



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Robyn Benson: Hello, everyone, welcome to the Healthy Traveler's Summit. My name is Robyn Benson. I'm a Doctor of Oriental Medicine, and for 23 years, I have had the great pleasure of really helping people get to the root of their health challenges and to help people not only achieve optimal but sustainable health. Also the founder of the Self-Care Revolution, which in the last two years we have interviewed some of the top leaders in the health and wellness world and founder of Santa Fe Soul. And I'm here with my amazing cohost.

Kevin Snow: Kevin Snow. Some people call me the Dessert Shaman, and I'm an Intuitive Counselor at Santa Fe Soul, and have been the co-host of the Self-Care Revolution for past several years. We had an amazing interview with Gregg about a year ago I think, a little over a year ago. And just really excited to delve into this topic. You know, really putting travel in the context of the journey that we're on and how we can really more effectively do that journey. So, I'm really excited to be talking to Gregg today about what he's up to and how, some cool places that he's traveled and how you managed to travel so much and stay very healthy, so.

Robyn Benson: Okay. We just want to welcome all of you who are listening. I mean, literally people from all over the world, we have pilots and flight attendants, and people who travel on a regular basis that had just loved hearing each and every speaker. And today, Gregg Braden, let's tell you a little bit about Gregg. Gosh, he is probably one of my favorite people on the planet. I'll have to say that. So, since 1986, Gregg has explored high mountain villages, remote monasteries, and forgotten text merged their timeless secrets with the best science of today. His discoveries are now shared in 34 languages through such paradigm inspiring books as The God Code, Deep Truth, and his newest, The Turning Point: Creating Resilience in a Time of Extremes. His 2007 best-seller, The Divine Matrix, was recently selected as a source for the made-for-television feature, Entanglement, and is now a textbook for college level, physic courses, exploring new discoveries of science and our relationship to the world. Gregg has received numerous honors and recognition of his insights and plays an active role in think tanks such as The Institute of Heart Math, Global Coherence Initiative, and the Evolutionary Leadership Group founded by Deepak Chopra and the Source of Synergy Foundation in

2008. His books hold five gold awards in the categories of Science and Cosmology, Religion, and Social Change from their prestigious Nautilus Book awards. Gregg has shared his presentations and trainings with Fortune 500 companies, the United Nations, the U.S. Military, and now featured in media specials airing on major networks throughout North America and Europe. So, bringing you live, Gregg Braden. Yay, thank you for being here.

Gregg Braden: Robyn, it's great to be here and we got all the technology working now, so...

Robyn Benson: My goodness, how great.

Gregg Braden: So, I get to see you and our audience gets to see us. And I just want to tell you first how much I appreciate you thinking of me, keeping me in mind for this summit or any of your summits. And thank you for your vision and your dedication, your perseverance to bring what you bring to all of our listeners. You and Kevin, Santa Fe Soul, there isn't anything else like it anywhere in the world. So, thank you. I'm honored to be a part of this summit today. And there are so many things we could talk about, you and I are going to do a dance. I'm going to follow your lead. I'm going to let you lead this dance and let's see where we go.

Robyn Benson: Well, first of all, it's you travel over 30 weeks a year. So, like many of our speakers, you can really speak about what it's like to have a body, a vessel that literally is transported all over the globe. And so, we want to hear how do you do it? I mean, and this is how you teach, this is your work, this is your inspiration, and how you share that in your books too.

Gregg Braden: Well, I thank you for that. And hearing now that I travel over 30 weeks a year, just brought it all home to me just now. Let me start a little background. Some of our listeners I know are familiar with astrology and the characteristics that certain birth signs carry. I'm a Cancerian male, and Cancerians are all about home and all about nurturing.

Robyn Benson: Right.

Gregg Braden: So, the thing that we like to do the least is travel. And I'm saying it now because I'm all a double Cancerian, and all of my planets are in the 12th house and every one of them is in the sign of Cancer. So, my world is about home and it is about nurturing. And when I began traveling, I was a scientist, I guess I still am a scientist, I was working in the corporations as a scientist. And I began traveling as a scientist and as an engineer back in the 1970s. And from those careers and things that I'm doing now, travel

has been one of the constants. And I can't say that there is a one size fits all solution for anyone.

Well, I'll begin saying, for me, one of the most difficult things as home-buddy, as someone that really likes to be in their space. What I found early on was when I would leave my home, immediately I was always trying to get back home. And if you think about that, if your focus is on when you're getting home and how long you're going to be gone, emotionally it will wear you out. It's very taxing to always be thinking of the return. And what I had to learn very quickly was that wherever I am in that moment is my home, and honestly live that truth. Not just say the words, but for the 14 hours between Los Angeles and Sydney, Australia that plane is my home, and I'm perfectly okay with that. When I do travel, I've had the opportunity, I travel for different reasons now.

