

Women's Vitality Summit

Dr. Keesha Ewers Interviews Liana Chaouli

April 2017

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit, everybody. This is Dr. Keesha Ewers and it is my great honor and pleasure to be introducing you to one of my favorite people, Liana Chaouli. She is the president and founder of Image Therapist International Inc. and is a globally recognized thought leader, style expert, and educator. She provides transformation through the empowerment of wardrobe and has spent two decades consulting CEOs, celebrities, and political figures on matters of self-image. As a developer of image therapy, she works closely with her clients on their personal and professional presence using analysis, physical appearance, and education to adjust attitudes affecting their self-esteem and overall sense of worth. Welcome to the Summit, Liana.

LIANA CHAOULI: Thank you, my dear.

DR. KEESHA: This is a juicy topic and I don't want any of our viewers to believe that this has nothing to do with them if they aren't professional career people because this has to do with all of us and how we live inside of our skin. I would love for you to start with what that means. You always call each of us our own masterpiece and I want you to explain that.

LIANA CHAOULI: You are, every human being, there's 7 billion of us, we are all our own masterpiece. God has put us into this beautiful masterpiece, our souls live in this beautiful masterpiece that happens to be the way we get to experience the world. Experiencing the world is not just from the outside in; it's mostly from the inside out in the way we show up in the world with all of the aspects of who we are. It's not just the way we look, it's not just our hair and our skin and who we are in the world; it's the essence of who we are and how that essence gets unfolded in the world. When we have fear or when we have joy, it always shows up. It shows up in the way we walk, the way we move, the way we talk, the way we interact with others. You're being-ness, your you-ness is the whole diamond of who you are, every single facet. Most of us, we don't think of it that way. We don't think of the fact that our clothes, this, is our second skin and it's closer to us than our breast-feeding child, it's closer to us than our lover. The only thing maybe closer to you is your G-string, but even that's a piece of clothing.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

DR. KEESHA: True. I damned uncomfortable one.

LIANA CHAOULI: I would say, in the words of image therapy, image therapy is a language. It's a language in the PhD of design of who you are. The languaging of what we use in how we describe ourselves, how we describe our world, how we describe our feelings, or the lack thereof, lives in language. The creation of I, the creation of you, the creation of this world, every single thing that we touch, has been created by language. I say it and so it is. Like I say, "My boobs are too big," or "They're sagging," or, "I'm ugly," or, "I'm fat," "I didn't get laid. I don't want this, I want that," that's all creation.

DR. KEESHA: And so it is.

LIANA CHAOULI: That's exactly it, and so it is. You're fat? Yes, you are. You're not? Yes, you are. How am I choosing to create, every day, create myself every day in the way that I speak, in the pieces that I choose, in the glasses I choose, in the wardrobe I choose, in the friends I choose, what am I creating?

DR. KEESHA: You bring people to tears about this.

LIANA CHAOULI: Do I?

DR. KEESHA: Which indicates a transformation. I bring people to tears in my office all the time, but that's not surprising.

LIANA CHAOULI: My business partners, when they know that I've spoken, or I was at a conference, or I had a meeting with someone, the first thing they say after the meeting, when I have to give a download of what happened, they go, "How long did it take you to make them cry?" I'm like, "Don't say that." "How long, Liana? Two minutes? Five minutes? Three seconds?" The truth is I really want to thank you for saying this, Keesha, because as transformational leaders, one of our gifts, your gift, my gift, Jack Canfield, JJ, our gift is that we get to laser in on what's important because time, in this lifetime, is very much of the essence. We don't use years and years and years of therapy; we just go right in and that's the blessing of transformation. That's the blessing of a transformational leader is that we have the opportunity to see what's so and to speak to it because we won't take no for an answer, because we get up under them like a boulder, and we are there for our clients to make sure that everything that's possible in this moment can get 10X-ed and multiplied. So, yes, often it's tears. And I say tears are a woman's prerogative.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

DR. KEESHA: In fact, they're cleansing, it's releasing. If you've got a whole bunch of stuff stored inside of your heart that you're not letting out, that's the dam breaking, it's the wall opening, it's the softening, it's the showing up of your vulnerability that maybe you decided years and years ago was dangerous. I think it's so important. When you reach somebody through this image consulting, it's a surprising thing I think.

LIANA CHAOUli: It is for most people.

