have estrogen dominance. I disagree with that. You still want to have a tango between estrogen and progesterone, regardless of your age. If you have low estrogen, but you have super low progesterone, you're still estrogen dominant.

Angelique: That's the problem.

Sara: I'm a big fan of really tracking that ratio. In fact, for our listeners today, what I hope you'll get from this call is to maybe start to sketch out a list of some of the metrics you want to be tracking. Whether you're a man or a woman, there are certain metrics that you want on your dashboard. I call this your neuro hormonal dashboard.

For me, one of the really important metrics is to look at the ratio of my progesterone to estradiol. You want a ratio of ideally about 250 to 300 and I'd be delighted to hear your feedback on this, Angelique and Robyn.

That's across all age ranges. The idea there is you want about 300 times the number of progesterone molecules as you have estradiol molecules in the female body. That's what just really works well, I've seen. If you don't have enough, if you're less than 250 or even less than 100 in your ratio, you're more likely to have certain conditions that go with estrogen dominance such as:

- Sore breasts,
- Cysts in the breast,
- Painful periods,
- Autoimmune conditions, especially for women as they get older.
- Mood issues,
- PMS,
- Depression, and
- Difficulty with weight loss

Those are some of the patterns that I see with estrogen dominance.

Angelique: Totally in agreement, I see the same thing.

Sara: The way I think about perimenopause, which on average starts between 35 and 45, I think of the first phase of perimenopause, which is where progesterone starts to drop. That's why so many of those women are estrogen dominant. Then, the second phase of perimenopause is when estrogen starts to drop. You can be estrogen dominant throughout that entire period. So, I think that's an important takeaway from our conversation today.

Angelique: What do you do specifically when you see that? What dietary measures? What herbals or hormones would you prescribe, if any, when you see this?

Sara: If we're talking specifically about women who are a little older, maybe we're talking about women from 45 to 55+, is that what you mean, Angelique?

Angelique: Yes, because it's going to be harder if you're still having cycles. Yes, perimenopause and postmenopausal women.

Sara: In those women, what I like to do, I always like to start with the root cause.

What's the root cause of your estrogen dominance?

Is it that you're eating too much gluten?

Are you addicted to coffee and you're not using it medicinally?

Maybe you're low in energy and you wake up in the morning and coffee is the first thing you can think of.

Maybe you think that soy milk is a health food and you're having too much of it.

These are some of the common reasons why I see people have estrogen dominance. We have 700 known xenoestrogens, chemicals in the environment that bind to our estrogen receptor. I think of the estrogen receptor as being promiscuous. It binds to so many things. What I like to do when I see this, I suggest a couple of things. It kind of depends on what symptoms are driving it.

When I see this estrogen dominance in women 45 to 55+, I often will start off by filling in those nutritional gaps. I find that often these women are low in vitamin C, and vitamin C helps to raise your progesterone level naturally. I also see that they're often low in magnesium. They're not methylating enough. I don't know if we've talked about methylation before in this show.

Kevin: Big topic.

Sara: Methylations a good thing, right? I'm a big fan of methylation. Most of us don't methylate enough. It's a way of using up your estrogens and then getting rid of them. You don't want to hang on to your estrogens and let them have a back flip and turn into a bad estrogen that could increase your risk of breast cancer.

So, I use a lot of these methylators. I'm just giving you some broad sweeps here, but I think it's really important. You start with the Gottfried Protocol's step one. Clean up the diet. Clean up the things that are potentially causing estrogen dominance. In situations like that, I'll often get people off of caffeine and gluten. I will see how they are with oxytocin.

I think we've also got an epidemic of oxytocin deficiency among both men and women. Sometimes, women need to orgasm more or hug more as a way of helping to manage some of these hormones. We know it raises your estradiol, for instance, when you have an orgasm.

I have a few other strategies. I'm happy to keep going. You mentioned, Robyn, Calcium D-Glucarate and I'm a big fan of that. I also like to look at the amount of fiber that people are getting. I feel like fiber is the unsung hero of estrogen dominance. The average amount of fiber that most of us are getting is about 14 grams a day and we need to be in the range of about 45 grams a day to really be managing estrogen properly.

I think probiotics are very helpful. We've got to limit the amount of alcohol that we have, more than three to six servings a week can increase estrogen dominance and points to an increased risk of breast cancer.

Angelique: It makes the liver sluggish and that's what you need to safely get rid of a lot of bad guys, so to speak.

Sara: That's right. So fiber, love up your liver. I'm happy to keep going. I use diindolylmethane as well. Is that something that you folks use?

Angelique: Yes, very popular.

Sara: There was just a really interesting randomized trial, which is my favorite type of evidence. I really think, especially in gynecology, we have a shameful past when it comes to women and prescribing synthetic hormones without the randomized trials to support them. We did that for about 57 years.

What we know with diindolylmethane or DIM is that there is just a randomized trial showing that it helps women who have abnormal pap smears, which is one of the problems that we sometimes see among women of estrogen dominance. I thought I would just mention that study as well.

Robyn: I have a question. I know we can go on with that for a long time. About the younger girls in the world, I have an 11-year old daughter and Angelique, you daughters are?

Angelique: Mine are 17 and 18.

Robyn: You have two daughters, I read, how old are your daughters?

Sara: My daughters are 13 and 8. So, we've got the whole age range here.

Robyn: We do. That's a big part of my mission too, with my patients that have younger daughters, and how I'm raising both my kids, I have a 13-year old boy as well.

I'm really concerned about these young girls and boys growing up in this world, with the food that they're exposed to and the electromagnetic pollution. I'm just curious... we need to get the Gottfried Protocol going...

Angelique: Early on.

Robyn: Yes, premenopausal. Getting this out to the younger moms to not only practice it themselves, but to think about this for their daughters and sons, of course. It's a different world we're living in now. This is a big part of the Self-Care Revolution™, too is getting people to realize these steps are so critical to take, starting now. We can't wait to get a diagnosis to wake up.

Sara: You're right on, Robyn. I'm so glad you raised this. When I was younger, if I think back to when I was in my 20's, I'm 46 years young now. When I was in my 20's, I really saw menopause as being this cliff I was going to fall off of sometime like 50+. Turns out that your hormones change so much earlier than that. This is one of those places where I really love Chinese medicine, because my understanding of Chinese medicine is that there's this idea about the hormonal meridians and how they start to shift around 28.

That really tracks with what we see with the physiology, that for women in their 20's, your testosterone, your DHEA levels, your estrogen and progesterone start to change in your 20's. We can even identify this, if you use really sensitive methods, you can identify this in utero. You can start to see hormone imbalances. You can see how girl fetuses can start to develop some of the signs of polycystic ovarian syndrome, for instance.

You can see some of the signs of trauma among young girls and even babies, in terms of their exposure to cortisol and what's happening to their telomeres, for instance, which is an important indicator of trauma. I'm really glad that you're calling out all different age ranges here, because you're right on. It's not that hormone issues are something you want to pay attention to when you're 35 to 50 or after menopause.

I want all women to hear that you can start these things. You can change the way you eat, move, think, and supplement and you can change your course hormonally at the youngest ages. It's also never too late. So, I think that's a really important point.

Angelique: I have a real issue with this estrogen dominance early on. The rise of breast cancer in women and the appearance of breast cancer in much younger women than it used to be 10 years ago, it's very scary.

Robyn: Same with thyroid.

Angelique: Yes. It's so important to start early on and be very wise in what you're eating. You mentioned soy as an issue are there any other things, such as maybe cosmetics, do you have any wise words for us on what to do and how to prevent?

Sara: Definitely. I would say for younger women, if we stay with younger women for a while. It's interesting I just was watching the daughter of one of my patients. I'll just share this story briefly.

Brené Brown talks about how stories are data with soul and I really love that idea. I have a patient that I saw yesterday and she has a 14-year old daughter, who I saw about a year ago because she had some symptoms of polycystic ovarian syndrome.

Polycystic ovarian syndrome is, I don't actually like the name of this, but it's a condition that women have where they tend to be high in androgens. They tend to be high in testosterone. They tend to have symptoms that go along with that, like they could have hairs on their chin. They could have acne. They typically don't have a period every single month, although that's not necessarily true for all people with polycystic ovarian syndrome. They tend to have insulin resistance and some women are more overweight when they have polycystic ovarian syndrome.

Anyway, this patient's daughter had polycystic ovarian syndrome and her pediatrician wanted to start her on the birth control pill. I wasn't a big fan of that. This was a young girl who was nowhere near being sexually active and I'm not a fan of using birth control pills in that situation or honestly in any situation. For this girl, what I really thought would be helpful would be to change what she was eating and to find a way to get a form of movement that she liked.

So, we did was we had her start a food plan that was low in glycemic index. We know that when you do that, it reduces acne. It reduces testosterone levels by up to 20%. She did that together with trying out for a volleyball team. She made this team and started to exercise more than she ever had before. She started doing the volleyball drills and had practices four days a week.

I got to see this young woman yesterday. She had dropped about 20 pounds and had completely reversed all of her hormonal imbalances. Her polycystic ovarian syndrome went away, just with that Gottfried step one of, how you eat, move, think, and supplement. It was such a pleasure to see someone who graduated from my practice. She didn't need me anymore because she was able to completely reverse her

polycystic ovarian syndrome.

I think that's a really good example of how you can change your hormonal situation. We know that polycystic ovarian syndrome is the most common endocrine abnormality of women in the U.S. But you asked about other things, what about these other endocrine disruptors, cosmetics, your mattress is full of flame-retardants unless it's organic and that disrupts the thyroid at about 12 different places.

I think it's incredibly important that we raise awareness about this toxic soup that we live in and to protect our young girls. I see my 13-year old daughter. Every chance she gets, she starts piling on makeup because she's just curious. She's at that point where she's making more estrogen. Every time she's with her girlfriends, she's got the oxytocin going and you can just see it happening. I want her to be really careful. I don't want her to use cosmetics that are going to disrupt the natural, innate intelligence of her body and her normal, natural hormone balance.

Kevin: This might be a good time to introduce the question of stress and how stress affects what we're talking about here today.

Sara: Yes, stress. Stress is such a big part of this equation. I really love talking about stress, because I think that up until now, what most people have figured out about stress is not very helpful. When I was a total stress-case and I went and saw my doctor, he did not have helpful things to tell me about how to manage the stress that I had.

I really believe that it's worthwhile to develop your top five strategies for how to hit the pause button, how to dance with stress differently. It's really important it's not just some vague idea that stress is bad and you should reduce it. It's actually been proven that it shortens your telomeres. This is significant.

Telomeres are these cute little caps on chromosomes that I'm sure many of you have heard of before. We gave the Nobel Prize in 2009 to Elizabeth Blackburn at UCSF for her work on telomeres. They're one of the best markers of biological as opposed to chronological aging. What Elizabeth Blackburn found is that for premenopausal women, when you have high-perceived stress, in this situation, she looked at women who had a child who was in the Intensive Care Unit at UCSF and compared those women to a control set of women who had a healthy child. She found that the women with the highest perceived stress have the shortest telomeres. That's not good. On average, they were losing about 10 years of their life because of their perceived stress.

The cool part about stress is that you can train to become more resilient and I really encourage people to do that. When you're stressed out like I was in my 30's, you raise your cortisol level and that causes all kinds of problems in the body. It makes you have more belly fat. It gives you a muffin top. It also makes you deplete your happy brain chemicals like serotonin, that lovely neurotransmitter of mood, sleep, and appetite.

I think it's important to really understand that you can manage stress. You can manage cortisol like you manage your retirement account. You can manage it like you manage your day. It's very tangible and totally amenable to your management.

Robyn: This is a question we've asked every single speaker, which has to do with self-care. I'm wondering, with your very busy life plus the big launch that you're in right now. How are you practicing? I know where you were in your 30's. But here you are 46 and you have your yoga practice. I'm just curious, your self-care story day-to-day, especially with lots of big events going on right now.

Sara: My self-care story. Thank you for asking that. I think it's really important that people are able to walk their talk, right? Let me share where I am with that. I'm definitely at a time right now where, as my massage therapist says, I have a very agro lifestyle. Meaning, I have a lot that I want to share with the world and it's a very extroverted time in my life.

During those times, it's even more important, I would say, to have your self-care in place. My self-care looks a little different than it did five or ten years ago. I fit exercise in with socializing. I'll go on an afternoon walk with my husband today, for instance, and we'll be talking business about half that time. I will do a wall-sit while I brush my teeth in the morning. Many of you know what a wall-sit is. I'm a big fan of getting some burst training in any chance you can get it.

Before I got on the phone with you today, I did 25 push-ups. It just helps me get into a focused state of mind and to have the right balance between my sympathetic nervous system and my parasympathetic nervous system. I spend a lot of time with girlfriends. I really believe this whole idea about oxytocin and how we're oxytocin deficient. I do something called tiara time. Shall I share what that is?

Angelique: Absolutely.

Robyn: Yes what is it?

Sara: I'm a big fan of this. What I do with my family, because I've got two daughters and they're very girly girls and then I've got my husband who grew up with three brothers and he doesn't really understand the full estrogen-fest thing.

So, what I do is I put a tiara on my head for 15 minutes. I do it every day. I warn my family before I do it. I put this on my head because it's a physical boundary. I say to my kids and my husband, okay, I'm taking my tiara time. I'm going to go take a hot bath. I'm going to go call a girlfriend. I'm going to go rock three yoga poses. I'm not available for the next 15 minutes.

I'm going to get the right dose of me-time or self-care time so that I'm able to parent you more effectively, to be a more effective wife, to communicate more clearly and directly and feel more love for you, be more of service by taking care of myself first.

It's like the whole oxygen mask idea. I know this is a big part of the Self-Care Revolution™ that you are not giving from a depleted state. Women are really wired to do that, especially. But we're able to fill our own tank up and then give from our overflow. I think that's very important when it comes to self-care.

Kevin: Definitely. I know that in the bio, I heard that you have an enormously successful virtual practice. I wonder if you could share about what a virtual practice is.

Sara: Sure. I've been taking care of patients for about 20 years. I really love doing that. I really love the one-on-one. But I can also tell you, from doing it for 20 years, that probably because of my wiring and how many women over provide, over care and over deliver, there's a way that I can get more depleted from one-on-one than from some of these other ways that I work in the world.

Like, with writing, launching a book or teaching a program online. So what I did starting about three years ago was to shift from the one-to-one conversations to the one-to-many conversation. I found that I love both worlds, but my adrenal glands seem to love the one-to-many conversation a little more.

I can have a better repair conversation at night when I sleep than when I'm in that one-to-one practice all day long. So yes, I have a virtual practice online. It's what I call 'concierge coaching'. I do health coaching. I don't deliver medical advice because you can't do that over the Internet. You have to have a complete history and physical to be able to give medical advice. I can share a lot of education and information. That's what I've done with my book and that's what I've done with some of my programs, such as my 'Fast Track Your Hormone Cure' program.

Kevin: Great.

Robyn: I'm just sitting here curious about here you are a Harvard doctor. I'm curious about your colleagues. Obviously, we live this message too. How are they influenced by your book and what you're sharing in the world right now, are they listening or are they still into their prescriptions?

Sara: I think there are all different types of people and attitudes and openness, same thing among my colleagues. The community that I've developed professionally is a lot of people like you, Angelique and Robyn. They are people who are more open-minded and curious. They have a growth mindset, so they're very excited about my book.

But I don't want to say that it hasn't ruffled any feathers because I'm calling out the fact that I think the medical system is broken. This reliance that we have on disease-based healthcare and the amount of money we're spending on keeping people alive when they're not able to do the things that really change their health dramatically. By that I mean we know that 70% of healthcare dollars in the U.S. are spent on problems of lifestyle.

My colleagues are a bit mixed, I would say. The more traditional colleagues probably roll their eyes a bit when they see some of the ways that I think about the female body and the ways that I am saying, okay, it's enough. We're not going to dismiss women anymore. We're not going to tell them that they're just getting older when they come in and complain of fatigue. We're going to test their thyroid and cortisol level. Not everyone is going to take that in an open, loving way and I respect that.

What's important to me is that my book's *The Hormone Cure* and my online programs are based on the best evidence, on using randomized trials. So, for the people who disagree with me or think that they should just keep ignoring cortisol as a problem when it comes to hormone imbalance, I would say, look at the citations in my book.

I reviewed about 2,000 studies, synthesized them and put them together in a way that really presents a compelling argument. When you have hard data, it's hard to argue with it. I feel like I've got that on my side, but I still have just the basic human tendencies that we have, maybe to get somewhat defensive or to want to defend the old paradigm, the old school way of delivering medicine. Does that answer your question?

Robyn: Yes. I know you speak about how to become a first, because we're talking a lot about cortisol. How do you become a first-class cortisol manager to stop drowning in overwhelm?

Sara: There are many ways to do this and I gave you a couple of examples of ways that I do it. I focus on how I eat, move, think, and supplement. To become a first-class cortisol manager, I would say let's start first with your food. What are you doing with your fork? We know for instance that dark chocolate lowers cortisol. I think that's super cool. It helps to balance your cortisol. We're not talking about an entire chocolate bar. We're talking about one or two squares of very dark chocolate.

Robyn: Kevin and I had that before our talk with you today.

Sara: Excellent.

Kevin: I actually say Santa Fe Soul runs on dark chocolate.

Robyn: Yes, Santa Fe Soul does run on dark chocolate. One of our wonderful people here, he makes us home-made truffles out of maca and cacao.

Kevin: Good stuff.

Robyn: Yes. You hit a high note, there.

Sara: I love that. I would say if I could do my push-ups and have some dark chocolate, which would just be a perfect day for me.

I mentioned that more than three to six servings per week of alcohol can raise your levels of bad estrogens and increase your risk of breast cancer. This is the first time we've seen such a modest level of alcohol do this. We also know that alcohol raises your cortisol level. It slows down your metabolism. So, you definitely want to limit the alcohol. I think that's a really important part of being a first-class cortisol manager.

One of the things I got told when I was in my 30's and I went and saw my doctor and told him how I was a pre-menstrual stress-case and he offered me Prozac™. He also said, "You know, this is just a matter of simple math. You feel like you're overweight. You need to exercise more and eat less." That left me feeling so bad because it made me feel like I just needed more willpower or that there was something wrong with me that I couldn't do the simple math even though I was a doctor and I should know such things.

But it turns out there are certain forms of movement that can disrupt your hormone balance even more. At that time when I had so much cortisol flying through my veins. I had about three times the normal amount first thing in the morning. If I started exercising more, my exercise of choice at that time was running. If I was running more, it would just compound the problem. It would raise my cortisol further. That was not the solution. I needed to find more adaptive forms of exercise.

The third part of this, becoming a first-class cortisol manager, is really finding the forms of movement that serve you best. For some people, that might be taking a dance class. For other people, it might be running because maybe they're a little low in cortisol. For me, adaptive exercise, like Yoga and Pilates was really effective.

Hitting the pause button, I mentioned tiara time. Another favorite is the techniques of HeartMath. I'm a big fan of HeartMath and amplifying the positive, especially love and gratitude and some of those heart-based emotions. They have an app that I really love called 'Inner Balance'. I think that's a very effective way to manage your cortisol. That's a free app for the iPhone that you can download and then it comes with a sensor that clips on your ear and it can help you develop more stress resilience and develop more adaptiveness, adaptive suppleness.

Then finally with supplements, we could probably talk about supplements all day. But some of the supplements that I most love include:

- Phosphatidylserine (PS),
- Omega-3's,
- B vitamins

Those are the ones that I think are most important when you're trying to manage cortisol and get it into that goldilocks position of not too high, not too low.

Robyn: We just finished our month two, it's all about Heart and Breath Matters. We had a couple of wonderful speakers with HeartMath. It was just great, leading us into trauma month, which is what we're in. It's so great because I think for all of our listeners and people who have been with us since day one of the Self-Care Revolution

Just to see this piece that when we're living with chronic stress, that accumulates and then we've got trauma and then that leads to all kinds of health issues. But just to realize these simple basic steps that you talked about can reverse a lot of that, rather than waiting 10 years and then you develop some dis-ease. This has been such a great discussion.

Sara: I want to say one thing, just to link this a little more clearly for people, between trauma and cortisol, because I think cortisol really plays such a big role in trauma. When we look at grief versus the more complicated grief where people are struggling and having trouble moving through their grief experience or through a traumatic experience, I often think of cortisol as being high, especially in the early phases.

You can have high cortisol. But then, when you're under trauma and you're dealing with the fallout from trauma over time, it can deplete you of cortisol. I think it's important just to mention that, that cortisol, you want balanced. You want it so that it's in that goldilocks position, not too high, not too low.

We know, for instance, that 45% of Caucasians have something called the 'short serotonin transporter gene' where they really have trouble when they come up against trauma. They're much more likely to have cortisol resistance. They're much more likely to have conditions like fibromyalgia and issues with mood, depression, trouble with moving serotonin around in their brains. I just wanted to make a more firm connection to trauma. I hope that was okay. I thought I'd jump in while you're trying to get the questions in.

Robyn: Thank you. We do have someone on the line, which has a hand up.

Caller: Hello?

Kevin: Hi.

Caller: It's actually not Barry, but it's from our house. I'm very curious about the testosterone with an imbalanced estrogen. What it is; is adrenal collapse. I had a complete adrenal collapse three years ago and I've been struggling with getting the proper care to balance the estrogen, progesterone, and testosterone. I don't want to take synthetic. So right now, I'm on 100 micrograms of estradiol and that's it. Plus other supplements like the magnesium and ashwagandha. Could you just give me some direction on that?

Sara: Have you had a hysterectomy?

Caller: I have, yes. One ovary left.

Sara: Okay. How young are you?

Caller: I'm 53 young.

Sara: All right. Fantastic. How long ago was your hysterectomy?

Caller: It was 13 years ago.

Sara: A couple of things about this. Of course, I can't give you medical advice, but I can generalize this and tell you what I would say to someone who's in my medical practice who's got a condition like this.

You have one ovary and for someone who's gone through a hysterectomy, and I imagine we've got some listeners today who can relate to this, even if you have both ovaries, when you go through a hysterectomy, it changes the blood flow to your ovaries so that you don't have the full panel of hormones that you had before a hysterectomy.

