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DR. KEESHA EWERS: Welcome to the Women's Vitality Summit, this is your host Dr. Keesha Ewers, and today my guest is Jalaja Bonheim, who was raised and educated in Austria and Germany. She studied Indian Temple Dance in India before moving to the United States. She is now one of the world's foremost experts in the use of circle gatherings as a tool for healing and empowering women. She's the founder and director of the institute for civil work, which can be found at instituteforcivilwork.org, and she's trained hundreds of circle work leaders from all parts of the world, including India, Afghanistan, Kenya, and Australia. She's gathered special recognition for her groundbreaking work in the Middle East where she helped Jewish and Palestinian Women serve as agents of peace in their community. She's a popular speaker and written 5 critically acclaimed books, including "Aphrodite's Daughters", "Women's Sexual Stories and the Journey of the Soul", and "The Hunger for Ecstasy: Fulfilling the Soul's Need For Passion and Intimacy". Her most recent book is called "The Sacred Ego: Making Peace With Ourselves And Our World". Welcome to the Women's Vitality Summit, Dr. Bonheim.

DR. JALAJA BONHEIM: Thank you so much, I'm so happy to be here with you today.

DR. KEESHA: Is it okay if I call you Jalaja?

DR. JALAJA BONHEIM: Please do, yes.

DR. KEESHA: One of the things that I usually start the Summit Interviews off with is the word "Vitality" because the name of the summit is Women's Vitality Summit: Caring For Yourself, Body and Soul. And the word "Vitality" means liveliness and pep and dynamism and fire. And I always ask women in their various years of influence that they're working in, what's the biggest vitality sucker that you see in the work that you do.

DR. JALAJA BONHEIM: Keesha, I think its busyness. I see women who have no time to nurture themselves, no time to nurture themselves. And I always say to them, in Chinese that symbol for busyness translates as "killing the heart". We live in a culture where we are addicted to constant activity. And it is very hard for women to understand that actually, by stepping back and doing less, they can be not only more productive but above all, healthier and happier. So you ask what is the number 1 sucker of our vitality, I would say its busyness. But I also add, I think as women, many times we are raised to put the needs of other people before our own needs. And that too can tremendously drain our vitality, when we are not really doing what makes us happy, what makes our heart sing. What we have been taught we should be doing. And then we wonder, "Why do I feel so tired? Why am I so weak?" Well, the soul is not getting that nourishment that it needs.

DR. KEESHA: That is such a beautiful answer and you might be surprised at how many experts might be saying the same thing and I say the same thing. You're absolutely spot on and it's what all of us are seeing. And I believe that the women that are listening to this right now will nod their heads in agreement and say "yes". So we all know that our culture is not only propagating

this, but also rewarding it. It rewards the productivity model, the multitasking, the ever search for efficiency. Like computers, and things that can make your computer go faster so you can get more done. Things like that. Yet we find ourselves out of touch with the cycles of the moon. With the rhythms of the ocean, the seasons. And all of the things that used to serve as a compass for the cultures that came before us. And I know that you have traveled all over the world, met women from all socioeconomic statuses, from all kinds of various backgrounds when it comes to abuse and their own stories and their need for peace and their countries. And what do you see for women in these other cultures as far as what's draining their vitality?

DR. JALAJA BONHEIM: You know I think that wherever this realization is happening and it's happening all over the world. Women are running into the same difficulties that I see in our country. You know, when I first started working with Palestinian women I thought "Oh they aren't going to have that problem of being too busy and stressed." Well, you know they have the exact same problem. So I think it's become something of a world wide epidemic. And I love talking about menopause, because the very word has that "pause" in it. The very word is an invitation to say "Wait a minute... step back, take a breath, let's look again at our life". And I sometimes talk to women about this acronym. The PAUSE. The P is Passion. But every woman really needs to get in touch with "Where is my passion?" And a lot of the times if we are burnt out, too tired. We'll feel like we don't have any passion. But actually it's just that we haven't allowed ourselves to regenerate to the point that we can feel our passion again.