I'm an author, as you mentioned, and thank you for my introduction, so, a lot of my travel has to do with book tours, lecture tours, seminars, conferences. So, those are generally in very civilized parts of the world, where many of the amenities that we're used to your home are available. I also do a lot of research and also lead groups into some of the most isolated, remote, pristine, magnificent, beautiful places remaining in the world today where those amenities simply are not available. Into the highlands of Central China, into Tibet, Nepal, through the Andes, the Southern Andes of Peru, and into Bolivia, and places like that. Many of the things that we're accustomed to having here, they either don't show up in the same way or they're simply not available at all.

So one of the things, once I became accustomed of being at home wherever I am, and I think that's number one, That's got to be key. Before you leave on a trip, you've got to know in your heart, in your mind, and in your soul that you are good with where you're about to travel to, that you don't have a lot of anxiety or a lot of fear for whatever reason about where you're going. And then, you can relax into the journey and all the things that this new environment offers.

For me, and I'm just going to say this works for me, it doesn't work for everyone, three keys; diet, exercise, and my spiritual routines, and I think you hear that from all of your guests. It's finding a way to maintain the routines within limits that are reasonable. And I know other authors that travel a lot and researchers, and they have such a rigid routine that they beat themselves up over the fact if they happen to miss one of their days of yoga or if they eat something that they're not accustomed to eating. So I learned long ago, Robyn and Kevin, to make a promise to myself. And that wherever I am in the world, I will give myself the best that, that place has to offer to my body that goes for sleep, that goes for water, that goes

for the diet. That goes for all of the things. It may not be what I'm used to at home, but my promise is, and I think this is really important that I will give myself the best that's available in the moment. So, when I live at home, I am non-GMO, primarily raw food vegan and I'm good with that.

When I go to other parts of the world it's often difficult to eat raw, you don't know how the food has been cleaned or prepared or if it's been cleaned when it was prepared. So, you have to use some common sense in there.

I have taken trips into parts of Asia where I ate cooked vegetables for 15 days while I was on the trip, even though I eat raw at home and I'm fine with that. So, I think this is important, to make a promise that we can honor to ourselves. And when it comes to diet a lot of people, when I lead my groups, they're very interested, they scrutinize me, what dinner every night? What's Gregg going to eat? And what they find is I have a routine many people consider boring, but it works for me. I eat primarily the same thing every day wherever I am in the world. I eat, in the morning, I will eat some kind of a raw [green 00:00:09:46] in the morning and I take a lot of those with me. I have an entire suitcase full of food that I take with me just so I can help maintain that part of my routine. I eat, I am a vegetarian and I had been all of my life, and I'm not suggesting that someone need to be to travel well. Everybody's body is different and I was born and raised in the Mid-West that was beef country, cattle and meat and potatoes, it never worked for me.

So as a child, I could never tolerate meat. And so, I don't have to make that shift. So, I don't eat it at home, I don't eat it when I go abroad. I do eat fish, and there are certain species of fish; salmon and tuna are considered wisdom fish in the indigenous tradition, that's a different category of fish than some other kinds of fish. And if that's all that's available, to me, if that's the best I can give my body, I'm fine with that. But I think it's about the promise that we make to ourselves.

I have a physical routine, and I think every day it's important to do some kind of physical activity. I was introduced to yoga by sheik when I was living in Denver, Colorado in the early 80s. And I have a yoga routine that I've gone through. It's been one of most consistent things of my life, I do it every day. But here is the thing; my promise is I will do it sometime before the end of the day. I don't have a rigid routine where I say it's got to be between 8:00 and 9:00 A.M. before I start my day because that's often not practical. Maybe 8:00-9:00 A.M. that's when I'm getting ready to go do sound checks on a stage. And it's actually stressful to try to work in a yoga routine when I'm getting ready to be at my best to go be in front of a live audience. So, my promise is, I will do my best to honor my routine

sometime before the end of the day, and that might be 15 minutes before the end of the day, like, 11:45 P.M. to midnight or sometimes it's even later than that.

But some time during that waking cycle, I will honor my body with the best nutrition that's available in that place, number one. Number two, with a form of movement that honors the space that I'm in. So, if I have been on a stage in front of an audience for 12 hours on my feet walking back and forth, I may not go to do a treadmill, or to do that kind of routine, but it will be a yoga routine maybe on the mat where I'm doing more of a seated series of postures or something like that. The key here is it has to make sense and not to be so rigid in these structures that we actually beat ourselves up, criticize ourselves if we don't honor those things.

