

DR. KEESHA: Welcome back to the Women's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha Ewers, your host for the Summit.

I am so honored and excited to be interviewing Gina Sala today who is a true friend and a colleague. She's a vocalist, a composer, a teacher and a kirtan leader with a repertoire spanning 23 languages.

She's been chanting since her early childhood while living in an ashram. She has deepened her practices through extended time living in the Himalayas, a Buddhist monastery, and in India. She has studied Sanskrit, mantra, sound tantra and classical Indian singing. Gina's performance credits include the UN, Cirque du Soleil and many more.

She lived in a Buddhist monastery and is often invited to share her voice in temples, churches, Sufi events and many more.

For over 20 years she's been facilitating workshops and private sessions to help people experience the pleasure and the power of their voices to reach wholeness, joy and awakening.

She's also been a lifelong dream interpreter, taught and honed by her mother Swami Sivananda Radha. With warmth, humor and devotion she leads chants, retreats, and international workshops including her annual River Sound tours to India.

Welcome to the Summit Gina. It's such a great honor to have you here.

GINA SALA: It's so good to be here Keesha. Thank you so much for inviting me.

DR. KEESHA: It's the Women's Vitality Summit, so I usually start with that word, vitality. Of course, vitality is our life force, our energy, our ability to be able to put forth our energy into the universe to reach our mission and what purposes that we came here for. If we're lacking vitality it's so difficult to do that.

In order to have our sparkle and our pizzazz on, we need to have plenty of it and I'm finding that a lot of women are very drained of vitality due to many different factors.

I always ask the experts that are on the Summit what they see as one of the primary drainers of vitality for women today. How would you answer that Gina?

GINA SALA: Beautiful question and important. Women are naturally receptive, naturally coming in, receiving and nurturing. Of course, there's powerful archetype of living out. But there's this receptivity and this juicy, moist energy that happens when we allow ourselves to be loved, when we love ourselves, when we take time to marinate our soul in healthy practices. For me, that's usually a way to gather my awareness and all the parts that get scattered in our busy life, certainly when we're on electronic devices, that's bad energy.

All these practices, all these things that drive energy outwards, I find that when I can gather myself with chanting or with just toning, just allowing my own voice to be felt in my own body, allowing that to help my breath to deepen, allowing myself to feel the pleasure and power in my own body, that actually helps me to start to feel more juicy, more alive, more rejuvenated and that inner vitality.

DR. KEESHA: That's so beautiful. I loved the visual of that marinating. What a great way to say that. So you think we should all marinate our spirits every day?

GINA SALA: Yes. I think so. It's not just from one tradition. Every cultural tradition I know of, whether it's ancient indigenous people, Buddhist, Sufi, Christian, Jewish, Arabic, every culture and religious tradition that I know of has recommended a time to pray, always involving voice at some point, to rejuvenate and to reconnect with that which is beyond our ego, beyond our busy mind.

Naturally in our day, of course, we're in the world, that's what we're doing here. But a way to reconnect with our source, and with our heart and our body seems so important.

DR. KEESHA: This is how I met you years ago. I used to run an interfaith youth group, Interfaith Voices of Youth. You generously contributed to the education of the teenagers. We were working between faith groups and helping these kids understand what the sounds were from each of these cultural traditions that unified all of us in this great basking in the pool of love. Boy, did the teenagers respond to that. They just loved it. I think bringing that to adults is such an important thing that you're doing.

First, I would like to talk a little bit about the vibrations in the body.

What is chanting? What is singing? What is prayer using certain words that cross cultural traditions? What does that do in the body?

GINA SALA: Good questions. First of all, different traditions say it differently. In Judeo-Christian, there's the idea that 'In the beginning was the Word.'

In sound tantra in India, it says things come from light, into sound, and then into form.

In science, we know that the table that your computer sits on looks solid. But it's mostly empty space and it's actually vibrating. The vibration is what's holding it together. That's what Einstein was talking about a lot of the time too and with physics even more so.