So passion I think is something that in our culture we associate with youth, with younger women. But for myself I'm now 63 years old and I find that I have so much more passion than I ever did. And the reason is because I'm giving myself permission to live in harmony with my own body and my own nature. Which, as a younger woman I didn't realize that I could do that. So the passion, then you have the A. For me, the A stands for Adventure. And I say Adventure because a lot of older women have this sense of "Okay, life is almost over. There's no more adventure left. I've done what I'm going to do. I'm winding down. And I want to say to women, this is the start of the biggest adventure of your life. Because you've done the child raising, you've done all the living for other people. And now you have the opportunity to really say, "What do I want to do for myself?" And I can't tell you what an adventure my life has become since menopause. Not that I didn't have adventures before, but this is a great adventure. And I'm really looking forward to you and I, Keesha, exploring this in the fall with women. It's so exciting when you see women claiming that and saying, "Yes, this is my time!"

DR. KEESHA: Before we move on into... past the A. Because you referred to this I want to let our listeners know that what you're referring to is "in the fall". On November 10th you and I are going to be giving a webinar presentation that's complementary, free of charge. It's called "Menopause as the Great Initiation". And it'll be going from 5:30 - 8:30 PM, PST or 8:30 - 9:30 EST. And what we're going to do is be exploring, after that week, three more weeks of an in-depth series, exactly what we're talking about in this interview which is something we're both really fired up about, because of what you're talking about, the busyness. What I see, Jalaja, is

women coming into my functional medicine practice and asking for bioidentical hormones to keep them going on this rollercoaster of busyness and this frenetic breakneck speed that they were able to do was probably appropriate in their 20s and 30s. But they're not paying attention to the word "pause" in menopause.

And this is the closing of the last chapter on life and it's the opening into the next chapter. And what this chapter can mean for women, and it doesn't need to mean "breakneck speed" until you fall into your grave. I think that's where we're headed right now. I know women are very frustrated by it and I think very often what happens is they turn to food or they turn to the television and just to kind of get some space where they can power-down a little bit before they have to run off to the next activity. And so, caring for yourself, body and soul, and these things that we're talking about are ways to come into this with your body and your soul. Your heart and your mind, and your story. And bring it to this chapter of your life that I'm just about to embark into. And you've gone to the other side of. And we're going to bring these two perspectives and I'm so excited about it.

DR. JALAJA BONHEIM: I am too, Keesha. I remember I lived in India for several years. And when I talk to women there about menopause, they have never heard of hot flashes. They haven't. All these symptoms were unknown to the women I talked to. And that really made me think, "What's going on?" We are taught to think that's just how our bodies work and it's something we have to put up with. And I began to understand that there is actually another way of living. Where you are in harmony with your body.

DR. KEESHA: And along those lines, perimenopause is a brand new word. Not only does menopause have ICD-10 code, meaning it's a disease in the US that insurance recognizes as a disease. But now we have 'perimenopause' which is new, that's not even the same. Except for our generation that's coming along.

DR. JALAJA BONHEIM: And I know for myself, perimenopause for me was hard. And it was hard because exactly what you're saying, Keesha. I was running. I was busy. I was never stopping. So of course my body was trying to get my attention. It wasn't happy with the way that I was living. So maybe I'll just complete here. I mentioned passion and adventure...

DR. KEESHA: Let's get back to you and the "pause".

DR. JALAJA BONHEIM: Yeah the pause, so I'll just lump the other 3, I'll just read the whole series... It's Passion, Adventure, then Unhooking, which is what we've been talking about. The unhooking. And I feel that every woman needs to periodically go on a retreat. And that we also need time during our day, where we "unhook", where we step back. And of course a lot of times, that "workaholic" part of us doesn't want to unhook. But the minute we do it's like... so... gives this sigh of relief. And the fact is that until we unhook, we don't really gain the perspectives that we need to make wise decisions. It's like we're a hamster on the wheel and we're just running. So

we need to unhook, and step back, and retreat. And really sit with those questions, "What is my deepest desire?" "What really makes me happy?", "Where do I really want to go?". So that's the U in the "PAUSE". And we've touched on the 4th one, S. The "Self-Love".

And sometimes I talk about a kind of healthy selfish. Because women, so much are trained to be selfless, to serve others. And that is a beautiful thing, and I feel that this is a time in our life for us to say "It is time for me to serve myself." Because if you speak of the sacred feminine, the wells within each one of us. So when we do not honor ourselves, we are dishonoring the sacred feminine. So "self-love" is a very, very important piece. And then, finally, we have the E in "PAUSE", which is for Energy. And, energy is really the stuff that the whole universe is made of. And in working with the women, especially around their sexuality, what I have found that as women go through menopause they're just not so interested anymore in the purely physical aspect of sex.

