



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

**Dr. Robyn Benson:** Hello everyone. Welcome to the Healthy Traveler's Global Summit. We are so excited to be launching this in fact, we have this incredible pre-launch speaker that is near and dear to me and to Santa Fe Soul Center for Optimal Health - his name is Michael Gelb. But first, my name is Robyn Benson. I'm a Doctor of Oriental medicine, the founder of Santa Fe Soul Center for optimal health. I have to say, this is the most exciting events I've ever co-created that's what I'll call it with my wonderful co-host...

**Kevin Snow:** Kevin Snow. People called me the "Desert Sherman". And I am an intuitive counselor at Santa Fe Soul Center for Optimal Health. And what do there is help people create clarity and this summit is going to help you create clarity and this going to be an awesome ride and we're kicking off there just pre-launch interview with Michael Gelb and learning about how to travel creatively, how to be creative in travels, how to be a genius when we're traveling. It's really going to be an incredible time with him and I'm [Inaudible [00:01:07.16]].

**Dr. Robyn Benson:** So, if you're joining us for the very first time Santa Fe Soul Center for Optimal Health has been around, we're on our 10th year which is pretty exciting. We actually built this center with 25 practitioners. Also, 2 and a half years ago, Kevin and I started an online program called the "Self-Care Revolution". In fact, we have, many of you are joining us literally from that program all over the world and we're so glad you're here, because the Self-Care Revolution is sponsoring the Healthy Traveler's Global Summit. And so much happened in that 2 years, I can't even begin to tell you, but we interviewed over 160 speakers on various topics knowing that this time of incredible change, it's a very exciting time. How important it is to take care of ourselves like never before. And our speaker today, happen to be one of our keynote speakers in both of our live events and so we happened ... that happened 2 years ago, was called [Inaudible 00:02:03.16] and last year was Thrive. And, we also brought him to be the yearly [Inaudible 00:02:10.19] as well. So, he's got so much

information. This man juggles. He's a genius. He travels the world several times over. He is a great person to open up this whole Healthy Traveler's Global Summit with. And so, we're bringing him here live. I'm just going to tell you a little bit more about Michael Gelb. He is the world's leading authority on application of genius thinking to personal and organizational development. He's a pioneer in the fields of creative thinking, accelerated learning and innovative leadership. Gelb leads seminars for organizations such as Depot, Merck, Microsoft, Mekhi and YPO. He brings more than 35 years of experience as a professional speaker, seminar leader and organizational consultant to his diverse international clientele. Michael Gelb is the author of 14 books, on creativity and innovation including the international best-seller "How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day". How to think like Leonardo has been translated into 25 languages and has appeared on the Washington post, Amazon and the New York Times best-seller list. I just want to say, I have... well those books there, creativity on demand this book just came out this year, just a couple of months ago. This is another book called "Brain Power: Improve Your Mind as You Age", very important message that Michael is going to bring to you all today. Michael, welcome.

Michael Gelb: Thank you so much. Great to be with you.

Dr. Robyn Benson: So, healthy travel. I think you have a lot to share about this but before you go into that topic, maybe share with our audience a little bit about your background. How you got into writing all these books? And traveling the world and being certainly an expert on Leonardo and many others.

Michael Gelb: Well, when I was 19, I started meditating and that changed my life in a big way. I realized that consciousness was the most important asset than any human had. And part of why we're here is to cultivate that consciousness. And that the best way we express that consciousness in terms of dealing with the challenges of human life was to learn how to be creative. So, I focused on creative thinking and how to develop it myself and teach other people how to be creative. So, I saw the link between consciousness and