Sleep is obviously a big issue. And I'm just going to share what works for me, it doesn't work for a lot of people. I have found for me, it does not work to try to adjust to another time zone because I'm in and out so quickly. So what I do, I am blessed in a sense that I have never required a tremendous amount of sleep, if I get nine hours, I'm groggy for the day, or eight hours, I'm groggy for the day. I function really well, my optimal all my life has been about six hours. If I get six sound hours, not restless, but six sound hours of sleep, and I can do that during the time that I'm traveling, I'm doing really well. So, I think it's important for everyone to find what works for them. And I think all of our listeners and our viewers now know that they know themselves. They know their bodies better than anyone else, better than the textbook, a T.V. program, self-help, they know what works for them. And I think this is where being in touch with ourselves and being honest with ourselves about what it takes for us to thrive. So this is not about just surviving and getting through the trip, it's to thrive and be in our best so that we can really embrace what these amazing experiences have to offer, and no one knows that but us.

So it's about finding what kinds of foods. People ask me a lot, they say you were just in China, and then you were in India, and then you were in Australia, don't you love that Chinese, Indian, and Australian food? And I say I like knowing it's there, and I might dabble in it every once in a while. But that I typically don't indulge in the local cuisine, unless that cuisine is a cuisine that matches what I know works for me. So for example, before I take my groups into Tibet, a lot of them they read the guide books or they talk to friends and family. And what they is that the Tibetan cuisine is some of the worst on the planet is what they say, so expect really bad food.

But when they get there, what they find is that every meal is bean curd, it's tofu made about a million different ways. every meal they cook the

parts of the plants that we throw away. So the top of the carrots, the green leafy parts, they will cook and serve that but we throw them away. They will eat vegetables typically that we consider not normal food. I mean, they'll eat the ginger at every, I mean, they'll eat it as a side dish, it's not just a relish, it's a side dish. I love those foods. And they are very closely aligned to what I do when I'm in my home. So for me, what the guide books consider some of the worst cuisine on the planet is some of the best and it's where I do really well. So, I think this is one of those places where we just to be really honest with ourselves. So I discovered a lot of ground, the one to lay a foundation, long answer for those short questions so we can tie into that. And now, we can tie into that and go wherever we'd like to go.

Robyn, I'll just ask you. Did that make sense? What I just said did that make sense?

Robyn Benson: Absolutely, that was really great. Gosh, you just talked about Tibet in the cuisine experience, it makes me think of my travels to China, my first time there. Oh my goodness. I mean, just like when you eat chicken, it's not just like how we have a chicken breast, you have the whole chicken, the whole foot, the web, everything. So, it was quite interesting. So, that's a good advice. So what did you...

Kevin Snow: It used to where is the Chinese food, right?

Robyn Benson: What?

Gregg Braden: I'm sorry. Kevin, what did you say?

Kevin Snow: Well, we, when I was in China, it was like where's the Chinese food?

Robyn Benson: I know.

Kevin Snow: That stuff is here, right.

Gregg Braden: Well, this is, and it's the same in Japan, it's the same everywhere.

Kevin Snow: Right.

Gregg Braden: One of two things happens; either you go so deep into the culture that their traditional cuisine is nothing like the Westernized version.

Robyn Benson: Right, so true.

Gregg Braden: Or you're in the popular tourist places and they try to mimic what they think, what they believe you eat and what you are looking for when you're at home. So in China, to have an Italian meal in China, it's quite a trip the

way they do the, try to do an Italian tomato sauce or Beans and Franks or macaroni and cheese, they think that's all that we eat here and they'll try to do that in their culture and it's not my thing. I know people that really enjoy that. But Robyn, I'm with you. Breakfast in Tibet, they have this huge [tyreens 00:00:17:03] at the breakfast buffets in the hotels. And you get the surprise of opening up each one to see what's inside. And I love my group to see their reaction when they open it up and see the feet of chicken that have been boiled. So they are, they turn bright red when they're boiled and the web is still there on the chicken's feet, and it's a breakfast staple in Tibet and parts of Western China. So as a vegetarian, it's not something I'm to. But the bean curd, when they say it, they call [beacur 00:00:17:34], it sounds like beacur, they have so many different recipes for the tofu and the bean curd, and it is so much more expensive than what we have here in the West. And it's an amazing source of protein and it works with beans and with the vegetables and the things that are there, so.

But again, I'm just going to emphasize, if people are not used to eating certain things at home, sometimes the road is not the best place to experiment with those foods. And one of the things I found in my groups, now I've taken, it's 30 years, 31 years, I've taken people from the comfort of their homes and the safety of their countries into some of these places. Our most recent trips for example into [Peru 00:00:18:22] we've got people from 14 different countries, and America is the least represented of those. A lot of the Asia and Australia and Western European countries were there. And what I've found is there are, everyone is unique. But in general, there are things that people really seem to have the most difficulties with. And one of those is the oils that are used to cook the foods in all of these different countries. And it's not that the oils are good or that they're bad, it's that they are different than what our bodies are used to, and the same thing happens with water.