So this myth got created that we've become less sexual. In my experience that's absolutely not true. But I think that for an older woman, the energetic aspect of "love-making" is absolutely crucial. That we need partners who can meet us on that level. Who are sensitive to energy and who know how to dance with us on the energetic level? So those 5 things, Passion, Adventure, Unhooking, Self-Love, and a whirlpool of Energy are clues to how we can navigate this journey in a way that leads to so much happiness, and so much fulfillment. I can really honestly say that I am a much happier woman than I was in my 20s or 30s and I think a lot of it is because I have really allowed menopause to teach me the lessons, to serve as an initiation that has brought me to an amazing new place. So I'm really looking forward to exploring this with you, Keesha and the other women.

DR. KEESHA: Well I am too and when you say you're much happier in this stage of life here, and I have found that with every decade that I put on my age, and it's more wisdom and more contentment and more joy that comes into a core of my vein. Rather than just excitement over some event or feeling sexual desire for some person or some of the things that we have this fleeting little glimpses of giddiness and excitement when we're young and everything seems to go in these big peaks and valleys. But at 51, what I feel is my core, is this groundedness and this heart opening where I connect so, readily to everyone around me as a part of God, or the Goddess or divine. And I didn't have that vision when I was twenty.

When I talk to women, I hear the same thing "I would never be 20 again." I think that to embrace that, and you know what? The lines on your face are a reflection of your journey; they're a map of where you've been. And to not get so hung up with feeling a lack of self-esteem because you don't look like the front of the Cosmopolitan magazine and some of the things that are put in front of us as important or role-models are supposed to follow like fashion. They get us so wound up in misery, and so I think another piece of this that you and I are going to be talking about is really pulling into "What authentically brings you joy?" How do you take care of yourself at that soul level? That emotional level. One of the things you talk about is getting really

clear on what it is that you desire. Not what you think you want or what you think would be good for you but what really makes you, your heart leap with excitement. And those are your words, I love them. I think that that's so important.

DR. JALAJA BONHEIM: Yeah. And I love how you talk about this whole thing of the body image. Because this is a culture that is so enamored in youth and makes us feel that if we're not young, then we're defective in some way and we need to have surgery. And part of what I see happening in the women's circle that I lead is that women spoke of a shift from "How do I look?" to "How do I feel from within?" And it's that that matters. Everything else is secondary. You might look gorgeous from the outside and I know many young women who do. And from within they might not have what you're talking about, that groundedness, that deep joy that comes from living in line with your soul. That's where it's really at.

DR. KEESHA: Well one of the things that women don't really understand when we go to the energy part of PAUSE, that you were mentioning is that once you do get into the space of about 10 years before you finally enter menopause. What we call perimenopause now. I'm quite resistant to labeling it. And so in that space, what's happening is your body's beginning to transition and hormonal allocation, you can think of your hormones and your energy levels as a resource. Everything is a resource. And so the allocation of your hormones and how they are resourced, where it's been coming from your ovaries is starting to transition over to your adrenal glands which are the little guys that sit on top of your kidneys, that are your internal alarm system. And they're supposed to get you away from your saber tooth tiger if it's chasing you. Or you can fight, or you can flee, or you can freeze, play dead. Either way everything inside your body is turned on and hyper-vigilant and ready to fight for your survival. And if you have been doing that, if that internal alarm system has been activated and hasn't been turned off regularly. In other words, your mind might think you're not stressed, but your body may not have gotten that memo. But as you enter that space from 40, even 35 I'm seeing now, then all of those symptoms, of weight gain in your middle, hot flashes, having trouble with focus, trouble sleeping, mood swing, depression, anxiety, sugar cravings.

All of the things that make kind of a horrendous transition time for them. Those begin because the adrenals, which are supposed to be taking over for your estrogen and progesterone production, are busy trying to fight off what you're considering dangerous in your world. So it's all about your perceptions and if you perceive your world as stressful and you're running, hither and fither, like the white rabbit in Alice in Wonderland, then your internal alarm systems never shut down and so when it comes time for your adrenals to be online and taking over for the ovaries that are now done with their cycles of life, they're finished. All the eggs are gone, your reproductive years are finished and now you get to move on to this next vital, amazing, wonderful chapter of your life. Well they're tired, and they won't come online. And so that feedback from your body is all those symptoms that I just talked about. And it's not what you need is not necessarily hormones, all those they might help. And bio-identical hormone replacement can help to fill your buckets back up.

