Women's Vitality Summit

Dr. Keesha Ewers Interviews Dr. Sylva Dvorak

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Keesha Ewers: Welcome back to the Woman's Vitality Summit everybody. Caring for yourself, body and soul, I'm Dr. Keesha Ewers, and I'm excited to introduce you to Dr. Sylva Dvorak, who is a holistic counselor, social entrepreneur and author, who maintains a private counseling practice while serving as executive director and chief inspiration officer of the I Am Foundation.

Sylva receiver her undergraduate and graduate degrees from the University of Michigan in Ann Arbor, and her PhD from University in L.A. She's developed programs for numerous Fortune 100 to 500 clients, and she's the author of ... An author and published numerous articles contributed to several books, and is the co-author of the New York Times bestseller Your Hidden Riches - Unleashing the Power of Ritual to Create a Life of Meaning and Purpose.

Welcome to the summit!

Sylva Dvorak: Thank you so much for having me. It's such a joy to be here with you today.

Keesha Ewers: I'm so delighted to be talking to you because one of the things I think is so important is how to enact habits into your life that will actually uplevel your life and transform your life from patterns of stuck behavior. We're going to talk a lot about that in this interview, but I always start with what your definition of vitality is.

Sylva Dvorak: Oh, that's a great question. My definition of vitality would be that waking up each morning and feeling really great. That means on all the levels: Mentally, emotionally, physically, and spiritually, and just knowing that I'm on purpose and here doing the work that I am so passionate about doing, and feeling strong in my body to be able to serve and do what I'm here to do.

Keesha Ewers: Wonderful. What do you think drains women's vitality in our era, Sylva?

Sylva Dvorak: I would say the thing that I see mostly with my own clients is taking on too much at the same time. I always tell my clients, "You can do it all, but maybe not at the same time, or in the same day", right?

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Keesha Ewers: Yeah.

Sylva Dvorak: I'm sure that, you and I don't know anything about that either.

Keesha Ewers: No.

Sylva Dvorak: I would say trying to do so much in the world, which is okay, because that's what we have to do, but the not creating the balance. I think our feminine spirit and bodies need to be in a more ... in balance because we're always going in and out of balance, but to create more harmony in our lives. To take that time, even if it's for 10 minutes, and staring at nature, or that bubble bath. Transitioning from the outside world, that push push, in the outside world, to coming home and taking that bath to just allow ourselves to relax for a moment. To do the things that make us feel really good. It's so important to nurture that feminine spirit and bodies is so important. That's the number one, I think, thing that I see that creates so much disharmony in the female energy and the female body and emotions more than anything.

Keesha Ewers: I think that's a beautiful answer. One of the things that you've written a lot about is how to create ritual that will help to bring us back to self care, because that's the subtitle of this summit is me calling on women to put the oxygen mask on yourself before you hand it to your child and to everyone else, because if you're not oxygenating ... If your vitality is at a low ebb, then you've got nothing to give to anybody else. You do the universe no good when you're sick and a dried out husk of yourself. I think this is a really important thing that you're talking about.

Change. How do you make lasting change in your life to be able to put yourself on the top of the priority list? Because that's a big shift for a lot of women.

Sylva Dvorak: It is, yeah. I love that you're doing this summit because, specific for a women, because so much of our, as you know, healthcare system and everything, is focused on men, and the man knowledge of how man's bodies respond; that's what research has done versus specific for women and talking about what's good for women, so thank you for that.

Change. Yeah, change is challenging for everyone, and the reason why is that we're wired not to change. Our minds, our brains don't like change. The mind likes the way that things ... Things the way they are. The neural pathways that we have grooved, the mind is very comfortable in, and knowledge isn't enough. Anthony Robbins has a great quote. He says that if knowledge was enough then our libraries would be packed, and that's so true, right?

Keesha Ewers: It is, yes.

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Sylva Dvorak: It would be really easy to lose weight, or to stop smoking, no matter how much research is out there. Our mind doesn't like change, and so how do we, then, create change? The most important thing is to understand our mind and how to work with our mind. In our mind, we have the conscious mind, the unconscious mind, and superconscious mind. The conscious mind used to be thought that it was about 12% of mind, and it used to be thought that unconscious was 88%. With the latest research, brain research, it's the conscious mind is more like 2 to 5%, and the unconscious is more like 95 to 98%. That's not such good news for us human beings when it comes to change especially.