DR. KEESHA: That's why I say, when I'm working with somebody with autoimmune disease, I tell them straight out front that there are four corners to the autoimmune puzzle and one of them is past trauma. I am already going in and seeing what's going on there, and that's not a surprise that it's going to unearth some tears perhaps. But when we're talking about clothing and clothing choices and why you choose what you choose, it's surprising.

I gave a Tedtalk last September and I tell people, this is so fascinating to me when this happened because it shocked me. It surprised the heck out of me that this happened. I knew instantly what I was going to talk about, I had no problem developing my talk, I put my slides together like a pro. I do this all the time; it's no problem for me to get up in front of people to talk. And then I said, "What the hell am I going to wear?" and that became the paralysis by analysis. I was paralyzed about this, and as a result, whenever anybody looks at that, they say, "Well that was a clothing disaster."

That was a very interesting experience for me. When I got really far down underneath it, what I got was that my parents both said if you spend too much time looking in the mirror or if you rely on being beautiful or pretty and you don't use your brain, then that's not good. Their emphasis was always about using your brain and your intellect, so that's what I mean. Pours out, there's this talk, I can do it, no problem, and then, how do I show up in front of an audience becomes the problem. We all have our own story about this. You have a story about how you got started and this and I would love for you to share it with our audience.

LIANA CHAOUli: Yeah, I will. I want to share a couple of stories with you. The first thing you just said is analysis paralysis, about this piece, and I would say people think that their bodies are the pièce de résistance, it's like the last frontier. They go and they do photographs, and they do videos, and they do the book covers, and they go, "That's really important," and I say, "No, you want to be doing this first. You want to have your closet be a sanctuary

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

and you are the masterpiece in all of that. You want to honor that first,” and most people don’t understand that it can be that way.

The question that you just said to me, how did you start, it’s interesting because people used to say to me, “Liana, how long have you been doing this? What is an image therapist?” and I said, “Image therapy is the process and the PhD in design of who you are. You take the image consulting and you take therapy, because this is your second skin, and you put it together.” Then my next answer was, “Oh my God, I’ve been doing this my whole life,” and it would just fall out of my mouth and it felt so real because it is real. But I never really thought about what I was saying until I was on a stage in Washington DC at the Image Consultants Convention.

DR. KEESHA: Who knew there was nothing such as that, by the way?

LIANA CHAOULI: There is. There was, that was a long time ago; that was in 1995 when image consulting had just started to become a profession. But there was no custom clothing designer that was also an image consultant, so I was the one and I was teaching a class on how to make off-the-rack clothing look like custom because most image consultants have to purchase clothing for their clients, but they don’t know how to adjust it and fit it so that it actually works for their client. I finished my talk and I had breakout sessions and my mother had decided that she was going to come and she was going to watch this. At that time, my relationship with my mother was still very, very difficult. I was the oldest of three, and I was my father’s favorite. Anyway, this is many, many years later when I’m grown-up, and I’m still having a difficult relationship with her, and she says, “I want to come. I’ve never seen you on stage. I want to hear you speak.” I’m like, “Okay, Mom,” and it wasn’t comfortable.

She gets up in the back of the room after the second breakout session. There’s 120 women instead of 40, big breakout session, and she gets up to the microphone, I don’t know who it is because I can’t see, and she says, “I don’t have a question, but I have a comment,” and I just froze. Everything in my body froze. She says, “I wanted to share with you that, when I was a young woman, I was very ill and I was in bed most of the time. My little three-year-old daughter would go into my closet and she would pull on the dress and on the clothing until the hanger broke and she would come and she would lay everything on top of the bed that I was laying in, with covers over my head, and she would come, pull the covers off, and she would say, ‘Mommy, please get dressed. I’ve put all your clothes out and you’re going to be so pretty. When you get dressed, you

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

and I, we can go out and we can have fun. Please, get out of bed and get dressed.” And she says, “I couldn’t do it when I was a young woman, but you can do it because the same little girl that invited me to get dressed is the same woman that just taught you how to get dressed.”

DR. KEESHA: That’s so beautiful.

LIANA CHAOULI: She says, “I couldn’t follow her invitation, but you can. I am telling you do it because I was her first client and I know exactly how good she is.” It’s been my whole life, Keesha. Because every single human being that walks into my life, man or woman, I just want to help them. I want to let them know what a beautiful masterpiece they are, I want to let them know that not living in all their talents is like spitting into the face of God. I want to let them know that it doesn’t have to be hurtful or painful, that beauty is our birthright. I just want to share with the whole world.