creativity. And then as I got older one other very important element became apparent and that was compassion. So, consciousness, creativity, compassion - Those are my key words that motivate what I do every single day. And I was very blessed to... I travelled to England to train as a teacher of the Alexander Technique. When I was 22-23 years old, I trained for 3 years. And while I was there, I met a fellow who was one of the leading pioneers in the field of creative thinking. He invited me to a seminar that he was teaching in Switzerland and I guess it was 76-77. I went along, I shared some of my insights with, this is a corporate group who are all twice of my age and those days I knew nothing about business but they liked what I shared about ...I taught them how to meditate. I taught them how to juggle. I taught them mind mapping, memory development, I took them out running. I used to coach the inter game of tennis, I taught them math and they loved what I did. So, the HR director of this company said we want this American guy on all our trainings around the world. So, in my mid-20s I was flying all over the world. I went to Australia. I went to Japan. All over Europe. Back and forth to the United States. Down to South Africa. Leading 5 day retreats that were way ahead of their time. This is in late 70s, this was called "The Mind and Body Seminar". We were teaching mindfulness and all sorts of other disciplines that are now just starting to get popular recognition, long, long ago. So, that was my introduction to what I do now, I just continue to do it. Now, I travel around the world and I teach groups who are half my age. But I love it as much as ever and one of the constants in all of this, besides the core values of creativity, consciousness and compassion, the other constant has been travel because in that time since the late 70s when I had that first engagement in Switzerland.

I've just been traveling average probably a 100 days a year, sometimes it's more, sometimes it's a little bit less but an average of 100 days a year. And sometimes it's very wonderful and glamorous and elegant and beautiful but a lot of the times it's very difficult, very demanding because when I get there, it's not like I'm going on vacation. I got to come right out, give a keynote speech to very demanding people, do a workshop, go out to dinner with the client. And it's very intense and then go catch the next plane into the next place and do the same thing all over again. And it always has to be fresh and spontaneous and alive, you can't just deliver something in automatic way, if you're talking about creativity and consciousness. It has to be filled with life and energy. So, the one thing I would say, is in the 35 years I've been traveling regularly. The basic standard of travel across the board has gotten much worse. The airports

are more depressing, they're more de-humanizing. The planes are more packed out, there are smaller planes for longer journeys. Service is less, food is worst. It's really awful. So, the importance of Self-Care, the importance of taking command of your own wellness. And recognizing it's one thing... look wellness and Self-Care are important just if your home, if you're not traveling it still takes consciousness and you still have to devote attention and energy to maintaining your wellness, just if you're going to sit in your easy chair if you're just home. But, once you leave your house, once you go to an airport or a train station or a bus station, you drive your car for a long journey. The situation gets far more difficult in terms of maintaining your wellness, in terms of maintaining your energy. And, everyone needs a strategy, everyone needs a plan, everyone needs to be informed and to understand and integrate everything in this summit. I love that you've taken this on, because it's something humanity really needs at this time. And... So, here's a really interesting little travel tip that I have for you and for everybody else. Because if you travel less I know you Robyn, I know you travel all the time.

Dr. Robyn Benson: Right.

Michael Gelb: And you've probably experienced what I always experience. First of all even though, okay I admit. Frequently, I'm sitting in business class or first class or whatever. Thanks to my clients, but nevertheless it doesn't matter because it's still, business class today, is coach into what coach used to be. So, there's nothing luxurious about it. Plus, almost invariably even in business class today, there are screaming kids, automatically next to you, howling the entire time. And, almost invariably there are people hacking their lungs out with some kind of hideous infection with you sit down and the person behind you is they're coughing they're hacking they're clearing their throat, they're sneezing, they're just you're in a tiny little... aluminum tube with almost no oxygen, with horrible electromagnetic residence. And then, these humans are spraying out massive quantities of every known virus. So, here's my first travel tip. When you're in that situation, send your blessings or healing to all those people in that cabin. Because if you sit there cringing you're just going to weaken your own immune system and let those germs get you. But, if instead you actually... I just visualize

filling the plane with light and positive energy and blessing those people for their health and wellness. And I can feel it what it does is create, you know what the Chinese calls stronger way Chi, it creates a stronger immune barrier for me. And I really mean it, send your blessing to the people in the plane, send your blessing to those little kids who are screaming, it doesn't always work to get them to quiet down. And it doesn't always work to get the people from hacking their lungs out, but you won't sit there in the cabin and thinking like, I'm traveling like this and now I'm going to get sick too. So, my new hot off the presses travel tip.