Keesha Ewers: That's right. That means the tapes that we created in childhood are just going and driving us constantly, 95% of the time.

Sylva Dvorak: Yeah, and the patterns that we most have grooved are the ones that we function on. Knowing that, and here's where change comes in. We have what's called the reticular-activating system. We have the reptilian brain, the back of the brain that's formed first as we're being formed in-utero; that serves us very well. If we're walking down the street and a bus is coming around the corner, then that part of our brain works so we jump back. Then here's the other part of it is, that even a good change triggers that part of our brain. Even a good change triggers it so that it starts to, I'll say, clamp down, and the brain doesn't like that change.

Knowing that, we have to work with our unconscious mind in order to create the shifts and ritual ... We're going to talk about the superconscious which is where ritual will fall in more. The language of the unconscious mind is emotion and feeling. If we want to create change, we want to tap into emotion and feelings in the direction we want to go in order to make that change easier, because it's emotions and feelings that keep us locked the most, right?

Keesha Ewers: Let's get super specific.

Sylva Dvorak: Right.

Keesha Ewers: Fear.

Sylva Dvorak: Fear. Okay, great. Fear ... We have a fear of driving, let's say driving; I've had a few clients like that, okay?

Keesha Ewers: Yeah.

Sylva Dvorak: That one just popped in my mind, let's say fear of driving, because there was an accident which happens, right? That's an extreme case, in other words because it was an impact, or something happened, as a trauma versus something that's

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happened over time. In order to re-pattern that, we have to go into our mind, visualize and feel the times we were driving and replay that over in our mind and how good that felt. Maybe had music to it to add more feeling, good music, good-feeling music-

Keesha Ewers: When you're successful, you want to capitalize on that. This is a huge ... This is done in psychotherapy all the time, right? Where you go to that place, and where it feels in your body that you've been successful, and instead of spending time on this one instance where something catastrophic happened for you, right? You go back to focusing on the 99% of the rest of the time and build that synapse in your brain.

Sylva Dvorak: Yeah, and the key is to use the feeling, because it's not enough to just visualize.

Keesha Ewers: Have the thoughts, yeah. Right.

Sylva Dvorak: Yeah, to have the thoughts, exactly. We have to use feelings. Let's just say, now, it's a habit of a ... A lifestyle habit such as eating better; this is important, of course, we know nutrition is critical for our health. How do we want to shift that in our lives? First of all, if we tell ourselves we want to withdraw something, like we're going to take it away, then that the mind takes in as changed right away. It's starts to ... Then we have the thoughts, "But I'm depriving myself, I shouldn't do that. I should really ... Oh, I'm not feeling good so I'm going to treat myself just this one time", right?

Keesha Ewers: Right.

Sylva Dvorak: Then that becomes the next, and the next, and the next. Rather than going into that direction, what you want to do is add the good things first This is, by the way, so important for children. Let's say we want children to start eating, you don't want to take away those gummy bears, you want to start with maybe healthier gummy bears, right? Vitamin C gummy bears or whatever, right?

Keesha Ewers: We could argue about whether or not that's healthy or not.

Sylva Dvorak: No, I know. It's moving in the direction, right?

Keesha Ewers: The food …

Sylva Dvorak: Yeah, we want to move in the direction, right?

Keesha Ewers: Right.

Sylva Dvorak: In the direction we want to go.

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Keesha Ewers: Right.

Sylva Dvorak: Adding the food that is better for us a little bit at a time, then over time we change the eating habits, and that's easier. Here's why this is so important. Let's say if it's for weight loss, because all diets, as we know pretty much work, but most people, then, gain the weight back.

Keesha Ewers: Because they go off the diet.

Sylva Dvorak: Right. They go off the diet. They go back to those old patterns, and that's because they haven't patterned in the new enough and associated enough good feeling, or feelings with those new patterns, the new direction you want to go. That's really the key to creating lasting change, or I call it, so your change sticks, so it sticks to you.

