

Dr. Keesha Ewers: Welcome to The Woman's Vitality Summit: Caring for Yourself Body and Soul. This is Dr. Keesha Ewers, your host, and I am very blessed and honored to be interviewing Master Mirva for this session, who is an exceptional teacher, soul healer, and soul communicator who helps others to understand their life challenges and empowers them to heal every aspect of their lives, including physical conditions, emotional and mental issues, spiritual matters, and relationship challenges. With her professional background in leadership development, Master Mirva uses soul power techniques to offer life guidance for career choices and challenges at work. Master Mirva dedicates her life to assisting others in awakening the power of their own soul. Welcome to the summit, Master Mirva.

Master Mirva: Thank you so much, Dr. Keesha. I'm so excited and delighted and honored to have this opportunity. Thank you very much.

Dr. Keesha: Oh, you're so very welcome. I'm so happy to be able to introduce you to all of these lovely women who are here to hear about vitality, and I always start every interview with a reminder to us all that vitality is our life force, our life energy, our juice to live our soul's purpose, and one of the reasons that drove me to do this summit was in my clinical practice, I'm seeing so many women drained of their vitality, and so I always start with asking each expert that comes on and does an interview with what do you see, Master Mirva, as one of the biggest drainers of women's vitality in our era today?

Master Mirva: Great, that is a wonderful question. I see a multi-level matter or topic: I see it as a spiritual issue in that if we are not clear of our purpose, what is our deepest desire, purpose, aim, and drive in life? It affects everything. It is, of course, physical also, because if we are continuously giving out and depleting our resources, be that physical, energetic, emotional, mental, or spiritual resources. A lot of women give out a lot, so I see that very often there's an imbalance of giving out and nourishing and building our own internal resources. So, there's much we can do in that regard to boost ourselves in every way on every level, so that we then can embody our bigger purpose: to simply give that out, to radiate that out, to embody and emanate that out to others, so it's not a process that is taxing on a daily basis or over our whole lifespan.

Dr. Keesha: That's a really good answer, and interestingly enough, it's been the same answer that almost every one of the 53 people that I've interviewed has said, that this over-nurturing and over-caring and not receiving and not taking space to care for one's own self, empties our bucket and kind of drains us, and makes it so that we're not available in a way that's in alignment with our highest purpose. And so we get, of course, very challenged in that way, and I love what you said. So, let's talk about then how to nurture a relationship with one's self.

Master Mirva: Great. When I-- in 2008, I had been on a spiritual journey for about 15 years: followed, studied, researched many different modalities and teachings, and then I found

the teachings of Dr. and Master Zhi Gang Sha. He talked about the soul in a different way than I had ever come across before. He said your soul is a golden light being. He said your soul is your best counselor, your best advisor, because your soul carries the experience, wisdom, knowledge, and so much more from all of your lifetimes. I started to study how to connect with my soul, because I realized, "Okay, I have my body's soul that I have not really connected with in the deepest way." So, I started to commence my day in a different way. I wasn't the most disciplined person in doing meditation or self-care, because I always felt like, "Okay, there's the next thing, gotta go do that, gotta look after that." I was very driven.

So, I changed this by starting my day by myself, with myself, for myself. I started to do foundational energy practices. I started to connect with my own soul as well as the soul of all of my organs, my systems, my chakras, that build and boost energy, revitalize, nurture, and nourish every aspect of my being. I learned how to communicate with my soul, so I would ask questions. I learned how to release my soul's language and how to receive messages from my soul in a particular way through allowing my soul to speak through me. I would ask questions about - I was in the corporate world; I often had complex situations, people issues, technical issues - how to release challenges where business partners were involved, and I would not be able to resolve these with my mind. So, I would ask my soul, "Okay, what is the guidance? What do I need to do, because I don't know. I've done everything I can think of." So, the wisdom, the power that was released through this higher intelligence - that was me, yet it was beyond what I had known before - was so powerful that it opened my heart much further. It gave me tools and practical techniques what to do that I had never accessed before, and I couldn't have come across by my own logical thinking.

And I noticed that things started to change: my communications didn't need to be challenging with people, it wasn't about who has the best answer. The wisdom that I was starting to be guided by, from my soul, carried higher intelligence, which carried higher messages, so there was no more conflict. I didn't have to feel compromised, I didn't feel that I was particularly drained by those interactions, because the charge was reduced. People would hear me differently: they would receive the conversations and the interactions very differently, because they would feel the frequency, the energy where I was coming from, was different. So, this started to change just about every aspect of how I started to bring myself to the world, to the relationships, to the interactions.