In the Lakota tradition Spider Woman soothes us into existence.

The point being that somehow we realized inherently that sound and vibration are essential components of manifestation. And then not only that, that sound and vibration, we all know, will actually bring us into the body and into the heart.

If you don't mind, I just want to give us an example of that. When I leave my workshop for a retreat, I often start before we talk with just getting them to feel the sound of the body. Do you mind if we do that a little bit now?

DR. KEESHA: I'd love it.

GINA SALA: Okay. Right now while we're sitting, all you beautiful women, if you can just put your hands on your chest, literally on the bones of your chest and just push them gently like you're giving your heart a hug.

Let the breath drop in deep and just let your voice out in an "ahhhh."

Then again "aaaahhhh".

Now, your sound may cut in and out because of the nature of technology and whether you're on the Internet or not. My sound, Keesha's sound, isn't what matters.

What matters is I want you to imagine that your hands are like explorers or connoisseurs, like if you're a chocolate or a wine connoisseur, how you'd really taste the flavor. See if you can just really physically feel the vibration like a connoisseur, see if you can be curious about it.

The other thing I want to add is see if you can do it with love, like you're letting your voice massage your heart. How do we massage the heart? It's held in this beautiful protective casing of our ribcage. So see if you can imagine letting your voice massage your heart, in fact right now, just say "I love you heart."

It may sound corny, but just as you love your child or your pet, you can also love your heart. "I love you heart. I love you heart. I'm listening. I love you heart."

This time when we let the breath drop in, instead of just making a sound outward, imagine that you're allowing that sound to just nourish and vibrate, just like if you've ever held a baby and sung to them against your chest. Just let it massage your heart. We'll do three more, here we go.

Ahhhh. Ahhhh. Ahhhh.

Good. Just notice, could you physically feel the sound of your own voice in your heart area?

DR. KEESHA: So nice the way it vibrates in there.

GINA SALA: Yes. And could you feel that it drew your focus from your head, which is wonderful, we love our minds, I never want to say get rid of the mind, but that it draws it back down into the heart?

Then we also, I think for this call it's too long, but I do a lot with sound into the whole body all the way down to the belly, our genitals, into our legs.

Just for balance, if it's comfortable for your arms, you can put your right hand on your chest and your left hand behind your back, if you can reach. If not, just imagine it. The back of your left hand is against the back of your heart. Just see if you can feel the back of the heart vibrate too.

Keesha, this goes back to the other question you were asking about how do we nourish ourselves. There's so much going on in front of the body running around in the world, taking care of the kids, or the husband, or the business – can you lean back into the back of your body more?

So let's just do two more on the back, but imagine you're sending your sound to the back of your heart.

Ahhhh.

And one more for balance.

Good. One thing I always like to say is pause and feel afterwards. Notice if you can still feel some vibration afterwards.

Just to finish that off, if you can just take your hands and just drop them down onto your hips, touch your hips, your beautiful womanly hips, feel the lower back, feel your side, just to bring the energy down.

DR. KEESHA: Now I don't want to ask you any questions because I'm completely out of my head Gina!

This is amazing! Did we take maybe three minutes to do that? At the very most, sound off six "ahhhhs." Feel them in the front of your chest. Feel them in the back of your chest. You can draw that down into all of your body and nourish and be grateful and send appreciation to your toes and your feet, your ankles, your calves and your thighs. Just really dropping into your body and giving it big hug of appreciation. Do that every morning.

Think of how you would enter your world, instead of the way I described it, as your mind bopping your body over the head and dragging it around by the hair.

GINA SALA: I've been there!

DR. KEESHA: Often our mind just keeps the task list going and run the 'bully pulpit' of judgment and things like "I have to do this and I have to do that." Just by being in your body and having this gracious appreciation and gratitude for the blessing of a body, right there, so much shifts vibrationally in just a few minutes. It's so simple.