Keesha Ewers: Mm-hmm (affirmative). Beautiful. Somebody ... This happens with women a lot, right? One of your patterns is is that, I hear this when I do food-sensitivity testing for women who have a lot of inflammation, autoimmune disease or thyroid issue, or just any number of things that can be inflammatory in nature. I'll do food-sensitivity testing, and so they're presented with this list of foods that they "can't eat" for six months. I always talk to them about this idea that it's not a can't eat, it's making a different choice to foods that maybe they haven't had before, and as a routine in their diet, and now it's opening all these doors up to new foods that are exciting.

If you go into deprivation mode of, "I can't eat that", the adolescent part of you comes up and rebels, right?

Sylva Dvorak: It does. Exactly.

Keesha Ewers: "No one's telling me what to do, including myself".

Sylva Dvorak: Right.

Keesha Ewers: That's where that feeling part is so essential, and I love that you bring this up, because if you feel like an adolescent inside, you will not be successful, right?

Sylva Dvorak: Exactly.

Keesha Ewers: It's the human growth and developmental stage of adolescence to create autonomy, and so if you are an adolescent and you are telling you, "You can't eat these things", then that part of you is going to rebel against you, and that is just a no-win situation.

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Sylva Dvorak: Absolutely. Yeah, absolutely. Our mind, then, associates pain with that change, and then our mind will do more to avoid pain than to seek pleasure. We're wired to avoid pain to seek pleasure. If we have the change associated with pain, then we avoid it.

Keesha Ewers: I call this the misery-to-motivation ratio.

Sylva Dvorak: Mm-hmm (affirmative).

Keesha Ewers: Right? The more miserable you are, the more motivated you are for change because you've hit rock bottom, but do you really have to get to rock bottom to make change? No.

Sylva Dvorak: No.

Keesha Ewers: Yeah.

Sylva Dvorak: Right. Absolutely.

Keesha Ewers: Hallelujah for you for saying that because this is something that I'm always saying, do you really have to get that miserable before you could be motivated to make a change where you're so desperate that you're really on the verge of death before you'll finally say ... I see this all the time in my history in the ICU with patients that have had heart attacks, right? Only then will they really contemplate giving up smoking, and even then, sometimes, six weeks after the heart attack, when they're feeling good again, they'll resume smoking. I think that this is an important conversation that you're having with people. It's essential in fact.

Sylva Dvorak: Yeah, and one of the things that we have to remember is to start off with little bits. We say, okay, we're going to change our diet totally; it's not going to work. This is where rituals come in.

Keesha Ewers: Let's talk about ... First, let's define ritual.

Sylva Dvorak: Okay.

Keesha Ewers: Yeah.

Sylva Dvorak: People oftentimes think that rituals and habits are synonymous, and they're really not. Habits can be good, or they can be bad, right? In our daily habits. What distinguishes a ritual from a habit is that a ritual is a conscious intentional act you choose to make habitual. When we add consciousness to something, it becomes a ritual. For example, I'm driving to the grocery store and I go there on

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automatic; that's habit, right? It's not habit now, because it's wired, it's fully a habit.

Keesha Ewers: Sometimes you wake up at the grocery store and go, "How did I get here?"

Sylva Dvorak: Right. What just happened? An out-of-body experience.

Keesha Ewers: I know, because you're thinking about something else during the entire drive, yes.

Sylva Dvorak: When we add consciousness to it. For example, we could say 20 things we're grateful for on the way to the grocery story, or notice all the beautiful things: The grass, the flowers, on the way to the grocery store, then we're adding the consciousness to the drive, what would have been a habit, and now it becomes a ritual. That, we would call an every-day ritual. For example, our rituals maybe like sipping ... I drink tea every morning, and so I have my tea habit, and some people have their coffee habit.

Keesha Ewers: My tea.

Sylva Dvorak: Yes. I drink my tea and I write my gratitudes, my morning gratitudes. Then I make my daily habit a ritual in that regard. When you add the consciousness, it's the ritual. People think, then ritual, how can that be not like something, then, that's religious or superstitious? Because that's where they come ... The word ritual is connected with, and really rituals have been around since the beginning of time, and the research for our book, I was able to find that rituals date all the way back to 70,000 B.C. from cave drawings; they found cave drawings with rituals, ritual acts. Really, we could say ritual has been around since the beginning of time.