Kevin Snow:

That's awesome, that's excellent. That's what I tell clients as well, light wins. So, when you are having a little light, that's what takes over the space and that's what wins. That's an excellent traveling tip to kick this off.

Michael Gelb:

The other thing too, that I think is really important to say, this is the... it's good for people to get this right at the beginning of the Healthy Traveler's Summit. We can talk about what seem like more... it's not really that esoteric, it's just common sense. And we now know that we think of positive taught, when you think about blessing other people, when you think about forgiving and letting go. It's strengthens your immune system, this is not woowoo, this is not new age, this is science based today. And we know if you think... oh my god I'm going to get sick... oh my god this is terrible. You're weakening your immune system. So, this is just down to earth practical, it should be common sense understanding. But, since there are so many hazards in travel, on so many levels. The number one general tip is, this is something you have to plan really thoughtfully. You've got to become a master, strategic planner for every trip you take and your self-care has to become an integral part of that planner. So, it's not just that you are looking at your itinerary thinking okay, I'm going to this airport, I'm going to take this shuttle to my airport hotel, I book this room. You need to think with the same care about I'm going to do a meditation on the flight, when I get there I'm going to take a nap and listen to some beautiful healing music. And then I'm going to go for a walk and I'm going to go on a treadmill or I'm going to do Taichi or Chi Gong in my

room, or I see on the hotels website that they have a Yoga class or a Yoga studio down the street. I'm going to go that Yoga class and I'm going to make sure I give myself time before I have my dinner meeting with my client or whatever happens to be that you are doing. So, you... and I know that I'm going... I'll be in the airport and maybe my flight will be delayed, this happens to be just last week, I was delayed for 4 hours in La Guardia But, I already thought through.

Dr. Robyn Benson: Who did you meet in Dallas?

Michael Gelb: Pardon?

Dr. Robyn Benson: Then who did you meet in Dallas unexpectedly?.

Michael Gelb: Yes. I met you in Dallas. That was amazing.

Dr. Robyn Benson: So bizarre.

Michael Gelb: In the airport. But, was greatest, you saw that I had my healthy organic...

Dr. Robyn Benson: I was starving, I was getting from Canada and there you were...

Michael Gelb: I have chocolate and my organic dark 85% chocolate. I had my green tea, I had in my bag wherever I go, I always have healthy sources of... not just nutrition but also pleasure. It's actually a real treat to sit there and drink some green tea. Have some almonds, have some dark chocolate. So, I always carry that with me, because I'm planning what if I'm stuck someday and you don't show up?

Dr. Robyn Benson: You're so cute.

Kevin Snow: Well, you're talking about food and I think that's definitely something, we the pleasurable food, this is something that you have also done in your past. And talk a little bit more about that. So, you're talking about dark chocolate, green tea, almonds. These are the things that we can bring with us. And is that travel well.

Michael Gelb: You're right, they're easily portable they last for a pretty long time. Because you maybe on a long trip, you want to have something always available for you. Because if you... one good thing that's happen in airports. There are occasionally some non-toxic food choices. They're rare, most everything is disgusting, fried, hideousness and it's just designed... would you like to die... would you like to die sooner come and eat this, this is just... it's just addictive, hideous garbage. And as my favorite comedian Dan Maraya says. I don't mean that in a bad way. Hey! Of course I just realize that, Kevin you could do a whole... you could do a whole thing on desserts that people could have while they're traveling and then you could be the Dessert Shaman.

Kevin Snow: It's absolutely [Inaudible [00:17:19.16]. It's like so sweet as well, I think that's...