When you take out one ovary and you take out the uterus, which even compounds it further so that you have less of the full supply of hormones. In someone who's had a hysterectomy and has had one or both ovaries removed, I really look at the hormones a little bit differently because it tends to be that you're lower in testosterone. The other question I would wonder about, even for someone who's had their uterus removed, I'd wonder about the balance between the estrogen and the progesterone.

This woman mentioned that she had adrenal collapse and I'd want to know a little bit more about that. Like what precipitated that? What did it look like? What are you doing as part of the healing response? We just heard from Robyn that last month they focused on some of these techniques that I've been talking about, like with HeartMath and some of the positive emotions.

How even something as simple as breathing in and out through your heart, like imagining breathing in and out through your heart and imagining someone you love, that has been shown to help the adrenals even more than any supplement that I could suggest to you.

I'm a big fan of making sure that you've got a practice that really helps you with amplifying the positives. I mentioned Inner Balance. There are lots of others that HeartMath has. One of the points there that I think is really important is that I used to think, I learned this in medical school, and the brain was in charge. I used to think that the adrenal glands kind of listen to the brain.

But now, based on the data that I've seen, I really believe that the heart teaches the brain what to tell the adrenals. If you can take that in, work with your perceived

stress and what sort of emotions you're amplifying with your heart in a very intentional way, I think that's a powerful way to repair your adrenal glands.

Another bit of technology that I think is helpful in this situation, because it sounds like you're taking some supplements and getting some estrogen support that you need; I just want to bring up grounding. Maybe some of our other speakers too can chime in about this. I really think there's some interesting data coming out about the benefit of our environment.

You heard me talk about endocrine disruptors and how toxic our conventional mattresses are and even your living room couch is toxic. But it turns out that walking in your garden or walking on your beach is a powerful way to heal your adrenals, to reset the balance when it comes to cortisol and some of these other hormones that your adrenals make.

Robyn, Angelique, do you have anything you want to add here about some strategies for this lovely 53 years young woman?

Angelique: Going on with the grounding, I ask the patients that if it's not too cold, take your shoes off. Go stand in the garden bare feet and breathe. Breathe in and out and let the earth replenish them. It's so important. It does so much good for them.

Robyn: Yes. I just want to add to that. Our whole month five of the Self-Care Revolution's all about earthing, electro-sanitizing your life and growing your own garden, so we have some amazing expert speakers that are joining us, including Magda Havas and Erica Elliott, to name a few. It's going to be a hot month so we're very excited about that.

Sara: I love that. I want to emphasize the bare feet. This is not some woo-woo idea. There's actually really hard science behind this that it seems to create an adrenal rhythm, a circadian rhythm that supports you. Because it sounds like for our woman who asked this question that she got to a place where she was not in a good circadian rhythm and that's a really important part of the adrenal repair process.

Robyn: It naturally creates that coherence that we're talking about, too, right?

Sara: That's right.

Caller: That is so helpful. Thank you. HeartMath, could you just explain a little about that, Dr. Gottfried?

Sara: Sure. It's funny; about three weeks ago I went to the HeartMath Institute so it's hard for me to shut up about it, honestly. The HeartMath people have been around for a very long time. They started the institute a few decades ago. They're based in the Santa Cruz Mountains. They're a non-profit and they have been developing these strategies for stressed out people to live a better life, to be able to step into what they would call higher consciousness and heart coherence.

So, they've developed these strategies that are very effective. There are things like the Inner Ease technique. There are things that they've been teaching for a very long time. What I love is that now, they've moved into some of these iPhone apps. There are two that they have now. They have a really basic one called GPS for the Soul and then they have this more elaborate one called Inner Balance.

What they do is they work on your heart rate variability. For some people, when you say heart rate variability, their eyes start to glaze over. What I'm talking about here is simply the amount of time from one heartbeat to the next. You want to have a normal amount of variability, almost like a beautiful coherent wave, when it comes to your heart rate variability. That is a measure of your stress response.

When you're coherent, when you're in a place where you're very adaptive towards stress, that's good. That's really good for your body. When you're stress-crazed, like I was in my 30's, your heart rate variability is jagged and hard to predict. It's not healthy. It's been linked to a higher risk of heart disease and higher cortisol levels, lower DHEA level, some of those androgens that we've been talking about.

So, when you train for heart coherence, when you slow down your breathing and you get more into your parasympathetic nervous system and you are able to create a balance between those two halves of your nervous system, between your sympathetic nervous system, the fight or flight part of your nervous system, and your parasympathetic, which is rest and digest. That's when you're able to amplify that really beautiful heart rate variability and heart coherence.

So that's the idea, you want to improve your heart rate variability by using these techniques. It can be as little as a couple of minutes a day.

Caller: That feels so peaceful.

Sara: Good, I'm glad. That was the intention. I'm glad it's landing that way with you.

Caller: What would be paraliminals, kind of holosync idea, would that help the mind

any? Because you just kind of said drop into your heart rather than the head. That's kind of what I took from it.

Sara: Yes. I'm actually a fan of holosync as well. You can tell that I am a balance your hormones by any means necessary. I'm a big fan of trying absolutely everything. I think holosync is a very effective way also. I think there's some power to the heart and to emotions that we're just beginning to understand.

In fact, I saw this new data three weeks ago at HeartMath Institute that I found extraordinary about the benefit of really connecting through your heart to other people. What that does to the world, what it does to your own body? I do think that that, especially if that's really landing with you, that to me sounds like an intuitive hit, that it's your next step.

Angelique: So important.

Kevin: Yes. I just want to mention to the caller that we do have an entire talk on HeartMath. I think that, as far as getting some information on that, will be great.

Robyn: We could share that call with you, for sure.

Kevin: Absolutely. We've got an email at info@jointheselfcarerevolution.com.

Robyn: We just want to end by saying thank you so much for being so generous with your time. We've gone over your time limit here, but you are so gracious to stay on, and especially with our caller. Those were some great questions she had. So, thank you so much. We really appreciate you and all the great work you're doing in the world.

Sara: Thank you, my pleasure. I'm so happy to have joined you. Can I mention just the URL for my book?

Kevin: Absolutely.

Angelique: Absolutely.

Sara: Good. Okay, so if anyone wants to go check out my book, learn more, submit a receipt for buying the book, I've got amazing bonuses for you. You can go to TheHormoneCurebook.com.

Kevin: Excellent.

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Robyn: Great. We're still waiting for some information from your wonderful staff. We'll make sure that gets online too.

Kevin: We've got a few callers who are still raising their hands. What I'd like you to do is send us an email at the info@jointheselfcarerevolution.com and put your question in the email. We'll make sure we get back to you. We really appreciate you contributing to our talk today.

Robyn: Thank you so much. Take care.

Sara: Thanks everybody. Bye. Thank you.

[End of Interview]

MICHELLE MANNING-KOGLER

QuantumSoulClearing.com | Spiritual Soul healer, Medical Intuitive,
Spiritual Life Coach, Author

QUANTUM SOUL CLEARING: HEALING THE SCARS LIFE LEAVES ON THE SOUL

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Robyn: Hello, everyone, welcome to the Self-Care Revolution™. We are so excited to be with you all this evening with our special guest, Michelle Manning-Kogler. Boy, we have a treat for you. This has been quite a day for the Self-Care Revolution™ starting out with Michal Curry talking all about the importance of breath. She gave us lots of different methods of how we can transmute trauma and work with stress in a positive way. Then we just heard from Dr. Sara Gottfried who's coming out with a book called 'The Hormone Cure' and she was just full of information, just really getting back to self-care and its message in a big way. And now we get to end with you, Michelle. Thank you so much for being here.

Michelle: Thanks for having me, Robyn. I'm delighted to be here and part of your lineup.

Robyn: We are thrilled. My name is Robyn Benson; I'm a Doctor of Oriental Medicine for the past 21 years. I'm also the founder of Santa Fe Soul Health and Healing Center.

Kevin: And I'm Kevin Snow. I'm an Intuitive Counselor and a Self-Care Coach.

Robyn: Just for many of you that are just joining us for the first time, we are in our third month of the Self-Care Revolution™ where in addition to interviewing expert speakers who are sharing their self-care strategies with each of you, we also are combining that with 25 Self-Care Coaches at Santa Fe Soul. We are so excited about those of you that become members that are taking the deeper dive with the Self-Care Coaches at Santa Fe Soul, that you're writing in your journal and we're working with you. Typically, with some of your self-care challenges and helping you make even better choices. It's been a wonderful journey. This month has been a wow theme for many people. It's all about transmuting and transforming trauma. We're having a

big event on March 27th. Do you want to say a few words, Kevin?

Kevin: Absolutely. This is a very important event that we're having, this idea of releasing, transmuting, transforming, letting go of the trauma that is in our bodies; or, as Robyn likes to say, the issues in our tissues.

Robyn: Oh yeah, issues in our tissues.

Kevin: And they really are holding us back. So, I think that it's really critical that we let go. We're having this live event. You're all welcome to join us on livestream. We'll be sending that link out soon. We have several amazing speakers that are coming in via the Internet and live people here. It's actually an event you could come and join us in Santa Fe if you can.

Robyn: Right. Really, Michelle, it's great to have you here tonight. I just want to let our listeners know that I met Michelle gosh, really just last year, but more formally, a month ago. When she spoke on stage, I just thought, "Wow. We need to have her as a bonus speaker for this month." We kind of pulled this together in a short period of time but we're just so grateful for your presence here. Thank you again, Michelle.

Michelle: Thank you.

Robyn: Just to let you all know about Michelle's background, she is a spiritual soul healer, medical intuitive, spiritual life coach and bioenergetic practitioner. She's a best-selling author of 'Quantum Soul Clearing - Healing the Scars Life Leaves on the Soul' and founder of the Quantum Soul Clearing Process. She's a contributing author in two other books, 'Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now' with Jack Canfield, Marci Shimoff, Chris and Janet Atwood, and company. Michelle's also the force behind the Universal Explosion of Joy and Transformation Movement. Her audacious vision is to positively impact and change the lives of a billion people.

Unwilling to succumb to the devastating diagnosis of rheumatoid arthritis, she began her search for a cure, and to heal her body, mind, and soul. Her research and adventures into healing ultimately led to the creation of the Quantum Soul Clearing Process. This cutting edge Spiritual Technology has helped people throughout the world transform and transcend the limiting conscious and subconscious beliefs that are at the root of emotional pain and suffering, and often at the basis of many chronic ailments.

Michelle has been in the energy medicine and alternative healing field for over 25 years. Her approach to healing is multi-faceted and holistic, integrating mind, body and spirit for optimal wellness.

Yay! My goodness, this is quite a story you have to share with us tonight. Not only your Quantum Soul Clearing journey, which by the way, did we mention that she's going to be part of our March 27th event?

Michelle: Oh, yes.

Kevin: Excellent.

Robyn: Yes. We marked Michelle as one of our practitioners who's going to be doing distance healing. She's going to be doing a soul clearing while we're all gathered together live at Santa Fe Soul. So thanks for saying yes to that wonderful invitation to be part of this, our first global event. So, why don't we start out, especially with reading your bio, talk a little bit about your journey into this whole work that you're doing, this whole body of work that you've actually created and you've written about extensively?

Michelle: I was born with multiple intuitive gifts. I grew up in Utah, and I'm going to date myself here, in the 60's and 70's. Those gifts really weren't appreciated, they weren't understood. I got the messages, sometimes verbally, sometimes not so verbally, but with actions and whatever, that what I was doing and who I was, was wrong. So I began shutting those gifts off as survival, I didn't know what else to do with them. In shutting off those gifts, I actually started shutting down my life force. By the time I was in my mid-20's with two small children, I had developed this autoimmune disease.

From an energetic standpoint, autoimmune diseases are literally your body fighting itself and shutting itself off. It's an act of self-negation. So basically, I took over where others had left off because it was a matter of just keeping me quiet and keeping me shut down. In order to actually heal my body and to bring myself back online, I had to reconnect with all of my gifts. That took a lot of courage because from a very small age, I had just been told I was wrong, my gifts were wrong. I've even heard the messages from my church that I was evil, that those gifts were of Satan. So, I was like, "Okay, well, that's a problem." Nobody wants to be Satan.

So there was a lot of reclamation of myself having to reclaim my power, having to reclaim my goodness and really get right with myself. That has ultimately been the

process in that self-discovery and in my exploration of alternative healing modalities, alternative medicine, nutrition, homeopathy, all of those things coming together. That's actually been my journey. I remember actually hearing the voice that occasionally speaks to me, this huge loud booming voice, just not long into my diagnosis, I heard it say, "You will find a cure for this." And I thought, "Well, okay. That's kind of presumptuous." I'm not a researcher, who am I to do this? But it was really in the rediscovery of me that led to my being able to heal my body and my mind and ultimately, the wounds of the soul of being told I was awful and bad and wrong.

Kevin: Right.

Robyn: When you say wounds of the soul, what does that mean exactly?

Michelle: You know there are a lot of people that say the soul can't be wounded. But what I see when I look at the soul, it's like this, how do I explain this? There are like little notches that get put into it by deep wounds that happen in a lifetime, and each lifetime that the soul reincarnates in order to heal those wounds. We bring to our consciousness and into the lifetime those things that kind of need to be worked on, to round out and to create a greater wholeness of this multidimensional God being that resides in each one of us. It's reconnecting with that divine core center, that divine being that really is God Source within each one of us. But that soul takes on some of the wounds of the personality. It brings into the lifetime certain challenges and opportunities to really get, to really heal from what's been experienced before.

Often, it's like, "Why is this happening over and over and over again?" Sometimes, it's an imprint of this lifetime; sometimes it comes from a generational imprint that's been passed down in the DNA. And sometimes, it's just a bleed-over from another lifetime or existence where we haven't found wholeness. The soul just says, "You know, I want to get this done. I just want to get this released. Let's take a look at this and let's identify the feelings and the energies so that we can be done with that once and for all and move into greater mastery of who we really are."

Kevin: Wow! A lot of this sounds familiar to me as an Intuitive Counselor myself.

Michelle: I'll bet it does.

Kevin: Absolutely, the wounding that happens. Again, I did the same thing where I shut these gifts off as well. I'm on the mend from doing exactly that, so I appreciate hearing that. I think there are many people that are listening today that resonate

exactly with that. They may or may not know that they have healing gifts.

Michelle: I agree. We shut them off in order to survive and it becomes an old pattern that really no longer serves us. My belief is that as we move into this new paradigm more fully and more wholly, we're being called to a greater degree of awareness and consciousness and mastery of who we really are. A lot of people have a lot of gifts that are coming online. They're not sure what to do with them. Like, "Umm, okay, I'm suddenly very intuitive and that's a little scary. What do I do with this? I don't fit in the corporate world. Now, what do I do?" So my job is to help people find that centered space to help them really connect with who they are so that they can take these gifts and utilize them and create this extraordinary life for themselves, reconnect with their joy and their passion. That's really what we're all here for, I think.

Robyn: Yeah, and what we suppress, too, it does always come back, especially when you're fighting your true North, what is natural to you. I think it always will come back; it will always affect us in some ways, even when that course isn't the easy yellow brick road, so to speak. Can you go into a little bit of detail about what soul clearing, what your methodology is that's really become your work?

Michelle: Yes, absolutely, I'd love to do that. The Quantum Soul Clearing Process is something that blended and merged itself together. It's really an accumulation of every healing modality that I've ever learned, and there were many of them. It is a fusion of spirit, of science, of medicine, of quantum mechanics and quantum physics, and it's just kind of blended itself together. It's like a computer program that goes in and erases the negative programming that we've picked up, whether it's this lifetime or another lifetime, this work is multidimensional. It spans all lifetimes and existences where we have resided, where we have ever been and where we ever will be.

Anywhere there's an open energy; this computer program uses the power of our highest self. It uses the power of our connection with source to go in, identify where that programming is open and running amok. Then with the Quantum Soul Clearing Process, with the clearing statement specifically, it helps take the energy of the feeling, of the belief, of the programming, it erases the programming. Then with the download, with the third step of the Quantum Soul Clearing Process, we actually reboot. We download the programming that we do want to experience.

It's connecting in, it's a three-step process, of connecting into what I call divine core center and that's in the solar plexus area. It's connecting with that power of the soul,

the power of the universe. It's hooking up to the feelings that we feel within that solar plexus because that's usually where we feel that anxiety or the fear or the grief, it's all within that belly area. Then with the power of the universe behind us, we erase, with the Quantum Soul Clearing Process itself, the old programming. And with the download process, we reboot and reconnect so that we're vibrating at a much higher rate. We're connected in with exactly what it is that we want to create and we can move forward in a much more clear, clean, whole and holistic way, to use the Law of Attraction in a very positive, very affirmative way.

Robyn: How long is a session with you, typically? Or how long does this process take?

Michelle: The process itself is very quick. We'll do a process here today.

Robyn: Okay.

Michelle: I would love to do a process here today with everybody. It takes about 15 minutes. We'll do kind of a shortened version here. There's the book, my book talks about the whole long version that you can use yourself. Of course, we've got some special things at the end that we'll talk about, where people can come and play with me. So we'll talk about that in just a minute.

Kevin: Great. It might be a good time to share with the listeners how to get a hold of you. A website? Information?

Michelle: Sure. My website is QuantumSoulClearing.com. Just simple and easy.

Kevin: Excellent.

Michelle: Thank you.

Kevin: You mentioned a little about self-sabotage, which I think all of our listeners can relate to and you shared a little about how that manifests, if you could share some more.

Michelle: Self-sabotage is really tricky. Most of us are really, really good at it. It really is where our blind spots are. Self-sabotage shows up in small and large ways. Sometimes, it's the small ways that are the most impactful. So for example, many of us don't recognize that we have an addiction to chaos, for example. And that chaos, when we get into conflict, we'll be going along and everything seems to be going just fine and then suddenly, there's a conflict with somebody. We lose a job, we lose a

spouse, we lose a boyfriend or a girlfriend or a best friend. It's this sabotage that says, "You're not worth having whatever that is. Life is getting too good." This is a way to limit yourself.

Self-sabotage is just literally a way to limit who we are and our experiences. Those self-sabotages are born out of old wounds. They're born out of these soul wounds. Often, it's based on messages that we've received throughout childhood, whether it's from family or schools, church, society, government, whatever that is. It impacts us really profoundly.

Kevin: Absolutely, I've certainly seen it in my own practice. One of the reasons we're doing this day, this release of trauma day, a global release of trauma day, because we really came to that conclusion, that these are the things that are holding us back.

Robyn: That's right. We don't get to that original trauma, pain, pattern and then just setup with everything else is just the symptoms of this, I call it the big bomb. Treating patients for 21 years myself is like, "Wow!" I just see people you work with, they're people that are doing all the right things or eating the right diet, they're exercising; they're doing yoga and meditating. But there's still something that they're not functioning properly because of this thing, this question mark.

Michelle: You know Gay Hendricks in his book really talks about these upper limits. Life is going along really well and then we'll do something to sabotage that, whether it's picking a fight, whether it's eating something we shouldn't, going off our exercise routine, that we hit these upper limits. We hit these places where we have old programming, and that's where the Quantum Soul Clearing Process is so powerful. It allows us to connect with our feelings without judging them and just say, "Oh, gosh. I'm really angry." What's underneath that anger? "Oh, that feels like betrayal," or, "That feels like rejection," or, "That feels like judgment." "Oh, well I can clear that."

So, it's a tool that we can use to empower ourselves to get through the self-sabotage; and it allows us to have a deeper awareness and a deeper consciousness of who we are, what we're experiencing and what we ultimately want to create.

So if we can connect in with our feelings without judgment, there's the key, because our feelings are the language that spirit uses to communicate with us. We've been so conditioned to believe that our feelings need to be judged. "Oh, those are bad. Those are really uncomfortable. I don't like those. I don't want to feel hatred towards somebody. I don't want to feel judged." Those are things to be eradicated. But if we could look at those feelings of betrayal and say, "Wow! That's a feeling of betrayal."

Hmm, that really doesn't feel like I want it to feel." So, if we can just clear the energy of that, "I can get through forgiveness and allow myself to release that energy and I can begin to create feeling supported and loved. I can begin to create because I am the creator of my experience. I can begin to create feeling love and joy and empoweredness."

Kevin: I appreciate, and you said this earlier in the introduction, that telling people that we are more than just our physical bodies. It still seems like that is information that isn't widely available to the general public.

Robyn: That we're not our feelings, or our thoughts, or our traumas.

Kevin: Absolutely. We have these, like you had shared, these mental, emotional, physical, and spiritual aspects of ourselves. And that being able to get to a place that has never been hurt by these traumas, which it sounds like this divine core is a place that has not been betrayed or traumatized in the way that the physical body feels it. This idea that the soul has these signatures or wounds, right?

Michelle: Yes, absolutely. That's where we come into alignment and into pure empowerment with ourselves. That's where the magic really happens is when we feel like we have permission to simply be, without the judgment, without the condemnation. To simply feel and then express who we are. As we get past these traumas and these wounds, they can be big or small, as we get past them, we've come into full alignment with that empowered divine, exciting, juicy, loving, joyous human being that we really are designed to be. Life doesn't have to be the painful struggle that we've all bought into, it really doesn't. And so..... I'm sorry, go ahead?

Kevin: That's good to hear.

Michelle: Yes.

Robyn: Off the hook.

Michelle: Well I think that unfortunately, we've just taken for granted that it's the way it is, and I know that I did myself. It's just like, "Okay. Well, this is my condition and there's nothing I can do about it. I might as well give in gracefully." Everything within me was going, "No! There's no giving in gracefully!" This is not the way that it's supposed to be. And yet, I was still in struggle about what that meant. I'm talking specifically about my diagnosis of rheumatoid arthritis. No, I'm not giving up. I'm not going to be crippled for the rest of my life; I'm not going to do it. My doctor kept

looking at me, “You just need to accept this.” No, I don’t, I’m not accepting disability, I’m just not going to do it. No.

Robyn: Can you tell us about your journey from the age you were and how you reversed this? And are you still dealing with any parts of this diagnosis, this rheumatoid arthritis?

