

**DR. KEESHA EWERS:** Welcome back everybody. This is Dr. Keesha Ewers. You are joining me at The Woman's Vitality Summit for another amazing talk by another visionary and leader in the field of health and wellness. Of course, this is caring for yourself, body and soul. That takes us from body through the emotion, through the mental into our wisdom space where our spirit is.

My guest today covers all of those arenas and that's who I love talking to because this has so much to do with vitality. Of course, the meaning of vitality is life, energy, balance, drive, fire, vigor, passion, zest, sparkle. This woman is very sparkly.

So I really want to bring on Diane Zimmeroff who is a licensed marriage and family therapist. She specializes in trauma resolution and the uses of altered states of consciousness for healing and spiritual growth. She has for over 25 years trained mental health professionals and heart centered hypnotherapy. I trained with her and did my internship under her. She is one of my mentors and teachers. I'm so delighted to bring her on. Welcome Diane.

**DIANE ZIMBEROFF:** Oh thank you. I'm delighted to be here.

**DR. DR KEESHA:** When I'm talking to people about vitality in the health and wellness arena, some of the things I think about are things that take away vitality and what would be the opposite of vitality. Of course, in my practice I see certain things and other people see other things in their practices. What would you say is one of the biggest vitality suckers that you see for women of today?

**DIANE ZIMBEROFF:** The main one is negative thinking. So many women have grown up with negative images about themselves and things like body shame where they're ashamed of their body. They say things like "I'm no good. I'm not pretty enough. I'm not smart enough. I can't do it." That is the biggest vitality sucker I would say. We have all these great ideas that we want to do but it's this underlying low self-esteem or self-effacement that I think drains our energy and sucks the life force from us.

**DR. DR KEESHA:** Which of course will show up as depression, anxiety, feeling victimized, having a story where we get stuck, where we're not in the flow of the universe or the life force and the abundance that's all around us. We can no longer even see and feel that or sense it, can we?

**DIANE ZIMBEROFF:** Right. That's a good point. I like that, 'the story that we get stuck in.' Often families have stories about each member. "When So-and-so was a little girl, she was always afraid of this" or she would get labelled and shamed about a lot of things. Then we pick on those stories as if that's our truth.

Then, for example, like you mentioned the victim. Maybe something happened to us as a child and we continue to see ourselves as a victim: "Poor me, look what they're doing to me" and believing that other people have power over us. Learning to not take our own power and to just get stuck in the victim's consciousness.

**DR. DR KEESHA:** I think this is so important because what human on the planet has not been a victim of some sort of harmful situation where they've been hurt in some way. It's part of the human experience. But we get stuck in that space where we find that that's the only way we can find power, because when you're a victim, you're powerless.

**DIANE ZIMBEROFF:** Right.

**DR. DR KEESHA:** I find it so fascinating how victim as a rule, an archetype that you live into, is just a very unskilful way of trying to attain power in a world that you feel powerless in. I would love to have you talk a little bit about that Diane, because one of the things that I find so important with my patients and clients that I work with is to really help themselves free of their own mind traps of their own making.

Yes, things happen outside of us. Yes, we are victimized. We are also powerful. But which one do we pay the most attention to and which one do we feed the most? I would really love to have you speak to that.

**DIANE ZIMBEROFF:** So what happens if we are a victim in a situation or something happens to us where we feel powerless, as I mentioned, other people then feel sorry for us. A big part of this is what our mothers say about that, what they make up and say. "Oh poor Suzie, she had a really hard experience when she was a child so she can never feel good about herself" or "She can never succeed because this thing happened to her."

Then what happens is we move into us doing the victim, feeling poor me. We then of course want to be rescued. So we want the other people to feel sorry for

us and rescue us and that's just reinforced. In other words, giving away our power to other people.

When we do that, and we do it repetitively, we feel so powerless that we get to a point where we begin to feel angry and resentful. Then we move into that persecutor where we are angry at everybody else. "It's all their fault. I'm going to get back at them." We just keep moving from the victim to the rescuer to the persecutor.

