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**DR. KEESHA EWERS:** Welcome back to the Woman's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha Ewers and I'm your host. I am very honored and blessed to be interviewing Lisa Garr today for this session.

Lisa has dedicated her life to the awareness of herself and her surroundings. Based on a desire to live in a more conscious world, Lisa created The Aware Show, a talk radio program focusing on self-development in all areas of life, for healing and achievement.

She is also the host of the most popular Aware Teleseminars, which present the thought leaders of our world. For the past 10 years, Lisa has hosted an hour of radio programming featuring best-selling authors and experts in the fields of natural health and personal growth. She is considered an expert in the field of lifestyle and transformational programming. Welcome to the Summit Lisa.

**LISA GARR:** Thank you so much. I'm so grateful for the invitation. What you're doing is so necessary. So necessary.

**DR. KEESHA EWERS:** Today is September 11, the day that everyone's listening to this being launched for the very first time. September 11 has a very deep resonance in our country in terms of shifting our consciousness in very deep ways, whether it goes to fear-based consciousness or love and inclusion, and the understanding that we're all in it together on this planet. So I'm really excited to have this conversation with you today, on this day in particular.

**LISA GARR:** What that means to me is one of the things that I've been learning a lot about lately, and I think I've always done, and we do a lot as women, is we're very, very resilient creatures.

Sometimes we're so resilient that we have the frog-in-the-pot syndrome where we get into a pot of hot water and then all of a sudden it's boiling and we don't know enough to get out. It's why I love what I do.

I love being able to have conscious conversations every day with these incredible thought leaders because it interrupts my pattern and it forces me to have consciousness every day, which is so great, to have that anchor that I have every single day, because life definitely can become the boiling pot where things happen. Sick children, aging parents, financial



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issues – all of these come up. Things come up all of the time, and it's just a matter of learning.

I think the way you learn resilience is you've got to have an anchor. You've got to have that one time during the day - if it's a couple times, great - that you have set up that's a rule, a boundary. It's a boundary, and it's got a brick wall around it that is your sacred moment. For me, it happens to also be my work, but for others, it's got to be that one time that gives you a moment of grounded-ness, sanity, calm, reducing your heart rate, getting your mind into theta for just a little bit.

We owe that to ourselves because it's always going to be chaotic. It's always going to be another issue, another feeling, another upset. That's just what I've learned, and what I'm here to talk about.

**DR. KEESHA EWERS:** I also feel very blessed because with the Healthy You radio show, I'm interviewing the same people and it does bring me back to this remembrance. Then I have my clinical practice with my patients, and students I teach in the Academy for Integrated Medicine. I find that by being out there, in a way, allows me to put thoughts together in such a way that calls me to a higher level of consciousness. It is a practice and you do need to do it and practice it every single day.

If you're going to be really good at the piano, you practice it every day; it's not something that you just fall off the turnip truck doing, or put away for a while and pull it back out and think that it's just going to be a natural process for your body to engage in.

If you're walking around disconnected - your head from your body - then nothing works together very well and it feels more chaotic. Whereas if you're in this collaborative relationship between your spirit, your heart, your mind, and your body, you can be the eye of the hurricane that's calm and serene despite of the chaos that's going on around you, which is, I think, probably the primary goal.

It's definitely why I did the Summit in the first place, so that life doesn't drain your vitality from you, so that you're able to show up in a way that's fully vital with all of your juice, all of your life force, all of your passion, all of your desires, and all of your consciousness in such a way that you're a light. You're beaming it out there brightly.

I so often see women that are having struggles with keeping their vitality up or having it drained, and I always ask all the experts that come on the Summit: what do you see as one of the primary things that's draining women's vitality today?



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**LISA GARR:** I think it's that we can't possibly prepare for tragedy, and when tragedy strikes, if we're already on the edge in our lives, then it can take away pieces of our soul unless we pay attention to it.

I was speaking with a friend of mine yesterday who had experienced a tremendous amount of loss in her life in just a short, short period of time - I think it was within six months she lost her mother, her two dogs, and her husband.

**DR. KEESHA EWERS:** Oh my gosh.

**LISA GARR:** I know, and she has always had such a blessed life; a kind, kind southern woman, very hospitable, beautiful family, and just the devastating blows that attacked her soul took pieces and chunks out of it.