Water is one of the most precious resources. We got World Water Day coming up here next week, I'm doing a number of talks. And people are so frightened of some of the water in other parts of the world. And when I take our groups in, it's not that the water is bad, it's just that it is very, very different from what we are accustomed to. And when we are there long enough we actually become accustomed to the microbes in the water. But to go on day one and immerse oneself into, 100% into the cuisine, into the water, but it's not something we do in our own home, it may not be the best way to start a trip because it takes our body a few days to detox and to flush. And if we're out touring in the middle of nowhere where there aren't a lot of facilities, it's not sometimes not to be, sometimes not the best thing to do, so.

Kevin Snow: Absolutely.

Gregg Braden: Those are all things to keep in mind.

Kevin Snow: And I really, you make a great point about knowing yourself. And so, I really think that this is an important message to our listeners too. That before we travel and especially this extensively to really know what food works for you and what food does not, and what practices work for you. So, really, it is an extension of who you are in this traveling. And what do you – as far as meditating, knowing, getting into that level of consciousness, what do you suggest that people do if they haven't ever done any practice like that?

Gregg Braden: The word meditation means different things to different people and it had so many connotations. I find people in our groups sometimes they feel it has a deep religious connotation, it may, but it does not have to. So, one of the first things that I do in the seminars when I take people on a trip, every day as a seminar, one of the first seminars is where I share the science that now tells us a new discovery, and this is even new in the medical profession, I'm amazed at how many medical doctors and other doctors; naturopaths and DOMs, chiropractors have yet to hear of this discovery.

And the discovery is simply this; 1991, scientists discovered a neural network in the human heart that mimics many of the functions in the human brain. So what I mean by that it's not a brain in the heart that looks like the brain in our head, obviously, but it is a neural network of about 40,000 cells called sensory neurites, and these sensory neurites in the human heart, they have their own memory, they are a hotline to the subconscious, a hotline to intuition, a hotline to deep states of precognition even, I mean, the studies are amazing. But here is the key, I'm a scientist and I was trained that it's all about the brain and scientists tend to discount the heart. Many people in the new thought communities have been taught just the opposite and they [Audio Gap 00:00:22:03] a thinking that says it's all of the heart and the brain that they are two separate organs [Audio Gap 00:00:22:07] what the science now is showing and what our indigenous elders understood two separate organs, but when they work together they form a single system that allows us extraordinary capabilities in their union more than we could ever get just from being in the heart or just from being in the mind. When we talk about meditation, many of the [teachers 00:22:37] actually did was to marry the heart and brain together in ways that haven't been understood well in the past.

So, when you ask about my meditation techniques, one of the things that I've learned to do is establish a communication every day, many times a day, between my heart and my brain, it's called coherence, the technical term, it simply means that our heart-brain communication is optimized. And for the technical viewers out there, you can actually measure this, it's a very low frequency signal between the heart and the brain, about 0.1 hertz, it's a really low frequency. Actually it's a frequency that whales communicate within the ocean, 0.1 hertz, and military submarines which is why it's a problem for the whales. So this very low communication between the heart and the brain is triggered by emotions that we choose to embrace.

And I'm going to emphasize that, not the emotions of us reacting to the world, but where we find our power is, our true power is when we choose to elicit an emotion because it's what we choose rather than simply a kneejerk response waiting for the world to give us a reason to be happy or a reason to be compassionate for example. So what scientist had found is that there are a series of experiences and in the laboratory, there are positive experiences that we would call, in the English language, we would call them compassion, care, gratitude, appreciation. Those are the words that had been documented to set up this coherence between the heart and the brain in an optimum fashion. So, if we can create the experience, have a quiet time, and I do this throughout the day. I'll have time in the morning when I first get up, last thing before I go to bed at night. Actually, I'm in bed, the last thing before I go to sleep at night. During the day, just take a couple of minutes for myself, a quiet place, focus my awareness in my heart, elicit genuine states of care, compassion, gratitude, appreciation. That sets up this heart-brain coherence. And when that is in place there are whole cascade of effects that come with that.

So it is a form of meditation, choosing to feel these feelings because we want to. Over 1,300 biochemical reactions are triggered to this coherence. Heart rate variability, HRV, increases in the presence of this experience. That's good for us because the more heart rate variability, the greater HRV, the more resilient we are to change in our lives, and travel is all about change and all about being resilient. So, the small seemingly insignificant to some to some people, the small act of feeling three minutes of care, gratitude, appreciation, and compassion, multiple times throughout the day actually stacks the deck in our favor for a successful travel. It enhances the immune response. 1,300 biochemical reactions in the human body are triggered just from this experience, the immune response is part of that. SIGA factors in the saliva, the first line of defense. They kick up exponentially in the presence of these

experiences, and when you're traveling, you're exposed, again, not to things that are bad but things you're not used to. And this is just a way without taking a bunch of antibiotics and all of the other things that people tend to do before they travel. My sense, my feeling is that we are much better prepared, our bodies, are much better prepared to deal with whatever the world offers and whatever the world shows if we care for ourselves than by inundating our systems with the chemical equivalence of the antibiotics or all the things that go with that.