This is the game that we can even play with ourselves. We don't even need anyone else to do it. It's like "Oh my God. I feel like the victim. Look what they did to me." Then "I need someone to help me." Then we try to rescue ourselves and pull ourselves up. Then we get shot down again and then we get angry. We just keep moving around that victim triangle.

**DR. DR KEESHA:** Of course at any given conversation, two people in a dialogue can start trading places in that triangle too, right?

**DIANE ZIMBEROFF:** Exactly. I really want to emphasize the mother's role, the woman's role, because babies and little children keep looking for their mother to know what their experience is. This is funny but I learned this in dog training. My dog, she always looks to me to see what she's supposed to do. Children do that with their mother.

If a child falls down, I don't know if you noticed this, but the child looks right for the mother. So if the mother is freaked out "Oh my God! Did you get hurt?" Then the child starts crying. If the mother says "Oh that's no problem. Get up. You're fine." Then the child is fine. She wipes herself off, brushes her clothes off and she's okay.

So the mother's role is so important in the family, in giving those either victim messages or thoughtful messages. "You're good. That didn't really hurt. You're fine. Let's get up and go back and play the game or get back on your bicycle and ride. You're okay."

So mothers in the family need to be very healthy. If they don't really deal with their victim stuff and their issues then it's much more difficult for the children to develop self-esteem.

**DR. DR KEESHA:** The opposite of that of course is the durable triangle. The positions on that are going to be where instead of being a victim, you're vulnerable. So what's the difference between victim and vulnerable?

**DIANE ZIMBEROFF:** Well with the victim triangle, you're always blaming someone else. It's never your fault. It's like you're doing it to me. Whereas in the durable triangle, it's like "This happened to me, now how can I grow from this? What can I learn from this situation?" Rather than blaming and feeling helpless and powerless, you're going to learn a lesson from this. We call it the gift in adversity.

When really bad things happen to people, terrible things happen to people, there's always a silver lining. Just one example I can give you, this wasn't terrible. In the 70s when I came back from India, I had a job at a mental health center. Then the budget got cut and everybody got laid off. Everybody was so freaked out. I was freaked out a little at first, but then I took that opportunity and made my own business.

If I had stayed in the blame place and victim place, I would probably still be on unemployment insurance or something. We've got to take those situations and analyze what's happening to me, what can I learn from it, and how can I grow from it. That's the durable triangle.

**DR. DR KEESHA:** So each of those roles, instead of victim, you're vulnerable. Instead of a rescuer, you become a resource. So how does that look?

**DIANE ZIMBEROFF:** You become a resource first of all to yourself. We can look and find out all gifts inside of us. But if we're always looking either to blame someone outside of our self or to get other people to do it for us, then we don't find our own inner resources. That's the whole idea.

I think the victim triangle is more about we're looking outside of ourselves. The middle of the victim triangle is powerless and the middle of the durable triangle is powerful.

**DR. DR KEESHA:** Also, if you find yourself in that caretaking place in your life, you get self-esteem from being a compassionate caregiver, you might find that you're also a rescuer. Instead of being a rescuer, you can be a resource where you provide a resource for someone in need but you don't have attachment to the outcome

about whether or not they take you up on that. You don't follow them all the way. It's like you can lead a horse to water but you can't make them drink.

To illustrate: if you're a resource and you see someone flushing themselves down the toilet, you don't jump in after them. You throw them a rope. You keep your legs apart. You say grab the rope but you can't jump in after them.

Often in my medical practice, I see women who are over-giving of their care. They don't take care of their own needs. They're so busy looking out for what everyone else needs and it's a numbing out mechanism for recognizing that they have their own needs. They don't even have any ability to stay in touch with themselves. So this leads to illness in every single way.

**DIANE ZIMBEROFF:** Exactly.

**DR. DR KEESHA:** It's a big cause of autoimmune disease, not feeling worthy enough for self-care and so the body then starts attacking itself. I can say this for certainty.