GINA SALA: I like what Einstein said, that the problem is never solved at the level of the problem. With women, I think of matter. My care, my earth, my body – even our world, our very earth is crying out for love rather than just taking, taking, taking.

But the beauty of the mind is that we can use it to imagine what we want to imagine. For example, I've had times where, and maybe some of you have been

there, you're just so stressed, and you have so much going on, and you're so in a pattern that adding one more practice is like "Oh my gosh, how can I do this?"

That's why I like to invite the mind to imagine that this body is your child or someone you love. What would you say to them?

For example, I would never say to the dog "Sorry, I'm too busy to feed you today" or to a child "Get up, you've got to go to school" without a hug. So I imagine how I would treat others that I love and turn it on myself, I can easily find five minutes in a day, or a few minutes to nourish and, like I said, marinate the soul and the body.

The body is a temple, a beautiful temple. We can actually start to feel that way. And like anything, it takes practice. If you don't see it as a temple, you don't see it beautiful yet, I promise you with practice – like you would like to gain the trust of someone that you love – it starts to respond and shift.

DR. KEESHA: Years ago I used to teach kids yoga when my children were young. Kids love this.

When I would teach kids yoga, it was a big game. We had so much fun doing it. We imagined ourselves different animals and we would strike the pose that they would strike – like downward dog or frog or turtle or dolphin – all these different wonderful images of nature that nature has to teach us, and moving our bodies to imitate them. The kids loved that.

If you're too busy for sounding off a few "ahhhhs", then get your kids in there with you, they'd love it. They're always being told to be quiet.

GINA SALA: True. I know you're so good at that Keesha. I've seen you. I used to do sea creature yoga with my nephews. We would just make it up. It's not like you have to learn a pose. "What's that?" "It's a starfish!" "It's a seahorse!" Whatever.

DR. KEESHA: Right. They love that. Their imaginations haven't been shut down yet. It allows you to then open up the right side of your brain. If you join in with those kids, they can teach you how to reclaim that part of you that can use your voice and not be told to be quiet.

I think that that's such an important thing that happens to us that we need to be aware of. How often have you been told to be quiet? One of the things that

you're doing is how to reclaim your vitality by freeing your heart and finding your voice, opening that heart. So it's just that tiny little practice. It's so heart-opening.

You have a story of how you got to be where you got to be Gina, how you use your voice this way, and I'd love to have you tell that story because I think it's such a great story. Every one of us has amazing stories to tell about how we are the way we are. I love the story of Disneyland. Can you tell us the story?

GINA SALA: Disneyworld, you mean?

DR. KEESHA: Yes, about how you actually didn't even used to think you had a good voice. You talked about helium and things like that. Tell your story.

GINA SALA: Okay, that one. We all have so many stories.

DR. KEESHA: I know, sorry.

GINA SALA: I lived in a Hindu ashram a child. But I was raised Catholic and Protestant at the same time; we went back and forth between all three traditions. So I used my voice a lot when I was young singing and chanting. I lived in the country and was free.

But then when I moved to the city, like so many of us, in my childhood I was precocious, I was a loud child, I could read very early. At various times, I was told be quiet and to shut down. So interestingly, I went from someone who was very gregarious to very quiet.

How many of you have ever been told that you don't have a good voice? I liken it to, if you were sitting next to me and I patted your shoulder, it would be no big deal. But if I catch your eye it's too much.

That's how it is with the voice. The voice is often so vulnerable. If someone makes a comment in a vulnerable moment about your voice, you would believe it, right?

Basically, at one point, they were calling me 'Helium Breath' as a child. I also had really bad asthma. So it's sort of funny that I'm a professional singer and voice coach and lead all these sound retreats because I had so much asthma that walking upstairs was hard sometimes.

I would actually go out to the river near where I lived, and this is in my older childhood and teen years, and I would wail, just like “Oooohh.” I would just cry out to the universe and to God.