I spoke to her yesterday and she said that she found this app called Calm. It's a really good app, I mean, it's got hundreds of different meditations that you can listen to at any moment of the day, on your headphones, wherever you are - if you're waiting in the carpool line, if you have an anxiety attack in the market, anywhere you find a space - and she said she listens to this several times a day, because, if she didn't, she would be completely numb.

I started to explain to her when you're doing that, meditation does so many things. It not only lowers your blood pressure, but then it starts to put you in a beautiful, relaxed theta state, and in that state, your brain, as you know, releases all of your happy chemicals. Those chemicals start to boost your immune system, and then that immune-boosting chemical then puts your body into homeostasis.

All of a sudden, you're making better choices, better decisions, you can think a little bit clearer, you can come up with a solution for the next moment on how to cope with it. It's very, very interesting how that works. I always find it so amazing that the word medication and meditation is separated by one letter.

**DR. KEESHA EWERS:** It's true, yeah.

**LISA GARR:** You always type it in your phone and it spell-checks to medication. I'm like no, no, no, no.



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**DR. KEESHA EWERS:** Well, Susan Mead who wrote a great book called, I think it's *Dancing with Jesus* - and of course, I'll probably get that wrong - she's also a featured speaker today on September 11. She wrote this book as a response to her own grief process of losing her son.

You're right, loss of someone or something that's dear to us is a very real, human experience that we all are going to go through. I agree with you. You can't really get yourself ready for the loss of a child, or a spouse, or your parents.

But you can go to the "gym" in terms of getting your parasympathetic nervous system toned up. I always say that the universe, or God, gives us resistance training; that's the gym for our spirit with our stressors, right? If we just eat sugar or watch television or go shopping as a response to that, we're actually not getting the workout that we're supposed to get.

Ajayan Borys did a talk during all the Ayurvedic talks, and he gave a free-guided meditation; he's a meditation master and he wrote this wonderful book called *Effortless Mind Meditation*, and that's what the whole talk was about.

The bonus material that I'm giving away on this Summit is a free autogenic training program and progressive relaxation audio that you can just follow along. What it does is it's taking your parasympathetic nervous system to the gym; it's getting it toned up so that when the inevitable stress that you don't think you can manage does happen - and it will - you've got some muscles in there to put to use to get yourself through it.

I love what you said - I think that's so important.

**LISA GARR:** I also did a whole series that I just finished called *Reset Your Brain for Success*, and several years ago in 1999, I had a horrible bike accident. I used to be a competitive mountain bike racer and I fell off of a cliff, essentially cracking my helmet in about 13 places. I wound up unconscious for a very long time; long enough for medics to find me and airlift me to the hospital. I woke up in the hospital.

During that time of recovery, I had no idea of the severity of the damage that I had done, as happens with many people with brain injuries. Especially now, I'm so grateful for the enormous amount of research that's being done by Dr. Amen, and so many people, around concussions in movies and everything. It's great.



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But for anyone who's ever had a traumatic brain injury, you don't know something's wrong until you can't function, and it's mostly the people around you that notice it. I would end up staring out a window for a couple of months until my business started falling apart and I realized that I didn't even realize I was in trouble; you don't.

When you have that level of an injury, you can only tell by the level of response that you're getting back from people saying "Well, you said this, don't you remember? You told me to do this, don't you remember? You forgot this." That had happened so many times that I became afraid of myself, afraid of the fact that I was having entire conversations that I couldn't recall at all.

When that happened, I did a lot of EEG, neurofeedback, light therapy, all of that. Everything worked and helped me so much.

But the most important thing that I realized is that it is a daily practice the rest of my life: to wake up with this brain that is healthier than it was when it was damaged, but it is a daily resetting pattern of my brain that I need to do every day.

You don't have to have a TBI in order to go through this. You could be a stressed out mom with ridiculous amounts of cortisol running through your body. All sorts of things can cause that brain imbalance.

I have these daily anchors, they're tiny, they're very small, they're extremely doable, they're simple, you've heard them a million times, but it's getting them into your life, it's getting them into a daily practice.

One of them that I talked to my friend about yesterday was – and you've heard this so many times – starting your day off with three things to be thankful for. Just say thank you for my health, thank you that I woke up, thank you for whatever. It starts to change the chemicals and the hormones in the brain.

You're the doctor, I'm not, but you know the benefit of something like this. That's just one thing to do. So you start a daily journal of little techniques that you can do daily.

You know how you keep a food journal and you can drop five pounds that way because you realize all the hidden things in your diet that you're unconscious of eating? Well, this works the same way, but it's more of a consciousness journal.