Michelle: Yes, I would love to talk about this.

Robyn: Thank you.

Michelle: I was 26 years old. My daughters were four and seven when I was first diagnosed with this, and it literally hit me overnight. I went to bed and I woke up in the middle of the night to use the bathroom and I couldn’t walk. It felt like my feet had been completely shattered. I just started screaming because it hurt so bad. I thought, “What on earth has happened here?” It just kept getting worse and worse and worse and worse. So, I finally went in to the doctor and said, “There’s something terribly wrong here.” They did the test and it’s like well, “You have rheumatoid arthritis.” I just said, “What does that mean?” And they said, “It’s a debilitating autoimmune disease.” My first Rheumatologist said, “You’re 26 years old. You need to get your affairs in order because in six months you’re going to be in a wheelchair, and in a year you’ll be in a rest home.” And I thought, “No. That is the wrong answer for that.” I just looked at him and it was like, “This does not compute. I don’t believe this. There’s nothing true in that statement.”

Now I did spend, within a few short years, by 1991, I was bedridden for two years. My weight had gotten down, I’m 5’9” and my weight had gotten down to about 100 pounds. I really wasn’t sure I was going to make it. I’d had a shoulder that had frozen and I was silly enough not to try and move it through the pain, and basically, the whole disease process completely ate away the whole joint.

Within two years, I literally couldn’t move my right arm at all. I think one of the lowest points in my life was my youngest daughter would come in, she’d go, “Okay mom, we’re going to school.” And I’d say, “Oh, have a great day, I can’t wait to see you.” And she’d say, “Will you be here when I get back?” And she wasn’t asking if I would be home, she was asking if I’d be alive. I just, to this day, that just breaks my heart that she was never sure if I was still going to be here. I remember saying, “Well of course, I’ll be here. Don’t worry, sweetheart.” They’d go and I would lay there and I would just bawl.

It's like, "You know what, God? You have got to do something here; because I've done everything I know what to do. I've done everything that I can think of to do and still I'm nonfunctional. Either you need to figure this out or take me, because I can't do this." I just remember being, I was about 34 years old and I remember thinking, "You know, I haven't done what I've come here to do. I don't want to leave, but I can't deal with this pain." It was just that feeling of pure helplessness and hopelessness and not being able to see the future.

What was interesting was an event that happened that completely changed my life. My sister had a baby who was born with hypoplastic left heart syndrome. He was an amazing child. When my sister called the day after he was born and said, "This is what's going on," I just couldn't believe it. I said, "I'll be right there." She was in Las Vegas, so my Dad helped me get on a plane and we went down there, and I got on the phone and started trying to find some answers. By the time I'd gotten there, they'd found a doctor in Philadelphia that could do a life-saving operation for him. It had to be done within seven to ten days because there's an artery or a vein within the heart of newborns that begins to deteriorate once it's born. So, it's like the clock starts ticking, especially in hypoplastic left heart children, and you've got a window of seven to ten days before they're no longer able to live on their own. Their insurance would cover the procedure. It would cover everything, but it wouldn't cover an air ambulance from Las Vegas to Philadelphia. The air ambulance would not take off without \$16,000 in cash. I was like, "Let me just write you a check." I haven't worked in years because of this particular disability, and so it was just like, "Oh my, gosh. What am I going to do here?"

Ultimately, Social Security said that they would help. But they kept saying, "Come in and fill out the paperwork and in 30 to 45 days, we'll have an answer for you." I'm thinking, "We don't have 30 to 45 days, we've got just three or four." So, on a Friday in the middle of summer, my Dad and my sister, my sister just lost it. She just said, "I can't do this." And Dad said, "We can't do anything without the paperwork, and the social worker at the hospital said they would help us." As they're walking out the door, he turns around and he says, "If all else fails, call the Governor's office." And I went, "Yeah, we start at the top." Then my second thought was, "Who's the Governor of Nevada?" Then I thought it doesn't matter because they always answer the phone, governor so-and-so's office. And I will tell you, to this day, I do not know who the Governor of Nevada is or was.

But I do know that there was the Assistant Deputy Director who handled this call and the second, it was like time shifted. It was the most extraordinary experience of my life to that time. As I called his office and he called me back, time shifted. It's like it

stopped and there was this flow and this sense of buoyancy and support that happened. I knew that something extraordinary was happening. And that was at 10:00 in the morning when I made that phone call and by 3:00 in the afternoon, we had worked a miracle where state, local, and federal governmental offices had come together and worked together to get this child the help that he needed along with two hospitals and a private air ambulance. He was airlifted the next day from Las Vegas to Philadelphia and had his life-saving operation on Monday. I thought, "If I have the ability to impact and change the life of a child, I am not helpless, and I know that I can find the answers for myself."

So, I came home and started looking. I had a shoulder replacement, and I got counseling, and I really started my journey of self-introspection. That was when I completely aligned with who I am.

Robyn: So Michelle, at 26. I'm just trying to get the timeframe here. So 26, about what time was it when you had your shoulder replacement?

Michelle: I was 36. It was ten years later.

Robyn: Wow, 36-year-old, to have a shoulder replacement. That's how much this had eaten away at your bones.

Michelle: Well, yes, and shoulder replacement...

Robyn: And I assume you were on medication for that too?

Michelle: They didn't have any medications back then.

Robyn: You were so young. I can't believe that.

Michelle: I know. It's crazy, isn't it?

Robyn: I'm shocked.

Michelle: I know. It's crazy. Well, they didn't have any other biological medications.

Robyn: Like Methotrexate or some of the other ones that I know of.

Michelle: And they're just evil on your body, they're horrible. There were a lot of nasty side-effects. And you asked, do I still have issues and some of that is the damage that was done by those medications that I'm still healing from. But I can tell you that

every single day, my body gets better. There is something that shifts and I can feel health in a different way every single day as I uncover some of those imbedded programs that are still you know, tucked deep down inside of there in those tissues.

Robyn: Do you think they ever go away, that they'll ever go away completely? I know we're having our global, we call it release and transmute because we know it's part of you to some degree, but still the idea, like how people don't even realize that they have it, number one. That realize, who knows what can happen on that day? But can you talk about that a bit? It's obviously not stuck and sticky for a lifetime, you can be free.

Michelle: You can be free, I am free. I have, most days, almost every day is completely pain-free at this point. There have been days that there's something like, "Oh look, there's pain there." And that's the question I ask, "What's being held in that other shoulder? What's being held in that elbow? What's being held in that joint?" And usually, it's some form of anger.

Kevin: Okay.

Michelle: Or resentment, which is really interesting. It's like, "Okay. Well okay, let's look at that." So it's interesting how the mind, the personality stuffs energy into places until you can look at it. The body really provides a service in a way, by holding on to this so that you can look at it. Had I known back then what I know now, I probably would never have had to deal with this. And yet, had I never had to deal with this, this technique, this healing process would never have been here either. So, as sick as I was, as bedridden and as ill as I was, having come from that to where I am today is an absolute miracle. An absolute miracle.

Kevin: I think that's an excellent point because one of the things that we talk about is these healing crises that we're met with. They do have meaning when you can look back on them and say this is what it did create. Like you said, I think we do get more subtle messages that would lead up to it

Michelle: And had we listened to them rather than having to use the official 2x4.

Kevin: Right.

Michelle: I laugh and say I'm kind of a slow learner occasionally.

Kevin: I think that it's very relevant to our listeners, as well, because I think there are a lot of people out there that are in some kind of process that you're talking about.

So, having the ability to give it meaning, to give it more resonance, so it resonates with them this is happening for a reason.

Michelle: I think what you said is really important because our bodies really do talk to us. There is a partnership between body and soul. In my growing up world, it was very religious. My religious training was the soul has to overcome all of the body, you never listen to the body, it's what the soul or the personality, it's what God wants. And no, your body is trying to tell you something for a reason. This is a partnership, you're in physical body for a reason. If you stuff those feelings, if you stuff those experiences and those traumas and that pain and that whatever it is that you're stuffing, there's a price that is paid by the physical body. So, if we can just acknowledge those feelings, if we could train our children that feelings are just a guidepost, we wouldn't have all of the trauma that we have, and we wouldn't have a lot of the physical conditions that we have.

Kevin: That's reminding me to ask you, is it possible, with confidentiality issues, to share some of the stories that you've experienced with patients, with people that you work with?

Michelle: Oh, wow. There are so many of them.

Kevin: You've got lots of stories, I'm sure.

Michelle: There are many stories. My mind just went completely blank. Actually, just this last week, I was working with a client that was experiencing a lot of stomach and digestive issues. What we realized is that those stomach issues were based on being force-fed as a preemie infant. She was born a couple of months premature, but they would force-feed her until she was six. And those stuffed feelings, and back then, they didn't allow parents to hold their premature children. They were put in incubators and isolated. And so, this feeling of being unloved and then forced to do something against what her tiny little tummy would handle has created this huge energetic imprint. By clearing that away, within just a few hours, we were able to deal with and work through a lot of these stomach issues. Anyway, that's just one small example.

I have another client who was forced, and a lot of this is about force. We don't realize as parents, when we direct our children's lives rather than allowing them to direct their interests and then supporting them, that we actually are causing a trauma. So, this particular person was forced into being a doctor. Most people think, "Wow! That's a really tragic wound." But this person's true calling was as a musician. So, all

of his life, here's his creative soul whose pure soul expression is to heal himself and others through music, and he's been forced into this whole linear thinking of medicine. And he's made a brilliant career in medicine. But now, it's time to really live that alignment. He's been writing music, he's been performing and moving into the worthiness and into feeling who he really is.

What else is interesting is in that force, it created this addiction, a chemical addiction. That addiction was based on nothing ever feeling right and needing something just to feel comfort. So in working through the addiction and uncovering the layers where he'd been forced into something that really wasn't his life calling, we've been able to completely start this new chapter that has absolutely created so much joy. It's broken the addiction and has created this very fulfilled life and a second chapter for the last half of his life.

So those are the kinds of things that using the Quantum Soul Clearing Process can actually really resolve. As you know, from a medical standpoint and also from a coaching standpoint, how difficult those addiction issues really are.

Kevin: Absolutely. It's difficult to find, they've tried very hard to find a physical component that this can rest upon. I think the critical part of your work is that.

Robyn: What's the average, does it take...I know everybody's individual because I'm a practitioner. How many sessions typically does it take with your soul clearing process?

Michelle: You know that really is a good question. Most people see big changes within the first two or three sessions. You can feel, actually when we do the process today, you'll actually feel, physically feel the shift in energy as we go through the whole process. But to make permanent, most of my clients are with me for a minimum of three months. Some of them up to six months, if you don't graduate from me though, then you're depending on me. I want you to graduate and be happy and live happily ever after, otherwise, I haven't done my job.

Robyn: Oh, that's good. Is that typically once a week that they're working with you for an hour or so?

Michelle: Usually, it's once a week or once every other week.

Robyn: But it's such a cool way of looking at a different type of coaching, a real healing coaching journey. I like that.

Michelle: I like it because... I've worked with people for many, many years. But until I did the Quantum Soul Clearing Process, until that was created, people were with me for a long, long time. I like that this process is a tool that people can use for themselves so that they can heal and feel like they're empowered to change their own lives.

Robyn: Exactly. That's the whole Self-Care message, too. We're facilitators as coaches, right, as practitioners. We facilitate but you're the ultimate one who's doing the work, right?

Michelle: Absolutely.

Robyn: Right.

Michelle: That was the goal. I started out in 2001 working with people with a particular process, a particular healing modality that I absolutely loved. But I found over time that what I was doing was, I was in kind of a codependent modality with them that wasn't really serving their needs. They were dependent on me. It was like, "Yeah, this isn't working. This isn't working for any of us." So that was about the time that the process, the Quantum Soul Clearing Process, started coming in. I was so delighted because it really does allow people an opportunity and a tool to heal themselves.

Robyn: That's so great. So you've been doing this for quite a few years now and it sounds like you're just still shifting and molding into different parts of it. Is that true?

Michelle: The Quantum Soul Clearing Process actually evolves. It's evolving. It's an evolving, living body of work that changes as people change and as people evolve. So the process itself has gone really long and it's shortened itself and it's gone long again and it's shortened itself and now it's kind of evened out to what you'll see today.

Robyn: Just so everybody knows, there is a free gift from Michelle, thank you very much. You want to talk about your offer for this session for all of our listeners? And also, we'll have the replay out for a couple of days for sure, too. You want to talk about your four-week group coaching session?

Michelle: Oh, yes. That would be great. So what I've put together is a four-week group coaching program where we can use this process, I will teach you how to use it for yourself, and we will get together, we get to use the power of the group, which you will also experience today. But for 90 to 120 minutes every week, we will work on the

energy of money because right now, it feels like the frequency around money and wealth and affluence is in a lot of flux with this new paradigm shift. People are either really doing really well or they're watching their money dry out. So, it feels like, what I'm seeing in my other group coaching program, is this whole frequency and this energy of money and wealth and affluence is needing to be addressed and it's needing to be supported with people. So beginning April 1st, for four weeks, we'll be working through a whole series of money programs and the group energy of money, wealth, and affluence to create more abundance, more prosperity, and a stability of your finances that may be a little wobbly right now.

Robyn: And the price for that is?

Michelle: The price of that is \$197 with this program. As a bonus, you get two audio tracks from each one of my audio programs. The 'Healing Your Money Scars', you get two tracks from the 'Fear and Anxiety' program and from the 'Pain and Suffering' program and from the 'Self-Worth, Self-Esteem' program.

You also get the 'Preparation to Work', which is a meditation. It's a quick track that you use in the morning before you leave the house or when you get up that sets the energy for the day. It clears out any negative energies that are surrounding you. It creates a sacred space for your whole day, for your loved ones, for your family members and everything that you have, everything that you own, your home. It just creates this real sacred space for the day. Then you use it in the evening as well before you go to sleep to create a real deep, restful place where your body is protected while your mind or your soul heads off to the other worlds to explore and reboot.

You also get the 'Divine Core Center' meditation that you can use. That really is the gateway that teaches you how to connect into that divine core center and really work with spirit in a very unique holistic way. So, those are the bonuses that come with it. And then, you know, you also get a workbook and journal as we go through this whole program. That starts, like I said, April 1st.

Robyn: Here we are on the 19th of March.

Kevin: Great.

Robyn: We'll also post this on the replay, as well. So, we'll let people know.

Michelle: Thank you. Thank you, thank you. So I have a question. What would you guys like to clear today?

Robyn: We've got about ten minutes left.

Michelle: Well then, we'll do the power version.

Robyn: Perfect, let's do it. Thank you for sharing. I know our listeners love the practical aspect of these telesummits.

Kevin: Absolutely.

Michelle: Thank you. You guys pick, what would you like to have cleared?

Robyn: Let's see. What would we like to have cleared? I'm thinking about the Global Release Trauma, that's not specific enough.

Kevin: Well, you mentioned money. I mean it's certainly never not an issue for all of our listeners.

Robyn: Let's focus on money.

Michelle: Okay. Let's ask our highest selves to look at all of the fear of not having enough money. Not being able to meet our bills, not being able to...maybe having more months than we have money, where finances may be tight, where we're concerned about losing jobs or being downsized. Let's ask our highest self to seek and find, gather and bind, all of the anxiety that we have about not having enough, that resources are limited. Wow, this is really big. This was a good decision. Can you feel all that just moving in there?

And our highest selves know, each one of our highest selves knows where all of these frequencies are existing in our bodies, our minds, our souls, in all lifetimes and existences. There we go. There we go. There are those connections that are being made. Let's begin to have all of these fears, these anxieties around our money issues, that not having enough, not being enough, that maybe we can't create. We're not good enough to create or that we don't deserve to have money. That's a big one. Let's feel as all of those frequencies begin to back their ways out of our bodies, our minds, our souls, out of the cells of our bodies. There's no place in here, there's no more resonance here. Feel our need to have these belief systems, these thoughts, these feelings, these judgments, about ourselves, about money, and about the fear.

Let's release our need or our belief system. Whether we've used them to motivate ourselves, to limit ourselves, whether we've used them as an identity, positive or negative, whether we're living up to somebody else's expectations of us, let's just

allow ourselves to release those frequencies. Nice. And all of these frequencies and energies that have been sought and found, gathered and bound, let's see, watch as they disintegrate. Feel them shatter into trillions of little pieces and begin to pour out of us like grains of sand out of an hourglass, from the top of your head down through your body and out to the bottoms of your feet. We're just going to ask for the non physical cleanup crew to come and remove these pieces. Thank you.

Let's feel as the cells decide to release the habit or the addiction of these frequencies as the go-to fear. And feel as the cells discharge the fear, this anxiety, all these belief systems, everything that's been sought, found, gathered, and bound, kind of like a collective cough. And then immediately change the receptor sites so there's no place within the physical body for these energies to connect back into. Nice shift. Feel that?

Then let's feel and see, let's experience this beautiful sheet of white light and love as it moves up through the bottoms of our feet, through our bodies, through every aspect of our beings, out through the top of our heads, through all lifetimes and existences, through our entire beings as we apply the highest, most powerful, quantum source light clearing statement that will fully clear and remove all these energies, these frequencies, everything that's been sought, found, gathered and bound throughout our bodies, our energy bodies.

That our souls and beings, throughout all of our systems, our egos and all their systems.; throughout our mitochondria, all their generations and all their systems. Throughout all of our generations, and all their systems; throughout our proteins, environments, associations and entanglements; throughout our personal and the collective consciousness, sub consciousness, and unconsciousness. Throughout all personal, planetary, and universal core operating systems. All systems within those systems and all of our interfaces and connections to those systems, and how it's affecting each of us. And all of this, collectively, in any way, shape, or form, time, place, or space, at all levels, layers and depths as each of our beings.

Let's do a forgiveness statement here. So that we step into the mastery of who we really are. I willingly forgive myself for any and all actual or perceived hurt or harm I may have caused myself or any others, or that any others have caused me or any others with all of these frequencies, all of these energies, all of these fears around money. Everything that's been sought, found, gathered and bound and everything it represents. I willingly love and forgive myself. I willingly love and forgive all others. All others willingly love and forgive me. I willingly love and forgive God Source. God Source willingly loves and forgives me. I willingly love and forgive my quantum source light highest self. My quantum source light highest self willingly loves and

forgives me. I am absolutely, ultimately, infinitely, quantumly, loved and forgiven. I now willingly release all of these energies and frequencies, all of these fears, everything that's been sought, found, gathered and bound, and everything it represents, and go in peace, love, joy, harmony, health, wealth, and abundance. Take a breath in. You ready to release this once and for all?

Kevin: Yes.

Robyn: Oh yeah.

Michelle: Okay. Repeat after me. Final clear it now.

Robyn: Final clear it now.

Kevin: Final clear it now.

Michelle: Then clear, transform, flash-burn, purify and sterilize all of these energies and frequencies and everything they represent, everything that's been sought, found, gathered, and bound, and everything that represents. Purify it all back to source and/or sources then purify source and/or sources. And let's begin a download to replace everything. Let's download abundance, achievement, acceptance and self-acceptance.

Download appreciation, amazement, attunement, alignment, authenticity, awareness and consciousness, blessings and the bliss. Download celebration, being seen, heard, appreciated, celebrated and cherished for who we truly are. Download comfort, freewill choice, discernment, confidence and self-confidence. Download courage, creativity and co-creativity, encouragement, endorsement, enhancement, being energized and filled with energy.

Download affluence, wealth, prosperity, enlightenment and enlivenment, having more than enough. Download faith, excellence, fulfillment, friendship, gentleness, flow, ease and grace. Download harmony, guidance and divine guidance, joy, jubilation, honesty and impeccability, inspiration, infinite divine intelligence.

Download liberation, sovereignty, the ultimate in emotional, mental, physical, spiritual and financial freedom. Download magnificence, mastery, miracles, being nurtured and nourished, optimism, order, peace, and peace of mind, positive opportunities, possibilities and potentials. Download promotion, rapture, open, willing and able to receive all of the good that life has to offer.

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Let's download respect in all of its forms. Let's download the restoration of self. Feeling and being safe and secure. The satisfaction of a job very well-done. Download soul salve, strength and success, supportiveness, triumph.

[End of Interview]

AUDREY COLE

WingsAlive.com | Deep Trance, Physical Medium;
Channels Archangel *Haniel*, Speaker of Truth with Love

ENERGY REPAIR AND EXPERIENCING GIVING THE BODY & EMOTIONS A NEW MESSAGE

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Audrey: I know it's going to be really helpful to everyone. Please understand, dear one, there's a lot of divine assistance with this entire program.

Robyn: Thank you.

Audrey: It's very important, it's essential to humanity and to be able to bring the next level of growth is to be able to let go of the past. If you can't heal from trauma, how can you let go of the past and come into the day where you're creating a life.

Robyn: Exactly. So Haniel, typically the way we start is first, we want to welcome everybody to the Self-Care Revolution™ and to our third month, which is all about Transmuting and Releasing Trauma. We have a very special guest here today. Audrey Cole, who also has this great, and probably the most original and unusual and wonderful bio, who also brings in this amazing energy named Haniel. So, Haniel, thank you for being here. And if possible, we usually start by a song. But I think today, we're just going to continue onwards.

For all of you that are here again, the Self-Care Revolution™ is a 12-month focused, themed each month. So again, we're into the releasing trauma month. I just want to let you all know, if this is your first time joining us, we just finished the month before this was all about the power of the breath and the heart and the connection of the two. The first month was Thoughts and Food as Medicine. The Self-Care Revolution™ interfaces expert speakers along with the practitioners and Self-Care Coaches at Santa Fe Soul Health and Healing Center. It's also the larger community, all of you that are coming together knowing that the solution to our health issues and crises that we see out there within ourselves and in our communities is self-care.

My name is Robyn Benson, I'm a Doctor of Oriental Medicine, also the founder of

Santa Fe Soul Health and Healing Center. And I'm here with...

Kevin: Kevin Snow. I'm an Intuitive Counselor and The Desert Shaman.

