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DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit, this is Dr. Keesha Ewers, your host and joining me today for a scintillating conversation is Kelly McNelis.

She's the founder of Women For One, which is an online community of women ready and willing to make life happen. She travels the world with her speaker, teacher and facilitator workshops, helping others tap in to lives powered by truth.

With over 20 years of experience as a non-profit and small business consultant, Kelly's excited to empower generations of women around the world to become Women For One Truthtellers, building relationships, community and the support structure they need to achieve their wildest dreams.

She finds her own inspiration in spending time with her husband and children in their home outside Seattle, and is currently working with her first book *The Messy Truth* which is due out in the spring of 2017. Welcome to the Summit, Kelly

KELLY MCNELIS: Oh, thank you so much Keesha, thank you for having me.

DR. KEESHA: I'm so excited to have you on the Summit because one of the things that I think is so important especially, and actually science shows this, is community, and collaborative community in particular. So with the platform that you've built and this mission that you're up to in the world, you're just a perfect fit for talking about female vitality.

I always start with what that word actually means: vitality. It means liveliness, life, energy, spirit, vivacity. I'm curious, as you've traveled the world and talked to so many people, and have been in this collaborative platform of women, what do you see as the biggest vitality sucker out there today?

KELLY MCNELIS: Ooh, that's a great question. I actually love that word, and I haven't used it a lot so now it's going to be on my radar a little bit more because of you.

Really naming a summit, that is a big deal to me because what I do, and what my tribe and community does, is enhance vitality by having women and empowering women to make their life happen. What I mean by that and what I'm talking about, before I get to the obstacles, is having women really look at their lives and get curious and ask themselves the right questions, to move forward in their life, on their terms, the way they define it.

It's such an important part of my life that I didn't do most of my life. My early adult life, I just tried to stay status quo and have a normal life – and you know we never have a normal life – and I think one of the obstacles we face is we try to follow the status quo.



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Then one day, something arises in us, as women, that's makes us think "Wait a minute. Why am I not happy?" Sometimes it happens and it's just a surprise, an 'aha moment' that you have, you know, if you have a death, or if you go through divorce. You're realizing that you haven't defined life on your own terms and you've lost that vitality.

So I think the biggest obstacle that I've seen with most women is that they're trying to be such nurturers to others, that they really haven't gone into themselves, looked at what they want, and clearly defined their own values and their own happiness from a real curious place. So that's what I've noticed with most women and myself.

DR. KEESHA: I think that's a great answer and I couldn't agree with you more. I really believe that honestly, many women don't even know what that would look like, in terms of defining life on their own terms, what those terms are.

If you've been raised by caregivers who reinforce you to be a good girl for taking care of other people, then that's going to be your strategy. That was definitely my strategy in life. I was definitely reinforced to do that. Hence, I am in medicine.

I found all the different ways for that to be a skill-set for me. In that process then, there's a shutting down of my own needs because I don't even know what they are. I think what a lot of women don't understand is that that is just strategy.

It's what you determined as a child would help you get your needs met, get reflected love back to you. So it's actually a mercenary technique. It's not coming from a place of compassion or a place of desire, to do good in the world really. It's coming from a place of "I'll take care of you as long as you'll see me, or you'll love me, or respect me."

But other people haven't bought into that agreement with you, so women who have that as their strategy are very often upset that they're not getting what they need back from that. Yet it's not a clear agreement with the people around you. In other words, you don't know what your terms are. So I love that you said that.

KELLY MCNELIS: Yes, I agree, and I think that the word alchemy comes to me. When we talk, we can all say we develop these skill sets, these defenses when we're younger, through our story, which is what Women for One is about – really diving into the stories that we've chosen to tell ourselves and the experiences that we've actually lived, whether it be wonderful or horrific.

We all have an array of stories, but bottom line, I really believe we can alchemize those experiences and those skill sets that we created into power, instead of staying in a place of thinking "Okay, that didn't work for me, let's throw the baby out with the bath water." All the skill sets of nurturing you alchemized into being this incredible doctor.



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The question is how do I keep those skills yet feed my vitality and move into my power more?

DR. KEESHA: Right, and not be attached to outcome about what you get back from nurturing and not needing to look a certain way. I'm going to define alchemize because that's a really great new word that you just created, Kelly.

KELLY MCNELIS: Alchemy? Alchemize.