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It's an aware journal where you list five things a day that you're grateful for, and then the next day, you do something else that just resets your consciousness. It's so simple. You can throw the food journal in there too while you're at it. Since you've got the journal, you might as well go for it.

I love things like that. I love doing that type of thing. It just resets my brain every single day. I wake up with a brain that is completely offline. I'm getting better, but it's a work in progress.

**DR. KEESHA EWERS:** You know, what you're saying is really important. I just came from an event last weekend. It's a Mindshare event that JJ Virgin puts on for people that are in the health space and being an influence out in the world, to raise people's awareness about finding the root cause and living your life to your fullest potential.

The thing that she talked about - and she's got a documentary coming out about it and a movie - is her son's accident. Grant Virgin had an accident where someone hit him with a car and he had a very bad, traumatic brain injury and they didn't think he was going to come back.

She actually told that story last weekend and introduced a really wonderful non-profit group that's doing a lot to raise money for community support after people have a traumatic brain injury. It's called LoveYourBrain.

I'm just going to put a shout-out for them, because it was started by Shawn Pearce's brother Adam. He was a high level competitive Olympian snowboarder. He was in a snowboarding accident and wound up in the same place and is still recovering from a TBI. He hasn't been able to go back to competitive snowboarding anymore.

Now he's focused on this non-profit, which raises money to bring people with TBIs together and learn some of the important tools that they need to get their brains tuned up for the rest of their lives. To do it in community, I think, is so important.

So these practices that you're talking about, the value of them can't be overemphasized. I'm so glad that you've put something like this together. It's so important.

**LISA GARR:** Yes. I heard JJ speak and it was an amazing story. A lot of her friends, I use their supplements as well; it's also about supplementation. Dave Asprey and Bulletproof, and all of that, are things that I also use as well, because in addition to the mind practice, you also need the supplementation practice, you absolutely do.



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I really love the topic of biohacking. I just interviewed somebody about this yesterday. They have this whole think tank on biohacking and it's really fascinating.

The fact that we have depleted soil, contaminants in the air, superbugs, super viruses and super stress, means we are having to look at the human body to find out what its full, true potential is, especially for our children. They already eat healthy, maybe they're already exercising and doing sports and stuff like that, the speed of life is just going to continue to increase. If we can't find new ways, other than just taking a multivitamin every day, to really access the brain in its ultimate capacity, I think that's the way in the future of medicine.

This particular guy I was talking with yesterday was talking about the overuse of Adderall in our teenage communities in college. The kids that are on Adderall are driving up the grading curve and it's forcing kids that would never be on it to get on it. And that just works on stimulating one neuro-pathway, one neurotransmitter.

He said that there are natural supplements available that can actually enhance the whole brain functionality that are non-prescription. They work in a whole balanced format, because they need the support of certain vitamins – all the Bs and Cs and Ds – in addition to certain neurotropic whatever's - I don't even know all the stuff, there are like 20 different things.

I honestly think that that's what we need to learn: not to go after the quick fix - because it is a quick fix, instant gratification society - but looking at whole systems of what works, instead of just one thing.

I truly love what you're doing. That's why I interview multiple people rather than just one all the time, because not one way works for everyone; everybody's different and all of us need multiple things.

**DR. KEESHA EWERS:** It's true. I do something that came from my own life experience; I created the Freedom Framework, which looks at four different ways of getting underneath any problem - no matter what it is - if you want freedom from it. This will go toward any disease, any problem in your life.

Those four steps are to uncover the root cause, to confront the data that you've come up with, to connect the dots between what you're doing in your life that's creating this issue, and then create a life that you want that's full of vitality.



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Underneath that uncover the root cause - which as you were saying JJ and my friends do - we're looking at five different root causes when we're doing that: physical, mental, emotional, spiritual, and then I add story in there; how you've written your story from childhood, what are the meanings you've created from that, and then the behaviors that emerged from your belief systems.

All of this is so important when we're looking at healing anything. It isn't just about one thing, and there is no one right way. It really is about your unique genetic makeup, your ability to detox the toxins you're exposed to, and those toxins - I'm giving a TED Talk about this next week - are also emotional, spiritual and mental.

It's not just the plastics in our water supply and the aluminum and the mercury in our teeth. It's also our thoughts and our beliefs and how we show up with our stress, which is what awareness practices are all about.

Coming back around to this idea of awareness as a path, I think it's really important, the work that you're doing about this, because isn't that everything, awareness?