So, it changed my relationships with others, it started to build and develop my own relationship with me; that there was more to my being in this world than I had known about before. So, that's quite a long answer, but that's how I started. Then I started to learn how hard I had been on myself - I was my biggest critic - how hard I had been about myself and toward myself and how little I actually had accepted myself, forgiven myself, and how little I had given myself love, as the expression of the divine, that I was just like everybody else was. I would see these qualities in others and I could not see them in myself. So, I had to pause and realize that other people were seeing in me what I saw in them. So, moving--

Dr. Keesha: I think this is very, very important, because I often say women are overscheduled, overstressed, and overly self-critical, because they are not seeing what's so wonderful in themselves and not forgiving themselves, or, oftentimes, forgiving others, too. So, self-forgiveness, self-recognition, self-awareness, all of this is so important when it comes to finding your worth and knowing that you deserve taking care of yourself, you deserve love, you deserve that space first thing in the day to set yourself up for communications that will be loving and compassionate, because you've had them with yourself first. And I think that's so vital, what you just said.

Master Mirva: I agree. I agree, because then, when we can let ourselves off the hook, it's much easier to let others off the hook. And it expands our view for acceptance: understanding the pain, having the awareness that actually every single person on this planet suffers one way or another. We've come here to learn, to resolve these patterns of suffering so we can stop the cycle, and it's important to realize how to do this with ourselves so we don't then extend that to others. When we stop judging ourselves, we can stop judging others.

Dr. Keesha: So true. So, judgment, of course, is the voice of the ego that will speak in one of two ways: either you're inferior to others or you're superior to others, and judgment is the tool that the ego uses to do that, and so if you can pull out of that, then you can just be in the space of compassion. Of course, that doesn't mean you don't have boundaries with people that are acting out of integrity around you, but it can keep you in a compassionate boundary-setting place instead of a judgmental one.

Master Mirva: Exactly. Exactly. And what I found-- Master Sha teaches very simple Four Power Techniques, and the fourth power is the soul power. I found this the most effective and the fastest. When I use the Four Power Techniques to transform the negative mindsets, negative attitudes, negative beliefs, all aspects of the ego - just like you said, the whole spectrum - and attachments, I started to change all of that about myself and therefore, my interactions with others. So, accessing the soul by directly saying hello to our soul and asking for the soul to heal all our-- because the soul is the boss of the mind. In this era, we are living in an era where the soul is actually the boss: it's soul over matter. We have made great leaps and bounds with the mind over matter, but Master Sha discovered that it wasn't enough though, and that's how he found that the soul is the boss of the heart, mind, energy, and matter, in our whole being. So, when we address everything from the soul, all of these mindsets and how we view the world, our perspective about ourselves and everything and anything, can just expand and let go of all of that is the negative and filter it.

Dr. Keesha: Beautiful. So, you talk about seven soul houses in the body and you have practices for healing those, and I would love for you to talk a little bit more about that.

Master Mirva: Great. Many people know about the chakra system, and there's many teachings, especially the yogic systems, talk about them. Master Sha calls them Soul Houses. He published teachings - one of my favorite books is the book called *Tao Song, Tao Dance: The Sacred Sound Movement and Power from the Source for Healing, Rejuvenation, Longevity, and Transformation of All Life*. This practice was one of the first practices that I used to do on a daily basis. Every day in the morning, I would get up very early and I would drag myself out of bed, because I was tired every single morning. From the moment I sat down to the moment I was finished, I completely transformed myself every single morning. When I did this for the period of over 30 days, I realized how much everything had transformed over the period of time. Master Sha's teaching, what he received from the Tao source is a little bit different in regards to the significance of the chakras or Soul Houses than some of the other teachings have.

The first Soul House at the base of the spine inside the body is a point for all kinds of healing; it's like the gate opener. If this Soul House isn't open, it's very challenging to open any of the other chakras or to develop them or to have the life force flow, and the life force can flow in two directions: it can go up the central channel all the way to the crown of the head and come down in this space - there is a larger energy space in the body called the Wai Jiao - it's as wide as your back, it's in front of the spinal column, it's an energy space - and the energy flows down all the way back to the first Soul House. This is the chi channel: this is the channel that flows in this direction for all-body healing. It can also flow - and we can direct it to flow - in the reverse order. Then it goes up from the first chakra, up through the Wai Jiao to the crown of the head, and come down through the central channel. This is the circle that creates rejuvenation in the body. Healing needs to take place first so that rejuvenation of the organs and the systems can then follow. For all-body healing, for all-body rejuvenation, the first three chakras are the most important. The first chakra creates yin and yang balance in the body: it's a point for healing all sickness, it's the foundation for all of the other chakras. It's also the key chakra to develop for reproductive system, immune system, our sexual organs, increasing sexual power for those who need it or desire it. It's also the Soul House to develop to heal and transform challenges we have in our relationships. It's also the key chakra to develop confidence and stability, and these are very common issues. It's also the key chakra for long life. It connects us with Mother Earth.