Dr. Robyn Benson: You are that Kevin, sweet. Listen I'm going to chime in here. This your book, when I think about travel and health and I think about so many people that I interviewed for my book the Healthy Traveler 8 Pathways. To Smart and Effortless Travel all the pilots and flight attendants on my table, I treat so many people that treat, that travel regularly. And people talk about their... they don't sleep well, they get brain fog, they can't think straight, they feel scattered when they get off the plane. So, Michael what are some of the suggestions based on the amazing content, I really love this book by the way "Brain Power".

Michael Gelb: What's so interesting is. So, I wrote this book "Brain Power: Improve Your Mind as You Age. And it's the research validated practical things that the average person can do, to first of all prevent dementia and actually improve as you get older. And it turns out to be all the same things you need to do to travel in a healthy way. It's all the most intelligent self-care things. And I tell you again, looking for the highest point of leverage we talked about, bringing healthy food with you. Because you may not be able to get it, you may not able to get it once you leave at home. And if you want to eat junk, it's really easy if there's so many options. If you want to eat just disgusting hormone enriched, additive filled, sugar, extra sugar, chemical, hideousness. They're trying to give it to you everywhere you go. And not just in airports, but drive down the highway. Most of places you could stop off are poisoned, to me it looks like a skull and cross bones. You see the golden arches? I see the skull and cross bones. So, you got to carry goodness with you. But, I tell you that the number one thing that's causing that hazy off feeling that people have? Is they don't have enough of this, you see my glass of water here?

Dr. Robyn Benson: Yes!



Michael Gelb:

Yes. So, obviously again it's just one of those things that when you're at home. You need to stay hydrated, once you leave your door. Staying hydrated becomes that much more difficult. Especially, if you've been a 35,000 feet for 4 hours, bumping up and down. So, one of the first things I do. And it's tough now because the TSA. Makes you give up your water, before you go through security. So, then what you have to do is, drink that water, go through security and first thing you do is. Go buy some water or carry a water purifier with you. And purify some the water from the water fountain. But that's the first thing I do, I just go and make sure that I have an ample supply of water. Give up, the simplest of leverage for people, enriching, improving their health. For some people, it can be as simple as give up so called "Soft drinks", give up anything that has real or artificial sugar in it. Added that you don't need. There's a tiny bit of sugar in your 85% dark chocolate, you'll be fine. There might be a little bit of sweetness if you have an energy bar, just read the ingredients carefully and make sure it's truly healthy, organic. And it doesn't have any added sugar. But there might be, mine has dried blueberries, it has some sweetness in it. You'll be fine, but you get into trouble when there pounding down, sweetener or artificial sweetener or all sorts of other stuff that your body doesn't need and doesn't want. But it does need and it does want water. And it's more, don't wait till you're thirsty till you drink the water.

So, your brain is 80% water. So, you got to keep it hydrated. And that just takes the conscious... you have to plan for it, if you don't go buy the water because they make you give up your water. When you go through the TSA. The other thing is if you go through the scanner like, I go through, I try to always go through the scanner. Because it's faster and easier. Because I have a knee and a hip replacement. So, I always have to get searched, if I go through the metal detector. So, here's the post for the scanner and this is the celestial posture of the 3 treasure's standing meditation for Chi Gong that's in my creativity and demand book. So, when I'm going through the scanner, I do the celestial posture, if there's no scanner and I have to go through the metal detector and I get searched. They make you out your hands out like this. This is the acceptance pose for Chi Gong. So, I just gratefully accept my current reality which is being searched. It also is a forgive them for they know not what they do pose. So, got to keep your sense of humor. Drinks lots of water, bring healthy food with you, plan, plan, plan. Think it through in

advance. I do a lot of visualization of my self-care for every trip as much as I do, the visualization of how I'm getting from the airport to the hotel. And what hotel I'm staying at and where I'm going through dinner. I also visualize how I'm going to maintain hydration, how I'm going to get enough exercise. When will I have a chance to do my Taichi and my Chi Gong. When I'll have a chance to meditate, what entertainment I'm bringing with me? And so on, you got to plan it.

Kevin Snow: That's how powerful those Chi Gong masters are. They knew that we would eventually be going through the airport scanners and they develop poses for that, that's awesome. I love it.