**LISA GARR:** Yes, it ultimately boils down to that. That meaning piece is really interesting. I was thinking about that yesterday. A very, very important piece is the meaning that we give things.

One of my daughter's friends, her parents are going through a divorce, and it's challenging for the daughter to go from place to place and home to home. This is new for her, so I asked her "Okay, what meaning are you giving that?" And she said "Because my stuff is in two different places." And I said "Well, what meaning does that give you?" And she said, well, she wanted to just have the whole family together, but there was so much feuding within the family that she didn't want that either.

We drilled into the meaning and by the end of about five or six questions - we would just go "What's the meaning of that?" and get deeper into it - she was able to take a breath and realize she could handle it, that is was okay, and that, ultimately, recognizing the moments that she was in made her happy. At that time we were sitting in a horse barn and it was beautiful and it was peaceful and it was quiet, and she actually enjoyed the moment.

So yes, there are things that happen that can otherwise be viewed as horrible and make you very, very stuck because of the meaning you give it, and if you can loosen that up a



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little bit, that can help you breathe and make better decisions. I love that you added in meaning to that.

Sometimes you wind up accepting it if you can't change it, or you find out that you can change it because you're back in control, you're back in the driver's seat.

I'm pretty sure that you would see most of those unresolved issues go back to the root cause of the disease or the illness, right?

**DR. KEESHA EWERS:** Exactly. I have a seven week program called *The Libido Cure*, and what I'm doing with women is helping them understand that how they show up with their sexuality and their sensuality is just this tiny pie slice of how they're showing up for everything in their lives. Where you're blocked in one area, you're going to be blocked in others, and you have to go through all five of those root causes.

Those meanings - I use sexuality as a really good reflection, because it's when we're the most vulnerable, and it's so easy to see when this is showing up.

Remember, your brain is not developed until you're 26-years old. So when you're a kid, going through something like your friend with the divorce, you're making up meanings with an undeveloped brain.

Kids in their human growth and developmental stage, are supposed to be self-referencing. That's how they are. They're not supposed to be making up adult-enlightened meanings to their environmental experiences, so they're going to make up a meaning that's self-referenced, it's about them. And they usually take on the blame if something's going on, like "I'm not worth staying with. I'm not deserving of love."

In my case, I was sexually abused when I was 10, and I made up a story that I wasn't worth protecting, or that I was invisible, and people wouldn't listen to me when I told them. So that was a 10 year old's meaning. The belief that I came up with was "I'm not important" so I chose behaviors to match that, which meant I tried to be perfect.

It was an elementary school vice principal that was doing the abuse, and of course, I was being called to the office. That meant I was bad and so my behavior was to be as perfect as I possibly could.



Well, how many women have that behavior from this kind of a belief? So many. Perfection needs to be redefined. We're perfect with our flaws. We're perfect with our mistakes because we're learning and growing.

This idea of trying to be the perfect mother, the perfect wife, the perfect entrepreneur, or employee, or child of God, or whatever it is that you're trying to be perfect at - and usually, if there's one place you're trying to be perfect, it'll be everywhere - is not sustainable, and not possible. This shows up for a lot of moms, right Lisa?

**LISA GARR:** Absolutely. You know, it's really funny, because last night, I got together with seven mom friends of mine, and we went to go see the movie *Bad Moms*.

**DR. KEESHA EWERS:** My daughter saw that, she said it was hilarious.

**LISA GARR:** We went just for fun because we needed a moment. All we did was we got together, met for the movie, laughed a lot, and then left and then came back home. It was so fun.

The movie is a lot about women supporting each other. It's a lot about that. It wasn't a fabulous movie, but the idea that we need support from each other - it doesn't matter how, or from what background you're from – and that we need to support each other.

I have this fun network of moms - some of us work, some of us are stay-at-home-moms, some of us have challenge children, challenge husbands, whatever it is, and there's no judgment when we get together.

So I asked this group of moms after the movie "Alright, how many people had meltdowns this week?" Everybody raised their hand. It's the last few weeks of summer, we're ready for the kids to go back to school, we've been camp director all summer, and we're kind of all losing it because we're trying to work at the same time. Every single woman thought they were the only one going through that.

It's really great to get together with just small groups - it can be two, three or seven - and just say "Okay, this happened this week, no judgment, let's learn from it and move on." I can't tell you how much that helps. That helps so much to have a little network of friends, it helps a lot.