The second Soul House, which is between the first chakra and the navel area inside the body, is a key chakra for boosting our foundational energy. It is relating to the large intestine organ, which is - of course, it's function is to discrete waste in the body - it's also key for emotional ability of letting go. So, this chakra is key for developing our energy, stamina, and vitality. It's key for rejuvenation as well as for losing weight, because of the large intestine correlation.

The third Soul House, which is about navel height inside the body, is very key for many organs and many systems like kidneys, liver, bones, gallbladder, eyes, tendons, stomach, small intestine, It correlates with the emotional body: anger, fear, and worry, also. It is also key for

developing our energy and stamina and foundational energy. It is key for the emotional aspects of developing courage, strength, fortitude, and persistence to overcome our challenges. It's key for nourishing our kidneys: when our kidneys are depleted, we are drained of our life force, our chi, our energy, vitality, and stamina.

So, for today's purposes, maybe just focusing on the significance of these first three Soul Houses, because they are key for your focus area of vitality and having that life force. Most of us do not have enough energy in this part of our body. Most of us have energy collide and sometimes get stuck in the upper half of our body. When we do the Seven Soul Houses practice, sometimes we can even just focus on these first three key Soul Houses, because the whole-- this is like the foundation of the house; it's the core, it's the engine. If this part of the body doesn't have enough energy, we don't have enough energy to open our hearts to feed our brain, we feel confused in the mind, in the thinking in our head. So, the vitality to do this comes from developing this part of our body, so this is the key energy practice, but also spiritual practice to develop for one's practice on a daily basis. This is what-- I will send the link so people can, as part of this summit, receive a video for free as a gift on how to do this practice, because there's not much time here. I would like to offer everyone a blessing - a healing blessing - for this area of your body to open that channel and to boost your energy and stamina, and then you can watch that video, learn how to do that. I also, actually, bid you practice five days a week on a free TV channel, where people could join, also, how to learn this, how to do this, to get a routine practice for yourself - you'll feel and experience the benefits.

Dr. Keesha: All right. Beautiful.

Master Mirva: Would it be okay if I offered a blessing for everyone at this point in time?

Dr. Keesha: Yes, absolutely.

Master Mirva: Wonderful. Great, thank you so much. So, if everyone listening to this, if you could place your both thumbs on your navel - this is exactly the area I was talking about: where you place your hands is where the energy goes. So, please take a deep breath in three times and breathe out, relax, and let go. One more time, breathe in and close your eyes. Breathe out and relax. One more time. And let completely go of everything and anything as you exhale. Allow your body to expand and open. Now, you can visualize, think, or imagine golden light inside your lower abdomen, that area behind your hands, and then simply relax. Open your heart and soul. I will use my soul song. Every soul has a language, every soul has a song, so I will ask my soul's song to serve you, to offer you a healing blessing to increase your energy, stamina, vitality, and immunity. However or whatever way is appropriate for you, right now at this time, for your [time is rewinding it? 26:20]. Simply relax and open to receive. Blessing begins.

[Singing 26:49 - 29:35]



Hao Hao Hao. Thank you, thank you, thank you. Hao means perfect, get well. It's like an ultimatum at the end. Thank you so much. Thank you, Dr. Keesha. How do you feel?

Dr. Keesha: That was so lovely and so soothing. Thank you so much.

Master Mirva: Thank you for the opportunity. I'm so excited to be able to serve everybody, and I hope everyone, yes, can experience that - as many people as possible.

Dr. Keesha: So, we have information on how people can reach out to you, Dr. Mirva, on your speaker's page on TheWoman'sVitalitySummit.com and I just want to thank you for the blessing that you have sung for everybody that is listening, and wish you well, and many blessings to you.

Master Mirva: Thank you so very much. I am so delighted to be part of an extraordinary summit like this, it is phenomenal. The Summit looks beautiful, all the work you have done seems sensational to me. I'm so grateful for your service for all the women, I'm so grateful to have had this opportunity to be part, and I'm looking forward to learning from everybody, and I hope that his has been of appropriate service to everybody and to help everybody to discover what is true for them. So, thank you very much for this opportunity.

Dr. Keesha: Well, on that note, I think it's a good time to end. This is, of course, September 11th, and what a perfect day to have such a beautiful blessing spread throughout all of the energetic layers of our selves and the world in which we all live together, so thank you again. Remember, everybody, to live, love, laugh, keep on learning, and be the most fantastic version of yourselves, until next time.