Robyn: Also known fondly, here, as The Desert Shaman. We are very excited that we're coming to the end of this third month and we're having a wonderful event that's actually happening tomorrow. It's called the Global Release Trauma Day where we're inviting people from all over the globe to join us in this two-hour event that's going to be a ceremony where we have 12 or 13 people that are going to be on site sharing prayer, people are going to be sharing stories, poems. But the whole purpose of this is to help people lighten the load in their bodies, at their pain body, to realize how sometimes we don't even know how much it's blocking our energies and our livelihood and our self-care capacity. We're very excited about tomorrow, so please join us 1:00 to 3:00. You can get on to our website, JoinTheSelfCareRevolution.com to find out more about that.

Right now, I'm just very grateful, Audrey Cole, Haniel now, is here with us and we'll go into that more in-depth with what that really means. But this is such a great opportunity. We thank you again, Haniel, for being here and we know you've got a ton of information for all of us. Let me just give a brief description, so everybody knows about you.

So when you meet Audrey, the first thing you notice is her genuine smile and delight to meet you.

Audrey is a natural, deep trance, physical medium. She is a channeler with rare and remarkable qualities, which has taken her lifetimes to develop. As said by an attendee of her most recent "sold-out" event in March in Santa Fe, "She's the real thing!"

Along with channeling your own personal Angels, Audrey channels Archangel Haniel who is a 57-foot tall bright pink female energy amazing being. An incredible combination, indeed! Archangel Haniel is a speaker of truth, with love and humor. As you sit in her presence, the feeling of unconditional love is real, and can be overwhelming.

How often do we allow ourselves to feel how special and loved we are by the Divine? How many times have you asked yourself, "Why am I here?" How many times have you wondered if you are on your true-life path? Now, you have a chance to have all of these questions answered clearly and in detail.

In Audrey's words, "We can go through our lives feeling that we are so ordinary, and unimportant. In fact, you are a very special person. You are unique, one-of-a-kind, and never to be repeated. You are the perfect reflection of the Creator's love. Each of you have a remarkable and important mission on this Earth to assist humanity in a way that is perfectly suited to who you are. Once you know what this mission is, you open a doorway of immense Divine assistance that can bring many miracles into your life to complete your very special mission. It is my great honor and delight to offer this information to you in the Sacred Life Path Ceremony!" Please see Audrey's website at WingsAlive.com for more information. Once again, thank you so much for being here, Haniel.

Haniel: Oh, wonderful! I am very excited and I say greetings to you. It is my honor and delight to be able to be here. Oh, it is a very important time for all humanity. Because how can you really know your own greatness that you were created to be, if you cannot live in the present where they're creating a life. So we are honored and delighted, myself representing all of the angels of the Kabbalah, as I am one of the angels on the Kabbalistic Tree of Life. As an Archangel, I am one that my mission in life is not only to help humanity remember who you are, but also to assist humanity as you are growing into all of really who you're created to be. It is my honor and delight to be able to bring information to you.

Today, we're going to talk about energy repair. Excuse me, sometimes my English is a little muddled, but I will try to speak as clearly as possible. It's very important, since everything is made out of energy, everything is. All of you know that. But what happens when you go through trauma is that your energy field can get ripped and torn, like a beautiful lacy fabric when it's perfectly aligned and fully energized, it is a most magnificent and delicate thing to see. It has all of the colors of the light spectrum and it is the most amazing thing. It is the energy field in which you exist within.

Of course, you have duplicates of that energy field and those are called your chakras. Your chakras exist on the top of your head, the middle of your forehead, your throat, your heart, middle of your stomach area, and your gonad area, and your tailbone area. Then of course, wherever you have joints and nerve bundles, there are more chakras and these are the energy generators that keep your soul connected to your body.

From your soul, you create something that is called life force energy. It's very beautiful, it's gold and it's quite magnificent. The more life force energy you have in your body, the healthier you are and the more alive you are and the more present you are and aware and have wonderful, personal boundaries and confidence. Then you

have a second type of energy and it's called light force energy. This energy is a little bit different than the life force energy. Life force energy remains primarily in your body and around your body, about three inches away from the surface of your skin. Light force energy is everything around you. It can remain 60 feet beyond your body. It's how you deal with people in situations and life itself and it gives you the consciousness, awareness, energy to go on. And light force energy is used up. It's meant to be used up. But life force energy should not be used up, because of course, that's your life.

So what primarily gets damaged is the light force energy. It gets ripped and torn. And this is beautiful filigree, lacy network of energy that's all around you. It's quite beautiful. There is an easy way to repair it. It's not hard because you essentially have all of the capabilities within yourself in order to repair that energy field. Without it repaired, what happens is you don't feel safe. You can walk around this world. If you are going to be attacked, or if your belongings are safe, you are nervous traveling or being around new people, which make you shy, it makes you lacking in confidence, and you can feel strange pains on your body that the doctors cannot diagnose. They don't know where that sensation is coming from. There isn't anything that logically would read from their tests what's wrong with you.

These currencies on the physical form happen because somewhere along the way, got rather shocked yourself. And whether it was at childhood, or along the way, or an accident, or a fire to your house, or you were lost as a child and then found eventually, or you went through war. Many people go through war. Many children go through war. And there can be worse even in your own family. These types of shock to the body, shock to the emotions, create shockwaves through that beautiful field and it begins to open it up, looking rather like Swiss cheese. Then you feel vulnerable and exposed and it's difficult, no matter how much you work on your emotions and how much you work on your body, to ever feel safe again.

So this is why we want to talk about energy repair, in order to help you feel whole again and I must say, dear ones, you can feel whole rather quickly. Now there is something I want to say for the individuals that have gone through trauma, even in their own families. This is very important. Because you see, dear ones, you choose your family. You choose your mother and your father. You don't choose your sisters and brothers, they sort of come along with the territory. But you do choose your mother and father. And that is very important to understand.

That only the strongest of spirits will choose to be born into an abusive family, because their mission is to stop a family heritage of abuse and are called pattern-

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breakers. And they are so strong in their will that no matter what they go through as a child or young adult, they have such a determination and a will that no other human will suffer at their hands. And they are the wave of consciousness that has happened for the last 30 years. Helping to change humanity, to talk about abuse and to talk about what has happened to them, whether it is girls or boys or women or men, it doesn't matter. You've had courage and you've stopped something that happened generationally in your family.

And my dear ones please know that is a strongest showing of your spirit. For you have an invincible spirit, invincible, dear ones. You are able to tap into that by strengthening up your energy field, you find that no matter what you go through in life, you can find you are centered again, your peacefulness, you're quiet inside, and you can feel safe again in life. And trust love.

So when I'm talking today, I would like everyone to participate because I've got some wonderful exercises for you. We're very excited about that. For all that are listening, if you're not driving in your automobile or operating heavy machinery or something like that, please close your eyes for a minute, will you please. We're going to do a wonderful clearing. This is for everyone in life, really. It doesn't matter if you've been through trauma or not, life brings lots of surprises. It can be the person that stopped quickly in front of you in traffic. That's a trauma.

So, close your eyes. Take a deep breath in. Relax. Know that this gold around you is all of our guidance. And we envelop you in a blanket of pure white light of love and a deep protection. Like an angel's wings enveloping around you now, holding you in safety, peacefulness and awareness. And as you breathe into your body, know that this body is your friend. It is your lifetime companion. And it has been imbued with all the properties to heal you.

Imagining a beautiful light of gold and white light, pure gold and white light. White and gold mixed together. Imagine it's coming down like a beautiful sunbeam on the top of our head. And it's warming and it's soft, very relaxing. Now as it comes into every cell, beginning to wash those cells, your memories, with just pure light. And as it comes into every cell, it also comes into every chakra, harmonizing, balancing, aligning, reactivating all the chakras, so that you're flowing with your energy again. And this energy is traveling slowly down to your body, filling you up. Knowing that you are safe and you are present. There's nothing to fear.

We are always with the divine. And that divine loves you, has always loved you, can always and forever love you. Now as it is filling all the way down, now your heart

level, flowing this energy through you. Feeling safe, centered and present. This is opening up all of your inner communication with the divine, guides, your angels, divine nature within. However you feel is best for your guidance. Then travel down, to the lower part of your body, down to your legs, slowly, and down your feet. And this is soothing and calming all the messages in your cells, your DNA, all that you are listening to.

We're going to teach you a wonderful method. Now, using your chakras, remember they're right at the top of your head. Imagine there's an opening right at the top of your head. You're receiving even more beautiful light in. We call this your truth center. Now as you imagine that it's like a tunnel, now the opening's become a tunnel, sending pure light through the center of you, even brighter light this time.

What this truth center does is it allows truth to come into you. And it allows that truth to go into all of your chakras, then all into your cells, and then into your DNA, and imprints your DNA with a higher message. So say to yourself, silently, I am safe. Imagine you are going to put that statement through the top of your head. I am safe like a bubble of light. And what this will do is it will begin to saturate into that crown chakra. Begin to move down the body. You might feel a little pressure as that ball of truth is now coming down, into your forehead, to your third eye chakra, travels through your throat chakra. Warm with a sense of something moving down inside of you, beautifully and soft. And as this truth comes into you, it lights up that chakra. I am safe. Now it goes into your heart chakra. I am safe. You may not know how you're safe or when you're safe, but it is a true statement. I am safe. After all, you are enveloped in this beautiful protection light right now. Now it's traveling down into your solar plexus, the middle of your stomach. And it's warm and it's soothing and it travels down into your gonads. And then down into your tailbone. It will continue down to your legs and your feet.

We're going to try it again. We're going to try another statement, another truth statement. Because regardless of whom you are and what you have been in this life, there is something beyond the physical world that is so true. And that is that you are loved. Perhaps your emotions don't remember that, to a degree. But your spirit does. Your soul does. It remembers it as truth, too.

Imagine there's another ball of message, beautiful ball of light, right above your head. And it is, "I am loved." Begins to saturate down into your crown chakra. Down. Warm and soothing. Down into your third eye chakra. You might notice something interesting about right now, got a little smile on your face. Can't help it, it just comes up. Oh, this is very important. I am loved. And it travels down into your throat chakra.

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Down into your heart chakra. And down into the middle of your torso, the stomach area, your gonads, and your root chakra.

This is harmonizing and balancing, reactivating, realigning; and that is sending out waves of energy through your life force energy. Connecting into your light force energy and immediately repairing all the rips and tears and holes in that beautiful, lacy field. Regardless of what has happened in your life. Regardless of what pain you have been through. The pain you have observed, you personally went through or others went through. It was momentary in life. And what you have gained is tremendous amount of awareness, knowledge and compassion.

Let's try a statement that's not true. Let's see what it does. Let's see, here, let me think of a not true statement. How about a statement of, that you're just a terrible person and no one loves you. Now that goes in a ball of energy and it just sits. You notice it doesn't go anywhere. It would just sit right on the top of your head. And it just won't go in, in fact, your crown chakra just closed up, won't let it in. Alright, that's settled then, your body knows when you're telling the truth and when you're not telling the truth to yourself. Isn't that interesting?

So we're going to push that ball away. We're going to put in another ball of truth. And that is I am perfect. Now your logical mind will say, "Well how can you be perfect?" Well it's alright, logical mind doesn't need to be a part of this. Because your crown chakra just opened up and the ball of light is starting to go through now. I am perfect.

Robyn: That you are.

Kevin: I am perfect.

Robyn: You are perfect.

Haniel: That's wonderful. Now it's letting the truth down.

Kevin: Yes.

Haniel: It goes down into all the chakras. And your body's taking it down because it's truth.

Do you know that a child has to be told over 50,000 times that it's bad before they will ever believe it? Because that's how much it needs in order to damage that chakra. To even allow any of that energy to come in; still, on a daily basis, that chakra's trying to repair itself. It's an amazing thing. So take a deep breath and you may open your

eyes. You should all be feeling quite a lot lighter right now.

Kevin: Absolutely.

Haniel: And that's wonderful. This is a very important thing to remember, because whenever you're going through life and you're not quite sure if this is the right message for you or it's a right decision for you, put the decision in a ball of light right at your crown chakra and see if it will go in. If it's not right for you, it won't go in, it would just sit at the top of your head. But if it's right for you, it will go right in and all of your six chakras will be receiving it all the way down. It's a most amazing thing.

So what happens in the body, even if you haven't been through trauma but your parents were and your ancestors were, what happens is strong emotions get imprinted into the DNA. Now there's a very important reason for this. It's how you learn without knowing how you learned it. For example, let's say your ancestors, your mother, your father, your grandparents, even your great-grandparents, had the most wonderful love for baseball. They loved baseball. They love the whole thing about it and they love the sounds and the smells and the cheering and everything. They loved baseball. But you grow up in a family that would always watch baseball, but you couldn't really understand, "Why do I like baseball? I don't even know why I like baseball, but I like baseball." If anyone would ask you, "Why do you like baseball?" You say, "I don't know. I don't even know what it is. But I like baseball. And I feel that I'll always have to watch it."

But let's say that your ancestors grew up in a house that was made out of stone. Your great-grandparents had a beautiful house that was made out of stone and it was always cold. And so it imprinted to the DNA that stone houses are cold. So here you are and you find this wonderful house and it's made out of stone. And although you would really like to buy this house, it's perfect, exactly what you want, but you just don't like houses made out of stone, but you don't know why. Well you got the message from your ancestors that stone houses are cold.

So it helps you to move through life, to know what is safe, what's not safe. But the problem is if your ancestors went through trauma, it imprints into your DNA. And your DNA then takes it on as a traumatic feeling and you try to clear it, but it never seems to go away. You'll go through counseling and counseling, and all sorts of meditations and energy work and everything. And it doesn't seem to go away. You're thinking, "Why do I have such a fear of coyotes? I don't like when they howl, I don't like when they bark, or I have a fear of dogs, or I have a fear of birds, or something that doesn't really make any sense." And you're thinking, well I'll look at my past

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lives, but it's your DNA, dear one.

But here's the most wonderful thing. I'm going to teach you how to clear trauma out of your DNA. And if you are a parent, this will immediately go to your children's DNA and clear it out of their DNA, too. I think that's really exciting.

Kevin: It is.

Haniel: Without saying anything, or doing anything, you can positively affect your children's DNA by clearing your DNA now. It does the same thing for anyone that shares blood with you. So, your family of origin, your mother, father, sisters, brothers. When it goes out to aunts, uncles, distant cousins, it's not quite as effective, because they have too much of a mixture. But it will positively affect it.

Now, for many of you that have been on a spiritual journey, you've seen this happen in your own families. They may not have agreed with what your spiritual journey is, they might not even understand it. And so diligently, for the last 10, even 20 or 30 years, you've been on this wonderful journey. And if you notice, something's happened to your family. For those that didn't believe it, they are ones that all of a sudden became awake. And they started to listen to you. And they're not chastising you anymore. And they seem to have raised their own awareness, thinking, "That's really interesting." Well, my dear ones, you did it. By your willingness to raise your vibrations or raise your awareness, it makes an imprint in the DNA and that DNA talks to their DNA and it begins to mirror it, because your DNA is always searching for a higher vibration to raise to.

So you positively affect your own family by the healing that you do yourself, because it goes out as waves into their DNA and the communication that is there. Now there are studies that have already been done scientifically that show that this is true with your DNA; that your DNA talks to the DNA shared. And it's not limited by time or distance. And that's the thing that's been quite remarkable. The tests have been absolutely astonishing, of what they've done with communication of the DNA to other DNA. So here is the way that you can utilize that same meditation to begin to shift your DNA out of anything that is traumatic, even if you don't know what it is. Any type of negative thought or feeling, any type of fear, can be immediately shifted out.

Many years ago, I would say 20 years ago at least, scientists didn't think that DNA changed. And then more recently, in last 10 years, they've realized that in fact, DNA does change and it's not stagnant. It's not set in a place when you're born and that's it.

Those actually will alter through time, and they're not quite sure why, but we know why, and we know how to fix it. So here we go. Ready to clear out your DNA?

Kevin: Ready.

Robyn: Yes.

Haniel: Woohoo! Exciting! Alright, here we go. This is exciting.

Robyn: Can you also too just let everybody know the ripple of change that happens when you change your own DNA, like you just said. This will affect your children, your spouse, people around you, as you raise your vibrations. This is really important information. Thank you.

Haniel: You're welcome. It is important. It will affect your life partner, because when you've been around your life partner for a while, you touch skin, things like that. And so you're exchanging some cells of your body, and so you have some of your partner's DNA and your partner has some of your DNA. So yes, in fact, it will affect your partner, even though it isn't a blood relative. And that's an important thing, too, Robyn, to mention, because that's really quite true.

What is so exciting about this is that now, go close your eyes again. And relax. You are still enveloped in that beautiful white light, so all of our wings are wrapped around you gently, not tightly. Oh no, we like to give you lots of room to move, lots of room to stretch out your arms and live your life. But you see, that light is impenetrable to anything that is not love. Impenetrable. Anything that is not love is simply released through these wings back out into creation to be transmuted back into love, through all of divine creation.

Now imagine that there is a great big twisting ladder going right through the center of your body, right through all of your chakras. One great big strand of DNA. We call this the original strand. The divine strand. The strand from the original spark in which you're created from, sort of the master communicator to all of the other strands of DNA. If you can imagine, it's the most beautiful white and sort of bluish light, it's very beautiful. And it's moving, slowly. Winding itself around. And there is no end to it. Comes from the light. And when it goes through your body, it exits through the light. And out into all of creation. And this is your connection to all of life. And this DNA strand is affected by your thoughts and feelings.

So you're going to ask this beautiful perfect strand now to release anything from your

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DNA. That's all you say is, "Release anything from my DNA that is not held in highest of love, greatest of joy, abundance, flowing of life, resilient health, clear mental thinking and remembering." Calm and steady, confident emotions. Fearless and safe. Oh, so the pieces of the DNA fly off. Like a coating or a shell. And underneath it is the most radiant light. Like an old skin that it is releasing, it is releasing from the master DNA and now communicating this to every strand of DNA in our body. Every cell. It goes into every organ and tissue. Now you simply say, "Body, reset and realign."

What's happening is that you might feel a tingling to your body. A sensation. And it is releasing it, because after all, trauma is just memory. That's all it is, it's just a memory. Now. Say, "Emotions, reset and realign." Very good, now this is coming into greater healing for you. Oh, might even get a little light-headed. Now you're saying, "Mind or mental body, reset and realign." Now, you might feel all of a sudden very present in your body. Very present in your body. Even a tingling in your brain. This is an immediate communication into the body, and what you're doing is you're resetting all of communication that you've have up to date. Now take a deep breath in because it helps to reset. Very good, deep breath in, and then release it gently through the body.

Some of you might feel a Kundalini release. Now what that is, is it's a release that goes very quickly like a shiver, from the tailbone up to the crown chakra. That is what's called recalibration. Your entire body is recalibrating to the new energy. It doesn't always happen, but it can. Let's do one final thing. Let's release anything that you've had from your ancestors that don't align to your life right now.

So, go back to visualizing that great big beautiful turning blue white light. Master DNA cell. Like a great big ladder, right in the center of your body. Now you're saying, asking it to simply release any ancestral memories that do not align to your divine purpose and mission. Don't need them anymore. This might be addictions, fears, resistance, negativity in any way, replace it with divine perfect knowledge. Now you might see your DNA all of a sudden in your mind's eye change many colors. Violet-purples and green and chill blue and deep blue and gold and yellow, sometimes red and pink, orange, flashing colors like many rainbows going through each strand of this DNA, this master DNA.

This is called the shift of self-ownership. You're coming into owning who you are in this lifetime. What it does is something very important, it moves the memories of trauma into wisdom. So that you have awareness of what did you learn from that experience, how are you understanding yourself in the world greater. In strength, not in negativity, but in strength. And the first thing is you're here, you made it, you

survived with that experience. I think that's something to really celebrate.

But greater through that experience, to learn something to offer positively back to humanity in awareness. Perhaps it wasn't there before. Perhaps it's about kindness and compassion. Understanding that pain, when it is acted out, it's very painful. What can be done to help heal that pain. Very good. Excellent. Now this is going out into every cell. Now you simply say, "Body, reset and realign." Very good. Reset and realign. Very good. Oh, take a deep breath on that one. That was really good. And now you say, "Emotions, reset and realign." Very good. Now. "Mental mind, reset and realign." Very good. Excellent.

This is exciting, dear ones, because what you are having coming into you is very powerful. Very good. It's going through all your chakras and it is strengthening, not only your life force energy, but it's strengthening your light force energy. It becomes quite dense and quite beautiful. You are back now to a lacy, beautiful new alignment. Very good, now take a deep breath in and open your eyes. Very good. How are you feeling?

Kevin: Well, my brain is tingling, Haniel.

Robyn: Wow. I think my DNA's been shifted. I'm liking this a lot, actually.

Haniel: Very good.

Kevin: Thank you. Thank you.

Robyn: For so many people, and I think about my 21 years of treating patients, for people just to know that you can release this, this is not a forever, no matter what happened to you.

Haniel: That's right. No matter what happened to you, what you observed or went through personally it doesn't matter. You are a field of energy, and that field responds to your thoughts and feelings all the time. All the time. And if you're giving it a message that you're not safe, that's exactly what it's going to respond to. And if you give the message that you are safe at all times, that's exactly what it responds to. And your body heals. And this is why individuals, for example, that have cancer will have immediate healings because they laugh. And that immediately responds to all the cells in their body and the body goes back into repair.

It is where you've seen these amazing individuals that have gone through tremendous, tremendous trauma. One gentleman was in a plane crash and plane

caught on fire afterward and he survived the whole thing, and he goes around the world and talks and there's this amazing invincible spirit that says that, "I will heal this." And that's true. That's absolutely true.

So when the individual does not open up their consciousness back into confidence and truth and allowing themselves to really understand the personal boundaries and setting personal boundaries and honoring other people's personal boundaries and they feel very vulnerable and they don't know how to heal themselves because they hold on to the pain.

So I'd like to offer one last thing and then we're going to have a little bit of a chat. And this one last thing is something that I began to talk to Audrey about. This is the series of books that she's publishing this year. And these are called *Body as a Temple Codes*. In the universe, everything is understood through numerics, numbers, number sequences. It's what's being proven through quantum physics. There's a perfect sequence throughout all of creation that's quite amazing. And the more that they dabbled into quantum physics, the more that they are truly amazed at the perfection of everything created.