But I always talk about patching the hole in the bottom of your boat of where your energy's flowing out. You want to patch that up, or else you can just keep putting hormones in and you'll continue to have those same problems. So I think that having energy there is an important part of the acronym PAUSE. Because women aren't understanding that they have to think of it like an ATM. you can overdraw and you will have to pay a penalty. And that penalty will come in the form of some feedback from your body that you're not going to be happy about. And are going to be looking to alleviate as a symptom instead of listening to the ATM saying "you're outta money!" And so we don't keep overdrawing if we're told. We say, okay I have to go on a budget now. I'm outta money. And we really take seriously. But when our body's doing that, it seems we don't take it very seriously, we have more coffee. We drink more alcohol at night to make us go to sleep, which doesn't work. We do all of these things to try and just shut our bodies down and up. And our bodies are supposed to be part of a team here. That goes with the mind and the heart and the spirit. So, I think that bringing this awareness about all of these things that you've been talking about, and energy is a really important resource. It's important for women to hear why I chose to do this Summit as "Taking Care Of Yourself, Body And Soul". Because it's about learning the feedback from your body so you can't just run it dry.

DR. JALAJA BONHEIM: You know it's so interesting you're bringing up that analogy with the ATM machine, because I don't know if you see this, but I see a lot of addictive behavior. I think that that running, that busyness, can really become an addiction. And of course we have a national addiction to credit cards. Where people are running up credit card debt. And are unable to pay it off. And I think there is an analogy here that we are addicted to bees and business. And I think it's very important that we recognize in ourselves that addiction. And it's hard to recognize it when you're being rewarded for it. And this is why I think it's so important that we step back, that we go on retreats that we be in women's circles, because it interrupts that addictive cycle. And it allows us to realign ourselves with our soul and our body. And to remember what we really at a deep level do know. But we forget it when we're in the throws of that addictive behavior. And I think many women are.

DR. KEESHA: I agree. And I think that this is a good point for you to tell your story about how you came to where you are in your understanding of this today. Because you have a great story and of course circle work is all about telling stories and so I'm going to have you start.

DR. JALAJA BONHEIM: Well I hope you have another 3 hours so I can tell my story...

DR. KEESHA: Cliffnotes Version [Laughs]

DR. JALAJA BONHEIM: Well I, as you mentioned, I grew up in Austria and Germany. Eventually found myself drawn to India. I went to India in my late 20s to study Indian Temple Dance. And that was my first encounter with the sacred feminine. IT was a whole different way of approaching the body and sexuality. These women who used to do these temple dances were sexual priestesses. I had never come across a tradition where sexuality and spirituality were

really viewed as inseparable. And so it was after that that I came to the US, and the one book you mentioned "Aphrodite's Daughters: Women's Sexual Stories and the Journey of the Soul". It came out of my wondering. Where are we as western women with our sexuality and our spirituality? Where do we experience that intersection?

And so I started gathering these amazing stories that women have to tell about how living in the female body affected their spiritual journey. And meanwhile I was training women to lead circle gatherings and in these gatherings we create a very safe and a very sacred space. And so in those circles I would hear stories that women wouldn't tell elsewhere or they would tell them differently. And I began to gain a whole different sense of what the feminine really is and why the feminine is so important to the healing of our planet today. As you were mentioning before I started working with women all around the world. And today I'm really convinced that women hold the key to the healing of our planet. We hold the key to this future of this species. But for us to really wield that power that we do have, we need to have the courage to live in alignment with nature and with our own nature. Because if we are trying to squeeze ourselves into this patriarchal model that we have grown up with, then we won't be able to give the world the gift as women that we really do have to give. My passion and my commitment with the women that I work with is to really have them step into their power, but their feminine power, not their power as imitating men or being successful in the masculine way. But to really find the authentic power that they have as women. And for us as women to support one another in doing that, I think is very crucial because I really don't think we can do it alone.

DR. KEESHA: Well I agree in cultures that came before us, intergenerational women used to gather consistently and regularly, and a lot of times it's coined as "The Red Tent" and we don't really have that built into our culture today. And so as we move from one stage of being female to the next, we don't have readily available mentors who are reaching to us to bring us forward into the next step. And I think only by cultivating our own feminine power and not trying to imitate men, can we then become the wisdom bearers that can reach back with intention to the younger women and allow them to step forward into their own power, which is exactly what you're doing with circlework. And it's really important, we can't do this alone. This is really... there are these three stages of femininity that have been talked about through myth and through psychology and spirituality. They're very different from one another, they're not the same and men go through completely different cycles of their own. And so I think this is great that you're bringing this up.