**DIANE ZIMBEROFF:** Exactly.

**DR. DR KEESHA:** Because I had autoimmunity and I was one of these women. I think that this is a really important discussion. So we went from victim to vulnerable, from rescuer to resource, and now what about persecutor to persevering?

**DIANE ZIMBEROFF:** I want to go back for a minute to the caretaking thing from the rescuer. There are two questions to ask yourself if you're not sure if you're rescuing someone which is taking away their power or if you're being a helpful friend or a good mother.

The first question is whose problem is it? If it's your daughter's problem or your husband's or your neighbor's problem then what we want to do is believe and know that they have the power to fix their own problem. That if we do it for them which is rescuing, then we're actually robbing them of the opportunity to succeed, to get up on that bicycle again and ride it after they've fallen off.

Then the other question is how can they help themselves? What resources do they have so that if I'm doing it for them, they're not really finding the resources within themselves to do it? That's why rescuing is so devastating and the least helpful thing that we can do.

**DR. DR KEESHA:** It's fascinating because so many people do it and think that they're helping, and this is enabling behavior for the person. The way that I describe it to my patients now is I say "Okay, if you have a toddler, you don't run around and papoose them to your back so that they don't hit their head on the corner of the coffee table or fall down as they're learning how to walk. You know that the process of learning how to walk involves a couple of tumbles. You put a baby gate at the stairs so that they're not going to kill themselves. You keep them away from the fire pit, but you don't put them in a papoose and not let them move."

I think it's a really important thing to distinguish how to help someone become stronger on their own, like you just said. When a caterpillar comes out of the cocoon as a butterfly, it takes that butterfly a really long time to strengthen its wings and nobody can do that.

**DIANE ZIMBEROFF:** Right and there's a struggle. That struggle is important. We don't do for someone else what they can do for themselves. That's soul theft. That's robbing their soul of the growth experience that they need.

**DR. DR KEESHA:** Very, very good. Okay, so then what about the difference between persecution and perseverance which is the other corner of the durable triangle?

**DIANE ZIMBEROFF:** Well persecution is always blaming the other person. As long as we're blaming someone else, we're giving away our power in making them responsible. So we really want to persevere with discovering our own gifts, what we can do for ourselves. Again, find inside of yourself what it is that I can do, or this other person can do, for themselves so that we can persevere in our goals rather than blaming it on somebody else.

**DR. DR KEESHA:** So good. I think the really great news about all this is the first thing we talked about is the drama triangle. So the way you can tell if you're running around on the drama triangle, I call it running the bases, is if there's a lot of drama in your life, right?

**DIANE ZIMBEROFF:** Right.

**DR. DR KEESHA:** One of the things about addiction that happens often is when people start getting healed of their addictions, they find that life can be relatively boring. They have to get themselves sensitized to a level of peace and not call it

boredom. So what have you seen in that because I think that's a really interesting topic too if we're working with people that are coming out of food addictions and things like that?

**DIANE ZIMBEROFF:** I myself have certainly had my share of addictions growing up in the 60s, of course. I ask myself that question. When I went to alcohol treatment 30 or 35 years ago my biggest fear was that I wouldn't have fun anymore and that I wouldn't have friends because all my friends, of course, were doing the same addictions that I was doing.

What I discovered first of all is that when I'm in my addiction, whether it's using food to numb my feelings, alcohol, drugs, whatever, all those substances are really about numbing ourselves. So when you let go of the addiction, what I found is that I actually feel life to the fullest. I remember asking myself "Am I really having fun if when I wake up in the morning, I don't remember what happened?"

**DR. DR KEESHA:** Right.

**DIANE ZIMBEROFF:** So my answer was no, you're not really having fun. You're stoned or you're drunk or whatever. So releasing addictions then gets us in touch with our body, with our mind, with our spirit. There's no spirituality in numbness. All those addictions are about numbing the pain. The most important thing is to begin to have the strength and courage to look at what my pain is. What am I running away from? What is it that I don't want to feel or look at when I'm stuffing food down or alcohol or whatever that is?