Dr. Robyn Benson: What do you think Leonardo would think about all this?

Michael Gelb: He would love it. Leonardo would love this, because, he wouldn't love the bad food and the packed out, overcrowded circumstances. But, the fact that we could fly, that was his dream. Leonardo Da Vinci, invented the parachute before anybody could fly, that is thinking ahead. His dream, flight was one of his dreams, he studied birds, he looked at that the flight of birds and drew what the birds were doing. And it wasn't until the invention of modern photography that we could confirm that Leonardo's observations were accurate. That's how brilliant and sharp his eyesight was, his perception, his awareness. And he was trying to study birds, obviously to figure out how to create a flying machine and how we could fly. So, he knew that humanity would be able to fly someday. He was trying to figure it out. So, he would love the idea that we couldn't. And still... I got to say, it still just amazes me. Even though I'm doing it regularly for decades. I went to Italy 3 times last fall, for 5 different clients. I went to Istanbul and Ankara, Turkey. And, you get in this little aluminum tube and you do whatever you do to get through it and then you're, in Ankara it's pretty amazing. And by the way, the best airline food I've in years is on Turkish Airlines. They feed you like family, they have little old Turkish grandmothers in the back of the plane, cooking the food I don't know how they do it, but it's real delicious natural home cook type food.

The best food... and here's the problem, they can do it, why doesn't everybody else do it?

Dr. Robyn Benson: Exactly. [Audio Gap [00:25:47.22] you know much that. And airlines today I have to say.

Michael Gelb: I always assume, even if I'm traveling first or business class, that the food will not be edible. So, if I can I pick up a piece of fruit or salad in the airport. You know, whatever the healthiest possible choice is and I bring it with me along with my goodies that I already, always carry. And then, maybe I can get some organic healthy cheeses, somewhere to go with the nuts. Forget about... I don't... how much I love wine, and I think wine on dinner is part of a healthy lifestyle. But, not in the air, I pretty much avoid it in the air, for the same reason because it can be dehydrating. And the wine is never good enough anyway. If it's not good enough I don't drink it whether at 30,000 feet or at somebody's house for dinner, I just leave the glass full. And politely drink the water.

Dr. Robyn Benson: One glass of wine in the air, any type of alcohol is like, it's like double the amount.

Michael Gelb: Yes. [Crosstalk [00:27:07.10] I had few, I used to find... when it's still existent I flew Concorde a number of times. And the great thing about Concorde was, I'll never forget when I got on my first Concorde flight from Heathrow airport to Washington D.C Dallas. And the pilot got on... we got over Ireland, he's about to kick in the afterburners and he said ladies and gentlemen, our crossing time for the Atlantic ocean will be 1 hour and 15 minutes. And then, we went higher than Mach Two, twice the speed of sound And I had a glass of Dom Perignon or two. I'm not feeling really well. But the point is if it's not Concorde, and it's not Dom Perignon, don't drink it.

Dr. Robyn Benson: I love it. We're talking about wine, you brought this fabulous book called Wine Drinking for Inspired Thinking. So, that's kind of a cool thing about travel too. Travelling the world, being a wine aficionado. You've done that in a good way too haven't you?

Michael Gelb: Absolutely. One of the great things... Wine is culture, wine is humanity.

Dr. Robyn Benson: Yes it is.