My vision is to uncover a billion stars. That giving you this path to finding your own greatness inside does not have to be hard. It takes focus, it takes commitment, it takes a little bit of time, but so does becoming a doctor, so does becoming a lawyer. Anything that you can practice every day, which is what dressing is, you practice it every day. Don’t you want to practice it well? You can practice tennis and you can have a really bad backhand and you can practice that for years, it doesn’t make you get better. But learning what’s best for you is something that actually there’s a system, you can learn it, it’s not that difficult. It just takes commitment.

DR. KEESHA: Some of the people that are watching this will be moms that stay home and raise their kids and have lost, completely, any identity with themselves as women that are feminine and have any kind of role outside of mother and wife. This all pertains to them too.

LIANA CHAOULI: Yes, it does. It pertains to moms who are young moms, it pertains to older moms, it pertains to women who have just gotten back into the job place, it pertains to women who are widows, young widows, older windows. It doesn’t matter what age you are; I teach 10-year-old girls.

DR. KEESHA: What a great time to learn it, as a matter of fact. My gosh, when I think about it.

LIANA CHAOULI: You know what started this, Keesha, to teach 10-year-old girls? And I have an 11-year-old granddaughter, but I started teaching 10-year-old girls when I started to see that they were anorexic. 10-year-olds. It really makes me cry when I talk about it because I see these beautiful children, and

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

they're children, and they're starting to pick themselves apart. They haven't even gone into puberty and they already call themselves fat and they don't eat and they don't honor themselves and they hide their light. This work is all about... I'm sorry.

DR. KEESHA: No, this is how I feel about this too. My daughter, before she moved into middle school, hadn't grown into her nose yet. Her nose had grown ahead of the rest of her face and someone on the bus said something to her about it and she didn't let it go for years. For years. She's 19 now and she's let it go now and she's grown into her whole being and who she is. When we're young, our bodies are doing different stages of development. I just had the same reaction to her of, "How dare you talk about my daughter like this?" and I just wanted to engulf her in this love of how I saw her, and I realized this is how God sees us. "How dare you talk about my child like this?"

LIANA CHAULI: Right. 10-year-old girls see themselves in a certain light because of the reflection of their mother. Most of us did not grow up in the palm of our parent's hand and saying, "You, my sweet, are the most beautiful creation God could have ever put on this earth," we don't grow up like that. We grow up, I say from conception to about six or seven, we're basically cooked. All you have to do, as a child, is walk out of your mother's bedroom with a G-string on your head and go, "Mom, look. I have a new hat. I'm going to go to school like that today." Because that's what children do and it is enough for the mother to just go... And the child makes a contract. We have all gotten this in some form or another. Maybe not with a G string on our head, but we ate one too much candy or something, somebody decided that they were going to give us a nasty look or a nasty word or just a hand motion, and it's enough for a child to make the contract. And we grow up with these contracts and we hold them as if they were real, as if they were true.

I grew up very, very dyslexic. I didn't know, I had no idea. I couldn't read, I couldn't play piano, I was telling my mother that my piano teacher was angry at me but all I could say, at six, was that the notes on the page go to here, but then they jump back off my eyeballs; they don't go inside. I speak six languages; there was no way that I could have been stupid, but I believed it growing up. All someone has to say is one word and children are so open, they will take it all in.

DR. KEESHA: Mine was trying on shoes with my 4'11" mother, who wears a size four and a half or five; she's just this tiny, little package of cuteness. She's so adorable. I'm growing, I'm 5'6 1/2" and, at about fourth grade, I'm surpassing her and just putting these shoes on in the store and her saying,

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

“Those look like gun boats. My God, they’re huge,” and looking at my mom’s feet and looking back at my feet and saying, “She’s right, I’m enormous.” I am about as average as they come when it comes to clothing size and shoe size when you look at the whole bell curve of women; my mom’s off the curve, she’s on the outliers, but that’s who I compared to.

LIANA CHAOULI: That’s what we do. These little 10-year-old girls that I started to teach, I started to see we have to start much earlier. I want to do this work at Stanford and I want to do it at colleges; what I’m really seeing is that we have to go way earlier than that. Because what we believe as children, and some people always ask me, they go, “Liana, who died and made you God? You have this passion and you don’t care what people think about you.” I grew up with a mother that was very critical. My mom was critical of herself and so she just passed it on. They didn’t know any better. We just don’t know any better. So education, transformation, what kind of a perception is it, are you this beautiful flower in God’s garden? And no snowflake is like another.

