

Women's Vitality Summit

Dr. Keesha Ewers Interviews Wendy Silvers

April 2017

Dr. Keesha Ewers: Welcome back to the Woman's Vitality Summit, everybody. This is Dr. Keesha Ewers and of course you're joining me for Caring for Yourself Body and Soul. And my guest for this segment is Wendy Silvers who is a truth teacher, The Awakened Mother and Parent's Coach, Agape Licensed Practitioner, author and sacred activist as the founder of the Million Mamas Movement.

The Millions Mamas Movement is an organization devoted to establishing the sanctity of motherhood, the empowerment of women and parents, and ensuring that all children flourish while a successful celebrity publicist creating a high visibility for high profile clients and projects, Wendy had an awakening and was guided to shift careers from making people and films famous to coaching mothers and women and recognizing their immense value, grow their businesses, and raise confident children.

Welcome to the Women's Vitality Summit, Wendy.

Wendy Silvers: Thank you so much. It's really an honor, thank you.

Dr. Keesha Ewers: You know, your story is really beautiful, and I would love to have you kind of tell me, tell our listeners how you got started with this idea of mother as a sacred calling. Which, of course, as a mother of four, I fully am awake to and the minute that first baby was put in my arms, I woke right up. Right? But, you know like this is a really great thing that you're doing.

Wendy Silvers: Thank you. Thank you, and thank you so much for including a spot regarding mothers. One of my little things or little what would that be ... little picadillos ... or I don't know if that's the right word, but-

Dr. Keesha Ewers: Soap box?

Wendy Silvers: Yes. You know I, there is so many summits and I read a few as well and the power of the mother, the power of the energy of mothering is what our world is crying out for. And so many times, it's not included so I really honor you for including that. And for me, you know from the time I was a child, I loved children, and I mothered. And it's so ironic because when I was in my very early 20s and I'm from New York and I was living in Manhattan. I met this woman in the laundry room of the apartment building where I lived. And she said, she had some different name and when she heard my name was Wendy, oh, you know that was my name, too. And I said, oh, it's great. And then she

said, do you know what it means? And I said, no, what does it mean. And she said, mother of all lost little boys. She was relating it to Peter Pan.

But what was so interesting to me is that I definitely been involved in mothering. From the time I can remember. And so when I saw that line on the stick that says that I was pregnant, my relationship to the world changed. Not that I hadn't been engaged. I always called myself a child advocate, somebody who really cared deeply about restoring humanity to humanity, and when I became a mother, when I was carrying the baby inside me, I just knew my relationship to the world was different. And I believed that children are the single most vulnerable minority and often overlooked and mothers, it's like children, mothers, and so, I believe that it's really time that we include the value of motherhood. What more important job is there than growing a healthy, compassionate, confident member of our society?

Dr. Keesha Ewers: I agree, and I would love to bring out the archetype of mother. And you know you don't necessarily have to grow a being inside of you to be a mother, and so the archetypal energy that women are really born with is that nurturing quality and so sometimes I'll have women come into my office and say what do you recommend for birth control? And I'll say, well, you know, if you're finished having children than I recommend a tubal ligation. Like if you're done, you're done. Don't start taking these chemicals and start putting these things in your body that actually are going to be awful for you and alter your hormones. So have your partner have a vasectomy, you know and you get a tubal ligation. That way if the suspenders break, the belt is there. You know, but if you're still having children, of course then we have a different discussion.

But, one of the things that, you know, comes out in that conversation is, gosh if I have a tubal ligation that feels like my mothering capacity is over. And I say, oh no, absolutely not. You know this archetype, this energy that women are endowed with, like I said whether or not you're called to the path of motherhood in it's physical form or not, is present in all women, and it's present in all men too. We all have that feminine and masculine within us, it's just whichever one rises to the top, and then what form it takes. So, I just wanted to bring that out, because, for people that have tried to have children and couldn't, you know, sometimes they feel like they're missing something huge, well in fact, that energy can be channeled in these other ways that we're going to talk about.

Wendy Silvers: That's really, so potent, I myself experienced secondary infertility, so I understand what it's like to have that experience, and really appreciate what we're talking about, because if you look at Guanyin, Guanyin did not birth children, and she is the female Buddha, and she stands for compassion and mercy and looks over the children. And, there's so many people that I know, that are wonderful, wonderful guides and mentors to children and young adults, that haven't physically birthed, as well as, I have friends that are mothers of children that did not come through their body. I like to say whether a child comes to you, or through you, it is an opportunity.

Dr. Keesha Ewers: And, then there's the part in that conversation about birth control, where women will say, well don't want to have children, and I say then have a tubal ligation because if you don't want to have children, please don't become that kind of mother. You know, because I'm a therapist as well as a medical provider, and I've done therapy on countless, hundreds of women who had mothers that probably shouldn't have been mothers, right, and have so much psychological damage from that resentment and bitterness that possibly their mothers had, because they weren't cut out to be a mother in that format, right? And, so that discussion about that mothering, nurturing energy, I think is so important.