I actually had other things going on in my life, like many of you, there were some of the textbook abuses that happened, even though my life was good in a lot of ways. But somehow by grace, I had the opportunity to have a private place that I could give voice.

I knew that if I could let my voice out, I would be breathing because breathing was still hard at that time.

I tried out for school plays. I tried to sing and I got so nervous that my throat caught up and I was like "Somewhere..." Haven't we all had that when we sing great in the shower, and then we go try to sing in front of someone and it's just not happening? I completely had that experience. My voice locked up and I was like "Oh my God, I'm a horrible singer, I can't do this."

Long story short, fast forward some years, I found myself in Japan working. I found myself in the Himalayas for many months. I was in a monastery chanting. Again, it became no longer about impressing other people in those situations.

When I came back to the US I remember I had a temp job at a software company here. I kept humming and singing during my temp job. One person who was next to me was like "Shhhhhh!" and I was like "Oh sorry, sorry." But then someone on the other side of me invited me to sing in their group.

I'd been living around the world by then and so I sung already in several languages. So when they were going to record with the Seattle Symphony, someone asked who in this area could sing in these other styles. At that point, I was singing Indian style, Arabic and several languages; it was one of the things I loved.

They mentioned my name, and to cut to the chase, I got a call to sing for the Islands of Adventure for Disneyworld. I recorded with them and they used that soundtrack for a long time.

To be honest, I haven't even been to them but they were using them at Disneyworld in Florida in the Arabic/Sinbad thing.

Then someone from Cirque du Soleil heard it. They were on a worldwide search for vocalists. They called me up and found out who the composer was, and then who the singer was and asked me to audition. To cut a long story short, I became the principal singer for Cirque Du Soleil.

I went from thinking "I can't sing at all, okay, it doesn't matter what anyone thinks" to being the principal singer of a very big show in not that long of a time.

What they liked, I would say, is the uniqueness at that point because I wasn't trying to impress people, I had a unique sound that was my own.

What I want to share with you all is no matter what you've ever been told about your voice, no matter if you've been told your voice isn't good enough or you shouldn't speak up or it's not strong, you never know what your voice will be called into. The world needs your voice. Your voice is a gift and it's one of a kind. Who knows what will happen? I would have never guessed that.

DR. KEESHA: It's interesting. I do therapy in medicine and psychotherapy. Sometimes a song will come up during the trauma release stuff that I do. I'll never forget one woman saying "This Barry Manilow song 'Copa Cabana' is coming up, but I don't have no idea what that means." I said "Well, just notice it. Stay with it. See what happens." And then she started crying and she said "I used to sing that to my youngest daughter when she was a baby." It led her into a doorway of the place where she wanted to really work and release some things.

I think music, I found myself, I'm a late learner. I have a confession for everybody. I am a little bit of an electronic idiot, you can say. Technology doesn't really like me very much. I break computers really fast and things like that. IT people kind of look at me and say "What have you done to this thing?" It's just energy, the electronic and mine, don't usually coincide very well.

So I just discovered Pandora. I'm late to the game. I've been "Oh my gosh, I love this." I can listen to all these types of genres of music. So If I want to listen to chanting, contemplative, mystical, Gregorian chanting, I can do anything on Pandora. It's so exciting.

I found myself with the sun shining, running around in my car listening to 70s soft rock and it made me so happy. I was like "What was that all about?" I

realized it took me back to this place in my early teen years that was just so fun. Everything was just fun.

Music takes you, it has these flavors and smells, where you can associate it with things, it reminds you of things.

Jumping to another place in life that I think music is very important is I've worked in an intensive care unit where people are in comas and on a ventilator. I'd always ask the families to bring in the favorite music of the person on the ventilator because science has shown they can still hear, still be conscious of that, and there's consciousness happening. So music is really powerful for that.

So I asked my parents "If ever you're on a ventilator, if you're ever in the space where you're dying, and I can be there to read something to you, what would you want me to read? And what music do you want to hear?"