We would never go outside to this beautiful palm tree and say, “I’m just going to spray paint you brown or black or whatever because I don’t like your color,” but we doing here. We dye our hair, we get this lifted, we get that done, we get nips and tucks, and we’re trying to tell God that we know better. When, if we were, just like you teach people, if we were to really take care of ourselves, of this beautiful, amazing vessel that we’ve been given, through the words and the language and the actions and practices, and feed this beautiful body with exactly what it needs, not with negative thoughts, not with bad food, but with all the stuff that we’re meant to be having and eating and drinking and sun and rain, we would be very different. Our world would be very different. We would have less wars. I always say that my work is based and rooted in the vision that I have, which is world peace. World peace does not start out there; it starts not at the borders of our country but at the borders of my own mind.

DR. KEESHA: Absolutely true. You’ve got five tips that you share with people. What are those?

LIANA CHAOULI: Oh my God. Let me give you the best five.

DR. KEESHA: You have far more than five, I know this, but there are at least five best ones that you are going to share with our audience right now.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

LIANA CHAOULI: Keesha, you've been through this work. What's the one thing that you think is the most important? Then I'm going to give them five also. I always ask my clients, "What has been your most valuable teaching?"

DR. KEESHA: I'll tell you, and this is what I came home, after I met with you, and told my husband. He said, "What did you learn?" and I said, "I actually learned how to read my body from the outside." I know how to read it from the inside just fine; I've reversed autoimmune disease, gotten rid of breast cancer naturally, I know how to read the interior world of mine really well. But I didn't know how to read the exterior part of it very well, other than I know from an Ayurvedic perspective what the lines on my face mean, what my tongue shows, what my fingernails show, but I didn't know how to dress the outside of my body and what looks good and how to work with that. You did a fantastic job of helping me just really understand stuff that I wish I had known when I was 10. Absolutely.

LIANA CHAOULI: This is really beautiful that you say that. You learned to map what's there, and so everyone can learn this. One of the tips, you just talked about being able to read your nails, isn't that what you said? And your tongue and the skin color.

DR. KEESHA: And your bowel movements. All of these things are feedback mechanisms of your body.

LIANA CHAOULI: For one of the tips for your audience is that you don't get a color palette from somebody. Someone is not going to come and do your color palette. You are the color palette. You can look at your nails, and I don't have any nail polish on, and you can look at your hands, and you can look at the color, and you can look at the color on the inside, and you can start to see what's so. And then you can start to match it with things. You can look at the color of your veins, and you can look at the color of your eyes, and you can find the green, and the gold, and the copper, and the bronze, and the peach, and the coral, and then you can just go and start matching it. Because, once you start holding up these colors, you're going to see, "Oh my God, that's really here. It's in my skin, it's right there." Because from here to here, you have about, I don't know, about 25 different colors. You can just start becoming really curious. Curious is one of the big things to be. So that's a really great tip: just go and look at what your colors are.

The second thing is that most people don't like to do this because they think black is a really easy, easy way to dress. My suggestion is just let it go for a little bit.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

DR. KEESHA: This is Liana's big tip: Clean out the black, ladies.

LIANA CHAOULI: Let the black go. Just let it go for a while, just for a month. My third tip is, if I say to you let go of the black, then what are you going to replace it with? Silent black doesn't do anything, which is totally pitch black. It takes up all the color in the universe, all the light in the universe, it's like a black hole. But in order for you to wear your black, this happens to be one of my personal blacks; it's purple. You have the same. Let me just take this off so you can see. It's a color that you can wear taken to its darkest level. Black, burgundy, teal, navy. If your eyes are blue, then navy is definitely your black, your personal black. That makes three tips.

Tip number four: when you buy something in the store, the easiest way to decide whether it looks good on you are not. Here's what you do. You put the item on, you go in front of a mirror. Most of you are used to buying clothes in a store.

DR. KEESHA: No. This is another thing that you've gotten me to...

LIANA CHAOULI: You don't now because you learned.

DR. KEESHA: I like shopping, baby. When I met you you said, "Oh no. Shopping, you've got to touch it, Keesha. You've got to feel it. This is all part of the sensory experience of wearing your clothing," and I said, "Oh."