**DR. KEESHA EWERS:** I couldn't agree more. I think that if you live your life in a way that you're the self-sustaining center of your universe, then you're never going to know that there are so many other people out there that are going through the same thing you're going through.

It's so helpful when tribes of women get together and they can hear "Oh, you do that too?" Or "You've had that problem too?" And that's what group support's all about. It's so important.

**LISA GARR:** Yes, yes, it's very important. I remember interviewing somebody who was talking about anthropology, and I asked this person "What is the anthropological survival reason for a gossip? Why does that exist?" This has stuck with me ever since I had this conversation. This person said gossip existed in the cave woman days for women – survival of the fittest – to understand there's another woman who might have your husband as their predator. Or if there was somebody who wanted to direct you to the wrong meadow to eat the poisonous berries so that they got all the healthy berries for their family.

I remember going through this conversation realizing "Wow, gossip was a survival technique" or at least it could have been, say it was a theory, say it's a story.

It no longer needs to exist today. There's no reason for it to exist today because we're evolved, conscious beings and we can definitely evolve out of gossip. It can be very, very harmful. It's a giant waste of time. And do you know, if you're gossiping about somebody, that they're going to turn around and do the same thing about you. It creates a toxic spiral of a cyclical relationship.

So I chose to remove myself from any conversations that had to do with talking about other people badly. Whenever other people started to engage in that, suddenly I actually realized that people didn't talk like that around me anymore. They'll start and then they'll stop, because I made that conscious choice to not do that; not to tear anybody else down, lest I be torn down.

I'm talking about women getting together - that definitely can be a tendency. It's a very archaic tendency and it's important to recognize it so that we don't do that to each other, so we lift each other up.

If somebody's in trouble or doing something that might harm themselves, then say something to them, but in a compassionate, non-judgmental, loving way. It's a very important part of having vitality as a woman. I've learned this.

**DR. KEESHA EWERS:** I think *Mean Girls* is an iconic movie for a very good reason. Every girl has experienced a *Mean Girl* moment, either being on one side or the other of it, and both.

Every human has the same personality characteristics and traits. We just feed them differently and so some are stronger than others. But we all have the propensity to be mean, cruel, nasty, gossipy and judgmental. We also have the propensity to be kind, compassionate, loving, integrative and healing. Whichever one we feed the most to grows the strongest.

Just like the Cherokee fable of the boy going to his grandfather and saying "How do I become a good man?" And he says "We have two wolves inside of us, one is dark, one is white, and whichever one we feed the most to grows the strongest."

So I think that when we can look back and see how it felt, that's the empathy part. I believe empathy is one of the greatest parts of awareness that we can grow for ourselves. It's like "Oh, yeah, I know how that feels to be that way, so I am going to commit to not doing that in my life" and then having boundaries, like you said, with people that do.

I also don't have people gossip around me, and do *Mean Girl* things around me, because I don't do that.

**LISA GARR:** I can't stand it, I know. It's too hard.

**DR. KEESHA EWERS:** I used to. I know darn well I've hurt people unintentionally, and people have told me that. Then I'll say "Oh my goodness, how can I make this up to you?"

We hurt people inadvertently all the time, because people make up meanings about our actions, and that's part of their story. Communicating and expressing your feelings and being empathetic, these are all parts of being super aware about what's going on for you, rather than blaming and shaming others for your realities.



**LISA GARR:** It doesn't have to be a goody-two-shoes, vanilla-iced conversation. You can still talk about issues that bother you, things your kids did and work related stuff. You can have a full relationship without having to talk about other people.

**DR. KEESHA EWERS:** Right.

**LISA GARR:** It's possible.

**DR. KEESHA EWERS:** It's true.

**LISA GARR:** I mean, if somebody is doing something that you see is harmful behavior, of course, say "Hey listen, you might want to look at this because this doesn't feel good if it were being done to you" or something to bring consciousness to it.

Everybody's got their own path and it's important to honor and recognize that path and have compassion for those that might be on it.

We might be like "I shouldn't have done this. Oh my gosh, I should never have dropped my daughter off at the mall. What was I thinking?" You wouldn't know unless somebody else came to you and said "You know, that's not safe." Then you just say "Oh, okay, got it. You're right." So you realize things like that. It's good, and it also is not good.

I love the courses and what you teach because it sounds like you get to the depth of issues underlying the surface and really get to what's important.