DR. KEESHA: Alchemy, of course, is the ancient science of converting something from a base substance, like converting lead into gold was often the way that this was tried in ancient science. It's taking something that could be painful and harmful in your mind and in your story and making it into gold. Making it into the silver lining. Making it into the growth process that's in you, that does polish you and make you into a compassionate wonderful nurturing soul on this planet.

I think alchemize is such a great verb. Kelly, you and I are in agreement on the power of story, so I would love for you to tell your story.

KELLY MCNELIS: My story?

DR. KEESHA: Well, how you got to what you're doing today.

KELLY MCNELIS: I'll shorten it a little bit.

DR. KEESHA: Right, absolutely, let's talk for another two hours!

KELLY MCNELIS: We all experience dysfunction in our life, a lot of people hang on to that, or as we talked before, the alchemization – I'm adding that in – of our story and of our experiences.

I really want to talk from that space, not from a place of "I have been sexually abused, I have been a child of divorce, I've made a choice to get divorced, I've lost very dear friends to cancer and other illnesses." That's like all of us, right? We all have these life experiences.

I think about 10 years ago, my partner, who has three of his own children, and I have my three, we blended a family of eight beautiful human beings together, which takes some work. From that place I felt like I was in a place of my life where I wanted to give back and also learn and create a tribe of supportive women around me.

So I checked in with my intuition and my gut and I actually sat down to meditate one day and heard the words 'women for one'. I got the URL and I just really wanted to write a blog. That was



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my first thing I wanted to do. So I started writing, which took a lot of courage for me personally, to put yourself out there with your experiences. You experience judgment and all your fears come up.

So after I created Women for One, which was just a small blog highlighting women's causes, about six months into it I had really committed to listening to my intuition in this project. It was like a soul project. When I sat down to meditate one day I heard 'allow the women to share their stories from around the world' and as soon as I put that out into the world, Women for One exploded into this powerful tribe of women from all over the planet in different cultures, different ages, different backgrounds. They all wanted to share their story.

I think women want to feel heard, they want to feel community. I think it's very cathartic for all of us to share from that deep place of what we've learned from the lessons and experiences we've had in our lives. So that's where I came from and how Women for One came about.

It's been an incredible experience, Keesha. I've just been following the train of Women for One and being the channel for that for the world.

DR. KEESHA: Well it's a wonderful platform. I know what I call this 'sacred action' that you took where on one side you sat down, you sat still, you got in touch with your higher self, your inner voice, your connection to the divine, and you got this message. Then you took action based on that.

So often I see people in our culture just acting without sitting still long enough to really get that intuitive hit, and we all have the ability to have these intuitive hits, that inner voice speaking to us if we'll take the time. Then there's the opposite of that where people sit and then they meditate a lot and want the universe just to take care of it all and don't take action.

So the combination of the two; sitting, getting the intuitive hit, getting a messaging that's right for your path and then getting up and taking the action is what you did and therefore you have this very dynamic, wonderful result from it, this platform of truth-tellers. What does truth-telling mean for you?

KELLY MCNELIS: When I got silent, that word came up for me. What it really means for me is to get very still and dive into the place of what I learned from experiences, from the perspective I was in, in the experience in my life.

Storytelling versus truth-telling are two very different terms and experiences for me. I actually learned that from a teacher of mine, from a hearing school I was in for four years.

You know when you talk with someone – I don't know if any of the listeners have felt this – and they're storytelling. They're sitting around saying "And then she did this, and then she did that..."



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and there's a lot of judgment, a lot of "...and then I reacted because I can't believe she said that." It's a lot of linear time-telling: "This is what happened next." So that's story-telling.

Truth-telling is a place where you're sharing an experience, you can share the time when it happened, but it's more about the feminine, how you felt, how it impacted you, and what choices you're going to make to move forward from that in your life, to make your life better and to happen the way that you want to now, to learn the wisdom and lessons and apply them in your life now. That's truth-telling.

I think it's good to differentiate. Storytelling to me, it's not negative, it's just you're starting to experience what happened, and you have to do it from that brain place that is very logical and linear. And then truth-telling is diving into that feminine place of how it made you feel, what your experience was, what the sensations in your body were, what wisdom lessons you took from it. Does that make sense?

DR. KEESHA: Absolutely. I was reading recently that there is a difference between the masculine and feminine ways of communicating, which, of course, doesn't come as a shock to anyone listening to me. If you've ever dealt with the opposite gender, you already know that.