LIANA CHAOULI: Yes. Dressing is an embodied action. Most people don't know that when, I'm going to finish giving this tip to you in a minute and I didn't forget, but most people don't know that, when they go shopping, they don't shop with their eyes. We shop with our hands. We are human beings having a human being experience, a spiritual experience in a physical body. So when I say dressing is an embodied action, it's like making love. That's exactly what it is. You are making love to your clothes. When you pull that cashmere sweater over you and it slides down your body and it's making love to your skin, that is a sensory experience.

But most people, unfortunately, live a mile away from their body. They're not in it. They're not like you, Keesha, where you go, "I can sense this. My pancreas is talking to me. My insulin system is going haywire." Most people don't have that. From here down, nothing. So when I say dressing is an embodied action, please stay in your body so you can feel the insides of your eyelids that go, "What do you mean?"

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

DR. KEESHA: But if you have body shame, and I run into this all the time with women, then, of course, when you go shopping, you're not going to be present. You're not going to want to look in the mirror at yourself; you avoid mirrors at all costs.

LIANA CHAOULI: At all costs. This is so funny that you're saying this. When I say, this tip that I was about to give you, which I will finish giving you, we're going to get back to it, I promise. It's all about a mirror. I've done this work all over the world; I do it in four, five languages all over the world. It doesn't matter where I go, Keesha, I will ask a room full of 500 people, "How many of you have a full-length mirror?" and maybe 3% raise their hand. People do not have mirrors in their home.

Going back to this tip, the tip is don't buy in the store. Purchase all those pieces, take them home, and make sure, at home, you have a full-length mirror, totally. IKEA has them, they're fantastic, they're about \$100. They're full-length, they have beautiful silver frames, easy. And then you want to hang that mirror up somewhere where the light, when you're standing in front of the mirror, the light hits your face just like this. Not the light behind you, but the light in front of you.

DR. KEESHA: Not this.

LIANA CHAOULI: Not that. Like this, see? The window is here, the light is shining, kind of like the diva light that we are all on Facebook and we all need light. Like you're in a studio. Daylight, not fake light. Then you put the item on and then you get in front of the mirror. You take steps six steps away at least, six or seven steps away from the mirror, and then you relax your jaw, you relax your hips, you take a deep breath, you close your eyes, you take another deep breath, and upon opening your eyes and looking in the mirror, if that piece shows up before you do, meaning if your eyes go directly to that outfit, it's not supposed to be on your body. We can go into further detail as to why, but for this moment, because this is all the time we have, if it shows up before you do, put it back. That's a Liana-ism and you can quote me on that.

DR. KEESHA: That's a good tip because a lot of people use clothing to hide in.

LIANA CHAOULI: Yes. You know why? Why do you think people want to hide, Keesha?

DR. KEESHA: Because they're afraid if they're seen fully, they won't be respected, loved, or accepted.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

LIANA CHAOULI: Mm-hmm, all of that. I'm doing a Tedtalk on not wearing black because black hides us. Because black is the absence of color, because black is death, because nothing in nature is really black, nothing except charcoal, and that's not a sign of life. But I think, I have a philosophy and I wrote a paper on this, as to why people don't want to be seen. Why it's so hard for people to be seen. Imagine, anywhere you go, anywhere, supermarket, bathroom at a concert, on stage, your children's school, you're sitting in traffic, anywhere you go, no one will forget you. If that's really the case, and if we constantly always show up authentically to who we are, unguarded, wholehearted, completely present to who we are, and no one will forget us, what do you think that means for all of us? It means that we actually have to be responsible and in integrity to anything that comes out of our mouth, any action that we take or the lack thereof, anything that we say or the lack thereof, anything that we create or the lack thereof. We have to be a million percent responsible for all of this, and that's a lot of work.

DR. KEESHA: It is and a lot of people won't do it.

LIANA CHAOULI: A lot of people love living and miring in mediocrity, but we don't. So this invitation is an invitation to living a full and wholehearted life, and that takes work, and it takes integrity, and it takes commitment, and on the other side of that, I promise you an amazing, abundant, glorious, huge life. And that's what my work is about; that's what your work is about.

DR. KEESHA: I think, going back, I don't know if you did five or we're still on four, but I think that the idea that sensual experience is a God-given birthright, or we wouldn't have five senses, gets lost. I just want to say to women that are listening and viewing this right now that you have permission. If I have to grant it to you, if Liana has to grant it to you, so be it. But you have permission to feel. To feel pleasure, to have sensory, sensual experiences, and it's not all about what you're doing, but also what you're feeling.