**DR. DR KEESHA:** Now, that's a really important statement that you just made. I want to circle back to it. There's no spirituality in numbness. Numbness of course is a symptom of being in shock. Your most recent book is *Overcoming Shock*. So I'd love for you to talk about that. What is shock? Why do we feel numb? Why do we want to feel numb? What's going on with that?

**DIANE ZIMBEROFF:** Right. Well, shock is really a severe form of PTSD.

**DR. DR KEESHA:** Let's spell that out for any listeners that don't know what that means. So PTSD is post-traumatic stress disorder.



**DIANE ZIMBEROFF:** Right. Many of us have traumas in our childhood that we don't remember. The reason is because going into shock is a protection when we're children.

So say for example, a child gets really badly hurt or is in a car accident or gets beaten up by someone or abused by their parents. They go into a state of shock which is dissociation. This is a protection. If you think about all of the horrible things that can happen to children when they're young, this dissociation is the way that we can overcome it and grow and continue to live. But the problem is that those memories and that trauma is still stuck in our body.

What we do at the Wellness Institute, we go back with the hypnosis. We uncover whatever was shocking or traumatic to that person.

If someone is coming in with addiction, the hypnosis will help them to go back and find out when that addiction started and what was it that they needed to become numb about, why did they need to have that numbness and what that pain is.

Now as an adult, we have the tools and we're strugglers so we can face that trauma whatever it was and we can release the energy from our bodies. That's really the main point.

This traumatic energy gets stuck in our bodies and it stays in there. It doesn't go away unless we release it. You can go to talk therapy until you're blue in the face talk, but that doesn't release the energy of trauma from our body. The hypnotherapy does. We don't need the drugs or the food or whatever, plus the alcohol, to numb the pain. The pain is gone. So that's post-traumatic stress and shock is the severe form of that.

Let's say a kid lives in a family with domestic violence. The parents are alcoholic and there is always fighting and screaming and beating and yelling. It's ongoing, daily or weekly trauma that these children are living in. They stay numb as much as they can to avoid that. That's shock, when it's ongoing and continual.

**Keesha Ewers:** I'm going to say that from a very personal experience I know how amazing this work is because I was actually abused when I was 10 by my vice principal in



my elementary school. I remembered through hypnotherapy. I also had rheumatoid arthritis when I was 30.

In my hypnotherapy sessions, I went back and saw and connected to my 10 year old self who would sit out on the balcony and after school and just say “I don’t think this is a really safe place to be. I think I’d like to come home now to God.”

I made an agreement with myself that I could punch my ticket anytime I wanted to. If I wanted to go, then go. A societally accepted way of suicide is autoimmune disease.

When I discovered that I had made an agreement with myself that I could check out whenever I wanted, then I had to go back and rewrite that, which I did. My autoimmunity went away.

But then I got breast cancer later when I found out that my sons had been sexually abused by a babysitter.

I was at the Wellness Institute with Diane at that time and just the grief and the pain and the shame and the guilt and everything that a mother would go through.

About that time, I was diagnosed with breast cancer, a tumor right over my heart in my left breast. I said to my radiologist “Give me a month. I know why I have this.”

I went into intense therapy again and really worked with this with energy work and with therapy about releasing the shame and the guilt and the pain.

Also this most amazing forgiveness worked out when I found the boy who had done it. He’s now a man. This is incredible. I brought all of the parties together. We created this amazing forgiveness and restitution peace around it and my cancer was gone in a month, one month.

We are not separate parts of our body. We’re not an endocrine system. We’re not a colon. We’re not a heart. We’re not a mind. Not all these specialties that we have in Western medicine where they specialize in all these different things. We are whole complete beings with the spirit. When we have the shock and the

trauma that's held in the body, the body is just in agreement with your mind and your spirit and your heart.

It's important to get in touch with all of those and you can't do that in talk therapy. It's impossible.

**DIANE ZIMBEROFF:** Right. First of all, I think it's important for listeners to know not to blame themselves about this. Some people think that when we're talking about "I can heal this" then say "Oh my God, I didn't heal my cancer so what's wrong with me?" Or "I got a cancer, it must be my fault." That's really not what it is. It's about taking our power to awareness and to healing.