Now, again, we all know ourselves better than anyone else. If you begin a trip and you know that you are susceptible and you have typically a weak immune response, then you have to plan accordingly. And if you need an antibiotic, there's nothing wrong with that. What I'm saying is we have within us if we embrace these extraordinary abilities just from connecting the heart and the brain,, kick up that immune response tremendously, we kick up the anti-aging hormones tremendously in our bodies. And we find that we are much more resilient to change. And anyone that's ever traveled notice that the best way to ruin a trip is to have a plan. Because you make a plan, the buses might not be on time, planes aren't going to be on time, trains aren't going to be on time, people aren't going to be where they say they're going be when they say they're going be there. If you're resilience is way down then everyone of those things is going to anger you, it'll piss you off. I mean that's what people say, they're just pissed off on their trip.

That sets a whole series of biochemical reactions in place as well, high levels of adrenaline, high levels of cortisol, depressed immune system. Sounds technical but we've all seen this. People that go on a trip and every day is a disappointment for them, they are the ones that tend to have the health issues. People that go on a trip and say I am here to embrace something new. Whatever the universe wants to show me and all I can do is the best I can do and I cannot do anything beyond that. And I run in this for myself all the time, making connections in the United States Airport in this day and age, you've got this as much of a chance of being late on a flight and missing your connection as you do making your flight. And I see people that just have yet to learn. They're still learning how to handle that, and it's a really bad experience for them. I'm not saying I love it, but I know it's a possibility and if I've done everything that I could do then there's nothing else that I can do. And it's this resilience in heart-brain coherence helps us to embrace those kinds of unexpected changes so that we can deal with them in a healthy way. And I think that's the bottom line for travel is whatever our journey has to show us, how do we embrace that in a healthy way. And I probably shared more than you

wanted to hear on what some of those things are for but these are things that worked for me.

Robyn Benson: Right. When I think about smart and conscious travel, I can't think of anything more important than what you've just shared. I mean, for people just to realize how much they can tap into that part of themselves, that heart, that coherence state that you can access, everybody can access that state. And just either we're feeding the stress response or we're feeding this other place where we can experience joy at any given time. And it makes me think about when we've interviewed the first time, Gregg, with the Self-Care Revolution.

Speaking about your book, but that whole idea of expanded resiliency, I've never forgotten that. And I swear I've quoted you a million times. Over. I'm in a situation even if I've got all the tools in the world but every once in a while, I know if my body, if I've just got too much going on, I can just know I'm not as resilient. I really, I just breathe and just try to remember who I am, this too shall pass, and look at the gifts of when you don't make connections, right. There's always a gift if you allow it. So, I'm...

Gregg Braden: Sure. Yes, absolutely. And we find that all the time. And for our listeners that may not heard that first interview, we talked about expanded resilience. Resilience has many different definitions, and in the textbooks, traditionally, resilience is the ability to bounce back or spring back to a healthy functioning after it's been disrupted after something has happened, some kind of a trauma; personally or in a community, through Hurricane Sandy and or whatever. Being able to bounce back to a healthy functioning, that's the traditional definition.

The Stockholm Resilience Institute is now taking that light years beyond rather than bouncing back or springing back. They're not talking about what's called expanded resilience where we thrive and learn to think and live in a way so that we can thrive in all circumstances, and that begins with us embracing being honest, truthful, and factual about our immediate circumstance. So, when you travel, if you begin by saying there is a possibility that planes are going to miss the connections. That my sense of timing is going to go by the wayside. If you can begin with that and embrace that possibility, that's very different than leaving and expecting everything to run like clockwork and being on time, and the stressor response that comes if it's not there.

So the personal resilience for me, and again, it's not a religion and I think this is really important that people are not so rigid that they make this into a religion because then we tend to beat ourselves up if we don't honor

our new religion. But the key here is to make a promise to ourselves and do our very best honor the promise to stack the deck in our favor for travel.

When we travel, if we can connect this heart-brain – and I'll share a technique in just a minute where we could do that. If we can do this heart-brain connection then we establish coherence and increase heart rate variability, HRV. The more heart rate variability we have as adults, the more resilient we are to change. When we're young children, we have tremendous heart rate variability. It means the time between each heart beat varies a little bit and that little variance is what gives us resilience in life. As we get older and we become more rigid in our thinking, in our expectations, then it's actually reflected in our heartbeat. Now our heartbeat becomes more irregular giving us less heart rate variability and less resilience. So, the more resilience we have, the better we can embrace whatever change, whatever the world has to offer to us.