But back to the conversation in the beginning about setting the anchor and about having a daily practice that can be good for you. I think one of the keys to staying sane, to being resilient - and even to catch your unconscious habits and patterns - is whatever time you might spend on Facebook or watching TV or shows, or whatever it is, or maybe even working too much - in my case, I feel like I can never catch up, that I'm never going to get on top of it all - is the more you protect that daily practice, the easier your brain will be able to self-organize and self-regulate towards what's important, and you can start to catch your own mistakes and be the observer of your behavior.

That's so important when it comes to catching yourself and recognizing yourself. I had that amazing opportunity to interview Eckhart Tolle the other day, and he had this experience when he was 29 when he was very depressed. He had a dark night of the soul

moment where he said "I can't live with myself anymore" and in that moment, he had this extreme epiphany: who is the self, really?

Then he spent the rest of his life exploring the observer of the self, the mental mind separate from the being, which is our true being-ness - our true essence - and the self, that mind, is often the observer. If it can be the observer of the being-ness, then all the mind goes away and you can get absorbed in the being-ness.

That's what his idea of the power of now is all about; to stop the monkey-mind and to stop the judgmental mind and to stop the punishing mind. The way to stop that is to move into the being-ness of who we are.

That was such a beautiful reminder of how we can truly separate ourselves from our to-do lists and our craziness and our busy days and all of our commitments to everyone else, and to lose oneself in our being-ness once or twice a day. That's what our practice gives us, the sense of who we are and our connection to the god of our heart and the divine.

In that moment, you can have your gratitude practice, you can set goals, you can set intentions. That's your space to lose yourself in, your being-ness, and I think that is our daily medication.

**DR. KEESHA EWERS:** Very, very true. I had a dream many years ago. This old man kept appearing in my dreams and I went on a Vipassana Meditation retreat - which is a 10 day silent retreat - and I met someone that asked me on the Rideshare program if she could have a ride down there with me. So I said sure. We were in the car for three hours together each way.

We got into a conversation and I told her about this dream that I'd been having about this old man. I found out I was going to be going to India for the first time - this is way over 10 years ago - and I said "I'm not sure where I want to start. I'm going there to finish up my Master's degree in Ayurvedic medicine, but I also want to do some other things." And so she recommended I read this book. I ordered the book and I'm cooking dinner when it arrives. I open up the package and here's this old man. I said "Oh my gosh!"

**LISA GARR:** Wow!

**DR. KEESHA EWERS:** "This is who's been coming into my dreams." His name is Ramana Maharshi. He was long dead by the time I picked up this book. So I started with

going to Arunachala where he lived - a mountain in southern India - and I spent some time down there. I went into a meditation practice while I was down there, and my body just appeared. I went into what felt like this kind of fire. The question that he would always ask people was "Who am I? Who are you?" Like the question that Eckhart Tolle asked.

So that's exactly where I've been for that many years, in that place of always asking that question. When I do psychotherapy for my clients, at some point that comes up, where I ask them "Can you really examine who are you?" And it's not wife, mother, sister, daughter, doctor, soccer mom, whatever it is, it's not that. Those are roles that you play, and that's not who you really are.

Who you really are has to be explored with more depth as the essence with the divine; the connection that you are to God. Whatever it is that you come up with, that answer is going to be something much deeper than these roles that you're trying to be perfect at.

I always think of it as like the static on a television and when you finally click into the channel. Instead of those lines, you're at your essence of who you really are. All the other stuff is just static to help you in your own journey of awareness, and not to get too distracted by it and focused on it as the ultimate of what you're trying to accomplish in your world, because that's not it.

**LISA GARR:** Right. And it usually shows up when you are in that moment of crisis, or when things do break down and you have that meltdown.

I think as women, we sometimes just take things on because we can, because we're very capable and we're very good multitaskers. We say "Okay, I'll just do that, because it's right here and I can just take care of that" and then it gets layered and layered and layered on and we don't speak up. We don't say "Can you help me with this?"

We want people to mind-read and see us in this rushed, hurried mess and ask us for help. We want people to read our minds and say "Oh, she needs help, let me ask her." We want that, as women, from our husbands, from our kids. We want them to read our minds and to know when we need help. But they can't. They won't.

I tend to not ask for help because I tend to think I can do it by myself. I think it's going to take less time to do it myself than it would if I have to explain it to someone else, then for them to do it, and they're not going to get it right anyway.