Even though you have the tumor removed or whatever you still have to do, we still need to release the emotional component. We still need to heal like you're talking about, to heal and find resolution from the emotional trauma. It really all works together.

We don't want people to blame themselves if they get an illness, but to know that it can be healed. It needs to be healed on all these levels.

**DR KEESHA:** Which is why I don't tell the cancer story very often because I never want anyone to misunderstand. I'm not saying that you too can just go out and in one month you're healed of cancer, because everyone is unique. Their genetics are unique.

Actually my genetics are extremely wired for breast cancer. I don't metabolize estrogen well at all. All of my female family members have had it.

If I get under stress, autoimmunity and breast cancer are two things I'm genetically predisposed to. Sure enough, they both show up when I'm under stressed.

It's really great to work with your genetics, your diet, your thoughts – it's everything. It's not just one thing for sure.

**DIANE ZIMBEROFF:** We call this mind, body, spirit issues. Also, it's very important to work with the spiritual aspect of it.

Because a lot of people think their trauma goes back to religion through messages that they got like “You’re a sinner” and “We’re all bad.” We’ve got to keep making up for this.

This guilt trip that many, many people had placed on them is that we’re carrying around this guilt in our mind, in our bodies, in our spirit. We have to release that and to know that religion is man-made and we can believe in that.

Let’s find our own spiritual connection within ourselves that says “I’m perfect” and “God is within me” and “I have the power within me just hearing the truth.” That’s really what spirituality is as different from religion.

**DR KEESHA:** Right. You tell a story, a real interesting thing about when you started practicing heart centered hypnotherapy and developing it as a model. In the town that you lived in people were saying that hypnosis was associated with the devil, right?

**DIANE ZIMBEROFF:** Right, exactly. What was interesting about that is we lived in a very small town in Washington and very fundamentalist. This was 35 years ago. We had these people that came in and they would want to come in through the backdoor and would want to park in the back so that the people wouldn’t see the car park there. But we had so many people coming in because they saw the results of it and they were getting healed.

There was still, even 35 years ago, an overwhelming belief. There are still people that believe that hypnosis is the devil but actually everybody can experience hypnosis and we’re all in a trance state about 80% of the day.

So when we watch TV and we read a book or whatever, we’re in a light state of hypnosis every day. It’s a God-given ability, really. We’re just making use of that God-given ability to go into a trance state for healing.

**DR KEESHA:** It doesn’t defy your religion. It doesn’t interfere with your religion. In fact, the way that we practice and the way I was taught hypnotherapy by Diane is to make sure that it strengthens your spiritual connection and your understanding of your own piece of God that you carry inside of you, however that looks and whatever language that you have around that.

It's really important. I look at life as being the four legs of the table. There's physical, there's mental, there's emotional and there's spiritual. If you don't have that really great strong, grounded spirituality, then your table's going to be uneven and unsteady.

Whatever your spiritual tradition is, it's very important to be thoroughly connected to it in a very strong way.

**DIANE ZIMBEROFF:** We honor everyone's spirituality. We've had priests, ministers, nuns, rabbis all come to our training. The thing that all of them said is "This work actually strengthened my experience with my God and gave me a direct experience of God within me."

**DR KEESHA:** The thing that I always say beforehand, when I'm talking to someone about this as an option for their healing, is "The word 'hypnosis' is not hypnotism the way that you think when you see a movie where someone's using a watch and saying 'You are getting very sleepy. When I count backwards from 10, you will bark like a dog.'"

If I tell you to bark like a dog, then you'll open your eyes and you'll say "You first." There's no way that you're going to if you're not out of control of your own.

**DIANE ZIMBEROFF:** You're actually in hyper alert. You're much more aware so you're not asleep. You're hyper alert and conscious on a deeper level and going into your subconscious mind so that you can see the truth of what's truly inside of you.

**DR KEESHA:** And that's an important thing to understand. Your mind has all the answers already. All any really good therapy is doing is helping you remove the roadblocks to your own wisdom.