Many years ago, there was a theory that's become a bit controversial, but actually, it's quite true, and it was called the string theory. And that string theory said that everything in creation is made up of this entire network of energy, and that's exactly what we're talking about, is beautiful network, this matrix around you, is a network of energy. And the string theory said that if at every crossing of the lines, there would be a six-pointed star, and that's actually quite true. The six-pointed star is much like what is called the Merkaba field or somebody called it the Merkaba field. And it's this enormous geometric structure that all of your soul and spirit exists within. And it's mathematical perfection, is actually what it is. So you exist within mathematical perfection.

So these codes understand what is called the divine blueprints. Everything has a divine blueprint. It has the spark of origination in which it was created in perfection. And so everything understands that blueprint. The codes, when they're said, make these little stars. These little stars, you can imagine there's trillions and trillions of them throughout your entire body and energy field. Just amazing, amazing. You can't even count how many there are. But when you say these numbers, it will vibrate. For example, if you say three, it vibrates three times. So when I give these codes, these codes are specifically designed to have the body, the mind, emotions, reset back into blueprint. So this isn't how we were originally, coming into this life, this sets you back into the perfection of blueprint.

We like to give one code that is very important. Because this resets you back into your truth, confidence and ability to maintain and set boundaries. So you take a deep breath in and you say the number 3. And you pause. You say 23. Pause. Very good. Now say 65. Very good. Pause. Now say 11. Pause. Breathe. We're going to do this two more times, and I would like you to sense this through your body. 3. 23. 65. 11. Take a deep breath in. Let's do this one more time. 3. 23. 65. 11. Breathe.

I tell you this is wonderful for people that do public speaking or have to be out in the public, if you're going to take a test in school, or get interviewed for a job, or you're out on your first date, or you're getting married, or you're getting divorced, or whatever you're going through that can make you nervous.

Robyn: Winning the lottery?

Haniel: Do I have a code for the lottery?

Robyn: Yes.

Haniel: Do you have a code for the lottery?

Robyn: Oh, my goodness. We have so many questions for you. And you know what? We've got I guess about five more minutes. So I think we need to bring Audrey back and then we'll talk to Audrey for a little bit. Don't we have about five minutes?

Haniel: Thank you, I think it was a wonderful time.

Robyn: Haniel, this was great. Thank you so much. This is very powerful and this is going to lead beautifully our next speaker, Dr. Joan Rosenberg. She's going to be speaking about five key steps to achieve post-traumatic growth. Isn't that awesome? I think just all we've learned from you and that we can be cleared and we can shift some of these ancient traumas that we've been holding in a lot, and present too, quickly, to live at that higher frequency. And when we're living at a higher frequency, we certainly are living from our passion, and the law of attraction is in place, and all kinds of, the word abundance, too. And I love the idea of this code along with this truth, confidence and setting boundaries. This is brilliant. So thank you so much for all that you've shared.

Haniel: Thank you. I think that my love and blessings to all of you and for now, my dear ones, I will depart and I bring back Audrey. Excuse me just a moment.

Robyn: And while all of you are still online, as we bring Audrey back here shortly,

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we just want you to know that we have from Audrey/Haniel a really amazing gift. A couple of amazing gifts. So the free offer's a 10% discount on any product on their website, which is WingsAlive.com. And then a 25% discount on any product on our website, which is for a session offer. And then the big thing, the big, big offer here, is the upgrade bonus. So anybody who wants to become a full member with the Self-Care Revolution™, the 12-month program that we're offering, just know that you get a full 90 minutes with Archangel Haniel, which is amazing. Huge value.

And do you know that all of you that are already full members, that includes our live event, June 21st, 22nd, and 23rd. We have 17 confirmed speakers that are coming from all over the country. And we also have many of our Self-Care Coaches at Santa Fe Soul. And then we have three films that we're showing, too. Three documentary films that are all coming out in 2013. So it's a big event. So know that and if you have any questions, certainly give us a call or it's actually probably best to email info@JoinTheSelfCareRevolution.com. We can also be reached at 505-474-8555 if you really would like to ask some specific questions. But we'd love to have new members. We're having a great time with all of you that are part of what we're doing here. We're just beginning. We are just beginning.

Audrey: Robyn.

Robyn: Hi Audrey, are you here?

Audrey: I'm back.

Robyn: Thank you so much.

Kevin: Incredible.

Robyn: That was awesome. And we just shared your wonderful gifts, your 10%, your 25% and your upgrade bonus too. So, thank you.

Audrey: You're very welcome. I'm excited to be able to offer that. Do you have any questions for me before we get going?

Kevin: Well, I think so much was covered. So, we're just sitting here.

Audrey: A lot was covered. But what's really fun is that I understand that she gave out the code, because she was talking that she's going to do that. And that, actually, is going to be the first level of those books will be published as an ebook in April. You could look our website for that and it's going to cover all of the physical codes for that.

We've had amazing miracles with it. Of course, it doesn't replace, if you're going and seeing a qualified medical physician or counselor, but it's amazing just to give it a try and see what happens. And we're very excited to be able to offer that.

We'll be offering all, actually, five books. So June, we'll publish the mental and then in August we'll do the emotional and then in October will be the spiritual codes and finally in December, it's a whole new list of codes for becoming Homoluminus. So it's the next evolutionary level. So we're very excited about all of that. Thank you so much, Robyn and Kevin, I'm so excited to be able to help you out today. It was nice. And many blessings to everyone listening.

Robyn: We just want to thank you again for your presence tomorrow, during our first ever Global Release Trauma Day. Wow, we just know Haniels presence will be there. And we're very excited about this, and already, we're feeling a shift. Many people are feeling that already. This was wonderful. Thank you so much.

Audrey: Thanks. Alright, thank you guys. We'll see you soon. Bye.

Robyn: We'll see you soon. Bye.

Kevin: Thank you.

[End of Interview]

JOAN ROSENBERG

EmotionalPilates.net | PhD, MD, Psychologist, Psychotherapist,
Creator of *Emotional Pilates*

5 KEY STEPS TO ACHIEVE POST TRAUMATIC GROWTH

[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™, my name is Robyn Benson. I'm a Doctor of Oriental Medicine and the Founder of Santa Fe Soul Health and Healing Center.

Kevin: I'm Kevin Snow, they call me The Desert Shaman and I'm happy to be here today.

Robyn: This has been an exciting day already. We just heard from the beautiful, Henial, also known as Audrey Cole, who had so much information for all of us about how to repair DNA especially when it comes to trauma.

We are in our third month. If this is your first time listening, this is the third of the Self-Care Revolution™ where the whole theme is about Releasing and Transmuting Trauma. We started the year's series with the month, which is all about Thoughts, and Food is Medicine. We've had what, 25 speakers, Kevin, by now?

Kevin: At least, maybe more.

Robyn: We are well on our way to creating a beautiful live event for all of you that are coming, all of our members and our full-time members, on June 21st, 22nd, and 23rd. We have at least 17 speakers along with the Self-Care Coaches at Santa Fe Soul. So this is a big commitment, that's all about the big mission of the Self-Care Revolution™ is not only saving lives but preventing and reversing disease and helping people to live a fun and fulfilled life every day. How's that sound?

Kevin: Absolutely.

Robyn: That's right. We also just want to thank our song writer, Harold Payne and Chris Miller, for the theme song.

Kevin: I love that he put evolution in there from revolution to evolution, in that song.

Robyn: Revolution to evolution, that's what we're all about.

Kevin: Absolutely.

Robyn: That's what our speaker is all about, today. We are delighted to have Joan Rosenberg with us today. Hi, Joan! How are you?

Joan: Hi, Robyn and Kevin. I'm great. I'm thrilled to be here.

Robyn: We are excited to have you here. So, there's so much to say about you, but I'm going to start here. Dr. Joan Rosenberg, Creator of Emotional Pilates, is a highly regarded expert psychologist and master clinician. As a cutting edge psychologist who is known as an innovative thinker, trainer, and speaker, Joan has shared her life-changing ideas and models for emotional mastery and personal growth in professional and educational seminars (e.g. Brendon Burchard's *High Performance Academy*, John Assaraf's *Brainathon* and *Master Your Mindset Series* and *AuthorIOI University*).

Psychotherapy sessions and graduate psychology teaching (currently at Pepperdine University). She is a featured expert in the critically acclaimed documentary film *I Am*. I didn't know that about you, Joan. That is great! and *The Hidden Epidemic*. She has been seen on CNN's *American Morning* show, OWN, and PBS stations nationally, along with other TV and radio media appearances.

She serves on John Assaraf's scientific advisory board, has one patent in performance skill development, is a published author of the book *Mean Girls, Meaner Women* and is published in professional books and journals. Wow, wow, wow. Thank you for being here.

Joan: Well like I said, I'm excited. I'm very grateful for you having me.

Robyn: We have so many questions for you. I think what we want to start out with is, we would love for you to share your story about how you got into the work that you do as a psychologist.

We definitely want to know about the definition of Emotional Pilates what is that all about?

Joan: I'm glad you asked that question. I started out wanting to be an Outward Bound instructor, because I love the outdoors and loved it as a medium for personal growth. There were no programs really, in doing that so somebody suggested I get a degree and at least have that as part of my background while I was pursuing what would be known as experiential education.

The only programs that were available at the time that I was going to do my undergraduate were master's degrees. So I did in fact go to college and ended up in a different program that was also, in this case, an experiment. It allowed me, while I was doing the bachelor's degree and my curriculum consisted of the master's degree in counseling. It was a natural fit. So I stayed and that's where I've been ever since.

Robyn: That's great.

Kevin: That's inspirational. I'm just finishing my bachelor's in psychology.

Joan: It was a really unique opportunity, because of what it did. I did all my degree work at the University of Missouri from bachelor's to master's to doctorate. Because I started so early and had already finished the master's curriculum, it allowed me to develop different specialty areas as I went along. It was great.

Kevin: So the Emotional Pilates, we obviously want to have you lead into that. What brought you to that and the work you're currently doing?

Joan: Well, a little story as a lead-in. I was working with a client by trying to help her understand what I wanted her to learn and to do. I looked at her and I said, "Look, all I'm trying to do is to help you develop your core emotional strength." My dad and I used to play with words a lot. what I heard in my head was core strength. Well, core strength I immediately associated to Pilates.

She gave me this quizzical look when I said core emotional strength. Then it's like one of those California comedic pauses, it was taking place. I looked at her and I said, "Kind of like doing emotional Pilates." This big grin came on her face. It was like she understood right away what I was trying to get at.

Kevin: Great.

Joan: So think of Emotional Pilates as mostly counterintuitive. It's not physical. It's all mental and emotional strategies to help you achieve core emotional strength and steadfast and high self-esteem. It's not the kind of thing that's going to go away. What I realized over the years is that everybody always tells you, you need to have high

self-esteem, but they never ever tell you how to do it. Mine is really the how-to. There really is a pathway to be able to achieve it. After all these years in psychology that's what it's all about.

Robyn: It's all about self-esteem.

Joan: Well, it's emotional strength and high self-esteem.

Robyn: Emotional strength and...

Joan: High self-esteem.

Robyn: High self-esteem is a good thing, yes. That's great to put that core energy around this idea. I love that. I love that. I'm curious, after reading your bio, tell us about your patent in psychotherapy training.

Joan: It was the mid to late 90's, I think. Computers were being used more and more and I was trying to figure out a way to... my whole thing was transfer of knowledge. I've spent my entire career, not only doing psychotherapy but teaching graduate students how to do psychotherapy. I was trying to figure out how to get what was in my head into their heads more efficiently.

What ended up happening is that, actually a graduate student first helped me out with it because he was so into computers, but we rigged a way for a group of us watching through a one-way mirror to watch the practicing therapist and an actual live client. We watched them through a one-way mirror and also had computer rigged up on our side of the room where all the rest of the supervisees were.

We were recording it and I could type in comments while we were going along so that the supervisees in the room with me could actually get supervision via text, watching the therapy session as it was happening. Then when it was all over, to show the dating on this, the student who had been doing the counseling could be handed a videotape with all those comments attached. So they would be watching their therapy session as if they were watching a foreign film with subtitles. That's what the patent is all about.

Robyn: Great.

Kevin: That's great. Wow!

Joan: It was a great training thing. the students just loved it, because it was in the moment supervision where it's like, how much more effective can you get in terms of timing?

Robyn: That's great.

Kevin: Yes.

Robyn: Is that still being used widely right now?

Joan: No. I wish. It's one of those things I developed and then was never able to...

Robyn: Take it to the next level.

Joan: Yes, I'd have to put time and energy into marketing the concept.

Robyn: What a great idea and tool. Can you share a little bit about the difference between the little 't' and the big 'T' in traumas that you write about and talk about?

Joan: Yes. Francine Shapiro, who developed EMDR, is somebody who actually talks about it. big 'T' trauma is the big traumas that most of us always talk about. It's where someone's been exposed to a traumatic event, where there's been some kind of threat to their own life or threat to another's life, or threat to their own physical integrity, or they've witnessed an actual death. So it's really 'The big traumas', whether there's been attempted murders, a rape or a tragic car accident, any of those kinds of things we might consider big 'T' traumas.

The little 't' traumas are what people would describe as everyday humiliations, rejections, or embarrassment. So the bullying that people talk about in schools or elsewhere, in work environment, etc. again, if they're not ultra-harsh but what we might consider "a mild putdown," which of course is never a mild putdown. Like making fun of a name, or fun of what you're wearing, or that kind of stuff. That would be little 't' trauma. Though it can, over time, certainly accrue into what I would consider big 'T' trauma.

Robyn: So many of us practitioners, we see every day in people is that this is what keeps people up, the little t's. It can take over your life and just erode away joy and happiness. It's interesting. I like that idea of just the little 't' I've never really heard that before.

Joan: The truth is it also has an effect. We're talking about the scope and the intensity that somebody's been through, but if somebody's been teased throughout their entire life or just at the wrong point in their growing up years, something was said or done to them, these things (we're sensitive human beings) we take very seriously.

It can leave a mark that people then form their lives around. Like, no, I'm never going to get up and do that speech again or I'm never going to talk in front of people because people laughed at me when I did my speech when I was in fourth or fifth grade, whatever it might be. So people, despite the fact that they can "seem little", can end up forming their entire lives around one life incident.

Kevin: I think that we're talking to these in relationship to each other as far as you've experienced a big 'T' trauma and then these little t's basically add to that or they hook into that somehow?

Joan: I think that our brain is like a hard disk. We take things in and it's never erasable, but it's an inerasable hard disk. So it's there and yes, it certainly could feel cumulative or the other thing that can happen is that I go through one thing that actually is something, if we call it big 'T' trauma, that I experienced later in life as a little t in anything. The hard part here is that, again the phrase I like to use, and I used to call this my Jukebox Theory, is that anything can stimulate a memory.

A scent, a sight, something I hear, it could be a sensation, it doesn't matter what it is. It could be a location. Anything can trigger past memories. Then what ends up happening is it goes back and it's like a jukebox. It says look, let me search back into what's familiar about what I'm experiencing. The brain, because it's an associational organ, goes back looking and goes, here's three experiences.

It seems like it brings all those memories and everything associated with those memories forward and now we're not dealing with just the thing that happened in the present, now we have our past memories and the effects of those, to contend with, too.

Kevin: How is shame involved in that, as far as just an overall concept of shame, but linked to this idea?

Joan: Well, you know what people experience shame a lot. If you sit in conversation with people for any length of time, you'll often hear people talk about feeling

ashamed or feeling shame. One of the ways I like to think about that, I love one definition of it I like to think of it as a physiological strategy for withdrawal.

So again, let's use the example of me in seventh or eighth grade doing a speech and I got so laughed at and teased about what it was that I go, I'm never going to speak again. I'm going to really hold myself back in front of people. So again, now I'm forming my life around this one thing. I feel ashamed.

Because we feel shame in a certain way in our body, I think it's fairly parallel for most of us, you can think of any one of us, when we've experienced shame, it's kind of a hang our head down, look down at the ground, curve our shoulders in, and crowd our heart and then have these unpleasant downward feeling sensations with it.

Then it's like, I don't want to ever go do something that's going to re-evoked that experience in my body. So we use that experience, those sensations, to pull back, so that I'm never going to put myself in a situation where I have to repeat experiencing that. Again shame then becomes a strategy for withdrawal. Does that make sense?

Kevin: Yes.

Robyn: Yes. It's so interesting you bring up this public speaking experience. You had a public speaking experience, obviously when you were young. I had one when I was 15. I was involved with student government in New York State. I spoke to a crowd of 500 people, running for a board position and I completely froze. It was so traumatic for me that I sat down I didn't even finish my speech. Actually, I read the last paragraph and then I sat down. For years, I said the same thing, I will never public speak again.

The big thing that happened is that I can know you, Joan, so well. I can know Kevin so well. I can know five really good friends and if I want to introduce you to somebody else, to this day, because of that trauma, I will forget your names. I'm better and obviously I get on stage and speak quite a bit, but I had done a lot of work and public speaking training to still recover.

That's one of the biggest traumas that I could ever remember, which is freezing under those fluorescent lights in front of 500 people completely. I've never seen anybody ever mess up a speech as much as I did.

So, I've had a lot of posttraumatic growth so I want to go into that next question. I'd love for you to speak about posttraumatic growth. That's the session title we're speaking about, five key steps to achieve posttraumatic growth.

Joan: Achieve posttraumatic growth. It's really simple, think of it as positive changes that result from your struggle with trauma. It's you taking the time to reflect and make sense of, to the degree that any one of us can make sense of, the things that we go through and that we grow from that experience. That's posttraumatic growth.

Robyn: That's such a positive slant on it too. So many people are frozen in their trauma and can't really see the positive yet, or can go years.

Joan: Let me come back to that for a moment, because it ties a little bit into the shame question that you asked me a few moments ago. What ends up happening too is that people see themselves, or we see ourselves when we experience shame, as a bad self. But we're not a bad self. Bad actions may have occurred, either that we were engaged in or we experienced, but we don't have a bad self. It's all about bad action.

Then what people have to do is acknowledge that I've been through whatever it is that I've been through, and then go, but I'm not going to use this shame to not allow me to go forward. That's tied in for me again, to this whole idea of posttraumatic growth.

More often than not, what I think happens for people is that it's not the feelings that they don't want to feel again, they don't want to feel the bodily sensations that help us know what we're feeling. As a result, that's what creates this frozen in time experience, or frozen experience. It's like I don't want to re-experience it bodily and we know what we're feeling through bodily sensation. So it's really moving away from the bodily sensation that I think most people are doing. That's what creates that frozen experience.

Kevin: I think a lot of people have heard this term, posttraumatic stress. Could you touch a little bit on explanation of what that would be?

Joan: What ends up happening is that once somebody's experienced a trauma, and lots of times what ends up happening is that, again, anything can fire it off and depending on the intensity and the nature of it and the length of it, how long, either weeks, months, years, or how many repeated incidents of something they experienced, parts of the brain, the amygdala in particular, activate.

It's on alert all the time, as a result, not only is it sending stress hormones filled throughout our body, it keeps us on high alert and then we're always vigilant for the next bad event happening. So we have a combination of these hormones surging, our awareness of memories flooding in of the experience or experiences that we've been through, perhaps picking up memories of prior experience, and our whole bodies basically just functioning on high alert.

It's a difficult way to live, because all the past experiences are interrupting our ability to function effectively in the present. That's what people describe as that posttraumatic stress experience.

Kevin: I appreciate that, because I think that is definitely something that is out in the media now and certainly with our returned veterans. We're going to be dealing with this quite a bit more, this idea of posttraumatic stress.

Joan: Absolutely.

Kevin: It is something that we're all experiencing to some degree, based on the traumas that we have. That leads into a question about, you have a comment here called the 'window of tolerance'. Could you elucidate that for us, a little bit?

Joan: That fits right in. The notion here is that we want to be able to function. Our past is always available to us. Like I said, any single thing can trigger it or just like when I was talking earlier about public speaking as an example and it brought up a memory for you, Robyn. What ends up happening is that sometimes again, that stuff can be activated by a certain memory or experience and then if we start to think about it and feel it, we get either flooded by it or really reactive.

So we become explosive, angry, irritable, whatever or we want to shut down and numb ourselves out from even being aware of it. So the 'window of tolerance' would be the range of being able to feel something without it disrupting us so that we neither, become reactive and explosive nor numb and checked out.

What we want is enough of a nice window of tolerance where we can experience, again, memories from the past or whatever it is that we're experiencing in the present, and be able to handle it without it going either in those extreme directions.

Robyn: I have two questions based on that. It seems like you can have two different people go through the same trauma and one person can 20 years later be debilitated

by it and another, within a couple of months, they're charging through their life moving forward.

What is the physiological difference between those two people? Why does one hold on to trauma, which can lead to dis-ease (disease)?

This is a big part of the Self-Care Revolution™ message, too. That's why we're devoting a whole month to trauma, because we just know that it's a big factor in why people have dis-ease in their body, disease.

Joan: There's not any one thing, Robyn. There are so many factors that contribute to that. Just in the present day, how is it that that person handles their emotional experience? Do they try to check out from it and away from it and as a result, over time it gets, if you will, deposited in the body. Then they layer it over with other problems like drinking and drugs and whole assortment of other things? Eating too much, and so now it's obesity and now you have all the other things that are layered on top of that?

We can think of just one starting point of how do you manage your present day thoughts and feelings. That becomes something else entirely, if people don't manage them well. Then it's all the life experiences.

- What kind of life experiences did they have?
- Did they have people that were supportive in their life that they could turn to and talk about things that were upsetting?
- How were feelings treated when they grew up?
- What kind of life experiences did they have?
- Do they have a bunch of traumas that preceded the big one and then they'd just frozen for those 20 years?
- Or again, were they taught coping strategies that were much more effective, had people to turn to and be able to talk to them about the experience and they were able to then move on because of it?

Then there's temperament and all sorts of things. There are so many different factors involved in why one makes a choice to go one direction and someone else goes the other.