But the thing about the masculine way of communicating is that it is very often about facts. Not to paint with a broad brushstroke and over-generalize, but it often is about that, about facts, and quite linear, even using words as a defense strategy or a weapon. Whereas for women, they can also use words in the way that I just described for sure, but often the thing that everything generates from is feelings. So somebody who is able to get in touch with their truths is able to communicate and in a very healthy way.

Remember, in the word community is the word unity. So when we have community, then it's really important whether you're in a community of one for yourself, or with others, that you're able to convey from the deepest part of yourself, your feelings and your heart and rather than be on the attack, to just say "I feel this." Wouldn't the world be such a great place if all of us could?

Of course, we can't always do that in every moment of the time. But if we think "I want to be in a community with this person, then that's going to be what I want to communicate with the idea of achieving unity." So that means having that collaborative agreement that you will listen, you will hear, you will see each other. And you will honor and tell your truth and see yourself and have compassion also, and achieve unity in this way.

So who are some of the people that you have come across that are truth-tellers for Women for One? Do you have any stories of truth from these women that have inspired you?

KELLY MCNELIS: There are so many. We've been around almost six years now, and we have



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over 400 truthtellers on our site; the experiences that they've shared across the world from different cultures, the wounding that's happened, compared to the mainstream woman in US.

What I love is that there's a connection, there's an understanding, because the bottom line is we all still have the same wounding, whether it's abandonment, it's experience, it's achievement and to be able to cross-culturally understand one another through the stories that have been shared.

For example, this woman from Egypt shared that she had had acid thrown all over her, by her husband, because she didn't sleep with him. He was scarred for life and actually lost her voice from it. She made a choice to rise up from that and not be a victim to it and she started an organization for women that have had this happen.

I think the first year after we started, she had sent me a letter, after she shared her story. We send each truthteller a token that has our logo on one side and a lotus on the other as a representation of "We're all part of one tribe here, thank you for sharing your truth". She told me has a tray table and she was hanging that charm on her tray table to remind her of the solidarity and the support she has from women around the world. That really moved me beyond belief to continue, because I was wondering if this was going to catch on, if this was something that was needed, because we all question what we're doing.

Those types of messages from the universe really reinforce that this project and this organization can expand into a place that will empower women forever.

DR. KEESHA: Beautiful. I'd love to hear some other stories because, of course, one of the powerful things about story is that when women can hear stories that other women have lived and then the silver lining or the alchemy that has come from it, then they too can be inspired in their own lives.

If it's not to create their lives on their own terms, because maybe they've already done that, it could be to create something, such as you have, to be of assistance to others and to create tribe and community. So I would love to hear a couple more stories like this. I think they're very moving.

KELLY MCNELIS: There are incredible stories on our site. You can go and see all of the different categories that we have, whether it be in the entrepreneurship space, in which women made a choice to move into an idea they had which inspires others. Or they're just grateful for something. Then we have stories under Grief & Healing, where I have a lot of stories about women who have experienced the death of a dear friend, or a parent, or a child.

One story I remember quite well is from my friend Lynette Johnson, who started Soulumination. It's an organization where photographers donate their time to take pictures of children who have



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life threatening illnesses. She made that choice to create that organization because her niece was dying. She went to the hospitals and took pictures and really established that record for the parents.

Just look what came out of it: the beautiful organization Soulumination, where now we have over 45 volunteer photographers taking pictures to document these beautiful moments with parents and children. So that's like a Grief & Healing and also Entrepreneurs space.

Then we have the Love & Relationships category, which is really about going through divorce, having challenges with your partner. We all have that, right? We all have people who challenge us to grow, and understand ourselves a little better, so that we can be in relationships. So that's another place. We have so many. I'm almost blanking on another one because all of them are downloading into my brain right now.

I'd love for people to go to the Stories page on our site and really look through it. There are just so many at this point. What I love about our site is that we don't turn anyone down. Every woman can share her story. We have an editor that helps people share, so that they can really get their word out, and it's not really about being the perfect writer, it's about being able to share your experience for yourself and for others.

DR. KEESHA: It's such a great site. So will you give the URL just while we're talking about it?

KELLY MCNELIS: Yes, it's womenforone.com. Then click on the Stories page to look through all the different stories.

DR. KEESHA: Alright. Now you have a book coming out called The Messy Truth. I love that title by the way, it's great.