We talk about it as the secret sauce of the most successful people. When I looked at, what would be called habits, but they're really rituals, of the most, what we would consider successful people. Whether it was artists or writers, or athletes, or business people, say, Bill Gates, or whatever. They all have rituals that help them do what they do to their best. In other words, to be very successful to achieve. That's because they're adding not only consciousness to what they're doing, but they're also programming their mind in the direction they want to go. In other words, they're taking that moment, that space in their mind, to align themselves with where they want to go, to perform at their best.

In our health, in our wellbeing, why would we not use what we have access to already within our own mind, which is to create rituals, to empower ourselves, to make it easier for ourselves, to create anything we desire, really, whether it's health or anything we want, to make it easier on ourselves by creating rituals.

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Keesha Ewers: Some examples for me, a bath is not a bath, it's a ritual; it's a self-care ritual.

Sylva Dvorak: Mm-hmm (affirmative).

Keesha Ewers: It's something that I'm proclaiming to myself is a self-care activity, so that I've just gotten the memo that I'm important enough to take care of, right? The candles around the tub, and the soft music, chanting music that I listen to while I'm in the tub, and the beautiful oils, the essential oils that I put in the bathwater, that's all part of staying conscious with inside my body, I'm staying connected to my body when I get into the tub. It's then making it a nourishing experience where my mind, my body, my soul, and my heart because I'm loving myself enough to do this for me. I think that this ... You can have a bath, and you can get in and out really fast and be thinking about the zillion things that you have to do during the day, or you can do this where you're fully present with you.

I think that, what you're talking about, is really really important for helping the little-kid part of you that may not have felt important enough to protect or to listen to, or a lot of women will grow into adulthood and have an issue about not being heard or not being seen, right? Not being trusted, not being ... Whatever it is important enough to care for, or cherish, or protected, and this is you doing that for you.

Sylva Dvorak: Right.

Keesha Ewers: Which is how you let that little girl know that she's important enough for that self care instead of seeking it from the outside all the time.

Sylva Dvorak: Ritual helps us to connect, not only to ourselves and to others. We can have rituals like your bath ritual, which I do as well, to feel more connected and aligned. When we think about our childhoods, or if we look back, are we going to remember the times, or will our kids, children remember the times they were on the video games or on the cell phone talking to their friends. What are they going to remember? They're going to remember those special times that are, we'll called enshrined rituals, maybe the family dinners together, right? The monthly event that you do together. The family movie popcorn, weekly popcorn night, right? I know a family who does that, which I think is a great family ritual. Those rituals help us to be connected with ourselves, with those that we love, with our community, that's why they have been around since the beginning of time.

The other thing is that, then when we talk about ceremonial rituals, which we started to talk about actually with your bathing ritual, is they actually help us transcend. What that means is they help us connect to a much deeper state

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within, so that we do feel connected, but we are also connected to that higher consciousness, and this is where we ... In the research that I did, say, whether Benjamin Franklin or Churchill, or Simon Cowell, or I'm trying to think of all the famous people I researched. Authors. Maya Angelou, Lady Gaga; they all have these rituals that actually help them create deep states where they get ... Where people call downloads these days, I don't know.

Keesha Ewers: Right.

Sylva Dvorak: Use that word.

Keesha Ewers: Inspiration, epiphany, yeah.

Sylva Dvorak: Inspiration, yeah, where they get that inspiration to write that next piece of music, or for their writing, or for the next comedy act they're going to perform, or to be able to go out on the field and kick that goal, or whatever it may be. I think the most important thing for our times today is to have ... One of the most important tools, I should say, to use in our times today is ritual because we are being so inundated with information. I like to say we have the iPhone, the iPad, the iWatch, the iii, which is a lot of I.

Keesha Ewers: Certainly is.

Sylva Dvorak: Where's the we? Right?

Keesha Ewers: Right.

Sylva Dvorak: Even though that technology is supposed to help bring us together, which in some way it does, like you and I, we can have this conversation, like you said, like we're having tea together, right?