This is the thing I always tell women is we have the only organ of pleasure between men and women; we have the only one. The only one that's dedicated to pleasure. Your clitoris is only for pleasure, so that means God gave you all that you need to have pleasure. And we have all of these five senses, and clothing is definitely, as you were talking about cashmere going over you, how often are you getting dressed in the dark or in a hurry or your mind is on the 50 things that you still have to get done and that it's just a burden to have to put something on?

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

LIANA CHAOULI: Yeah, like we were just doing a closet cleanse on Facebook. It was a big, big, huge lunch, and out of nowhere, 500 people showed up; 500 people I didn't know. The basis, the foundation of this closet cleanse is that your closet is a sanctuary, and you have a sanctuary and your closet is a really beautiful statuary. I say this as tip number five because, if your closet is not a sanctuary, meaning you open your closet, whatever kind of door it is, whether it's tiny, whether it's big, whether it's a walk-in, it doesn't matter, but you're opening your closet and there are relics from 25 years ago in there, I want to remind you that it's a closet not a museum.

DR. KEESHA: I still have one of those. I have a pink leather jacket; it's from 1980s. It's in style again, though.

LIANA CHAOULI: It's okay. One piece is okay, but the truth is that most people have orphanages.

DR. KEESHA: I had orphanages before I met you. I had orphans all through my closet, really beautiful, amazing textiles that were made by women from all these different countries I traveled to that were fantastic, but I didn't know how to pair them together with anything to fit me.

LIANA CHAOULI: Right, and so the truth is that you can look at good stuff, and you can have it, and you can hang it up on your wall, but don't wear it. If it shows up before you do, don't wear it. If people remember your clothes, they don't remember you. So whatever is in your closet, and whatever you want to expand into, be there for yourself. Understand what this masterpiece is capable of, and really make friends with this because it's the only body we've got, and in this lifetime, it's your vehicle, it's your masterpiece. Our soul would not have a place to reside and have these tentacles, these experiences, this sensuality. By the way, I am a total proponent of women's orgasms. They are the best. Look at this, I'm 57 and I still feel like I'm still 25.

DR. KEESHA: That's right, you are fantastic.

LIANA CHAOULI: Orgasms. Look at Keesha. Look at her.

DR. KEESHA: 52.

LIANA CHAOULI: You want to be there for yourself. I call it claim your crown. You want to claim your own crown and you want to learn this stuff, and you don't want to learn it as you're older. I have women in my classes or in my workshops or at events that are 65 and over and they say, "Where were you, Liana,

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Liana Chaouli

when I was 20? Why couldn't somebody teach me this when I was younger?"

DR. KEESHA: It's not too late, though. That's the good news. That's great.

LIANA CHAOULI: I'm excited. Your viewers all got to get a gift, if that's something that they would like.

DR. KEESHA: I was just going to say we have how to contact you, how to connect with you, everything as far as contact information, on your speaker's area of the website in addition to a free gift that you have put up for us. People can go ahead and log into that and connect with Liana, she has a couple of different amazing programs and different ways that you can work with her. Look at that sassiness. Who wouldn't want to?

LIANA CHAOULI: I love you. I'm so grateful we got to do this. Thank you so much for including me, sweetheart.

DR. KEESHA: It's just really a delight. I really want women to have this for themselves, to really understand their whole, complete being, and to really get back into their senses. We do this whole spiritual bypass thing where we say we want to know what we can know beyond our senses, and I teach that when I teach intuitive development, but you also have a body that you came to live in. Don't disregard it, don't distance from it. You've got to be in your body and that's one of the things that I think is the biggest gift that you provide. And how to love it too. I think women spend so much time making their homes beautiful, or maybe get attached to the car they're driving, or their laptop, their computer, their phone, whatever it is, or their children being beautiful and perfect, but what about you? And that's the thing.

LIANA CHAOULI: None of this would make any sense if you're not the center of your life in a way that you become this beautiful masterpiece in the middle of your life. Because without you, and without you owning your beauty and claiming your crown, we say things to ourselves that we would never, ever allow anyone else to say to our children, but we say them to ourselves.

DR. KEESHA: I end every long talk I give with that: watch your language. Thank you so much. I love you dearly, I appreciate the work that you're up to in this world, my dear, and I can't wait to see you next time.

LIANA CHAOULI: We will. Bye, everyone. Thanks for watching.