DR. JALAJA BONHEIM: What I see in the circles too is that the older women are giving the younger women new role models that they might not have had in their family. But also I as an older woman am learning so much from the younger women, because the women who are coming out now are free from a lot of the inhibitions and constrictions that I grew up with. So it's very inspiring to me, very encouraging to see these young women who are so strong and so wise at such a young age. It really gives me hope.

DR. KEESHA: I used to run a youth organization for about 10 years and I used to say that "We've got to listen to this younger generation, they're so amazing and so much wiser than we were". And they're standing on the foundation of a time period of women beginning to get the freedoms of our country, of them fighting for those freedoms. And having to take on more of a "Male" model. And now these women of today have the blessing of being able to relax into their femininity now. They don't have to fight so hard for the vote, for being able to be in charge of whether or not they have children. All of the things that have happened over the last 100 years and before. They now can rest on that and be able to find their own feminine power, and I do want to state that this has nothing to do with a religion and doesn't matter what religious path you are in and follow. All this is that we're talking about is strengthening that bond you have with your religious community, it doesn't isolate you from that, it doesn't change it, and it isn't saying anything is wrong. I think people get nervous when the word "goddess" is talked about because of that.

DR. JALAJA BONHEIM: Yeah. I just recently came back from the Middle East and one of the organizations I was in touch with there was Women Wage Peace, it's actually an international organization. And I got to see how this fierceness of mother were saying "We don't want to see our children killed in war" and how that force is such a powerful force for making peace. And it's not that men don't have that, but in women there is just this fire of wanting to protect the next generation, their children. And I think that's a very powerful force.

DR. KEESHA: So let's talk about sex [Laughs] and because we are in the era that we're in, we can.

DR. JALAJA BONHEIM: Yes and the country we're in.

DR. KEESHA: The country we're in we can. I'm on a mission to bring the discussion of healthy sexuality and desire and integrating sexuality with spirituality to dinner tables across America, that children and parents are talking about this just as they are talking about eyesight and grades at school. It's so important and it just hasn't been happening. So I'd like to talk about sex a little bit in terms of whether you're partnered or not, or menopause, what you were talking before. Sexual desires, sexual urgency, sexual stories evolve, they change, and as they evolve and change we'll go our sexuality. So what would you like to talk about, about menopause and sexuality, Jalaja?

DR. JALAJA BONHEIM: Well one thing I learned in India is in the Tantric traditions, the women were the initiators. It was the man who followed the guidance of the woman. And I'm seeing something similar happening in healthy post-menopausal relationships, where it is really up to the women I think, to educate their partners about what they want now. And how their desires and changes are shifting. Because there is nothing, absolutely nothing in this culture that would teach men about this.

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DR. KEESHA: Now hang on just a second, you're saying that women are not supposed to have their minds read? [Laughs] Communicate what they want and know it?

DR. JALAJA BONHEIM: If only were possible but it doesn't work.

DR. KEESHA: But they think they have the expectation and I'm being flippant about it but I see it all the time at my practice when I work with couples. Women want to have their minds read! Very often, if you loved me you would know what to do in bed! And that just simply is not true and impossible.

DR. JALAJA BONHEIM: Not true. it is not true. No. I think a lot of that has to do with the level of shame too. There's a lot of women who find it very difficult to speak about their desires. They wish the men would just intuit. But the fact is we need to communicate. And a problem is that a lot of women themselves don't fully understand what is going on after menopause. They just know that the old kind of sex is not so interesting anymore. But they don't have a model for anything alternative, anything different. And this is where I know that what we call when we speak of Tantra, what is called Tantra in the west is completely different than Tantra in India. But I think that it has done a great service, in terms of awakening people to the fact that sex is about a flow of energy. And that we need to become sensitive to how energy flows through our body. And to have a partner that we can explore that is. And so it isn't just about intercourse and orgasm, so there really is space to, in a more meditative way, to explore that dance of energy.