**DR. KEESHA EWERS:** How many women do this? I mean, honestly. This is the path, learning how to ask for help earlier.

I did a little video before the Summit started that went out, and it was about this; asking for help far earlier than you think you need to because it is not fair to expect people to read your mind. They can't.

**LISA GARR:** I started to do an inquiry into myself and say "Why do I get to this place where I blow up and don't ask for help earlier?" So I just started to look and say "Well, I did ask for help here, but then I got interrupted. I started asking for help here, then I got distracted. I tried to ask for help here and then something else came up." I had tried three times to ask for help.

I started to see what the pattern was of how many times I went to ask for help and couldn't, and realized there's a huge sabotage thing that's happening here. Either it's myself or the boundary, whatever it is.

So then I sat my family down and I said "Here's three times where I went to ask for help, and there's the three things that happened." They were nobody's fault; something broke, a light switch broke, or something had happened, and I'm like "Wow, this is really great, great awareness that I can ask three times for the same thing and still never come up with a result, and then wind up having to do it myself. Okay, cool, that is really good."

**DR. KEESHA EWERS:** The other thing is people ask for help and they don't get it in the way that they pictured it that they wanted. They're not open to having someone negotiate with them, which is what we need to do ourselves.

When someone asks us to chair the next committee for whatever organization that we're involved in, and we honestly don't have time, we can negotiate that and say "I can't do that right now. I can do this, would that help?" Role-modeling is really important

When you have somebody coming to you and saying "I can't do that right now" then you can negotiate back and say "Well how about this?" instead of feeling like "I'm not worth helping" or "No one's here for me and I have to do it all myself." There are so many women that get caught in that.

If it doesn't match the picture they have in their head, then it's not being done. "My husband doesn't love me." Well, they're maybe speaking a different love language than you. They do love you, but they're not reading your mind, and you've got to communicate more and negotiate. Negotiation is really, really important if you're going to have vitality.

**LISA GARR:** Yes. The market is a very good example of this. I'm the food police. I will look at the labels and I'm very picky about what goes in that shopping cart. I organize the meals in my head. This is like a 45 minute to an hour experience for me, to go to the market. Now, I hate going to the market.

**DR. KEESHA EWERS:** Yep.

**LISA GARR:** Because it is so time intensive. I know that my husband can't possibly go and get the exact same things, because I look at the packages differently, and it's going to take me longer to explain what to look for in the ingredients than to just whip around the perimeter of the market and do it myself.

We had this conversation the other day, and there are a number of online markets these days that will deliver exactly what you want. They have great programs where they offer discounts - they were really expensive at one time - but they're getting so much better now with offering discounts. You can get automatic shipments of the stuff that you don't want to go get, like cat litter and stuff like that. You can have those household items shipped to you on a regular basis, and they're less expensive that way anyway.

There are so many different ways to take the things that are the source of your pain out of your life so that you can focus on the very important issues. We can create more time, because more time is what we really want. More time with our families, more time to meditate, more time to make clearer decisions, and if we can get those mundane things out of our lives - which are so easy these days with automated programs and systems - we could make our lives a lot easier.

I would love it if someone one day came up with the practical things that women hate to do and how to make them automated.

**DR. KEESHA EWERS:** I know. Although, half the time when we automate things, they break down.

**LISA GARR:** I know. Having cat litter shipped to me once a month is not a problem. I think I can handle that.

**DR. KEESHA EWERS:** Truly. That's a really good self-care tip. What are some other self-care tips that you do for your life, Lisa?

The subtext of the Summit is the Woman's Vitality Summit: Caring for Yourself, Body and Soul, and I always ask each person as we wind up, what are the things that you do for yourself that you can pass on to other people? Having things directly shipped so you don't have to go to the market is perfect.

**LISA GARR:** Yep. If you have younger kids in school, you could lay your stuff out ahead of time, the night before. Get the lunch bag ready the night before – I still make my daughter lunch because I am the food police! I love the preparation of doing things the night before so that you're not hurried.

I have my morning exercise routine that I defend. Every now and then it won't happen, but every morning after drop-off, or after whatever I'm doing, I need to move my body and my brain wakes up during that time.

I use my exercise as my meditation many times. I will either run or bike or walk, or whatever it is, but I can escape into that hour and literally let my thoughts just go. I really just get some thoughts out and work some stuff out in my mind so that about 30 minutes into it, I get to a place of zero. Then I can start to place items going forward in my day, my list of things to do.