My kids know what music that I want to hear. They know exactly what I want to listen to, or have read to me. I think having that plan is really important for these times of your life. Music is just so powerful.

GINA SALA: It is. What a great idea Keesha. I really think that's brilliant. I actually have done a lot of singing in hospitals, in Harborview and UW Medical Center here in Seattle. I've been asked to come in and sing for people who have problems, also in the psych ward interestingly enough.

I often ask the nurses first, because I'm not a nurse, what's happening. They always tell me that the vital signs come down into a more even heart rate, the breathing calms. So I would sing with a partner of mine and we knew it had been great if people would start snoring, if they've been agitated before.

DR. KEESHA: Right. Greatest compliment ever.

GINA SALA: We would definitely sing what they want. There's something about the human voice that is so healing, yet another reason, dear women, to use your voice. Your voice is the primordial healing instrument. I believe our voice is an inner apothecary.

Certainly, listening to music that you love. I had a session that I was working with a couple of weeks ago, and that song "If you like Pina Colada..."

Dr. Ewers; Right.

GINA SALA: It's an old one. You might not remember it. But it turned out to be the best healing for this person who was having difficulty whether or not they should stay together with their partner, and it brought a lot of clarity for them.

DR. KEESHA: Yes, yes. It was my own lovely lady that showed up to the ad. Yep.

GINA SALA: Exactly, and in the hospital too, these people, they'll say "I'm fine" but you can feel they're holding it together, the power, the tension. And when you sing, sometimes, the music allows you to let the emotions move.

Emotion. Energy in motion. When it's flows, it's healthy. When it's blocked, it's not.

If you think about it, at a wedding or at a funeral, it's often when the person sings, and the music comes on, that the tears flow.

That flowing is also part of our juicy, feminine source of vitality. How vital is a river? How vital is the flow itself? Moving, allowing to move and flow and unblock and nourish.

DR. KEESHA: I had breast cancer maybe five years ago. The tumor was found about four months after my two oldest children told me they had been sexually abused by a babysitter. Of course, I was devastated. I had gotten autoimmunity and I knew it was the result of being sexually abused myself by the vice principal of my elementary school at the age of 10.

So hearing that, I felt like I hadn't protected my boys. They were out playing with the neighbor boy. I was going to the grocery store and I said "Hey, would you mind watching the boys. I will pay you. You guys can stay and play." He was several years older than them. "Sure, go ahead." Turns out my oldest son asked me not to have him over again and I asked "Did anything happen? Is anything wrong?" and he said "I just don't want him here anymore." I said "Okay."

Fast forward some 15 or 16 years later, my second son told me what had happened. Just the horror of that as a mom! What happened was four months later, that emotion, that stuck grief, shame, anger, devastation, upset coalesced in this tumor right over my heart. It was in my left breast.

Then when it was found, in an ultrasound, I could visualize it. I had this great blood supply to it. It was being fed, nurtured. It was healthy, hale. It was growing and so happy in there, being fed by all these emotions that were stuck there.

I said to the radiologist who was doing the ultrasound "I know where that came from. I birthed that about four months ago. Give me a month. I just need a month, then I'll go see an oncologist. I just need about a good month, because I know what I need to do."

During the course of that month, I used chanting and pulling that vibrational quality, like what we did before, down, down to that area over my breast. I let go of all that pent up emotion. I used my voice. I wailed. I yelled. I pounded a pillow. I did therapy. I also sang. I brought my kids together with the perpetrator. I found this young man. I called him up. He said "I've been waiting for this call for 15 years." I said "I have some questions for you to answer."

We facilitated this amazing forgiveness practice, with the boys we went to therapy. The young man also helped to pay for that. There was all this amazing hewing that happened around this event. It was incredible.

When I went back to the radiologist and had an ultrasound to see where it was, it was gone – 100% gone. All the little blood supplies that were feeding it just hanging out in this void of nothingness. There was just nothing there.