Again, the truth is not a linear process to arrive at. Neither is forgiveness. Neither is building communication. It's all messy, it's all a process. And I think the expectation that things are going to go smoothly is what causes a lot of people to suffer. So tell all of us about your book The Messy Truth, what we can expect and get excited about?

KELLY MCNELIS: I love the name too. It just came to me again in a quiet voice, well actually a really loud voice. Sometimes our intuition is loud. Mine is at least.

My book really – I hate to call it just a self-help book – is a very practical guide where I offer seven tools for women to move into their passion and joy in their lives and to really dive into their own truth, what that means, and with the idea that the truth is messy, you know? It's not neatly packaged like we see on TV. It's not linear like you talked about. You've got to dive in and get messy.

The reason I came up with that name is because most of my friends and people in my tribe and community, and my kids, call me messy, because I'm random. I'm actually pretty organized, but here's another word I'm going to come up with: randomness, that's what I call things, the randomness of me.

I got shamed when I was younger because I was so random. And I hid in a space, after my divorce, where I was like "You know what? I'm going to dive into this randomness. I'm not going to push it down anymore. I'm going to embrace who I am."

I open my purse, it's messy, but guess what? I have all my resources. I have everything you'd ever need in a purse, because it's messy. When I clean it up and I organize it sometimes, I don't have everything I need. So I actually started laughing one day and embraced that messiness and realized that it's okay to be who you are.

You might not be messy, but it really is okay to get dirty, to forgive yourself for your screw ups, and really not have to be the perfect person. Whether it be perfect spiritually, or the perfect body, or the most articulate, or the smarts. You just have to be you.

I got it on a deep level, Keesha, I just experienced this place of feeling okay. We don't have to be perfect like society wants us to be as women. In fact that's kind of boring. Let's get messy, let's get real, and let's dive in to who we really are. So that's really what my book is about.

DR. KEESHA: I love it. I often talked to my clients about the Wizard of Oz of being a perfect allegory for life. You've got the great powerful wizard and behind the curtain is this little guy who is hiding, he's so afraid of everyone finding out who he is, that he won't be respected and admired, and have the power that he has with this big mask that he's showing the world.

We are like this in our own world where we have this projection. We put it on the screen and we even buy popcorn for people so they'll watch that instead of looking at us. We're so darned afraid that if they see behind the mask, they may not value us or love us, or respect us, or want us.

So that's where true friendships emerge, when you slowly pull the mask away and someone says "Oh, I love you for that!" I think what people don't understand is that everyone is doing the very same thing until they become aware and get authentic. You're more loved and more wanted and more valued when you're authentic and you show you're messiness because it's a common theme of being human. If you're too polished and perfect, people are too intimidated and worried about being around you.

KELLY MCNELIS: Yeah. I think also, though, when people get in touch with their intuition and get in touch with that powerful place inside themselves, they can get in touch with the mask.



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I've gotten in touch with my mask, because I think masks are very helpful sometimes. We have to put them on. We have to go "Okay, I need to be appropriate. I'm at my child's school and I can't deal with this teacher right now. But I need to be appropriate. I'm going to make this choice and put this mask on and be kind." It's not being fake as long as we have the choice to put it on.

Once we lose that power, we can become unconscious of the mask, we become the mask. Then we wake up one day and go "Wait a minute, who am I?" So I think there's this place where it's really nice to be able to use the mask, but I also think once you have an awareness of your mask and of that place of inauthenticity inside yourself, you can see it in others and you get very real.

You start resonating with people who are authentic and you start drawing those people to you a lot more rather than the people who are unconscious and not really looking at who they are and being inauthentic. Hey, I'm raising my hand. I did that for years and I still have many places where I'm working on that.

That's what my book is about. It's about always saying "I still have a lot of work to do. I'm going to get messy, but at least I'm going to set my intent to dive in and do it." Not just pretend that everything's okay.

That's my curiosity place, where you always have to be curious about what else you can learn. The more I learn, the more I gather these beautiful pieces of myself, back inside myself, and become more powerful. And that equals joy and happiness for me.

DR. KEESHA: I think for everybody it's such an important thing to learn. I believe that all of the trauma, all of the conflict, all of the hurt and the pain that we go through are the process of what I call being in the rock tumbler with others, where you're getting polished and your mask is starting to become something that you're more in control of rather than it being plastered to your face, where you don't even see what you're up to.