Within that context, then if we can do our very best to give ourselves the best nutrition that's available in the moment, to give ourselves the greatest opportunity to honor our bodies in whatever form of movement or yoga in the moment, to honor ourselves with every sleep. When we feel sleepy, if you can take a nap, those naps are amazing, rather than trying to [Audio Gap 00:33:32] schedule of eight hours and calculate the time difference from wherever you came from to where with the experience that's there, all that under the umbrella of resilience to me makes for a successful travel experience.

Now, for me, it's even a little bit more because I've got to do better than just travel well. After I travel, I've got to be my very best for television cameras and to walk onto a stage in front of hundreds or sometimes thousands of people and to be present for them, to be fully present for them, to be fully present and aware, not to just go through the movements but to really be there for them. And to do that, to be at my very best and keep my promise to my audience I can only do that when I'm at my best to keep my promise to myself. And so, my promise is to honor myself to the best of my ability with what is available in the moment, and that's going to be different for everyone. So I just wanted to kind of bring that together. And can I just, Robyn, you may have a couple of questions. Before we close here today, I would just like to share one of those very quick techniques to create resilience.

Robyn Benson: Sure, that would be fantastic, thank you.

Gregg Braden: Yes. Did you have any other questions about what I said prior to that, before we go through that?

Robyn Benson: No. I'm so glad you talked about expanded resilience because I think that, honestly is just the key. This is where you can always enjoy travel because what you hear out there, again, I was at this big event all about travel, and it's just, it's the buzz. Everyone was just like, it's always travel is stressful. I mean, it's almost like I'm not thinking out of the box of how, I mean, that's what we're sharing with this summit, this is revolutionizing that way we travel.

Gregg Braden: Okay.

Robyn Benson: I mean really [we're getting 00:00:35:18] a big message out to the travel world and all of you that are listening here today that there is a better way, always, and no matter what you can have a good experience. [Cross Talk 00:00:35:27]

Robyn Benson: Go ahead.

Gregg Braden: Go ahead. I'm sorry, I'm sorry.

Robyn Benson: Just like what you're saying just, you're just being so honoring of your vessel. You're getting up on a stage in front of several thousand people, and for any of us, we just want to show up. I want to wake up in a new country and feel good and to enjoy each and every moment, so it's how I'm taking care of my body to get me there, right.

Gregg Braden: So, it is. And so, you're saying there was an entire conference all about travel?

Robyn Benson: All about travel.

Gregg Braden: That's interesting to me. I think the stress, and I heard you said that was kind of like the through line, everyone was talking about the stress of travel, where that...

Robyn Benson: I mean, even to the point where people won't travel, Gregg, people are saying, "I just don't even want to travel. I don't want to get on a plane anymore." It's just gotten so bad.

Gregg Braden: Sure.

Robyn Benson: That's what you hear.

Gregg Braden: Well, I understand that. But here now, I'd like to address that then. The stress only comes from the significance that we give to the experiences during our travel day, this is the key. It's the significance that we give to what happens in very moment. So if you're in line at the TSA and you get selected for extra security, I've seen people just go off the rails about that.

On the one hand, it's the significance that they're giving to that moment. So what, they took an extra six minutes. But it was what they read into that experience. So, a lot of their personal issues come up; why me, you're singling me out, and is it because of this or because. I mean, all these other issues come in there. If your flight is delayed, I just want to our listeners if a flight is delayed in this day and age, nine times out of 10, there's a good reason for that delay and you don't want to be on that plane anyway. It's either mechanical or it's weather, and if it's mechanical or weather, I don't know about you, but I don't want to fly unless that pilot is comfortable flying.

Kevin Snow: Right.

Gregg Braden: And I don't want to go in to the weather unless the planes are rated through that weather. We're in a time of climate change, I've got books about it. In climate change you can expect the weather to be different than it was five or ten years ago. So, it's the significance. I'm just going to emphasize this, the importance that we give to the events that come to us during our time of travel when we can take the charge out of that significance, out of those events, the stress goes away, and it's an amazing thing. And it's not that we're denying or becoming indifferent, it's not about indifference. Because a lot of people will confuse indifference with being compassionate. They'll see someone having a tough day and they'll compassionately walk on by.

To me, I think that's a form of indifference. But it's when we can embrace what's happening, fully embrace it and be present with it, but not respond emotionally in a way that hurts us or makes the situation worse. That is where this heart rate variability really comes in. Because when we're in coherence and we find that balance between the heart and the brain and that neural network, the whole neural network is chiming in. And we take our personal experiences of the past and how people have treated us in the past, and all of those things, all of that is taken away from the moment then the moment is simply the moment. And it makes all the difference in the world. So, the stress comes from us and the significance that we give to the experiences in our lives. Well, unless stress, we change the way we perceive those experiences.