Michael Gelb: Wine is a nurturance. Wine is art, its art, its liquid art in a bottle. And Robert Louis Stevenson called wine poetry, a bottled poetry. And the... maybe the best thing about it, besides the obvious health benefits of wine in moderation. Biochemically there are numerous health benefits. But, I think the real benefit is it's so delicious if you get a fine wine. It helps you digest your food, people rarely sit around and talk about their beer. Beer... you're drinking fine craft beer that's something else, the people drinking generic beers, they're not talking about, this Miller lite really reminds me of sunset on... They're just pounding them down, it's the same thing with what people called drinking, they're just... they're not paying attention to the aesthetics of whatever alcohol and substance they're imbibing, they're doing it to change their stressful state. And meditation is just a better way to a change their stressful state. Wine however, people talk about fine wine because it has nuances, it has flavors, it has exquisite aromas, it complements the food, and it's an aesthetic experience. And because it's so delicious and beautiful. It's been known throughout human history as the beverage of moderation, the alcohol beverage of moderation. Could you just... you would never knock it back, you don't think... let's put on one of those hats and get a sight and suck it down. You don't do that with wine. You smell it, you talk about it. And here's maybe the greatest benefit it has, you share it and in sharing it, it connects you with other people. And you get this sense of joy and happiness and rapport. That's

why... when I do this... I do wine tasting with my corporate clients because they're much better meetings. They're much more creative. So, as you travel the world, if you get interested in wine, what you do is you go visit the places where the wine is cultivated. And then your appreciation for that part of the Earth.

You actually bring that experience of the Earth in Burgundy or the Earth in Piedmont, or the Earth in Napa valley, or the Earth in the Willamette Valley in Oregon. You bring it... you bring the travel experience from being around the world, to your dinner table at home. Last night we did a tasting, I'm point like this because that's where my kitchen is. I cooked this beautiful dinner, we did a tasting of two different red wines, from Northern Italy. From my favorite region Barolo which the Italians called the "King of Wines". Last November, we were there and we went to visit these wineries, and we walked the Earth, we smelled it, we tasted the grapes, we tasted the wines with the people who made them and experienced the amount of love that went into those wines. So, last night we did another kind of travel at our dinner table. By bringing mindful attention to this exquisitely delicious wines, which are not... that expensive by the way. You don't have to spend a fortune to have really fine wine, you just have to think it through. But, we were transported back to Italy, it was... we had Italy at our dinner table last night, not just from the food that I cooked. But from the way, the fine wine is evocative of the smell and the feeling and the energy of the Earth. From that part of the world. So, it's another way to travel, without even leaving your dinner table.

Kevin Snow:

That's excellent. So, we can travel, this is definitely what we're talking about the journey of life. So, the latest book, creativity on demand and the concept of this and how we apply this to our travel day. The ability to adapt, to stressful situations like what you said, things changing and the ability to adapt. So, just share a little bit with us about, we can use this creativity on demand.

Michael Gelb:

Yes here it is. Creativity on demand. Well, in this... One of the things that I've been fascinated by for decades, I've been practicing. Aikido, Taichi, Chi Gong. Because I like, I like meditation but I like it in movement. And I like studying how to transform stress and that led me to study Martial Arts. Because, my mind is so active. I need help really being fully present and there's something about somebody trying to punch you in the head. That just makes you focus your full attention, that's why I've always loved martial arts. Because my mind can't wander when I'm in the training. I have a class later today with a... I take private lessons from this martial arts master here. And he comes at me with a stick. Believe me I am not thinking about what I'm going to be drinking through dinner. I'm 100% present. So, I've always loved martial arts because it helps focus the mind. It's really good for relaxation and action. Anyway, a few years ago I was doing an intensive seminar with a great Chinese, Lineage, master of Chi Gong. The art of cultivating this life force. And I was training 6-7-8 hours a day, this happen to be in Costa Rica which is just one of those beautiful places in the world. And I had this revelation, and the revelation was that this vital energy, this Chi. is the missing link in creativity. That for years I've been teaching people to create a process, to create a mindset. But, the real secret, the missing link is the energy. You can get... I can teach you to get a creative idea, but if you're going to manifest it. It takes tremendous amount of energy. And for thousands of years, the Chinese have been studying how do you cultivate that energy? Now this is also studied in many other traditions. That's what Yoga's really all about Prana and Chi are effectively the same thing. But what I love about the Chinese system is it's so simple, so elegant, you don't need a mat.