KELLY MCNELIS: Right.

DR. KEESHA: I interviewed Susan B. Mead, who's the author of *Dancing with Jesus: From Grief to Grace*. She lost her son, she lost her sister, she was there when the Boston Marathon bomb went off and all of these different things in her life had her inspired her to write this really beautiful book about grief. That was when I was working for years in hospice and going through my own grief with loss as we all do.

I found out really early that it is not a linear process. Having been a victim of sexual abuse myself, and other kinds of abuse, I found out that forgiveness is not a linear process.



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I hear this all the time from my clients: "Oh I've already done my work around that." Until the day you die, you are doing your work around this!

KELLY MCNELIS: Yes, definitely. I definitely agree with that.

DR. KEESHA: Yeah. It's the mine shaft that you are pulling your gems from forever.

It's that place that I believe I spiritually signed up for before I got here and said "This is what I'm going to do to learn the lessons that my soul needs to learn in this life." So for me that means I signed up for my parents, I signed up for a lot of the events that I went through so that I can learn forgiveness.

I'm really clear that I'm here to learn that and teach it. So in order to learn that and teach it means that you've got to go through some stuff, right?

KELLY MCNELIS: Yeah. Definitely.

DR. KEESHA: Alright. I am a really powerful advocate for youth. Having four children of my own and running several youth groups in my life, I believe that inter-generationality is very important and that we need to look back to the youth that are coming behind us for a lot of lessons they can teach us. They're so wise, this generation that's coming behind.

Then look at the generation that's before us, again the wisdom from their era and their age. We have our own wisdom from these things that we as a generation have lived and loved through.

So when you think about youth, young girls and teenage girls and 20 something year old women, what is it that you would want to leave them, or say to them, or what are you inspired by from them?

KELLY MCNELIS: I love this question because in the last career I had I worked with teenagers for about 15 years in the non-profit field. I still call 20 and 21 year olds teenagers because I'm getting older now.

DR. KEESHA: We're in our 50s.

KELLY MCNELIS: I have six teenagers myself right now. I have three of my own and three other children and it's just been such an incredible experience.

I agree with you that they are wise beyond belief. I think it's just the nature of who we are as parents, and as adults; we want the next generation to evolve into a more aware and more empowered generation. So, yes I have lots of ideas. I don't know if any of them are correct or

even hopeful because I challenge myself as a mom daily to engage with them in a way that empowers them to be incredible human beings on this planet.

But I would say, especially for young women, that I wish I had known how much I could create and do when I was that age and that it was so simple. I would tell the youth of today: you can do anything you want if you put your mind to it. It's very cliché, but I think it comes with age, with wisdom, with confidence and with experience. I think that's a really big one for me.

The next one I would say is I would tell young women, and I'd tell my step-daughter and my daughter and my other four boys, that they are not their story. They are not their past. You don't have to let it frame you, but you can dive into that story to get a different perspective with acceptance and curiosity, then you're able to move forward into defining how you want your life to be.

If you can set your intent to do that at an early stage and really look from a different lens, a big picture lens, on what is really happening, I think that would be really helpful and that's what we do. We separate from our story, we get it out, we write it down, so that we can look at it from a different perspective.

Obviously Keesha, the last thing and I think the most powerful one is to have every single one of my children, and all of the youth today, to move into mindfulness and tap into that silent, silent place inside themselves so that they can access the answers that they need. Really flex that intuitive muscle. I think it's what our planet needs. I believe that that will change the world and we are changing the world by teaching our future generation how to do that at an earlier age.

DR. KEESHA: That's really wonderful. You know you said where we are with our age right now, we have confidence and we have wisdom and we can get past some of the things, I think that inhibition of not having self-confidence and being wrapped up in the story is what keeps younger women from living all the way out loud.

I'm seeing less of that in this next generation and I'm excited about that. I think that permission to speak has been granted to women and it's filtering through each generation, getting stronger and stronger. That is very exciting.

KELLY MCNELIS: I completely agree and I hope it keeps going. We still have a long way to go, I believe, but that's what evolution is about. Women have come so far in the past 50 years.

DR. KEESHA: Right. I've listened to some of my clients during therapy talking about their grandmother who came and lived with them. I had this exact same experience with my grandmother when I had her come and live with me and that is there was a lack of really clear



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articulate conversation about their needs and a very passive-aggressive way of getting their needs met.