**DIANE ZIMBEROFF:** There is so much more research now that's been done on hypnosis and trance state. Our work is being done exclusively at the Cleveland Clinic, which is a big medical clinic. They use our Trim-Life program and they're doing research to make it evidence-based therapy.

If it was some hocus pocus stuff, or whatever, believe me the Cleveland Clinic would not be using it. Hypnosis is really the technique of choice for so many doctors, medical people, health professionals like yourself.

**DR KEESHA:** I would like to come back to shock and give people that are listening a couple of tips about this scenario: do you ever find yourself in the kitchen and you're not quite sure how you got there?

"But the wise mind, which is actually the child mind that was hurt when you were young, used food to self-soothe and now you're searching about for food because somewhere inside of you, you know it's going to ground you."

You've gone into your own state of dissociative shock, so Diane, how can people bring themselves back?

**DIANE ZIMBEROFF:** The first thing we do is to put on an icepack. We have a little icepack, we put it around our neck. Or you drink water. Just drink a bunch of water slowly of course. Feel your feet flat on the floor and get back into your body. Because when you're in a state of shock, you're not in your body. You're stuffing the food down to keep numbing yourself.

The idea is to drink water, maybe eat an apple or something healthy but very slowly. Tasting it and chewing it and getting grounded in your body is the best thing that you can do.

**DR KEESHA:** Kind of interesting. I discovered with my husband who also did this training with me that we would always have a different story about whatever conflict we've had. Each of us had a different memory about what happened.

And then it struck me that we're both in shock. When you're in shock, your body is in the fight-or-flight response and your adrenalin is going and your internal alarm system is saying you're in danger.

You're running like mad to stay safe and to get to some sort of sanctuary. You're narrowing a vision, and you're hearing, and the details that you can bring in have really gotten limited. You'll only remember certain details about a conflict with your loved one when you're in that state.

When you're debriefing it with each other and you say "No, I didn't say that" or "You said this" and they say "No I didn't" you can just know and smile now and say "Oh, we were both in shock. Next time, let's go get an icepack."

**DIANE ZIMBEROFF:** Right. Some people use what we call the belly body but you can also warm it up. Some people prefer warm. You can put it right on your navel and your belly and just hold it there for a few minutes. That also calms you down.

And you're right. This is why people have so many difference of opinion about the same exact thing that happened. Because when you're in a state of shock, you're not really present there so you don't remember exactly what happened. That's an important point to make.

I know I go into shock around technology. Like just before I was coming on the radio where you're trying to get the headsets going and computer. I was like "Wait a minute, I need to go get an icepack here."

Another thing I do is I always freeze grapes. And then I just eat a couple of cold, frozen grapes and that also helps me just to get back in my body. I know that's not on my diet but I needed some frozen grapes to do this technology.

**DR KEESHA:** It's good to know what the triggers are so that when you're approaching it, you can smile when something's happening and it doesn't send you into being a child again where you feel powerless.

You know you have tools now. I can go get an icepack or I can do my emotional freedom tapping or I can tap myself on my thighs and say "Get back in the body."

Or I can yell into my hands around my face and just bring myself all back together again or shake and shimmy like you're dancing and just move around. All those things will help you bring yourself back in and get present in the present moment instead of kicking back into another age.

**DIANE ZIMBEROFF:** I don't know how much time we have left but I want to just go back and emphasize how important in women's health the mother of the family is. There is a cute saying I remember "If mom is not happy, nobody's happy."

The mother's role in the family of being healthy and modelling healthy ways of dealing with our shock, of not using food and addictions to treat our emotions – those patterns. Our children are watching us every single moment.

What really bugs me – I hate this – is if you go into Starbucks or something and see this mother eating pastry and drinking a cappuccino or whatever, and here's the little kid sitting there, drinking the cocoa or hot chocolate that they have at Starbucks, that has more caffeine and sugar than you can possibly imagine in it. How healthy is that for mothers to be teaching their children to do this addictive behavior so young!