Kevin Snow: That's excellent.

Gregg Braden: And so, one of the ways to do that, I want to show you there's age indigenous traditions have always focused on the heart as the key to healing, as the key to creating a community coherence, and our own science is showing us why this is and the techniques that are used. Indigenous traditions are now being validated in the laboratory.

One of those techniques is to simply begin. First, just find a quiet moment, it could be at an airplane seat, it could be in a shuttle going to the airport, it could be in your hotel room, it could be backstage before you're speaking an event, wherever it is, claim a moment for yourself, you're worth it, okay. And in that moment, allow your awareness to shift from all the thoughts in your mind into your heart. And one of the keys to doing that, and indigenous people do this all the time and in the laboratory they do this as well, is if we can gently touch our heart center in a way that's appropriate for the moment. Now, I know some women in the business environment are not comfortable with their [Audio Gap 00:00:40:17] and I completely honor and respect that. But it doesn't have to be a big outward sign, it could be as simple as a fingertip or two gently touching our sternum.

Here's the key. When we do that our awareness automatically goes to the place where we feel the sensation. So if you touched your arm, your awareness goes to your arm. So, by doing this, now, our indigenous people will often, they'll have a mudra like this, a Buddhist do this all the time, pressed gently into their sternum. Their awareness is going to the place where they feel that. In the Middle East, you see people with an open palm on their chest, like this all the time. And it's all about what's appropriate in the moment. That allows us to move our awareness from our heart, our mind to our heart; step number one.

Step number two, if we could slow our breathing down to about five seconds inhale and five seconds exhale. So, when you move your awareness from your mind into your heart, that says to your body, "Oh, something just changed." Because typically you're not in your heart through the day. So, number one, you've told your body something is about to change. Number two, when you move your awareness into your heart and you breathe five seconds in, five seconds out. you're slowing it down, that tells your body that you are in a place that is safe, you're safe. And that tells your body that you are in a place where there is no stress. Because typically, the only you breathe easy, slow, in and out is when you are safe and have no stress. So you're telling your body no matter what's happening out there, it's okay.

And number three, third step, to the best of your ability with your eyes closed, so you can focus inward, is to feel genuine feelings of care, appreciation, gratitude or compassion for anything in the world. I think we've all had found it's easier to care for someone else often it is for ourselves. It's easier to focus that care on our children or on our pets or other people than it is on ourselves. And that's okay because as long as you can create that feeling of care, compassion, gratitude, appreciation

as little as three minutes, Robyn, that's it three minutes of establishing that low frequency communication, when you feel those feelings, that feeling is a low frequency signal that you send to your brain [Audio Gap 00:00:42:49] your body with the chemistry that matches that experience. So you're kicking up your immune response, anti-aging hormones, 1,300 biochemical reactions because your body says, "Ah, I'm in a safe place, I can do this. I don't need the cortisol and adrenaline for fight or flight that I would need if I was frightened. In three minutes, and then you take a deep breath, open your eyes, and you're in a very, very empowered place to embrace whatever is about to happen in a healthy way, whether it's walking onto a stage, or whether it's meeting someone new, or whether it's getting onto an airplane for a 14-hour flight. So, that is a technique that kind of circumvents any of the religious implications or even spiritual implications for that reason. They are there if we want them to be, but the key is we're connecting our heart and our brain and that's pure science. Rock solid science, pure reviewed science.

Robyn Benson: Thank you.

Kevin Snow: That's excellent. See, now I'm imagining people listening to this interview before they get on their airplane or get in their car to go to the airport. So, I think just listening to this is definitely creating that coherence.

Gregg Braden: Well Kevin, if that's what happens, then we've done our work really well together and we've served our global family. And I'm honored to be a part of this today. And I realized I've done most of the talking, Robyn. I don't know if...

Robyn Benson: It's exactly. We wanted to hear [Audio Gap 00:00:44:17] viable information. Just to close, I mean, is there just one more comment or sharing with our global audience here today, again. And just one last pearls of wisdom from Gregg Braden about how to do this. I think you've covered most of it but just one more thing. Where one of the questions we've asked of most every speakers, if there's one thing you could change about the travel industry, what would it be?

Gregg Braden: Well, those are two very different questions.

Robyn Benson: I know. [inaudible 00:00:44:47] I'm not even sure I get that one in. So, that's my expanded mind here, I'm like...

Gregg Braden: You know, if...

Robyn Benson: I'm like, "I've been left with Gregg, what can we ask.

Gregg Braden: If there was one, and I've said, I say this probably on every trip. I say it out loud to myself. I say it to people I travel with. I think to travel is, first of all, I'm amazed it works as well as it does.

Robyn Benson: That's a good font.