I realized that was a generational thing and it was a byproduct of women's place in society and how they went about getting what they wanted and showing up in their own powerful way, which to me was not a very powerful way. It's not clear and it was very difficult to navigate.

So I saw that when my grandmother lived with me when I was 30 – and I've been listening to other women talk about the same frustration they've had with their grandparents – and I get very excited as I look at my teenage girls and others that they're very clear. They know what they want, they know how to set boundaries already and that's very exciting.

KELLY MCNELIS: Yeah, I really love that. I also love the new feminine movement. We had the women's liberation, the ERA and all that. This is the integration of the masculine and the feminine. It's the integration of those qualities. So it's like, yes we dive into that deep, powerful, feminine of wisdom and intuition, understanding and nurturing, and we bridge that and connect it with powerful action, and really understanding what we need to do to move into a place to create the lives we want.

I think we're seeing the younger generation and watching it unfold. That is where we're going with women. We're going into an era where you don't have to become a man to be successful, especially if you look at some of the political figures, and even Oprah, on some level.

There are women who 30 years ago had to become very tough women, and really inhabit those masculine qualities to be successful. It's my hope and my vision that women don't have to become masculine anymore. They can inhibit the feminine and the masculine and move forward with power that way.

DR. KEESHA: Absolutely. So the name of the Summit is the Women's Vitality Summit: Caring For Yourself, Body And Soul. I believe that self-care is a very important part of women's evolutionary process and growth. We have talked about that, not calling it self-care directly, but what are your favorite self-care activities and what would you encourage women to do?

KELLY MCNELIS: I have a lot of them. I like to nurture myself. And the older I get, the more I want to nurture myself.

I really love to personally connect with nature. I like to get very still daily, even if it's a few minutes, especially when life is very busy. It doesn't take long to become still and connect with a breath. It's very simple but it really helps me because I like simplicity with a very busy life sometimes. So stillness and connecting with nature.



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Personally, what does a lot for me is connecting with the community and the tribe members who uplift me. I define tribe in many ways. Tribe is the people you want in your life that you're learning lessons from. I'm talking about that inner-tribe that supports you. Ones that see your craziness and your faults and your messiness and still just embrace you and love you for who you are. I recharge through that. I self-care by connecting with them. They're part of my life force.

So those are the three things I love to connect with: nature, to get quiet and still, and to connect with my tribe.

DR. KEESHA: As shocking as it sounds, I ask all of our Summit participants this, and up to now I don't think anyone has said connecting with nature, which is a really integral part of my self-care also.

There is research that shows that when you're out in the green with the trees, that if you're depressed, give it 15 minutes and it will help to lift you out of that. There's this reciprocity between the natural world and humans. It goes even as far as our breath where we are providing what the plant life needs to live, and they're providing what we need to live and we're detoxing each other.

When we live in the asphalt jungle, sometimes it becomes more and more difficult to get out and do that so I'm really glad that you brought that up.

Whether you have herbs in a pot out on a little patio, or on your kitchen or windowsill, or if you have access to a forest, like where I live, or if you're a short walk from somewhere that you can go to a park, or anything that's green and natural where you can go and do that reciprocal agreement that we've had with plant life on this planet since we've been here, it's pretty darn ancient.

KELLY MCNELIS: Okay, I love that you said that because just this morning – and I think everyone will relate to this at some level – my husband and I went on a hike. He doesn't like to hike, he golfs, very different to me. So we went on this hike and on the way there we had not connected for a while so, of course, we were getting irritable with one another. I was like "Great! This is my relax nature time! This is my sacred time!" and I watch my personality get very upset like "Ah! He's bothering me."

Then we get there, we get out of the car and I say "You know what? Let's go into the forest. Let's leave this agitation here." So we walk silently for half the walk, and listen to the birds, and really got present. Then on the way back, as we were leaving the forest, I said to my very non-spiritual outwardly husband "Can you please leave your stress, and I will too, let's leave our stress to the forest? Let's leave our anger and let's move out of here." And we did! It was such an incredible

experience this morning. I just wanted to share that because it really does work.

DR. KEESHA: It does. I take groups over to Peru every year and in the high Andes the people still live like they did in ancient times. The earth is known as mother earth, called pachimama, and what they know is that if you give your 'hoocha' or your shit – I guess I'm not on the radio so I can say what I want – you give your crap to mother earth, she makes flowers out of it. She makes trees.