Robyn: The second part of this question, especially in today's day, there are so many new forms of healing. Like quick transformative modalities like EMDR that you spoke about and EFT (Emotional Freedom Technique), anything from acupuncture to different types of tapping.

I'm curious; in your practice let's say again, you worked with two patients who've been through a similar trauma. Obviously, they have different backgrounds. In all your tools as a psychologist, what are the main modalities that you use with your patients to help them transmute trauma? Again, it's part of our lives, so there's less of that density that they're holding in their body?

Joan: I'm trained in EMDR. I am not trained in EFT, the tapping technique. I'm familiar with it. I'm not trained in it.

Robyn: Okay.

Joan: I am aware that people will describe experiencing a change in health from it. I can't speak to that specifically individually only because I don't have that training.

EMDR, I've seen a lot of success with and I wouldn't consider that fast. There's a relationship that develops over time with the therapist or whoever's conducting it as they're using the EMDR technique, so that's really over a period of time and isn't fast-action. And you mentioned the acupuncture as well, I don't think of us as a body and then a mind. I don't think you think that way either, if I were to guess, I see us as one unified whole.

So we're a body-mind or as I always like to talk to people is we're like a brain on two feet, so that the body is really an extension of the brain, largely because the brain proper and the spinal cord runs down the entirety of the body. So if we think of that as the central nervous system and as the whole of the brain, then our body because the spinal cord runs through it, is part of our brain.

So anything we do to the body, we're in effect doing to the brain. So acupuncture and all the semantic therapies are going to have positive effect— Rolfing, deep massage, acupressure, and acupuncture— anything that's going to treat the body is likely to help release memory and feeling, or what people scientifically like to call affect.

Or, you can approach it from the talk therapy kind of route or the EMDR sort of thing and then you're just using a different modality. I think all of these kinds of modalities have a place. I like to think of it being used in an integrative way so across the board,

ideally someone will be healing by paying attention to what's happening at the sensory movement level, at the body level.

They'll also be addressing trauma from the standpoint of thought or cognition. It would also be addressed at a feeling level. So body, thought and feeling it has to happen at all three levels for the deepest and most profound change to happen.

Kevin: This might be a good time to ask you about your five key steps to achieving.

Joan: The first step, actually. The whole talk was centered around this whole idea of five steps to achieve posttraumatic growth.

I. Step one is, you must grieve. I break that down. Also this is the way I see psychotherapy. I see psychotherapy largely as a grieving process. So in this case, you must grieve what you got and didn't deserve, what you deserved and didn't get like love, attention, a safe place to grow up, all those kinds of things, whatever incident or experience you went through not to have happened to you what never was, what is not now, and what may never be.

Kevin: That's intense.

Robyn: Yes.

Kevin: I'm just reviewing that and thinking, wow. I'm getting a lot of memories popping up around that just

Robyn: Me, too I'm thinking about what happened in Newtown, Connecticut. I think about, especially living a young child and all those kids and people and teachers.

One of our healers actually, one of our practitioners that's going to be part of our global release trauma day tomorrow, that's one of the things that she does she's an EFT practitioner and she's working with that whole event, along with Nick Ortner.

Joan: This is all part of step one.

Kevin: Right.

Joan: There's one other element to it, too. Just so that people understand, because people don't always understand, that grieving may involve experiencing and expressing sadness, disappointment and/or anger. It's the continuum of feelings. So if

somebody's angry about something it's not just that they're angry separately from grief, the anger is part of grief.

Kevin: That's important to understand.

Joan: A lot of people will separate this out and think that they're just sad, they're just disappointed or they're just angry, but that's not the way I look at it I look at all of those as being part of the grieving that a person is going through. I put it all together.

Kevin: That's integral, as well and it's a good way to put this, is these are all integrated.

Joan: Absolutely. You'll notice that part of what I'm talking about here is that grieving involves both experiencing and expressing.

2. Step two is you must tell your story. Whatever you've been through, you don't want to just hold that in privately to yourself. Our healing actually comes through, in part, the expression of what we've been through or what we're going through. When we tell our story, what ends up happening is that we start to make connections, in our minds, that we've never associated before, never put together before.

Through the telling, it tends to decrease the intensity of pain. So the goal here is I would have people talk, write or create something. It could be music, sculpture or painting. I don't care what it is, as long as it's safe. So talking or creating as a way of expressing and telling the story many times would make a big difference.

Kevin: And you work the EMDR into that part of the process?

Joan: Possibly, yes. Again, let's go back to an earlier concept, so now I get to weave concepts together, depending on their window of tolerance. So if they're getting flooded by things and they aren't able to function easily and effectively. Or, they're checked out and only wanting to numb and disconnect, than what I want to do is to provide some relief from that.

EMDR might be one way, at that point, to bring that in so that a window of tolerance can be, in many cases, expanded, particularly if it's numbing and checking out. It might help if you will, narrow the range if they're being too reactive. What they're going through will be integrated better.

Kevin: We've actually mentioned EMDR a couple of times. I don't know if we've explained it.

Robyn: What does EMDR stand for?

Joan: Again, the developer of it was Francine Shapiro, also a psychologist. It stands for Eye Movement desensitization and reprocessing

Kevin: So the idea basically, is that somebody is what they call bilateral, right?

Joan: Right. The example that I always use when I'm teaching is this. Imagine you're putting a quarter on the back part of your head someplace and that that quarter represents a memory or set of memories. That's not really the way it works, but for our purposes, let's just use it that way.

What ends up happening is, if again we go back to this idea of a memory or set of memories getting frozen, then that memory has been walled off from everything else, from how we allow ourselves to feel about the experience we went through, from how we think about it and we're walled off from maybe how we allow ourselves to experience it in our body.

What ends up happening is the person who is being treated using EMDR is being stimulated bilaterally. Meaning, somebody is either moving a finger back and forth in front of their eyesight, and the person simply is supposed to track the movement from left to right, over and over and in sets or they might feel tapping on their knees, so one knee to the knee and back and forth, or tapping on the top of their hands. Sometimes, they're using sound and there's a machine they've developed and they can flip the sound back and forth.

So the brain is being stimulated on both sides so that somebody brings the memory up. There are a number of different steps along the way, where they're also asked what their target goal is, and they're supposed to have a safe place to return to if stuff gets activated.

But what ends up happening when you go through this whole process of stimulating the brain on both sides and again notice it's on all three levels, body, thought and feeling. You've done things to address the feeling. You've done things to address the thought and the body, because of the stimulation. What ends up happening is it stimulates a lot of other memories and thoughts along the way. It starts to link to that quarter, to that walled off memory and now, the walled off memory is no longer walled off. So it starts to stimulate all sorts of channels, if you will, or neural pathways back to the trauma, where the trauma can now be released and integrated into the person's full sense of wellbeing.

Kevin: Excellent. Are we on step three of your process?

Joan: Well, no. So that was, you brought up EMDR around step two.

3. Step three is you must understand the impact of the experience or experiences on you. The notion here is somebody would ask themselves some questions. Like how did what you went through change your life? How did it or how does it affect things like your decision-making, choices, how you connect with other people, the risks you take in life, what you pursue, your values? That's an open-ended question that could go on forever.

But it's all an attempt to make sense of the experience. we can't always make sense of things that have been senseless. So murders or attacks or basically, even I think of our own inhumanity against man. It's senseless. There are times that we may not be able to make sense of something and go, now I understand why that happened, but what we can understand is the impact it's had. That would be another one, is to understand the impact of the experience on us.

4. Step four is to the degree that one can then, I want to encourage people to return, to pursue or engage in the life activities that they want to enjoyed. The common understanding is that if people can return back to a semblance of a routine following a trauma, then they tend to do a little bit better, because they're going back to live a life that was familiar. Again, assuming that good practices were in play here, that they're returning back to a more normal routine that tends to give people a little more of a sense of control in their life. That tends to help all. So, to the degree that people can go back to pursue or engage in those life activities, then that would be great.

5. Step five, would be to forgive and that would be forgiving yourself and forgiving others.

Kevin: I know we hear that a lot, forgiveness. It seems like that's a process as well. Is that something that you can help people through, to understand the process?

Joan: Yes. People suggest a number of steps to it. I think that what you have to understand is that forgiveness is less about the other person than it is about myself, about oneself. That if I'm not forgiving and I'm still holding on to how I've been wronged, how I've been hurt or what I experienced. By doing that, I'm actively bringing past memory in the present and then living off the past as if it were present. That doesn't work well for people. It keeps people then living from a place of bitterness and toxicity. Certainly, you see the remnants of that in the body.

So, when one forgives it's really that effort to say and again, that would be tying into the making sense of, it would be to say, you know what I went through this and this is what it's left me with in my life. These are some of the choices I feel like I had to make because of it, whatever someone might think through. Then it's to let it go and say I forgive me for whatever aspects I need to forgive me in this experience and I need to just forgive others as well.

Kevin: As I'm looking at your steps, say that those really are the steps to build forgiveness or to...

Robyn: Totally.

Kevin: So what you're saying is that you're going through these steps and you're manifesting or creating that forgiveness in your life. The word vengeful is coming up. I see that in some of the notes that I have here. You've touched on that a little bit as far as part of the inability to forgive.

Could you share a little bit about if somebody feels vengeful or they still have that big attachment to something that's happened to them?

Joan: What I think about that is that it puts the focus on the other person. So if I'm vengeful, what I really want to happen is to have somebody suffer and hurt the way I have suffered and hurt. So my "getting back at them" would be an attempt to show them and to make them experience some semblance of that hurt and suffering that either I did experience or I am experiencing. The challenge is that it, again, it puts it in a negative energy realm. It's toxic. It's focused on the other and none of that leads to healing.

Robyn: Great.

Joan: So the focus, in terms of healing, really needs to be on the self.

Kevin: That's a great way to say self-care is the true health care.

Joan: Exactly.

Kevin: I'm noticing here that you have a PDF that folks can download.

Robyn: Where do they go to get that?

Joan: They can go to epsselfcare@gmail.com (the ep is for emotional pilates), they can email and request the PDF and they'll all have access as well to a recording. It's a nice three-page PDF that has the whole walking through in terms of you must grieve and those five different things I called out. All of that's on there.

Kevin: Excellent. You mentioned a recording, the mp3.

Joan: There's an mp3 recording that once they send the email, I believe they'll also have access to that. It's roughly a half-hour in length. It'll also not only cover the five steps that we've been talking about, but it will talk about categories of potential growth and dimensions of growth.

Kevin: That is very generous, we appreciate that.

Robyn: Thank you very much. There's a lot to take in with this conversation we're having with you.

Kevin: Right.

Robyn: In getting back to a question asked earlier. Still understanding, about how if you have 10 patients in a day, what is your main tool? You're listening. You're going through these steps. Tell us a little bit more about how you're working. If I came to see you, Joan, how would you work with me? I'm still trying to get clear on how you work with your clients.

Joan: My first response is with warmth and love.

Robyn: Awe, of course, that's what you are, warmth and love.

Kevin: Absolutely.

Joan: Those were the first two words in my head, so I thought I would say them.

Robyn: Beautiful. I'm coming to California to see you.

Joan: I'm really active with the people that I see. My engagement in the room goes well beyond "just listening". Again, warmth, love, high engagement, I'm really present in the room. How I work is a combination of four different approaches.

I use a lot of neuroscience. I think of neuroscience as grounding everything. So I'll talk about the brain, much in the same way that I talked earlier, even today, about us

being a brain on two feet and sometimes when we're traumatized, certain structures of our brain go on high alert. What I've noticed when I bring the brain into the room and talk about it, it tends to relieve some of the shame.

They go oh you mean I can't will this away? It's like no, you can't will it away. I like to reframe a lot of things. So one of the things that I'll also do is I almost always talk about false notions of what emotional strength are, so that people have an idea of where I'm wanting to head them. Then, because I'm very active in the here and now, I'll use what's happening with us in the room.

Somebody might call that from a Gestalt orientation. I think that the past is super-relevant to how we're functioning now. So I'll pay attention to life story and life events and somebody might call that from a psychodynamic or analytic orientation.

I also think that it's not only important to pay attention to what we think. I think it's just as important to pay attention to how we think. So then that would bring the cognitive development in as well. That would make it so that even though our past has everything to do with our present, so when we pay attention to the thoughts, it will make it so that the past doesn't have everything to do with our future.

Kevin: Wow, that's very integrative.

Joan: Yes.

Robyn: Is it possible for someone for someone to work with you, do you do phone work as well?

Joan: I need to pay attention to location, only from the standpoint of my psychology license, so mostly California. There are also some coaching opportunities.

Kevin: Good.

Joan: I would just get to talk and find out what they're interested in. What I do have set up, if people are interested, is like an ongoing twice-a-month training, which would be a group training that's more educational in nature. But certainly, they would have a chance to ask questions and be engaged in that way so that it would be a biweekly training, if you will. Plus an opportunity to ask questions and answers.

Kevin: That's more what you're calling coaching, right?

Joan: That would be under the more educational and coaching in nature.

Kevin: Okay.

Robyn: Can you tell us a little bit about the book that you wrote, the *Mean Girls, Meaner Women*?

Joan: Let me re-craft the title a little. That is the title but that's really not how I think. The book, really, is ultimately about the importance of women being, not only authentic with themselves, but being authentic with each other. That's really the main thesis of the book.

I was supervising, when I was teaching grad school at a different location. One of the people I was mentoring on their doctoral thesis, I helped guide her through that process, and her thesis was women oppressing women with all the different influences and factors that contribute to women being hurtful to other women. There wasn't a lot of literature out at the time. She wanted to turn it into a book and asked because I was so integral to what happened with her doctoral thesis, asked me to assist on the book. So then her thesis ultimately was turned into a book. We just need to be honest with ourselves and we need to be honest and truthful with the women in our lives.

Kevin: Why do you think that isn't happening, to whatever degree it isn't?

Joan: Again, there are so many different factors. Part of it comes down to each woman's ability to handle her feelings well, which includes anger. If you think about it, men are socialized to handle anger well with competitive sports. It's socially sanctioned for men to be angry it's not socially sanctioned for women to be angry.

If you think of all the names that women are called when they express anger. As a result again, there's much more beyond this, but women then don't have a way to comfortably express it with each other. so it starts to come out in insidious and hurtful ways.

Kevin: Isn't it ironic, because I think one of the social things we think about is that women can talk to each other more than men can. There's more conversation happening between them. Possibly the authenticity is definitely something that needs to be investigated.

Joan: Right. The conversation's happening, but it may not be going to the level which it needs to go to.

Kevin: Definitely.

Joan: Like saying, sometimes I feel jealous of you or I hate that I feel in competition with you, or whatever it might be, which would then, once the thing is named tends to lessen the intensity.

Kevin: I like that. I think giving it voice, giving it name, and then lessening the intensity. I think that's important for our listeners to hear. that takes courage, right? You mentioned that earlier, that level of courage.

Joan: Bravery and courage, yes.

Kevin: Definitely.

Joan: Absolutely. I believe in that kind of bravery. We don't fully heal until we can experience the truth of our own experience. Live that.

Robyn: That's a powerful quote by you, can you repeat that.

Joan: Let me put it differently. I'll use everything I was going to say. "We don't fully heal until we can feel, live and tell the truth of who we are."

Kevin: That's powerful.

Robyn: We can be on the phone with you for hours. Makes me think of addiction and people who are not feeling and living, because they're burying their traumas under alcohol, drugs, other addictions, because they're not really wanting to feel their pain.

Joan: Sure. I have kind of a unique position or a unique take on how voice or speaking up is so crucial to our experience of ourselves and of course then ultimately our experience with other people. It's not just oh you have to speak up, it really digs into that whole process and why it makes such a difference.

So yes, as you were starting to say Robyn, unfortunately, we bury a lot of that underneath not talking and then doing things like drugs and other things.

Robyn: You've provided so much information I'm still processing those five steps in my head.

Kevin: We've ripped through another hour.

Robyn: I'm just wondering if there's maybe one final thought or message, other than what you shared. Maybe one final comment, message you would like to leave with all of our listeners today?

Joan: I would probably end with that. That's kind of a signature end for me. That would be it. We don't fully heal until we feel, we live and we tell the truth of who we are.

Robyn: Thank you so much for sharing your amazing expertise. All these years of working with trauma and really just giving people a sense of a solution and that it is a process. To own and feel that process and to know that to stay with it, to be with the trauma, to reveal. As you say, the five steps here to achieve posttraumatic growth, to realize the growth and to see what's on the other side.

Kevin: I can see that somatically, like moving from that place of hunched shoulders and looking down. We're definitely not looking down right at the moment we are looking up and we're so grateful to have had this time with you today, Joan.

Joan: It's reciprocal. I feel very grateful for the opportunity to talk about all of this. You are doing phenomenal work and just let me know what other ways I might be able to support you.

Robyn: Joan, our list is long. We're going to continue with you, for sure. Thanks again. Have a wonderful day.

I want to thank everybody for being here on this call. I know we are going to be sharing this with lots of people. We're in the middle of the work day and many people want to be online and we'll make sure this gets out to the masses, very important message.

Thanks again, Joan. You take care and thanks so much for sharing with our Self-Care community.

Kevin: Absolutely.

Joan: You are so welcome. Thanks so much.

Robyn: Bye.

[End of Interview]

JEN LANDA

DrJenniferLanda.com | MD, Sexpert, Author, Creator of *Rewire Your Desire*

REWIRE YOUR DESIRE: EVERY WOMAN'S GUIDE TO HER SENSUAL SELF

[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™. We're so excited that you're here with us. As we can see, many of you have been with us this whole day. We are with Dr. Jen Landa, our third speaker this day. Thank you so much for being here, Dr. Jen. How are you today?

Jen: Thanks so much for having me. I'm great.

Robyn: Well, we also want to thank you for your patience. We know what it's like, that not only are you a medical doctor, full practice and all that you're doing. You're a mother of two and so am I. I have an 11-year old and a 13-year old so I know that life can throw you a couple of surprises when you're dealing with your children's agendas and schedules. So we're just so glad to have you here. For everyone listening, some of you, if this is your first visit with us, the Self-Care Revolution™ is a 12-month series. It's a themed series, so each month we have a particular topic. We started out with Thoughts and Food as Medicine. And then our third month is all about trauma and releasing trauma.

In fact, we're having a very big event happening tomorrow. About 20 practitioners are going to be a part of that. It's called Global Release Trauma Day. It's going to be a live stream from 1:00 to 3:00, that's Mountain Standard Time, and we look forward to sharing this really amazing day. So it's a whole new event, never been done before. And we see that a lot of you are going to be with us tomorrow. We are once again, Dr. Jen, really excited to have you here. We've been posting you, actually, for quite some time now.

Kevin: Yeah.

Robyn: We've been previewing you for at least six weeks and we let everybody know that you were just recently on Dr. Oz, which is really exciting. That was just a couple of weeks ago, correct?

Jen: Thank you. Yeah, it was. It was so much fun, very exciting to be able to share my story with Dr. Oz.

Robyn: Yay. Well, my name is Robyn Benson. I'm a Doctor of Oriental Medicine and I'm also the founder of Santa Fe Soul Health and Healing Center. And my co host,

Kevin: Is Kevin Snow. People call me The Desert Shaman and I'm a practitioner here at Santa Fe Soul. So I'm happy to be part of this call and excited to hear what this interview's going to be all about.

Robyn: This is going to be big education, Kevin.

Kevin: Right, I know.

Robyn: I think we're going to have a lot to share, not only with our audience,

Kevin: Right.

Robyn: Let's see, here. Let's see. What are we going to start with? Where is your long, I was reading over this, my goodness, you've had quite an interesting career, so just for all of you listeners today, to find out about Dr. Jen Landa.

We're led to believe it's natural for us to lose our sex drive at a certain point, that it's part of growing older. Dr. Jen is here to tell you it's not true. Women can and should enjoy healthy, pleasurable, and intimate sex at any age.

Dr. Jen is the Sexpert MD: Author of *The Sex Drive Solution for Women* (an Amazon bestseller), creator of Rewire Your Desire, a program to help women with low sex drive get the passion back in their life. She's also a hormone specialist, Chief Medical Officer of BodyLogicMD, and an OB/GYN. Dr. Jen lost her own sex drive when she was 28 years old, newly married, and just beginning her career as an OB/GYN. Her determination to bring it back sent her on a journey that lasted many years.

She found the answers she needed in regenerative medicine and created a framework of easy-to-follow practices that helped her, helped her patients, and is now helping women everywhere restore their energy, their health and their sex life. Today, Dr. Jen Landa is a forty-something wife, mother and physician whose friendly, accessible

style was made her a favorite among women seeking solutions for health issues from PMS, baby blues, and low libido, to hot flashes, vaginal dryness and menopause mood swings.

Dr. Jen has been featured on Fox News, Shape Magazine, Elle, Men's Health and more with her message (and as I just mentioned, she was just recently on Dr. Oz): you can get your inner fire, your desire, your interest and passion for intimacy and sex back again. It will strengthen your relationship, boost your self-confidence, and get you up and going! So thank you for being here once again.

Jen: Thanks so much for having me.

Robyn: And your session title, Rewire Your Desire: Every Woman's Guide to Her Central Self. So as you know, I'm a Doctor of Oriental Medicine for 21 years and a big part of my practice are women in their 40's with no sex drive, so very near and dear to me. It's just great to have you as the expert here to share with. Actually, many of my clients are on the phone right now, and many of our growing Self-Care Revolution™. We've got people from all over the country and internationally now. So, you want to start with the first question?

Jen: Fantastic.

Kevin: The first question that we usually start with is what brought you to this work? So it's usually a very broad question, but just a brief overview of what has brought you to this point and to share this very important work with the world.

Jen: Sure. For me, this is a very personal mission, Kevin and Robyn. When I was only 28 years old, I lost my sex drive. That's a time where a lot of people don't expect to lose their sex drive, so it was particularly surprising to me. Of course, it wasn't something that just happened overnight, that one day it was there and one day it wasn't. It was one of those gradual experiences. Now that I look back on it, I can see that it really started with I stopped initiating sex early on. And then it progressed into starting to make excuses, like, "I've got a headache," "I've got a stomachache," "I've got an early morning meeting." My period seems to be somehow coming magically a few times a month. And, "Oh, not tonight."