DR. KEESHA: Now I want to speak to this, Jalaja, before you continue, because what you said is it's not just about intercourse. And this is so important for women to hear because a lot of our listeners will have a partner who... maybe a woman that's listening right now has a healthy sexual desire and knows exactly what she wants, but her partner doesn't match it, male or female. Maybe her partner is aging and is on high blood pressure medication or his diabetic and has erectile dysfunction. Does that mean the end of sex? And there are so many couples that I see, where the woman will not talk to her partner about this because she is afraid it will hurt his feelings. Or he won't talk about it because he feels emasculated and won't... just feels like if we don't talk about it and just let it go away, then we can sweep it under the carpet, it'll be the elephant in the room but we'll both just learn to proper feed up on it and watch TV. So I think it's important that women hear this because even if you have a great sexual desire, you know exactly where you're going and what you want, and your partner is having some sort of sexual issue of their own, just got done with chemotherapy, open heart surgery, any number of things can be happening. But sex is not just about intercourse. And so I'm going to have you take it from here, you really wanted to bring that distinction out. So often because of the media we have Masters and Johnsons from the 1960s, their sexual arousal scale was you start with desire, move towards arousal, have an orgasm and then rest. And that is how men do sex. But it is not how women do sex. And I really think that's important.

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DR. JALAJA BONHEIM: Yeah, it reminds me too of that... we were talking about before, of busyness. That idea that you can come home from a busy workday and jump into bed and have great sex is so absurd. The whole energy body, everything is connected. If we're not willing to give sexuality and lovemaking the time that it needs, then it's going to be crippled and it really especially for women, it takes time! To allow that dance of energy to unfold is not something you do in 15 minutes. So that busyness really plays a big role I think here. Also I remember interviewing all these women for "Aphrodite's Daughters". I remember this one woman who was in her 60s. One of the questions I would ask the woman was "What is sex?" She looked at me and said "Sex is the light that streams from the body".

And it just took my breath away because it was such a different perspective than what we are normally given. And it was a theme that I heard from one woman after another. That for them sex was not about genital. It was really an energetic dance that could transport them from the spiritual dimension. And I heard that in one African language they don't even have a word for sex and the words that they use translate to "Going on a journey together." So once again you see that aspect of relationship. This isn't just something about 2 bodies doing something together. But it is really 2 souls, 2 hearts, and 2 spirits going on a journey together and being willing to communicate, because without that you can't do it. And so I think for both men and women to be willing to take more time, slow down, learn new practices, practices for example, and working with the breath. And not be so focused on intercourse. That is a really important first step.

DR. KEESHA: We are out of time, and that leaves a great opening for November 10th when we will teach some of these focused practices, breathing and some of the things that, Jalaja, ways to come to your sexual relationship. Your... by taking the kids off your hip, putting them to bed, coming home from work, creating space between bed and frenetic work life. Ways to care for yourself, body and soul as you transition into this amazing space that we're talking about is menopause as initiation, but I don't want to leave the younger set out, because younger moms, moms of middle-school age kids, high school-age kids. They're having the same problems, young aged professional women. Middle age professional women. All of us our busy, it doesn't matter our age. And with the busyness, sexual desire suffers.

So our sex lives suffer, which is an indicator of vitality. Libido is a reflection of the amount of vitality that you have and that's what this is all about. So Jalaja, thank you so much for joining us in the Summit and sharing your deep wisdom and I look so forward to sharing more of your wisdom and bringing it together with some of the things I've learned in November. And is there... I would like for you to give your contact information for people to reach you about circle work, and then on the speaker's page we'll have your URL, we'll have a bonus gift that you're providing. We'll also have the information about our webinar coming up in November.

DR. JALAJA BONHEIM: Thank you, Keesha, can't wait. It's going to be so much fun. Well one thing women might be interested in, if you are a woman and you'd like to experience a sacred



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circle with other women, there's a week long circle coming up in September 23-29th. Which is also where women learn how to lead circles and how to share this with their own community. And all this information and lots more is at my website which is sacredeagle.com

DR. KEESHA: And I do want to put a caveat in here because this interview is being done in 2016. So anyone who's listening to it after 2016, that September circle won't be there anymore but there will be more at the website that you can find Jalaja at and circleworks.org Alright thank you again, Jalaja.

DR. JALAJA BONHEIM: Thank you Keesha. Thank you.

DR. KEESHA: And everyone, remember. Caring for yourself, body and soul, is what's going to keep your vitality alive so that you do have something to give to others as well as yourself. And as Jalaja said, sacred selfishness, not a bad thing at all. We need to get used to that word as being something that means self-care. Have a fabulous day everybody.



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