So you just can't give too much emotional toxicity to the ground. It will churn it up and make it into something beautiful. People can't hold much emotional toxicity, they can't make something beautiful out of it, but mother earth can.

Often in therapy sessions, mothers will be complaining about their children, that their adult children aren't being there enough for them, and I'll say "You know the umbilical cord is made of two channels; one is made so you can feed the fetus and the other one is for them to get rid of their excrement to you!"

So we are not designed to get our nurturing from our children. That's not the way it goes. You can't require that from your children. When you do feel nurtured by them and you do feel loved and respected and honored and appreciated, consider that the cherry on top of your life, a bonus.

KELLY MCNELIS: I love that, yes.

DR. KEESHA: So go outside to the giant mother earth that you live on and just give all of that excrement to her and she will make flowers from it and she will not get upset with you. It's a great way of thinking about our relationships sometimes.

KELLY MCNELIS: That's so beautiful and I'm so excited that you talked about it. I'm leaving for Peru in a week and a half so I will be thinking of you and thinking of that there, and dumping all my toxicity into the earth.

DR. KEESHA: All the hoocha!

KELLY MCNELIS: Hoocha! Perfect!

DR. KEESHA: Alright Kelly, you have a five week course for boldly sharing your story. I'd love to have you talk to our listeners about this so they have another reason to connect with you in another reasonable way.

KELLY MCNELIS: Oh absolutely. It's our debut online course. We just ran it and had an



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incredible response from women from over 10 countries around the world joining us for this course.

Basically it's made up of five modules online with some powerful bonuses such as yoga and meditation. Also my dear friend Barnet Bain, who's an incredible executive producer of the movie *What Dreams May Come* with Robin Williams, talked about the power of story, because he's an author as well and he wrote about that as a bonus.

Basically you sign up for five modules which cover everything from clarifying the experiences and beliefs that have most shaped you to confronting that shame we all have and moving through it in order to integrate your past and find healing. I believe that it's a really powerful and intense course that was designed especially for people that want to dive into their truth and make life happen on their own terms, and share their story.

At the end you get a written piece, edited by one of the editors, that you can either choose to share or keep for yourself. It actually takes you through and experience, to process what's going on in your life. So I'm really excited about it, we're relaunching that in fall. It'll be offered twice a year every year, at womenforone.com. It's an incredible way to join a tribe as well. We have this supportive Facebook group as well.

DR. KEESHA: Wonderful. Now, final question. I would love for you to give tips to women who are listening right now who want a tribe, they want a community, and they want to build it in their own neighborhood, their own area of influences. What recommendations would you give to them for doing that?

KELLY MCNELIS: Well, the first thing, and it's what Women for One is all about and it's what supported me and my tribe, is really boldly sharing your story. Taking that step to share the story with yourself first.

You don't have to print it out to the whole world, but just write it down, or speak into a microphone and start getting curious about what's happened to your life, from a place of being removed from it, instead of being attached to it. Understand the wisdom you've gained, how you've been wounded, and what lessons that you've learned that you can apply in your life.

That's one really big tip, because that's a really big undertaking and we have those tools at Women for One to do that, to move into a place of empowerment. We have women sharing, but also supporting you while you're going through that, if that makes sense.

DR. KEESHA: Makes total sense.

KELLY MCNELIS: I have so many tips, I don't even know where to go. That's the big one.



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DR. KEESHA: That's a good one, that's a great place to start. Alright Kelly, thank you so much. I appreciate you taking this time to share your wisdom and Women for One, and how to build a community and tribes for women, because as we said at the beginning of this interview, it's incredibly essential and important for women to have that. They need their feminine tribe.

KELLY MCNELIS: They do.

DR. KEESHA: We don't have the red tent anymore where we can hangout when we're having our menstrual cycles. So we've got to be able to create that for ourselves.

KELLY MCNELIS: Yes, an online red tent, that's what we need.

DR. KEESHA: That's right.

KELLY MCNELIS: Thank you Keesha, it's been incredible talking to you. You're amazing with what you do and I really deeply respect your work and how it serves the world.

DR. KEESHA: Ah, you too. Thank you so much and remember to all of our listeners, vitality is the state of being strong and active and having life energy. So be fabulous today. Tell your story, begin to get in touch with it. And rewrite the ending if you don't like where you're at. Have a fantastic one.