Here's another huge tip: remember I talked about preparation? If you have a really busy day, prepare your meals on Sundays. Make Tupperware containers of things like turkey burger patties. I did a big pot of cauliflower rice with vegetables in it, and precooked a bunch of sausages.

Throughout the week, I can take my vegetables and my salad - I made a huge Tupperware container of kale salad, and that lasts throughout the week, which is great - and I can take that and mix it up into different containers and grab a quick lunch, and have meals ready for dinner so that dinner is ready and done in 20 minutes.

That's another huge thing for me, rather than grabbing unconscious food. When you hit a low blood sugar level that's going to cause more damage than it's worth, preparing food is really important because it supports your brain.

When you have healthy meals throughout the day - if you can do three or four healthy meals throughout the day - then you're not snacking. You're not punishing yourself for the snacking. You're not grabbing sugary foods. You're keeping your blood sugar balanced all day. That's another big one for me is preparing my food. Literally Tupperware or glass containers in the fridge, that's important for me. It's also good for kids too, because they go in and they can grab healthy snacks from the fridge and they're not going after the carbs. The quick stuff is not going to last long in your body anyway.

**DR. KEESHA EWERS:** I'm a huge fan of advanced food prep. We cut up a ton of vegetables on the weekend to get us ready for the coming week and have them all organized in the refrigerator in containers. We precook as much as possible.

Sometimes it's just my husband and myself at home now because my youngest daughter is coming and going all the time. He laughs at me, because I still cook for an army. I have four children, so I cook enough for six people, and then I put it in the freezer.

I tell him I'm never going to stop doing this, because then I don't have to be in the kitchen every single day for a long period of time. I can actually pull things out that I've cooked that I know are sustainably harvested, that have good animal husbandry behind them, that are the healthiest things possible, and all of the key ingredients I want in there are organic. It makes it quick and easy food, but I prepared it with all the best ingredients, and so it's a fantastic way of going.

**LISA GARR:** I also use a lot of protein shakes, and so forth, for my life. Like today, the workout happened this morning, I got my daughter hooked up with her friend - because it's still summer - grabbed a protein shake, and I'll sit here for a couple of hours doing interviews and shows, interviews and shows.

That's a really quick meal for me, so protein shakes are also huge for me. I use Isagenix. They've got great system of sustainable foods. Good culture of people too. I do recommend something that you could look into that gives you not just a shake, but that's got a culture behind it of meaning, of purpose. I like stuff like that, that has a community hooked into it. That's kind of fun, rather than just throwing fruit in a blender.

**DR. KEESHA EWERS:** I've got my green drink in front of me too. It doesn't have any fruit in it. It's made with pure and paleo protein powder from the Dr. Keesha website from functional nutrients. It's the same idea where it's a good, healthy protein that I can put with a bunch of vegetables and some fresh ginger and some ground flaxseed, a little coconut oil, and I've got a great meal for myself that I can sip on while I'm doing interviews, which is exactly what's happening right now.

**LISA GARR:** Good for you. We live similar lives, which is really cool.

**DR. KEESHA EWERS:** Well it's a good way of keeping yourself healthy. I interviewed Leanne Ely and one of the things that she said is "I am hyper-vigilant about guarding my health." And I thought that's a great quote. There's nothing that's going to come in between her and her health. You would be that way for your child, so I'm always saying to women "Please be that way for yourself."

**LISA GARR:** I'm that way about my workouts. I'm hyper-vigilant about my workouts because I have to be. It's the only thing that resets my brain chemistry every morning. Once I start, it's like oil in a car: it lubricates the rest of the working parts.

For me, my blood is my oil, and I need to move it so that it doesn't become stagnant, and every single day it works for my brain, it works for my body, and I will defend that every single day. I will make it into my schedule; it's not just something that I do after everything's done, it's the first thing that I do.

**DR. KEESHA EWERS:** Beautiful. Well Lisa, thank you so much for sharing even a tiny fraction of your wisdom here on this Summit for our participants. I really appreciate the time that you've taken.

**LISA GARR:** And you, too. I would love to interview you on one of my shows as well, because you have a lot of great wisdom as well, and tips and techniques, and all of it sounds great.

**DR. KEESHA EWERS:** Perfect, we can email each other after. I've got your information on your speaker's page on [WomansVitalitySummit.com](http://WomansVitalitySummit.com) and a link to your bonus material, how to find out what you're up to and what your next things are so that people can get a hold of you.



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Everybody, remember to keep on loving and laughing and learning, and being the most fabulous versions of yourselves, until next time.