Robyn, you're a health care practitioner. And you have people at Santa Fe Soul, you have chiropractors, you have physical therapists, you have massage therapists. They get a lot of their business from Yoga classes. Because people try to do poses that they can't do. And they're hurting themselves and my chiropractor, physical therapist friend tells me that, big part... they get a lot of their clients from Yoga and Cross Fit. So, and I've done all those things and I'm very careful and I don't get injured and they're great and I love it and I recommend you find whatever discipline works for you. Having said that, the Chinese method for cultivating energy, doesn't require a mat. I've never heard of anybody doing any of this exercises and injuring themselves in any way. They're the safest, they're the easiest and they're the most effective that I've ever come across. So, I realized, I needed to explore this and I had this simple idea. So, what if I went around and study with some of the greatest masters of

Chi Gong. And I also thought I meet some Yoga masters and Aikido masters and meditation masters as well. And I ask them this question. What's the most powerful practice that the average person can do, in 20 minutes or less, to raise their baseline of creative energy. So, I didn't just interview them, I went and met these various masters, I took 6-7-8 day seminars with them, I took intensive, private lessons with them. And then I took the best of what I learned from them and try to improve it. Send it back to them and said what do you think? They love what I do with it. And then, I put it all in the book. So, yes there's lots, it's a whole,, book is a whole menu of things you can do to... And I put... the reason I put lots of things is that. People have, one person might like the three treasure standing meditation. While someone else prefers the inner smile. And someone else prefers the Da Vinci Chi Gong practice that I originated. So, there's lots of choices and possibilities to people to figure out what works best for them, to cultivate their Chi. But once you have something like that, it's priceless. I have my practice that I do. And I do a lot of the different ways that I wrote about, but I now refined it to the things that work best for me. So, that's what I do at the airport. That's... I go to the gate, I'm practicing. There's a practice I could do when I'm sitting on the plane. There's a practice I can do when I get to my hotel room, after traveling for all day.

Dr. Robyn Benson: So, any other travel secrets? I love it, when you're here in our center Michael, we see you doing your great Chi Gong exercises right?

Michael Gelb: Absolutely.

Dr. Robyn Benson: Yes.

Michael Gelb: My other travel secret is. And it's really simple is despite all the good stuff I did. And I'm really good at planning to have... I build in fun time with

every business trip, I get a guide, I go see something, I learned something new, I go to museum, I go to an Opera. I find out the best restaurants, I have friends all over the world, I have friends come and meet me. Doing fun things. So, that's it... all that takes a lot of planning which is my main theme. I drink lots of water, I do my Chi Gong, I meditate, I listen to beautiful music, I eat healthy, I'm drinking fine wines, all these good stuff having said that. The first thing I do when I get home, is I come see you. And, people who are watching this, who don't live near Santa Fe Soul. They can't come see you when they come back from a trip. But, I would recommend schedule a healing session, with preferably... I like Chinese medicine, I think it's the most effective way to revitalize yourself. But, find a healer or practitioner who in some natural way, helps you recover. Some said just might be getting a massage, having some energy works, some [Inaudible [00:39:50.07], the Chi Gong healing. Yoga therapy, acupuncture, might get a Myers cocktail. But schedule a self-care session with a professional that you trust, within... if you can within 24 hours of getting home. Because that just resets your baseline in an accelerated way. So, that you get overcome whatever jetlag you have, overcome whatever weaknesses your immune system might be struggling with or fighting off as a result of all the stress and the strains. So, have some kind of healing session within 24 hours of getting home. And then, here's the thing is, and I travel, very intensively, spent the last few years just been non-stop and international travel. I've come close to having a cold twice. But fought it off both times, it just didn't set in.

Dr. Robyn Benson: Seeing 80 peed and the Myers cocktails all those good things. Plus, preventable always Michael.

Michael Gelb: Yes. The last one is over 7 years ago.

Dr. Robyn Benson: Wow. That's impressive.