It was just this power of knowing exactly what happens when emotions get stuck. I had already learned that lesson from having rheumatoid arthritis, from my own pain and having to make a different agreement with myself that now I didn't want to kill myself. I really wanted to be on this planet in a really powerful, healthy, juicy, vital way.

But that one event, on hearing about it, I said "Why didn't you guys tell me when this happened?" My second son told me "Because this..." because he was saving me from all of this grief.

It was this amazing thing for me because the power of sound, of the ability to let the dam loose. It was as if I sang the dam loose, cracked it, shattered it, like the Walls of Jericho with the horns. All of those vibrations just shattered that

wall that was keeping that emotion in there, and let it flow, and let it get out and release, to be replaced with joy again.

What you do Gina, is so important, so important for people to understand.

Why did I do that? I'd been learning from you for years before that. You sang at my wedding. You sang with these kids. I learned that I could release my voice. I really give you so much appreciation and gratitude for that.

GINA SALA: Oh, Keesha, that is such a moving story, it just brought back tears again. And I'm imagining a lot of you women listening, you can relate in some way. This is a pretty common situation. So thank you so much for sharing that story. I'm feeling it. I have tears in my eyes. I love you so much.

This is what women should do. Come together and share their stories. That's part of the power of voice. Use your voice. Not only to bring the Walls of Jericho down. Not only to bring forgiveness and healing with your children and the perpetrator, which was incredible, that's where the miraculous happened, but also just now, to share the story.

That's another thing – when your sponge is full of water, when the cup is full, pour it out. Share your story.

Inherently we know. You step on a dog and it yelps. Sound releases pain. Someone steps on you with a stiletto heel, and we say “Uh, it's okay” meanwhile, that pain went into us. What's worse is emotional pain.

I was working with a man who had leukemia. They had to put a needle all the way to the bone in the back. He said, at one point as we were working, he wanted to feel emotions. And he was tired, because it's so much healing work, so he told the nurses not to give him pain medicine.

So he would sound when they put the needle in. He also realized, when they knew he was feeling that, they treated him with more reverence. The point being, in the leukemia group he was the only one who survived because of his treatment.

In my life, in my early 20s, I had an emotional betrayal with a partner and I wasn't facing it. He was having an affair. I developed a tumor in the left breast

that they said was cancer. I didn't tell anyone because I was still in my macho-be-tough mode. I literally told one person that I had breast cancer, I think.

I told him and he didn't even come to be with me for the process. One thing I know now is that things worked out as they should. But at the last minute, I told my mom, and she came down. I asked her to sing this mantra that I'd been singing since childhood. Om is a healing vibration, it's the vibration of all, they say, and that's how it is for me.

So we sang it. When I went to surgery, I remember looking up and I saw the scalpel right by me, and I said "Wait, wait, I'm still awake!" And they said "No, no, no, we've just finished." The anesthesiologist told me "I have never used so little anesthesia." By chanting my way in, I somehow was so calm and when I came out, they didn't have to pull me out of it.

Then I found out that although they had already said they thought it was cancer, when they went in there, there was no cancer. So I have this little scar in my left breast to remind me.

Can I share another story?

DR. KEESHA: Please.

GINA SALA: Recently I had another cancer scare which I know many of you have had. My uterus was growing very quickly, and I haven't told this story publicly yet. It became the size of being four months pregnant. Even my naturopath doctor said that it was growing so fast, that I should have it taken out.

Actually, all the women in my family had been raped, even my grandma. It's not something I usually say, it's just something that happened. And I was sexually abused as a child. You hear the emotion in my voice. Now, the tendency is to think you have to pull it together when you're on a call like this. But no, it's natural to be emotional about these things.

To make a long story short, just a little while ago, when I got the news, I just had really been into my healing. So what I did is I practiced what I preached in that moment. I went to my altar and I just sang. I didn't just sing "Oh, it's going to be okay, la la la." Just like Keesha, I wailed. What the heck? And I cried, and I prayed and I sang "Why?"