Keesha Ewers: Mm-hmm (affirmative).

Sylva Dvorak: Yet, as we know, it's also really disconnecting us, right? We're missing that real in-person, more intimate time because we're on these devices, and so ritual helps us to bring us back together, not only with ourselves but with our family and our community.

Keesha Ewers: I think it's missing in marriages too, and relationships, whether it's a marriage or not. I talk a lot about sacred sexuality, and for women to really check in with their libido level because if that libido level is low, then that means that your gas tank is running on empty, and you don't want to ignore it or you're going to breakdown on the side of the road. The biggest barrier for women to have sexual desire for their partner is actually dissatisfaction in the relationship.

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Oftentimes, and this will be a stereotype, women desire emotional connection, and men desire physical. Now, that is absolutely not 100% across the board. Oftentimes, it's flipped, but it is the most common scenario that I see inside of couples that are in crisis that come and see me.

Ritual, adding that into your life together, I think, if you're chasing your job and chasing your kids, and chasing your electronics, that there's not a lot left over for that we time, inside of a relationship, and I as in illness, and we as in wellness, and so your relationship can become ill, right? I think that we tend to think of the fairy tale that we were raised on with Disney princesses and we're going to live happily ever after, instead of this understanding that relationships are a lot of hard work, and they're the crucible in which we grow up. We get into emotional gridlock with each other, and it's an opportunity for us to, then, uplevel to the next human growth and developmental stage to expand our consciousness. If we can bring ritual into the couple, and have your bed actually be a sacred space. No television in the room, and nothing else comes in except for the two of you, right?

Sylva Dvorak: Yes.

Keesha Ewers: This is a place for sleep and sex. Making your sexual expression with each other more sacred by bringing ritual to it. Engaging in all of the senses. Engaging in intentionality. It becomes so nourishing, instead of what a lot of women wind up saying, which is, "It's just another job on my task list. It's another person that wants something from me", right? Instead of this is a feeding of me and my soul too.

Sylva Dvorak: Right. Yeah, absolutely. I love that you said that, and I hear that so often too with couples, and tell them the exact same thing. One is, declutter your house, but declutter your bedroom especially.

Keesha Ewers: Mm-hmm (affirmative).

Sylva Dvorak: Making a sacred space, make it a sensual place just for the two of you. Get a lock on the door if you have children. Have that as your space, add the colors, the romance so that your senses are more engaged, and all the senses, whether the scent, the touch, with the right sheets, the candles, or whatever it may be, so the senses are engaged, I think it's particularly important for women because we tend to be more connected to our emotions and feeling, and therefore the more that we do engage our senses, the more we do connect to the emotion and feeling.

I think that couple rituals are critical. The ones that I "prescribe", would be a weekly connection time. I'm sure you say the same thing. A weekly time where

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you just hear each other. Just listening in each other, and reflecting that, and then sharing what you love and appreciate about each other, and then anything that you can create more intimacy, more love, more connection with each other to talk about that. The couples, as I'm sure you know, who do that, that makes a huge difference in their relationship, just that alone makes a big difference.

Keesha Ewers: I call this the Oreo-cookie ritual, and my husband will move in and out of phases of doing it, and I just realized we're kind of out of it right now, and tonight we're going to go back in it because of this conversation.

Sylva Dvorak: Oh good.

Keesha Ewers: The Oreo-cookie ritual is that you have in an Oreo cookie, which I haven't eaten for years, so I don't know why I use this, but it's a symbol people understand. There's a layer here, and then there's a filling, and then there's another layer that holds the filling together, and it's actually an appreciation exercise, and it's a way of communicating with your partner. Where you start with something very specific that you appreciate about them and that day, and like "You brought me a cup of tea when I was really busy, and that showed me how much you were thinking about me, and I so appreciate that you did that". Then, if you have something that you want to talk about that is something that you would like to change, then you say, "Here's something that I would like to change", and that's when you didn't remember when I told you about this, or this, or this, and you just leave it to one thing, and then you come up with a solution. "How about if we were to try it this way instead?" Then you move to the next layer and say, "I appreciate this about you too", and something very specific.