Gregg Braden: And when you think about this, I mean, the first plane flew about 75-76 years ago.

Robyn Benson: Right.

Gregg Braden: And to go from that first plane, I am truly amazed that it is a safe and it works as well as it does nine times out of 10, we get where we need to go, we're safe, and everything that we started with, we end up with. So, I am in complete, just an honor and gratitude. Because, for me, to be at my best for the people that trust me on a stage, the travel industry helps me to do just that, to be at my best. If I had to take a train or drive a car from [L.A. 00:00:45:48] to New York by time I got there I'd be toast. I don't know that I would be at my best for my audience.

So, I want to say that. Where I think things could be better certainly is with nutrition. If we're going to go through the effort and spend the money and use the resources that we do to create food and wrap it in packages, in chair, in airport terminals all over the world, why not do it with food that actually is food? And the definition of food is something alive and nutritional that comes from the earth, not something that is dead and full of chemicals that actually can be harmful to us when we're trying to quell an appetite. So, I think this is one of the places where they could really honor the travelers by sharing and offering really, really healthy and high quality food in these airport terminals. It would introduce it to people in some cases who aren't used to it, it would be new for them for other people that are, I think they would be more apt to and feel safer knowing that they're going to have those things they can rely upon.

A lot of people when they travel [inaudible 00:00:47:00] I knew a woman – I took a woman to Egypt once who had a suitcase that was so overweight, they wouldn't even let it onto the plane, and I said, "What in the world are you bringing to Egypt?" And she had all these clothes and I said that cannot account for the 90 [Audio Gap 00:00:47:17] on this bag." [Audio Gap 00:00:47:22] and she had 20 bottles of water that she was taking to Egypt because she thought she would not be – she got a bottle a day, she thought she was not going to be able to find any clean water in Egypt. And if she had known that it was going to be available, she wouldn't have had to bring those 20 bottles of water, which is by the way she couldn't take with her anyway.

Robyn Benson: Right.

Gregg Braden: So that's one, it's not a criticism, if I could recommend, suggest one thing to travel industry, that's something I think everyone would benefit from, and they'd probably do much better financially, I think it'd be a boom for them. As far as travelers, what I would say is this, we live in the most amazing planet, we're so accustomed to seeing it that we often forget the awe and the mystery of this planet. And while we have so many different cultures and ways of living all over the world, the bottom line is it's all us. We are a single global family. And I think to a degree that we can share those experiences, understand one another.

I'll just say this. I was in a part of the world exploring when students from a university, and I won't name the country, but students from a university came, and they engaged us in conversation. And I asked them where they were from and they told us. And I said, "Why are you here exploring this?" And they said, "We have been told in our country that these places don't exist, but the internet keeps telling us that they do, we wanted to see it." And then they said, "Where are you from?" And we said, "America," And they said, "Wow." They said, "You're not like what they told us the Americans would be like." They said, "You're really nice." And in that moment, there was an understanding that unfolded between those students and our group that they carried back into their country, and I've seen this happen time and time again. People with people are good, it's the governments that seem to have problems in ways of implementing the rules and the [dogra of living 00:00:49:33] comes down to people, it's us, we're a global family. We all want pretty much the same things; healthy, happy lives, we want things that are good for our families. We want opportunities, we want to share and benefit all the beautiful things this world has to offer.

And one of the ways that I found to really begin to breakdown some of those artificial barriers, like the wall hence the students shared with us, is to go and be with these people. And you'll find that the countries look very different than they look when you see frightening images on nightly news cycles, wherever you are in the world. And I think that is one of the values of making the effort and spending the time with our brothers and sisters all over the world because we are a family, we have only one world, and it's best to know ourselves through that direct contact than through the perceptions of the news or of a book that was written by someone else, it's best to establish those personal contacts. God to god, that's where the truth comes through and that is where global resilience really begins and I think that's where our better world begins. That's one of the values and the benefits of travel.

Robyn Benson: Beautiful. Thank you for taking your precious time to share with everyone. I mean, it's such incredible information and thanks for the great work you're doing on the planet, Gregg, you're amazing. Again, really, really very pleased that you could be here with us.

Gregg Braden: Robyn, I'm honored, Kevin as well. Thank you both. You're my neighbors when we're all in Santa Fe at the same time...

Robyn Benson: Yes.

Kevin Snow: Right.

Gregg Braden: ...we're in the same time zone. So, thank you for the work that you do and thank you for making this summit possible. And just for keeping me in mind, I'm honored to be here today and I look forward to the next time.

Robyn Benson: Great.

Gregg Braden: And I'm going to say thank you to all of our viewers for supporting everything that we're doing here today, thank you all so much.

Robyn Benson: Just unity and diversity, I love how you answered that last question,. thank you so much. You all take care and safe travels, everyone.

Kevin Snow: Yes, thank you.