And then it really came to a head, though, when my husband and I went on a vacation. Vacations were always this amazing time for us to really reconnect, away from the stresses of the world. And we used to have a really great time connecting sexually. It was on one particular vacation that I realized that I kind of just thought that

everything, I was kind of tired, I was overwhelmed, I was working 80-100 hours a week as an OB/GYN resident, and I figured if I didn't feel quite right that that was the reason why. And I figured on vacation, everything would kind of snap back to the way that I was before. I realized that one of the things that weren't snapping back was my sex drive. When I was really being honest with myself, I realized I had no interest in having sex. I wanted to, because I wanted to express my love for my husband, but I realized my body and my mind, that no part of me really wanted to cooperate and wanted any part of it.

And that was a really difficult time, because then I realized, well if I was being honest with myself, then I had to sit and be honest with my husband. And I sat him down and told him about it. And he took it really differently than I expected. Here I was feeling like I was this kind of freak with a problem, like, "Why didn't I want to have sex?" And then he took it very personally and thought it was all about him and said, "Well are you not attracted to me? Do you not love me anymore?" And it created some big relationship stress for us as well. I started to worry. Would I lose my relationship over this? And what were the consequences going to be?

And I think the worst part, on top of everything else, and you guys probably understand this as integrative medicine practitioners, was that I hadn't been taught anything in my residency as an OB/GYN that I could think of that I could use to help myself. Believe it or not, here I was, just about to be a woman's healthcare expert, and I had no idea how I was going to help myself or anybody else who came to my office complaining of the same thing.

And that was really where the mission started. That was really where I started what's been now a 15-year mission to find out for myself and for my patients what caused women's sex drive, what made it stay, what made it go away, and how to get it back, and how to help teach my patients to get it back. But I'm happy to report that there are ways to get it back. And too many times, I hear that people have been told by their OB/GYN there's nothing you can do about this problem, this is just the way that it is. That's so sad to me, because that's absolutely not true. That's one of the biggest reasons that I created recently a sexual help certification program for healthcare practitioners to teach them what we can do to help women with their sex drive. Because you absolutely don't have to settle for a bad sex drive and you should regain the passion in your life.

Robyn: First of all, I want to just say I think it's so great that you're so upfront. You don't hold anything back with your own personal story. That is so great, Jen, that you're out there, because it is traumatic for so many women that have absolutely no

sex drive. And it is common in their 20's, it's common in your 30's or your perimenopausal and menopausal, so some people are just so stressed out, it's their whole life. So I really just love how you encourage women to live fuller, healthier lives in their quest to regain their sex drive. Can you tell me more about what you do specifically, for women? So your 15-year mission, what's the main way that you're helping women to reignite their passion?

Jen: Yeah. I love that word, reignite. I'm also into my word, rewire. Well, I created this program called Rewire Your Desire. And in that program, I teach women how they can get their sex drive back. The way that I do it is with a framework that I've developed. It's an acronym. And the word for the acronym is HARSH, because losing your sex drive is harsh. HARSH is an acronym standing for H for habit, A for attitude, R for relationship, S for stress, and H for hormones. So by looking at each one of those areas in a woman's life, I look at those areas and ask questions to try to figure out what's going on. And then I teach women how to improve. It could be just some of those areas and it could be all of those areas that are affected.

Robyn: Okay. So go ahead, Kevin.

Kevin: Well I think those are very important areas. We've done a lot of different talks around a lot of these things. And I think bringing them all together in this picture is really important. So is there one that you start with? Is there a place, like a map, that you create for your clients?

Jen: Well I just go in the order of HARSH. Because that's the order I remember it. It's so easy for me to remember it that way. So I start with, and I think it really does start foundationally, with the habits. The H is habits and it really starts with the habits, because habits are just little things that we do each day, right? They're automatic. You don't even think about them. Kind of like which leg of our pants do we put on first? It's automatic. And so what I love about this system is that our habits are little things that we can change, little things that we do every day, that only take a few minutes to concentrate on and change, that can really make a huge difference in living what I call the pro-libido lifestyle.

So I teach women a whole bunch of different habits that they can change. And of course, they don't have to change them at once. They can just change a couple at a time and start seeing the differences. So living the pro-libido lifestyle starts, of course, with nutrition. You guys know, in what you do, that nutrition is foundational. It's basically everything, right?

Robyn: Right.

Kevin: Yeah, absolutely.

Jen: So of course, I teach people a lot of details about what I think a healthy diet involves. And of course, that's whole foods, non-processed foods, and lots and lots of other details. The big point though that I'd just like to throw out there on the call is sugar, and how sugar makes such a huge difference in your sex life, because sugar changes the levels of all kinds of hormones and chemicals inside of your body. All of those hormones and chemicals when they're affected by sugar, they work against your sex drive. So getting rid of sugar and reducing sugar in your life is a big, big thing that you can do to help improve your sex drive.

And as far as exercise, getting movement in, every day, at least to try as much as possible, at least three or four times a week. And it doesn't have to be a lot of movement. This is what I love. I really love dispelling this myth, because so many people think that they need to get on a treadmill, elliptical, spinning, bike, whatever, and go 45 minutes – 1 hour. They're really killing themselves doing this type of exercise. Unfortunately, they find that they're not getting a lot of change. I call them my cardio queens in my practice. What I really want people to get the message today is that you can make a lot more effective change if you exercise smarter, not harder, by doing burst training.

You may have talked about this already with some of your other speakers, but doing a minute of exercise as hard as you possibly can for, for one minute, then an active recovery phase for two minutes, and repeating that cycle four, five, at the most six times, which means your workout takes between 12 and 18 minutes, and boom, you're done. And with that kind of workout, you're actually amplifying the hormones and the chemicals that'll help spark up your sex drive rather than crushing them. So I think that movement is super important.

Kevin: That's excellent. So exercising, eating right, is sexy?

Jen: Yes! Exercise and eating right are sexy!

Robyn: It's short burst exercising. That should like

Jen: Yeah. You know. Go ahead, sorry.

Robyn: I'm kind of like a recovering marathon runner myself, so I have to say I've run 12 marathons, plus, plus, plus. So you can imagine.

Jen: Oh my gosh.

Robyn: Well anyway, so I could attest to that idea that too much exercise, it totally crushes you sex drive. I've been there. I've been there. So I love that you're a proponent of this short burst and how much that can enhance. Even people wanting to lose weight, they're exercising for an hour and a half a day and they're defeating what they're, and I'm sure you'll talk about, well we'll get there.

Jen: Yeah.

Robyn: We're still on habits. We got to get through the ARSH.

Jen: Right, right.

Jen: Okay, so to keep moving on through that. So the A in HARSH is for attitude. And one of the habits (it kind of ties into the habits, too) that I teach women to do, is to tune in to their senses. And your senses, I mean sight, hearing, taste, touch, sounds. Too many of us just go through life every day not really having sensual experiences. Even though they're there to have all day long, we just don't tune into them. But when we start to tune into our senses every day in life, we can also start to do that to help spark up our sex drive. One of the most common experiences I hear amongst women, and I've had the same issues, is that women say, "Once I get started, I'm fine. I have good sex. I have an orgasm. It's just the wanting to get started." It's getting over the hump, so to speak. It's the desire part of it. I find that the senses can really help women learn to spark up their desire.

So here's a really simple example. I had one woman who was really into her, when we talked about it in detail, she really gets turned on by her sense of smell. Certain smells really turn her on. So she did something really simple. She went and she bought her husband an awesome cologne that she just thought was so sexy. And she told him, "Look, if you want to have great sex, I want you to smell great. Take a shower. Brush your teeth. Put on this cologne." And so he did, and so they did. It worked really, really well. So it's a simple thing. But what that does, people don't realize, is it sparks up your oxytocin. So this is all tied into making your hormones work better for you, work harder for you, and smarter, not harder.

Kevin: I think that is one good thing. I can represent men in saying that we are trainable.

Jen: Yes. Especially when the motivation is sex, right?

Kevin: Right, exactly.

Jen: And the thing is, a lot of times we don't know what we want. We don't know what would help us be more sparked up, be more in the mood. And then if we do, we somehow, and this is moving into the R in relationships already, we somehow expect our partners to know it. We expect our partners to be magically psychic and know everything that we want from them. That's one thing in relationships that I really encourage my patients, to learn about themselves. What do I really want in my relationship? And how to communicate that to our partners, because too often, we've got so many different agendas going on, starting from, "Why doesn't she want sex?"

Like I said to you before, I think there's a lot of silent miscommunication going on in relationships that can lead to a lot of problems like me and my husband had. I wasn't wanting sex and I was avoiding sex and he was wanting it and not knowing why I didn't want it, but he knew I didn't want it. So he thought it was all about him, me not being attracted to him or not loving him. So it became like this big elephant in the room. And we were lucky enough that we talked about it and we worked on it together and we kept our communication open. But too many couples I find this becomes a reason that they start to drift apart. They start to have now, now it's all the rage, to have an emotional affair. They start confiding in somebody else about these problems and not feeling desires. Unfortunately, that leads to a lot of cheating and divorce.

So this is a really big problem. I have patients who come in sometimes and they say, "Oh, well, yeah, I don't have much of a sex drive. And we don't have much sex, but nah, I don't think it's a problem." And I say to them, "Well, have you asked your partner, is it a problem?" And then they look at me in horror. They're kind of like, "Oh, I haven't thought about that." And sometimes it is really that elephant in the room that we really do need to talk about.

Kevin: Absolutely. I do think that. And having this kind of dialogue to open it up, like Robyn was saying, just being authentic and showing up in an authentic way, and being able to have conversations like this, is so important.

Robyn: And this is one of the most taboo things to talk about. You can be totally in love and still, this is a hard place to go in couple-ship.

Kevin: Yeah, definitely.

Robyn: Is that what the R is?

Jen: Yeah. It definitely can be. What did you say? Is what the R? Is that the R?

Robyn: Is that the R, for relationship?

Jen: The R is relationship, yes. The R is relationships. So we've been talking about some of that. And then some of the things that I talk about that I think are so important in relationships is the fact that we need to make that time to reconnect with one another. Everybody talks about date nights and how important that is, but you can't emphasize it enough. I tell people, you schedule everything else in your entire life. If you don't schedule time to be together and schedule enough time to really lead to intimacy together, you will lose that intimacy.

And I just got an amazing testimonial from somebody who had taken my program and she listened. I was so happy she watched the DVDs with her husband. Her husband planned her the most unbelievable date night, complete with the perfect dinner. Well even leading up to it, he sent her sexy letters and told her she needed to go get a sexy dress for the date. He just sent her this whole series of letters about what was going to happen. Then there were all kinds of surprises, like the most beautiful restaurant, and then an amazing hotel suite he booked. He took care of the babysitting. He took care of everything, from soup to nuts, made her feel sexy, and made her feel romantic. She said it was the best experience ever.

And like Kevin said, men are trainable. A lot of times, they just don't know what you want or what you need. And a lot of times as a couple, we just don't take that time or make that time for each other to really honor each other and the relationship, and to do something fun and new and sexy, instead of just spending date night the same old way, having dinner and a movie or something. We need to do the new things, because that sparks up all kinds of brain chemistry and all kinds of hormones in the body that make us more apt to want to have more sex.

Robyn: Right. So you mentioned the story about your patient, about some videos, I see here that you have a free bonus for our audience here. So it's three videos that reveal eleven simple passion practices. Is that the one you were referring to?

Jen: No, actually I was talking about

Robyn: Oh, rekindle your desire.

Jen: Yeah, this particular person I was talking about had done my Rewire Your Desire program. But I do have, yes. There are three free videos that we're offering to

your listeners that have my eleven passion practices. And yes, I've had so many people tell me that they've gotten such great tips and advice for getting the passion back and getting the spark back, just in those three free videos. It really gets you started on the way to thinking about tuning into your senses.

I talk in detail about the H in the HARSH, the last H, which is hormone which we haven't gotten to yet. But the hormones are very, very important. If we don't bring our hormones back into balance, and boost up certain hormones, we're really not going to be able to bring that sex drive back. And really, if you listen to everything I've been saying, the hormones really tie it all together. Because a lot of the tips and tricks that I talk about, in the habits, in the attitude, in the relationship even, and decreasing your stress levels, which are so important and that's the S in HARSH, all of those lifestyle practices, tips, tricks, everything I talk about really leads up to how to naturally boost and balance hormone. Because if you don't naturally boost and balance your hormones, you're not going to be able to get your sex drive back on track.

Robyn: Okay. You mentioned, of course, so far you've said the exercise and food. What are other ways?

Jen: So cortisol, stress management. Stress management could not be more important. And one of my, what I call the secret ingredient to female sexuality, is mindfulness. And I know you guys probably talk a lot about mindfulness. So the idea of being in the moment, being able to be present in the moment. I think too many women find themselves, because we're such great multi-taskers, when we try to have sex, in one form or another, every one of us has laid there and wound up having this sneaky thought coming in like, "Oh my gosh, did I forget to put Johnny's soccer cleats in his backpack for his game tomorrow after school?" And that may not be the specific thought in your mind, but whatever it is, I think we can all relate to a time where our mind started wandering to all kinds of things that it shouldn't have.

And I think practicing mindfulness in your everyday life and then translating that into the bedroom can be one of the best, best ways that women can learn to do what I call 'flip their sex switch on'. So remember, I said before, getting over that hump sometimes is the biggest trouble that women have. So we have to learn to, number one, reduce the cortisol in our lives. You were getting to that, Robyn, that cortisol is our stress hormone, right? And cortisol blocks our ability to make all of our happy, healthy hormones, like progesterone, estrogen, testosterone, all the hormones that are pro-sexual, all the hormones that help our sex life. Cortisol basically blocks our ability to make them.

So what we need to do is block the cortisol to make all the good, happy, healthy, sexy hormones. And the ways to do that, mindfulness is a great, great tool to do that. It's also a great way to do what I call, like I said, 'flip the sex switch' so that we can really be present in the moment, be able to tune in to the senses like I talked about before. It kind of all ties together. And then we can affect our hormones in that healthy way.

Kevin: I think of mindfulness more like meditation. That's an interesting combination of being meditative and being in the sexual state.

Robyn: And how prepared your nervous system is.

Kevin: Right, definitely.

Robyn: Consistently, be in a mindful way.

Jen: Yes. Yeah, that's so true. Yes, mindfulness and meditation, very much related. And I always recommend to my patients to do meditation or guided meditation. I think there are so many amazing guided meditations out there to do. I think it's so important to do that, to decrease our cortisol. Even just deep breathing, diaphragmatic-type breathing, deep belly breathing, is amazing to reduce our cortisol. All of the practices we talked about like tuning in to your senses will help you reduce your cortisol.

Kevin: It's interesting, because you talked earlier and I had this idea that if the drive isn't there, then you just kind of put the energy into something else. So really, bringing women, all of us, back into the awareness that this is an important part of life I think is really important.

Robyn: And sex is good for bringing down cortisol, too, right? Dr. Jen?

Jen: Absolutely. Sex brings down cortisol. So that's one of the great things, that having sex also helps to boost and balance the proper hormones and keep you in a proper hormone balance. So it's a great cycle that happens. And I totally agree with what Kevin was just saying. I think of sexuality as a barometer for whatever is happening in our health in the rest of our life.

Robyn: Absolutely.

Jen: Because when women have low sex drive, it's not only low sex drive. It tends to go along with low energy, feeling overwhelmed, stress, tired, all that stuff that keeps us feeling poorly. But what happens when we feel all those different bad ways is our

habits start to suffer, and our health starts to ultimately suffer. So we have to start that positive spiral back to being healthier and being happier and building back our sex drive. Our passion has a lot to do with, because then we have passion for everything in our lives. This is not only really about our sex drive and our sex life. This is also about our passion for everything in our life, our spark I call it, for interacting with our family, for excelling at our job, for doing everything we want to accomplish in life. We need passion. We need a spark. And this whole program gets you back in that whole frame of mind and gets you back with that swagger in life.

Robyn: This just makes me think about the whole inspiration for the Self-Care Revolution™, what you're talking about right now, is that self-care is a way of life. Your life is so much spicier, you have much more joy, that there's so much unnecessary suffering about the things that we're not attending to. Our sex life is one of those. We don't realize how much it impacts us. So I'm really grateful. You're the third speaker that we've had in three months now really talking about oxytocin. So we're really educating certainly our listeners about how oxytocin, I'm sorry, I really mean cortisol. Well, I like oxytocin too, I like being better than cortisol. [Chuckles] I'm really referring to cortisol. We also had Dr. Norm Shealy speak about oxytocin. So having an 80-year-old man speak about, I mean I think he could have talked about oxytocin the whole time, forget the rest of the conversation.

Kevin: Yeah, he made a reference about making chemtrails that are just oxytocin.

Robyn: That's a great idea. Well we should probably let you get to, where are we, are we on S? Or are we on H?

Kevin: Yeah, stress. Talk a little more about stress, I think, as you're relating it to

Jen: You know, I think Robyn, what you just hit on is so true. It's things we're not attending to. And sometimes, it's really simple, circling back to stress in our habits. So let me tell you an example of a patient that I had, named Monica. Monica, she was your typical woman. She was any of us. She's raising two kids, running around, chauffeuring them around, but she's also worked in the family business. She and her husband own a business together. She was doing just mostly the bookkeeping originally, just spending a couple of hours a day on that. But then with the economic downturn, it's affected everybody. With their company, they had to get rid of an employee, unfortunately. And she wound up taking on a lot more responsibility at work. Then of course, she still had her stuff with the kids. She was just overwhelmed to the max, and of course no sex drive.

We talked about all of these different things that we're talking about today. But one of the really simple little things that we changed with Monica made a huge difference with here. As she would drive around all day, driving the kids from here to there, she would always listen to talk radio and she would always listen to the economy news and the political news during the election and everything. And she said she would get so agitated and upset, she would actually pound the steering wheel as she was driving and yell at the radio, at the people on the other end. I said to her, "Mon, what would happen if for example you, instead of turning on that radio, turned on spa radio." And just even saying it made me feel like "Aaah." The difference in the kind of stress that she was driving around with and dealing with every day, and she said, "I don't know. Alright, I'll try it."

So suffice it to say, she never listens to economy news or political news anymore, or at least very little of it, because she realized the change that it made in her. All of a sudden she was able to better relate to the kids, because she wasn't so stressed out and overwhelmed all day long. And she found it really changed a lot of different things about her life. Then we got more into deep breathing and just managing stress in general.

I always tell people at every visit with me with patients, and even when I talk to people like this at teleseminars and things: use this point, right now, as a jumping off point in your life for thinking about what in your life is stressing you out. Really try to tune in to different habits and things that you might not even realize you're doing that are stressing you out. Sometimes, it can be even the people in your life. You want to really just gravitate towards the things in your life that nurture you. Maybe downplay a little bit the things and the people in your life that are really stressing you out so that you can start to take hold of your cortisol, manage that hormone better so that you can decrease that hormone and increase the happy, feel-good hormones that I said before. When cortisol's too high, you suppress the happy feel-good hormones, but when you lower cortisol, your happy feel-good hormones come back up.

Kevin: Awesome. I'm inspired to create, this is basically self-care radio that we're doing right here, isn't it?

Robyn: Definitely.

Jen: Definitely.

Kevin: Listen to this talk and decrease your cortisol and feel much more passionate.

Robyn: Exactly.

Kevin: I love it.

Robyn: So I'm really liking this acronym, HARSH. I'm thinking about such a great way to think about all the different aspects of how this whole issue of sex and how much our lifestyle impacts it. But also, I want to think, in this month of transmuting trauma. Okay, I guess I'm beating around the bush with the question I'm really trying to ask you. I'm thinking about all the patients I've had that had some type of abuse, because this is a big piece. We just interviewed Dr. Rosenberg who talked about the little t and the big T. So how do you work with women who have been, and there are many, and how to get their desire back and their love for their body? How do you work with women in that respect, with that type of trauma?

Jen: You know there are a lot of different ways that we really need to work with, with those women. But a lot of it can center around the belief about themselves. And that's part of what I talk about in attitude. I talk about rewiring your attitude. I find a lot of women who've had trauma, number one: the cortisol part that we just spoke about, lowering their cortisol is a big part of things, because a lot of them have issues in their nervous system. Their nervous system's been kind of turned off in a way and dis-regulated. So we really do need to work on that in a lot of different ways with things like meditation, things like yoga, things about looking at their body and moving their body in healthy ways and feeding their body in healthy ways, because definitely the way we eat contributes to cortisol as well. I talk a lot about that. The sugar thing really makes a big difference with cortisol as well.

But then talking about their beliefs about themselves and about their body and about the traumas that they've suffered, I think that's a really important part of supporting these patients. To especially have them tune into messages that they send themselves, because I find too many women, whether they've been through trauma or not, but especially women who've been through traumatic situations, they have very negative self-talk. Usually, it's become such a part of themselves that they don't even recognize it anymore. They look in the mirror and they send themselves very negative messages by negative self-talk.

And when they're able to even recognize that they do that, that's when you start to be able to turn it around. But we can't even start to turn it around until we start to notice that it's there. And so that, I think, is a really important part as well. To notice what the negative messages you might be sending yourself are and then to try to give yourself some loving self-talk and that you have a trusted partner or a trusted friend

to solicit from them, even, some of the positive messages that you should be sending yourself. Maybe write them down. Start looking at them every day as a way to reinforce positive self-messaging.

Kevin: That could be part of what you call the sensual experience or really experiencing the positive with many different senses. I think that really makes an awareness of this. It brings it into all these different channels so that this negativity is attacking you on all levels. So to really bring it into all the sense, I think, is so important.

Jen: Absolutely.

Robyn: Spreading like your message of lowering cortisol, a really important one, and all the things you can do to raise your oxytocin, too.