That way you're not going into the place where a lot of men will sit with, "Oh, I'm being nagged". You're actually identifying a trigger and a feeling for you and coming up with a solution, a suggestion, that you guys can then springboard into a discussion, and then you're ending with appreciation.

Sylva Dvorak: Perfect.

Keesha Ewers: It's a great ritual.

Sylva Dvorak: Fabulous. That's perfect.

Keesha Ewers: Yeah.

Sylva Dvorak: That's perfect. I think, the one thing that I hear also from women a lot is, "He just doesn't provide for me the things that I would like, like that romance, more of that connection. Why do I always have to ask? Why do I feel like when I have to ask for that romance, or that", whatever, "The flowers, or whatever, I don't

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want to ask for that". I said ... Here's a ritual. "Why don't you set him up for success? Men would love to provide for you. They just want to make you happy", but sometimes it's hard for them because they don't know because we change so often, and our emotions change, our feelings change. I say, "Get a box, like a shoebox, or a thin box, or like a little box, and in there put little cards of the things that really make you happy that he could do for you. Bring flowers. A candle. Turn on a candle. A cuddle. Whatever it is for you, you know? Something spontaneous you really like. That he could pull out each week", you know?

Keesha Ewers: Yes.

Sylva Dvorak: Set him up so you get that ... I've never heard a woman really say, "I'm not going to do that", because I think most women understand that the men do want to make them happy in other words. They want that connection, they sometimes just don't know how because it's more natural for us. We could go there. You and I could talk about it all day maybe.

Keesha Ewers: Right. It's the way we're wired. I call in the joy jar, and have a mason jar where there are pieces of paper that are folded that are in there and they can be drawn out.

Sylva Dvorak: Perfect.

Keesha Ewers: I raised my children that way too.

Sylva Dvorak: Did you?

Keesha Ewers: "You can go to the joy jar and pick something, and let's do it". There's an element of excitement and not this ... You're not getting into a rut of staying routine, and whenever that excitement comes up, that imprints a positive memory, right? A positive experience that then is labeled as loving. I think that that's ... You have to have that place in your body as we were saying at the beginning, where you can return to, right? When things are starting to get dark. You've got to have those places that you can open up the window and let the light in. That's what those memories are. You're helping your partner imprint joy an love into you by telling them how to do it, and, again, I think women ...

I call this the largest mind fuck that there is, where they say, "If he really loved me, he would know how to make me happy".

Sylva Dvorak: Right.

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Keesha Ewers: It's the biggest mess between couples, I think, that there actually is, and so a lot of times women will shutdown sexually which, oftentimes, is the way that men will bond with their partner, and because they don't feel that they're getting their emotional needs met, and yet they're not conveying those clearly, and they're not setting up their partner for success in the ways that you're talking about and making it super easy for them. I've been guilty of that too. That's where the jar comes from. It's like, you can't actually mess this up.

Sylva Dvorak: I love the jar. I love the jar. The jar, and the weekly couple time, or the weekly ritual.

Keesha Ewers: Right.

Sylva Dvorak: Having that bedroom with those few things. They're not major things, but when you put them together, what a difference, right?

Keesha Ewers: Right.

Sylva Dvorak: The key is that consistency.

Keesha Ewers: Right.

Sylva Dvorak: Whatever you want to do, or commit to, or that shift, or change we want to make, that we stay consistent with that ritual.

Keesha Ewers: Mm-hmm (affirmative).

Sylva Dvorak: That ritual can be unique, are we do for each one of us. People say, "What should I do?" I'm like, "Think about it. What would be most pleasing for you? What would bring you most joy where it lights you up?" Create that ritual specific for you.

Keesha Ewers: Mm-hmm (affirmative).

Sylva Dvorak: It's not like cookie cutter, like, "Do this ritual", right?

Keesha Ewers: Right.

Sylva Dvorak: Create that ritual, and it doesn't have to be anything complex, like whether it's the appreciations. That we love and apprec-

Keesha Ewers: I think this is where Gary Chapman's Love Languages come in really handy.

Sylva Dvorak: Yes.