But my practice is after I do that, I pause and I ask the Source of Love – and that's different for different people what we call it, but I call it Source of Love – and I said "Guide me now." The most incredible wisdom and the most incredible grace flowed through my voice and it said basically "Don't worry my darling. Now my womb will be your womb." It felt like the feminine of the world, the divine feminine said "Don't worry. You still have a womb. My womb is your womb."

DR. KEESHA: That's beautiful.

GINA SALA: It was so profound. When I went in, it felt like a transplant. I didn't have the grief that I expected to lose my uterus. It felt like this transplant of light and all the tumors that had been taken out of the uterus – they removed my whole uterus including my cervix – all of that was like the ancestral pain of me and my family.

I promise, this is the thing Keesha, I haven't even told you. It is so strange. I have always been able to find all that upset about that in myself. When it came out, I felt so light and free. I didn't realize that I felt like I was carrying ancestral pain as well.

DR. KEESHA: That's so powerful.

GINA SALA: If any of you women are having a hysterectomy, you can consider singing to your uterus which is what I did. Sing and imagine your voice soft and sending love and light and ask for guidance and ask for it to come through your voice and it will.

Simply imagine, just like what we did with our heart, even if you don't feel it physically, that you're sending sound and light. Imagine that whole space that's removed is filled with the sound of your voice, with light, with love. It is amazing.

DR. KEESHA: That's really beautiful.

GINA SALA: Your voice is medicine. I'm so passionate about this because it's been so profound.

DR. KEESHA: Thank you so much for sharing that, Gina. I certainly didn't expect to cry on the Summit but it's the authentic emotion, it's the river of emotion. It's the way it works with women.

I want to ask you this huge favour. There's a song that you sing that I think is so important and it just goes on the energy of what we've just been discussing and how important it is for women to really hold each other and even hold the people that have hurt them by recognizing there's God inside of them, all the way through the ancestral lineage.

For all the women that have been hurt, all through time and space and in the future, because time is not linear, we know that. For the feminine that's been injured to realize that it's all part and parcel of the human experience. This happens. Everyone gets hurt. Everyone feels joy. Everyone feels pain.

Beth Darnell talked on the Summit about this universal experience of pain and how we can actually release it from our body. You're giving us a tool for releasing it from our bodies.

I really want to reiterate that God is in everything. The song that you sing 'The One I Love Lives Inside of You'. You sang it in our wedding. It's one of my favourite songs to sing. It's so beautiful. I would love for you to share that with our listeners and then they can sing it to themselves every day.

If we all recognize the way that they do and the ease where you put both your hands together against your heart and say 'Namaste', it's a recognition that there's light and there's love, there's God in everyone. When you see the face of another, you're seeing the face of God. This song reminds you of that.

GINA SALA: I'll be happy to. This is my signature song. It came through one day when I was looking at someone who was not feeling love for himself. Just in a flash I felt there is God. Don't we all forget that we're all held in love, that we're one with love, that the sweet divine that is all pervading of every molecule and every cell is also in us.

Again, it goes "Because the one I love lives inside of you, I lean as close to you as I can." It's loosely based on a Hafez poem, who is a Persian poet, that says "Because the woman I love lives inside of you, I pitch my tent as close to you as I can."

The second part that I like to sing, it's a part of the song "I love you just because you are." When I sing that, I like to sing that to myself and then I invite love, meaning love with the divine or your inner Buddha nature, however you call that, to show me who I can recognize that sweet divine one in.

Maybe my mind doesn't know how to see that person as the one I love. Love knows how. So I'll sing it for you.

Because the one I love lives inside of you

I lean as close to you as I can

Because the one I love lives inside of you

I lean as close to you as I can

Because the one I love lives inside of you

I lean as close to you as I can

See if you can really feel that vibration? See if you can sing this just to your own heart and to anyone that comes to mind.

I love you, I love you, I love you, I love you, I love you just as you are.

I love you, I love you, I love you, I love you, I love you just as you are.