Michael Gelb: Yes. And so, and that's the other thing too. We just mention to be. And again obviously you want to consult with your health care practitioner. But, in consulting with you, you recommended oregano oil if I feel the symptoms of anything hitting me and... The last time I fought one off was just a couple of weeks ago, I said... I felt slam there for 4 straight days and 8 hour teaching sessions, to Boom, Boom Tuesday, Wednesday, Thursday, Friday with the client, 8 hours in front of the group. And then, dinners each night and then, flying home I felt... Start taking my Oregano, came and saw you as soon as I get home.

Dr. Robyn Benson: We got to keep doing what you love to do, right Michael?

Michael Gelb: Absolutely. And at the highest level, because... if you want to manifest, consciousness. If you want to manifest creativity, if you want to manifest compassion in a way that makes a difference in the world, you need energy. You need energy, you need Chi. so, we need to cultivate that Chi, we need to strengthen that Chi, every way we can.

Dr. Robyn Benson: Excellent.

Kevin Snow: We're definitely doing that, in this conversation today for sure. I feel that. And you mentioned... I just want to re-visit a comment that you made, the highest point of leverage. I like that idea at the nutrient, just little bit on that.

Michael Gelb: Sure. I'm glad you brought that up, because it's one of my coaching questions, it's my most powerful coaching question, with my corporate clients, with personal clients, with myself. I always ask, what's the highest point of leverage in your life right now? For making positive change. To be specific, what's the one thing that you could start doing or stop doing, that would most improve the quality of your life or most improve the quality of your business. So, for some people, that could be just stop unnecessary sugar. If you smoke, it's obviously stop smoking. Some of them are obvious, it could be exercise every day, it could be go see my Chinese medicine practitioner, it could be take a walk, it could be listen to Mozart music. For a company it could be, leave out the unnecessary meetings. That's usually the number one answers cancel meetings or don't make people come into meetings for political reasons. And don't have a meeting without a set goal and intention for why you're having that meeting. Improve the presentation skills of everybody in your company, improve the sale skills of everybody in your company. So...

Dr. Robyn Benson: So...

Michael Gelb: Go ahead.

Dr. Robyn Benson: So, one question, we're wrapping up here. We're going to ask every speaker on this summit is. If there is one thing Michael that you could change about the travel industry, and maybe a message you'd like to shout out to the travel industry, what would it be?

Michael Gelb: Well, a couple of travel purveyors have figured this out. And, we could talk about the food, we could talk about the seats, we could talk about the movies, we could talk about the water, we could talk about wine, we could talk about airport gates, we could talk about... I would say number one is caring. If... when you feel like you're nothing more than a commodity and

a number. It's de-humanizing, its soul destroying, its sucks your energy. And that's the way you feel... in most airports and most airlines. You know that they don't care about you at all. It's really obvious in the way they treat you and then try to rip you off for another 25 bucks for your bag and something like that. It's why South-West isn't perfect but it's why they've been the most profitable airline in the United States. And if you look at their Logo, it's a heart in the center with wings. Because they genuinely aim to make a culture of caring about people. And, they need to do more, they also need to manifest their caring by having better food available. But, the likely hood of a genuine smile, of something really humorous, of a playful attitude in the culture of that airline, it's just a little higher than most of other airlines today. And when you have a feeling that there's actual human care and concern. It makes up for a lot other sins.

Dr. Robyn Benson: Well said. Thank you so much. I love that message. What a great way to be starting out this whole summit. Let me tell you everyone, we have 30 amazing speakers who are going to cover every topic imaginable. Starting with Donna Gates, food, movement and hydration with lot of fabulous speakers. And then, we're going to learn about super immunity, how to prepare and prevent parasites, all kinds of cool topics like that. Thank you so much for opening our series Michael. This has been great, great hour with you. And endless pearls of wisdom that people can practice today, with every single trip whether it's car, bus, train, plane. Know that there is a healthier, conscious, creative what was the other one?

Michael Gelb: Compassion.

Dr. Robyn Benson: Compassion. Way to be in the world. Love you. Bless you all. Take care.

Kevin Snow: Thank you very much.