Jen: Yeah. And raising oxytocin is super important. And if you have a partner, there are so many nice, easy ways to raise your oxytocin, because oxytocin helps lower cortisol. It helps lower anxiety. So just even non-genital touching, just laying either skin-to-skin, or even just hugging amps up cortisol, I mean, amps up oxytocin. Now I did what you did, Robyn. It lowers cortisol and amps up our oxytocin. Even just simple things, like too often when our partner comes in the door, we just give them a quick peck on the cheek, but when you stop and make out for just 10 seconds, it does amazing things to your oxytocin, or just thinking about your lover. Or if you don't have a lover, if you're talking about somebody who's on their own and trying to learn to love themselves again, loving, like you said, Kevin, the sensual experiences, scientific research has shown that we can increase our oxytocin just by appreciating beautiful art, looking at a beautiful flower, looking at nature, appreciating beautiful sound, listening to beautiful pieces of music. There are all sorts of sensual experiences we can have every day that increase oxytocin and decrease cortisol. Like we said, people who've had trauma have a lot of trouble regulating cortisol.

Kevin: I like how you put that reversing the spiral, or spiraling back.

Robyn: Exactly, exactly.

Kevin: It's such a great image and definitely important for our listeners, too. That when you're in the reverse, when you're going in this downwards spiral, everything matches that, vibrationally. So to really take the action to reverse the spiral, then it all kind of fits on the uptake.

Jen: That's right. That's exactly it. That people need to understand that they certainly don't need to do everything that I talked about. They need to do one or two things. And just doing one or two positive things puts you back, puts the spiral back in the other direction and starts to build upon itself, because once you do a couple of good things, well your energy might start to get a little better. You might start to notice your body becoming a little bit more trimmed, toned. And then you say, "Wow! I feel so good about that. Let me do this." And then you add, you just keep adding great things and the positive spiral starts and continues until you feel this great spark again.

Robyn: We have someone who wrote in earlier a question for you. What are other ways to increase oxytocin? Can you give us a couple more?

Jen: Sure.

Robyn: Just other things they could do every day. Okay, go ahead.

Jen: Sure. Okay, so massage definitely increases oxytocin, but there's one special massage spot that I like to talk about, because if we're trying to increase oxytocin for sexual purposes, this is kind of a cool one. Alright, so I call this the sexy spot. There's a spot on your back about four to five inches above the buttocks, kind of in the middle of the dimples. And if you massage that spot, so you can massage it yourself with your hands or with rolling around on a tennis ball or one of those vibrational massager-type things. Any of those will help increase oxytocin by the touch and the stimulation, but also what's stimulated there is that's where all the nerves from our genitals meet in the spinal cord.

So that's where all the innervation, they call it, from the spinal cord goes out to all the genital nerves. So if you rub that spot, it can increase your sexual feelings and increase your oxytocin all at once. So I love that as a great spot to rub yourself when you're trying to maybe spark something up or teach your partner to do. Now it gives a whole new meaning to when you see a man put his hand on the small of a woman's back. I like to think, evolutionarily, that that's where it came from.

Kevin: That's awesome. Energetically, that's the back of the second chakra so that's definitely relevant to that as well.

Robyn: Oh, that's true, that's true.

Jen: Yeah! It is. It is. It's the sacral plexus, the second chakra, absolutely.

Kevin: And it's activating that. That's definitely good advice.

Robyn: Dr. Jen, can you discuss how a healthy sex life can be part of the Self-Care Revolution™?

Jen: Definitely. There are so many benefits of sex, it's unbelievable. I think we've touched on some of them already, but sex definitely causes better bonding between couples. The oxytocin, one thing we haven't talked about it that's cool, so oxytocin. We've talked about how oxytocin can spark up your sex drive. But oxytocin also can decrease the orgasm threshold. It can make it easier to have an orgasm and even multiple orgasms. But the other thing that happens is we release oxytocin through sex. So when we have sex, we release oxytocin. And what that does is it increases our bonding with our partner and it increases the feeling of being in love. So who doesn't want that?

Higher oxytocin levels can also help you sleep, which is why people get sleepy after sex. So if you have trouble sleeping, now you know you've got to have sex before you go to sleep and it'll help you sleep better, because we all know how important sleep is to our health, because our body repairs itself while we sleep. We also make essential hormones while we sleep that help growth and repair. So that's super important.

Sex also increases hormones like testosterone. Testosterone, everybody thinks about it as the sex hormone, but there are so many other crucial benefits to testosterone. It improves our energy, our memory, our mood. It improves our muscles. It even helps our bone strength. It reverses osteoporosis. It reverses a risk of heart attack. So there are huge benefits to amping up our testosterone, which we can do by having sex. They've even shown that having sex can strengthen the immune system. So it can decrease your risk of getting colds, having regular sex.

Kevin: Oh, I'm sold.

Jen: And for you, Kevin, it lowers the risk of prostate cancer for men.

Kevin: Thank you.

Jen: So any woman who want to lower their man's risk of prostate cancer, have more sex with them and you'll lower his risk. And of course, it relieves stress, like we talked about before. It decreases cortisol, so it relieves stress.

Robyn: So is it like exercise? Like you should have sex at least three or four times a week?

Jen: Definitely. And speaking of exercise, it's funny you should mention it, because sex also acts like exercise. Believe it or not, if you're doing it the right way, the average number of calories burned for about a 150-pound person is 300 calories an hour. So you can not only have all these other great benefits, you can torch calories as well.

Kevin: Let's put that one on Facebook. Sex burns 300 calories an hour.

Robyn: I think so. I would have to tell my husband, Dr. Jim, about this conversation. He said, "Well Robyn, this Self-Care Revolution™ has been taking a lot of your time. Even more so, in addition to your practice." This is like a full-time life for Kevin and I and many of us. We have taken on a huge year-project with a major mission and we're so excited about it. But he's going to be happy tonight when I tell him about everything I learned on our conversation today with you.

Jen: Well, good.

Robyn: This is a really healthy part of the Self-Care Revolution™.

Kevin: Absolutely. Absolutely. So is there anyone that can't benefit by this?

Robyn: People who are not in partnership?

Kevin: Yeah.

Robyn: What do you recommend for people who are not in partnership?

Jen: You know, I think everybody, absolutely can benefit from this program and this whole idea and everything we've been talking about, because like I said before, what it all boils down to, and one of you hit on it before. I think Robyn, it was you. To me, the whole reason why I'm on this mission (and my mission really is to help millions of people with this information, single or in relationships) is because it will increase the joy in your life. When you have passion, when you have the spark back, that will help you in everything you do in life.

And anybody can do it because, like we talked about, it's just small little changes. Just changing a few little habits a day will help you and help spark you up to want to change more habits. And whether you're in a relationship or not, you can take advantage of all of these little habit changes. You can change your habits and start living what I like to call the pro-libido lifestyle. You can change your attitude and incorporate those parts of the pro-libido lifestyle.

If you don't have a primary relationship with a spouse or a partner, you can look at other relationships in your life that might be contributing to stress. And you can look at maybe why you're not in a relationship, why you don't want a relationship. Maybe you don't want a relationship because you want to work on yourself right now and that's an excellent thing to do. And then of course, anybody can benefit by decreasing their stress and amping up their hormones. So really, this information can work for anybody, whether they're in a relationship or not. I think that it's small changes that people need to make. So it's not hard to do.

Kevin: Well, how do people find you? So let's get your website out there. It's DrJenniferLanda.com, is that what your website is?

Jen: Yes. That's definitely a website where people can find me. But I think that we have, are you guys going to have these links posted? I guess they made some special links for your listeners.

Robyn: Yeah. For the replay, we'll make sure everything is listed. Your bonus, free offers and also you can talk about your call offer, too.

Kevin: Yeah. So this free offer that you're offering our listeners today, *Rekindle Your Desire*.

Jen: Yes. *Rekindle Your Desire* is a three-video series, which is totally free. And it contains my eleven passion practices in three different videos. And I talk in more detail about how to tune in to your senses, like we've talked about. I talk all about the hormones that are so important. I have a framework for the hormones where I talk about protecting your hormones. I talk about protect your hormones as another acronym. And I talk about the hormones of desire, including progesterone, oxytocin, testosterone, estrogen, cortisol of course, like we've been talking about, all of those hormones and how they fit together to help women increase their sex drive. And men too, really. I talk about all kinds of tips and tricks for bringing the spark back into your relationship. And I bring that all together in these three videos so people can start to learn things they can do right now to start sparking up their sex drive again.

Kevin: Awesome. I'm always talking about a spiritual aspect to things as well, and I do think that there's a huge spiritual aspect to what you're talking about. And I think that's, again, maybe a taboo to combine those two things, but I don't think that it is.

Jen: Oh, absolutely. And I do talk about, in those videos I talk about the mindfulness in more detail. I think the mindfulness, like you said, the combining of spirituality

and sexuality. I think it's extremely important, especially if we want to have sex in even a better way than we ever have before. That's the most amazing thing. You know, I find a lot of people who've been in a relationship a long time. They think that's a detriment to them sexually, because you get bored. But really, you can actually explore even deeper than you ever have before, when you're in in an "old" relationship. You can go deeper than maybe people can who are in newer relationships who have that automatic spark. You can really rekindle your old relationship and have it be new again. I think that's such an exciting thing and I think spirituality can be really involved in that.

Kevin: That's excellent. So just one, like an initiatory spark, so somebody is wanting to bring this conversation into the relationship. What is the first thing that you recommend?

Jen: I think we really just have to get over that taboo about talking about it. I think it's sort of like the Nike commercial. You've got to just do it. Way more often than not, your partner's thinking the same thing. I think for so many couples, it's just the elephant in the room. I get so many people in my office who say, "You know, I would love to talk about that with my partner. I just don't know how they'd handle it or how they'd feel about it." There's a lot of self-consciousness that goes into it. But you know what? Your partner, most of the time, is sitting there thinking the exact same thing. And once you start to communicate about it, that's the big first step. And then when you communicate about it and start sharing about it, you can start thinking on information about it together. I find that that's the way that so many people really grow and change in their relationship in a positive way.

Robyn: There's also, in a new relationship, the idea of getting tested. That responsibility around safe sex, too. In the beginning of a relationship, that has to come up often.

Kevin: Absolutely. So putting the hormones in that equation and saying, you know, listen, I want to check those out as well. And get into a place like Santa Fe Soul or to any clinic that is offering multi-dimensional healing so that you can really touch into this on many levels.

Jen: I find the great way I tell women, or even men, who are embarrassed or uncomfortable about bringing these things up, I do tell them you just got to do it. But one way that makes it a little easier, it's almost like the idea of going in and saying, "Well my friend has a problem." You can say, "Well, you know, I was reading in this book," or, "I was listening to this audio program," or something where they were

talking about this and, "It occurred to me that maybe this is something we should talk about. They said all couples should talk about it." So it kind of takes this thing out of like, "Well, here, this is an issue I think we need to talk about."

Kevin: Great. Excellent.

Robyn: So we ask this question to every single speaker, usually at the beginning. So here you are. Obviously, you can just tell by the enthusiasm in your voice, you practice what you preach. But what does your self-care look like in a day-to-day life, with two young children and the practice and all that? What do you do to keep cultivating that in your busy life?

Jen: That's a good question. Okay. I'm really careful about nutrition, because I think that it all starts with nutrition. When I look back on what I was eating at 28 years old, I was working hard as a resident. I worked in New York City so I would pass by the bagel man on the street on the way to the hospital and I would eat a big white bagel or cinnamon raisin bagel. It was my favorite, with cream cheese and all of that and a diet coke. So of course, that was my breakfast of champions at the time. But now, of course, I'm a lot more careful about my nutrition, because I think so much of health, really, that nutrition is just foundational to health.

So I start out my day with healthy foods and a workout. I work out about, really, just about a half an hour, about four or five times a week, I would say. I find that that really is just a great way to get my day started. And I try to do some guided meditation. I love Deepak Chopra personally. I'm sure everybody has their personal favorites. But I love his 21-day challenges. They're free. Anybody should just log on his website and check him out.

Robyn: Oh yeah and all kinds of different ones. It's great.

Jen: Yeah, yeah. I love those. A 5-15 minute guided meditation and then some deep breathing throughout the day, especially if I feel anxious or anything like that. I love drinking tea. I drink a lot of green tea and herbal teas throughout the day. I drink lots of water. I find staying hydrated is super important. What else do I do? You know, I really try to make sure I connect well with my husband. We have all kinds of little rituals, from making sure that we get up early enough to hit the snooze alarm and cuddle a bunch together in the morning to raise up our oxytocin and little rituals like.

Robyn: I like that.

Jen: Yeah, yeah we do. We actually have the 10-minute snooze. So we always set the alarm early enough so that we can hit snooze before we wake up in the morning and cuddle up together, which is awesome. And we go to the gym together, too, which is great. So, we amp up our testosterone. And we're getting personal, but we take our shower together afterwards, too so that we can of course take advantage of that post-exercise testosterone and oxytocin that we created in the morning. I think that's actually a way that couples need to be a little more creative, sometimes. A lot of people try to have sex at the end of the day, when everybody's tired and touched out and cortisol's taken over and everything. Sometimes if you change it around to a morning ritual, it can be really helpful, because everybody's testosterone levels are highest in the morning. And our energy levels tend to be higher in the morning. So morning sex can be a great way to shake things up in your relationship.

And setting up great date nights for ourselves and making sure that we take the time away from work and away from the kids. We block out time to make sure that we have, especially even overnights, away. We do take advantage and lean a little on the in-laws when we can, to have a little time to ourselves. We find those times to reconnect are super important to us. And we always try to add in new things. We try to do new things all the time. Learn new things together, go to new places together, travel to new places, and to just really keep ourselves as stimulated as possible, and connected as possible.

Robyn: This is great, wow. We have had a power hour with you. We need to bring you back, Dr. Jen. This has been great. But one more question. Can you talk a little bit about your topic when you were on the Dr. Oz Show? Tell us a little bit about your experience and what he wanted to hear about from you.

Jen: The Dr. Show, it was somewhat related to this, but they wanted to talk about 'The Fatigue Solution'. So my book is *The Sex Drive Solution*. But they wanted to talk about specifically fatigue and the fatigue solution, which I think is so super related. At the same time when I was 28, when I lost my sex drive, I also was just exhausted. I really thought it was from working 80-100 hours a week as a resident, but then I found that even on the weekends or when I had time off or even on a vacation that I got plenty of sleep, my energy still really wasn't coming back, just like my sex drive wasn't. I realized I pulled onto different things that I needed to do to get that energy back on track.

And we talked about some great tips for people and things that they might not have thought about. So some of the things we talked about was, one: we talked about the connection between eating gluten and absorbing iron in the body, because we know

that iron helps us carry oxygen around to all the different cells in our body, which gives us energy. And so if we can't absorb iron, we can't carry that oxygen around. So 25% of the people in our society are gluten-sensitive. And that decreases their iron absorption. So I tell people who are tired, who are fatigued, to do a trial of cutting gluten out of their diet and see if that helps increase their energy over a period of, I would say you have to give it four to six weeks. Maybe even only two to three weeks, some people find a big difference. But it's amazing. It makes a huge difference for some people.

Another thing we talked about that was really interesting was the lack of iodine in our society. Back in the 20's, they figured out to add iodine to salt. Before that, people had a big iodine deficiency problem and there were a lot of thyroid problems. And we know that low thyroid creates fatigue. And a lot of thyroid problems came from low iodine. So then they added iodine to salt and we had iodized table salt. And people started doing tons of that and we really had no iodine problems anymore. It really decreased the hypothyroidism, the low thyroid. Nowadays, because we're trying to be so healthy, everybody's cut out salt. So what that's causing is it's causing a backlash and it's causing us to go back to the low iodine days.

So we need to really concentrate on getting iodine back in our diet. We can do that through either eating, I'm not recommending people eat more salt, that's not what I'm trying to say here. But if you do have salt and you do have sea salt, you should know that there's such a thing as iodized sea salt. So if you buy sea salt, buy the iodized form. But if you don't do that, what I'd really recommend, one of the highest iodine sources we have is seaweed. Add seaweed to your meal. You can just sprinkle it on a salad, have nori, have wakami, I'm not sure that I'm pronouncing all these names right, they're all Japanese. But they're so high in iodine, it's unbelievable. So really start to use seaweed as part of your diet to amp up your iodine, which will help increase your thyroid level. That'll help increase your thyroid hormone production, which can increase your energy.

Kevin: Seaweed.

Jen: And we also talked about. I'm sorry, say again, Kevin?

Kevin: Speaking of seaweed, they now have it packaged.

Robyn: It's good.

Kevin: Right? So I was eating that in class the other day and I got some very strange looks from people who were drinking their soda and eating chips, and I was eating these iodized things, this seaweed

Robyn: Do you prescribe iodine too? Do you prescribe Iodoral or any of those types of iodine?

Jen: You know, I do, Robyn, but I would recommend being careful about that and get their iodine tested in a urine test before they go on any iodine supplementation. For most people, the Iodoral that is a 12.5g tablet of iodine, which is a very, very high dose and can actually exacerbate thyroid problems, if somebody has a thyroid problem. So you need to be careful. I would recommend, in general, if people are going to do general iodine supplementation, to do at least a 150 microgram of iodine.

But all in all, the levels of iodine in seaweed are much, much, much higher. So that's what I really recommend as a great natural way to get it. And if you're going to take a specific tablet for iodine, you might want to get tested to make sure you really do need iodine supplementation. Most people are able to do the Iodoral safely, but on occasion, there are people who it can make them worse. So you have to be on the lookout for hyperthyroid symptoms, or if you start growing any lumps in the neck, called a goiter. That can happen from too much iodine. Such is a precaution I would take.

Robyn: So Dr. Oz, fatigue, you talked about gluten and you talked about iodine and I think you said there was one more thing?

Jen: Yeah. We also talked about liver and how the liver helps us do detoxification. The liver has so many functions in the body, but one of the biggest ones is it helps us digest everything we eat, like proteins, carbohydrates, fat. It helps us digest them down to energy. So if the liver isn't working efficiently, you can't make energy. And so one of the ways to help the liver work more efficiently is to do things that help amplify the detox function of the liver. And the big tip that we gave on Dr. Oz that people seem to love is dandelion tea. Drinking dandelion tea twice a day. And you have to keep it strong. You have to have it hot, let it steep for at least 10 minutes, I would say, 5-10 minutes. Even squeeze out the teabag to make it extra strong and drink it twice a day. And that can help increase the function of your liver, which can help your body make more energy.

Kevin: Great. Wow. This has just been an incredible amount of information. And a sensual experience, as well.

Robyn: A sensual experience.

Kevin: Right.

Robyn: Do you want to talk or ask about

Kevin: Just again, we're going to reiterate the offers that you're providing our listeners today. These offers are linked on our website at JoinTheSelfCareRevolution.com.

Robyn: Right and certainly the replay. And there's one that her, \$97 or is it 97?

Kevin: Yeah. You were mentioning that earlier, so it's \$297 value and it's selling for 2 payments of \$97, and that is Rewire Your Desire program that you mentioned earlier, right?

Jen: Yes. That's my *Rewire Your Desire* program. It's a 30-day program to help bring back your desire. There are four webinars that include audio, video, transcriptions, so however somebody learns best, they can learn from it. It's spread out over four weeks. It's daily emails, all 30 days, so I can hold your hand every step of the way. I really wanted to leave no stone unturned so it's six hours of time with me, which, in my office for six hours of time with me, people pay almost \$5,000. But I wanted to really reach millions of people with this information. And like we were saying before, increasing the joy in the world is really one of my big goals with this, because I really believe that when people follow this program, they will increase the joy in their lives. So I wanted it to be accessible to anybody, because I feel like everybody needs this information. So it's valued at \$297 and for this teleseminar, I wanted to offer it for two payments of \$97. So really, anybody can just jump on and get started.

Robyn: Great. And a lot of our members, we get questions all the time, we will remember this too. So there's a lot of opportunity to bring people back to your talk. This has been, wow, wonderful. We actually interviewed a woman who's 77 named Wowza. This has been wowza.

Kevin: Wowza.

Robyn: We have loved this time with you and sharing you with our listeners. And we've hogged all the time, though, Kevin. We didn't answer one question. That's why we have to bring back. I think in the month of October, which is all about aging with grace. If you're open to it, I think there's only one other speaker that we're bringing on twice in the 12 months. But we'll see if you're available one more time.

Kevin: That would be awesome.

Jen: Oh, I would be thrilled to. Anytime that I get to speak about this information, obviously, you can see how passionate I am about it in my own life. What a change it's made for me and for so many of my patients and people I've worked with online now. And I'm thrilled to spread it however I can.

Robyn: That's great to know. So we can send people to you, to work with you online as well. If they can't fly, you're in Florida, if I remember correctly, right?

Jen: Yes. Yes, exactly. That's why I wanted to reach out to people online, so I could just be able to work with so many more people. And it's been an amazing experience.

Robyn: And one more time, your website, for people to reach you?

Jen: Well JenLandaMD.com is one of the best ways. But DrJenniferLanda.com is another website that I have set up where people can reach me. They can also take a free hormone quiz at TheHormoneQuiz.com, I think we have a special link for you guys for that, actually. Those links are all there, yeah.

Kevin: Great.

Robyn: And also, I want to say to you that your staff has been amazing. We've already interviewed, what, 30 people? And we've got a long way to go this year. Your staff has been incredible. Not only do we love you, but to having a great staff that's been so responsive and really made it easy to work with you and to be on this interview with you today. So thank them, too.

Jen: Thank you so much for that. I appreciate that. They are amazing and wonderful and I am so thankful to them that they help me be able to deliver this message and do everything that I do.

Robyn: Terrific.

Kevin: Absolutely. I definitely appreciate your courage for sharing this message and that getting it out, like you said, to millions of people, I think that's what's going on now on the planet. And that's what our mission is. And I really appreciate you sharing your authentic self in this way.

Robyn: Right. And we'll keep helping to get your message out, because when we knew you were going to be on Dr. Oz, we got it all over our websites and certainly our

social media. So we're here cheering you on. So, thank you for doing the work you do in the world.

Jen: Thank you so much.

Robyn: We look forward to speaking with you next and take great care.

Jen: That'll be great. Thank you so much. You too, take great care.

Robyn: Remember this song. The theme song of the Self-Care Revolution™.

Kevin: Right. Take care of yourself.

Jen: Awesome.

Robyn: So bye.

Jen: Bye.

[End of Interview]