I love you, I love you, I love you, I love you, I love you just as you are.

I love you, I love you, I love you, I love you, I love you just as you are.

And I like to end again as I began...

Because the one I love lives inside of you

I lean as close to you as I can

Because the one I love lives inside of you

I lean as close to you as I can

Sing it to yourself, even that self that made that mistake that one time, even then love is there.

Because the one I love lives inside of you

I lean as close to you as I can

Live inside of me

Because the one I love lives inside of me

I lean as close to you and me as I can

Just sing a few more I love yous. It's so healing, so important. Love your voice. It's okay. If you feel shy just remember that the voice of love is saving you in love and your voice is the vehicle for that.

I love you, I love you, I love you, I love you, I love you just as you are.

To your whole self.

I love you, I love you, I love you, I love you, I love you just as you are.

Maybe there's someone asking for forgiveness too, let the Source of Love do it. Anything they've ever done, you're just letting the Source of Love wash you off.

I love you, I love you, I love you, I love you, I love you just as you are.

To the world.

I love you, I love you, I love you, I love you, I love you just as you are.

To everyone who's made a mistake including yourself.

I love you, I love you, I love you, I love you, I love you just as you are.

Pause and feel, knowing that whatever part of that you can take in is perfect for this moment. All your emotions are welcome in this moment, your physical voice as it moves through you is welcome in this moment.

This is one thing you can sing to yourself any time. It actually will be out on my next CD. Just sing it to yourself, just like a mother's voice nurses a child, soothes it. Your voice nourishes and soothes your mind, your body, your brain, your nervous system and your sweet, sweet heart.

Thank you for the source of sound and love.

DR. KEESHA: Thank you, Gina. That was beautiful. Every morning ladies if you can get up and look at the mirror and just say "I love you, I love you just as you are", you've done more to heal yourself and restore your vitality than almost anything that you can do.

GINA SALA: Your vitality and juicy feminine is also what heals the world right now. Sometimes if I think that's enough, I think "Can I dedicate it to other children going through this? Can I dedicate it to the plants and the earth?" and then I get more energy to offer it to myself. You yourself are worthy of it.

Remember that your body is not separate. Your mind, your heart is not separate.

DR. KEESHA: So true and so powerful. Gina, you're offering a free bonus for our listeners and a very rough recording of this they can download on your speaker's page. It's not with a band, it's not professional.

Just so that you can have an idea, all our listeners, you can use your iPhone and you can record things for yourself. Listen to them when you're going to sleep. That's the theta brain state right there. That's the place where you can do what we've been talking about in this Summit where you can reprogram some of the messaging that you received from age zero to six, when you set your factory default settings and made up meanings about what was going on in your life with a very undeveloped brain. It was the wise mind of a wise child but the brain wasn't all the way finished.

Age 26 is when it finishes. Now, you can go about resetting some of those default settings.

This kind of work that Gina is doing right now is a very powerful way of doing that. Listen to it. Record that for yourself. Put your ear buds in and listen to it as you're drifting off to sleep so that you can reprogram some of those beliefs that you created when you're a little tyke.

Gina, thank you so much for spending the time. You have some wonderful things that you offer in terms of healing and working with people to find their voice and to open it. That also is on your speaker's page on the website where you can get in contact with Gina, work with her one on one, do workshops with her, travel with her to India, work online. There are so many options.

GINA SALA: Right. What's great about all the things, when we come together in sound, what naturally arises is a feeling of connection, bliss and love fuelled with vitality and inner love, we can move through everything.

I really hope you'll be in touch. I will make, just for this Vitality Summit, just for you, this recording and it will be just like we're sitting together, just like we are now. Keesha, thank you so much for the good work and thank you all you women on the call for caring enough to bring back self-love and vitality into yourself and into the world.

DR. KEESHA: Thank you Gina. Remember everybody to live, love, laugh, sing. Keep on learning and be the most fantastic version of yourself, until next time.