**DR KEESHA:** Oh boy, don't put a quarter in me. I'll get started on that really fast.

This is an important subject. Your kids are watching and you can definitely can't say "Do as I say, not as I do" because they're absorbing, they're sponges and they have you mind mapped.

They know if you're in integrity or out of integrity by the time they're four years old. By the time they're four years old they've got you figured it out! So you've got to live to your best self as often as you can. Of course, there are going to be times when you take a big step backwards.

But I think as a mother of four myself that the most important thing that you can do is go to your kids and say "This is what I just learned from that situation. I'm really sorry about the way that I reacted to that and this is what I get from it. Here's what I'm going to do to make sure that doesn't happen again."

You're building this platform that allows your forgiveness, it allows you to take responsibility and your kids get to see you role model that. I think it's the most powerful thing you can do because there is no perfect parent.

You know we have our [00:40:04] like program which is really good for food issues such as compulsive overeating. I think one thing a lot of people don't realize is compulsive overeating is really an anorexia and all of the eating disorders, like bulimia, are really a slow method of killing ourselves.



They [00:40:29] oh I've got a way to share I've got whatever, that kind of behaviour when we keep on doing it we are killing ourselves and getting overweight and not [00:40:42] what's underneath that.

Anorexia is a direct way of killing yourself. In our society, there's so much obesity and in children these days. It's so scary to me. The [00:41:03] program I know you offer it with a lot of people in this area that offers it or all over the country.

It's a way to deal with the emotional eating. It's not a diet program. An easy hypnosis to get them to the underlying emotional causes of these eating disorders.

I and myself have certainly have had that. I've had compulsive overeating and I was killing myself by eating so much and gaining so much. I feel so much better now that I've lost about 100 pounds.

**DR KEESHA:** Oh yes, I've never known you in the space that you're in. Before [00:41:39] same photos and you look different.

So, where's the place. Go ahead and give us your website. Diane said that there's a place on the Wellness Institute's website where you can say find the provider.

**DIANE ZIMBEROFF:** Right. It's [wellness-institute.org](http://wellness-institute.org). Our number is 18003264418. We can help you find the provider anywhere in the country that you are.

**DR KEESHA:** World.

**DIANE ZIMBEROFF:** World, that's right. We have people in Turkey right now that are doing the hypnosis and the [00:42:31] program.

**DR KEESHA:** You're giving a free gift to our listeners on the Summit which is just so generous of you. Will you tell us about that?

**DIANE ZIMBEROFF:** Well, if you'd like to have the book Breaking Free from the Victim Trap or the book [00:42:51], either one, you can call that number: 1800 3264 418 and they will give you a free book and any other information that you'd like to get.

**DR KEESHA:** Alright. Well, thank you Diane so much for sharing your wisdom and all your years of knowledge and clinical expertise that you've built up.

Of course we've only scratched the surface but I want people to understand what's possible because, of course, if your mental health isn't there, your physical health won't be either.

**DIANE ZIMBEROFF:** Exactly. This is so much fun Keesha. We should be here more often.

**DR KEESHA:** It was great.

**DIANE ZIMBEROFF:** I'll just call you often. We'll just chat or something.

**DR KEESHA:** I know. Do you have any last pearls of wisdom for encouraging women to reach for their highest so that they can feel their most vital?

**DIANE ZIMBEROFF:** I believe that they need to do the personal growth work. Deepen their healing, along with what you provide, which is the body, and getting their body adjusted.

We need to face our shadows. The shadow parts of ourselves are the parts that we don't see that everybody else does. Those shadow parts need to be addressed within us. That helps us to be free of self-criticism and self-judgement.

One more thing, it's important to find role models, to be inspired by role models and to know that we can really achieve whatever we set out to do as long as we release the self-limiting belief that we have about ourselves.

**DR KEESHA:** Beautiful. I've actually just recorded a CD for healing the shadow, that's a guided meditation. That will be available for the time that this is airing. I think it's such important work. Really important.

**DIANE ZIMBEROFF:** Yes.

**DR KEESHA:** Alright Diane, thank you so much and to our listeners, live your dreams and reach for your highest self and until next time.