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Keesha Ewers: The five love languages are physical touch, words of appreciation, time spent together, gifts and surprises, and acts of service. You're going to know what your love language is because it's the one you do for your partner, or your kids. You're going to be really good at the thing ... You're trying to model it so people will do it for you, and if you happen to be lucky enough to partner with someone that has your same love language, then they'll see what you're seeing as love. Most people don't partner with somebody that has the similar love language; it'll be opposite. It certainly is that way in my marriage, so we have to be very clear about, "Okay, this is how I feel loved, and here are some ideas", because the thing that my husband's good at is the thing that he wants, right? He wants words of appreciation, so he's always showering me with appreciation. That doesn't even mean anything to me. Mine's all about act, you know? Do something. That's not his love language. I've had to really say, "No, this makes sense to me. I hear this and I feel it in my body as loving if you'll do these things".

We have to give our partners the gift of that, and ourselves by conveying it, otherwise we wind up with really unhappy relationships.

Sylva Dvorak: Yeah, I wish that was taught in starting, say, junior high school.

Keesha Ewers: Me too.

Sylva Dvorak: I think that it would be a required reading, really. That's the one I tell everyone ... The book for everyone to read, and when we don't receive the love that we are wired in and how we feel love and experience love, then we'll feel starved.

Keesha Ewers: Right.

Sylva Dvorak: We'll always feel starved for love, and that creates so much disconnection in relationship, right? Just that alone is so huge in a relationship. Communicating.

Keesha Ewers: That's the oxygen mask for yourself.

Sylva Dvorak: Yes.

Keesha Ewers: The way Chapman writes it, is what we're saying that he says: "Your love tank is empty", right? If you're running on empty, and that's what I call your libido level, you're running on empty. All these things, if they're empty, then you've got nothing left to give. You're going into deficit as a result which causes resentment and bitterness. Nobody loves a woman that's a martyr. It's just ... No one appreciates that.

Sylva Dvorak: No. No.

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Keesha Ewers: There are a lot of martyrs running around out there.

Sylva Dvorak: Yeah. You want to fill this cup up first, you know?

Keesha Ewers: Exactly. Exactly.

Sylva Dvorak: Love ourselves. Create our love rituals for ourselves. Fill that cup up.

Keesha Ewers: Exactly.

Sylva Dvorak: Yeah.

Keesha Ewers: If you have daughters, this role model something to them that is, I think, one of the most important things that you can role model. My children definitely know about the five love languages.

Sylva Dvorak: Great.

Keesha Ewers: Each of them knows about Enneagram, and they all know about these self-awareness tools so that they can know themselves first before they, then, turn themselves over to a partner and say, "I need you to take care of me and to know me, and to read me". They're not going to do that, and I definitely did that in the beginning of my relationship, and it wasn't role modeled these self-awareness tools, and so I think it's one of the biggest gifts you can give to your kids. It will save a lot of conflict.

Sylva Dvorak: Absolutely. I totally agree. I totally agree. They're just ... They're rituals again.

Keesha Ewers: Yup. They are. It's absolutely all about that, and it's creating lasting change within your relationship which, of course, is the place where we go to to feed ourselves to go out into the world then, right?

Sylva Dvorak: Yeah, that's right.

Keesha Ewers: So important.

Sylva, it has been such a delight to talk to you. We've got your bonus material and your information about how to contact you on the Women's Vitality Summit part of your speaker's page. I love everything that you're talking about. Do you have a final pearl of wisdom that you would like to share with our viewers here?

Sylva Dvorak: Yes. Begin right away. Create a ritual. Create your morning ritual. Create your night-time ritual. Create your partner, family rituals. Make it simple. Make it

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fun. Make it feel connected to you. Again, start off just with something that brings you joy and happiness and start from there. Just begin.

Keesha Ewers: KISS yourself: Keep It Simple Sweetie, right/

Sylva Dvorak: Yes, that's right. KISS yourself. Start with ... Start. Begin with those rituals. That's right. Yeah. The love rituals.

Keesha Ewers: All right. Thank you. Really good wisdom and advice for all of the women listening, and I so appreciate you.

Sylva Dvorak: Thank you so much for having me. It's been a pleasure. Thank you.

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