If you're not meant to have kids, don't have them, and you can birth through you instead, all these creative, amazing endeavors, you know, that will bring forth peace to the world, which is what we're going to talk about, is you know, where that begins, and it begins with us. I interviewed John Kirkins last Summit, and one of the things he talked about was, he had brought a shaman over from Peru, and they were, you know had just gotten into the United States, the shaman had never been here before, looked around and said "where are all the mothers?", and there were women all over, and John said "well what do you mean?", and he said "well women, and mothers are meant to balance the masculine".

And what he was commenting on was there's this out of control energy that was building and constructing and destroying and devastating, and there was no female energy in there balancing it. And so he was saying our society was lacking that feminine energy of mother-nurturing, the holders of the stories, the people that keep the lineage and the medicine, and the healing going forward. So, this idea about Million Mamas, I'm going to say is not just if you have little children, right?

Wendy Silvers: Absolutely not. It's everything. On the homepage of the Million Mamas movement site, I talk about every hue, every stage, every age, every shade, because it's really about engaging and I do believe that we're seeing the fallout of the lack of mother-energy. We're seeing that. Even, we talk about it in terms of the rise of the feminine, well the rise of the feminine is really about embracing the mother-energy, cause it's the divine mother, and then it's the goddess, and then it's the queen, and then it's the priest. [inaudible 00:09:04] but to be a priest is to be a mother, to hold that divine mother energy is a whole another vibration. And it's one that does in gender, looking at how are you holding your energy, and how are you treating, I mean, really when you think about mothers of boys, mothers are the ones that teach our boys how to treat women.

Dr. Keesha Ewers: Right, and you know, I tell a story in my book about nursing my third child, who was my first daughter. In the middle of the night, George H. Bush Sr., had sent a bunch of young men and women off to war in Kuwait, and I remember at that time just looking down at her face in the moonlight, you know you're sleepless, it was in the middle of the night, and just getting tear of overwhelming love for this little being, and thinking if politicians and leaders of our countries had this experience, they wouldn't be so willing to send children out into war. And, so I thought it is that mothering, nurturing energy

that brings peace. Guanyin and Tara, they are peace, right? So peace, as you say, it begins at home, why don't you talk about that. This is what we need to be teaching is this concept right here.

Wendy Silvers: Yes, well I believe, just as you spoke so eloquently, that it's in the home that our children learn. Like if our politicians received the nurturing that is necessary and the acknowledgement for their being just perfect and wonderful as they are, without having to do anything, and learned how to have conscious conflict, and conscious communication, or compassionate communication, and were met with empathy, I believe that our world would be a completely different world. And, that if you look at some of the [inaudible 00:11:01] in history, and you research their childhood, most of them have been abused, neglected, and some had mothers, some had abusive fathers.

And so it just builds up and we see that if we really create a home that is a sanctuary where a child is met at the deepest place of their being, acknowledged, reflected, loved, guided, because when I speak about that, I'm not talking about, hands are off, and no limits, and no container for the child, but it really begins-

Dr. Keesha Ewers: In fact it's more of that. More boundary setting, right? Really stable.

Wendy Silvers: It's different. It's very stable, it's really is a safe haven for a child. And, the small-prints is it begins with the parent. So, when a parent is able to be there for a child, it's because they feel [inaudible 00:12:00] or empathy is the ability to feel felt. Empathy is the ability to put yourself in somebody else's shoes. And, so many times, because of the stake of the world, and the economic obligations, parents are just running, and they don't pause. So, when their children come to them with just a mere request, a simple request, the parent's already is at ten in their response, so the world peace begins at home series, that I formulated, really starts from the very beginning, like what is your vision for your family, and what does that mean?

And then, each week we build upon what that means, and we talk about a really important, and often neglected topic of brain development, brain science, health. What is the health of your family, what's the health of the parent, where did you come from, what kind of parenting did you receive, if you received any. Because, even the most well-meaning parent, and there are so many, come from childhoods where made a decision, I'm not gonna do this to my child, and so they're either permissive to a fault, or they're in reaction, right, or they unconsciously, because it's not only the conscious things that happen, it's the reactions when somebody's tired, stressed, sick, hungry, and then you know, it's like the reptilian brain just gets activated, so we have a whole module on that. And then we have a module on anger, managing yours and your child's-

Dr. Keesha Ewers: Beautiful. To hear you speak it, it's such a different era, you know, we're in 2017, and here are all these online resources, and communities you can find of like-minded parents, and leaders, and teachers, and mentors, and my youngest child is 19, almost 20, out of the-

Wendy Silvers: You look amazing.

Dr. Keesha Ewers: Oh, thank you, and back in the day when my 28 year old was a new-born, I remember looking around for somebody that was a good parent role model that I could model after, you know, and I did that. And everything was very intentional, I found books, and I created exactly what you're talking about, and one of the things that I think is so beautiful is that you've got this all done. People don't have to work as hard as I did. I really consciously parented my kids in this way. I would have loved what you have right now, to be able to just pull that out, and think about these things in ways that weren't as dropped in my lap, you know, watching my son, my second son, he had quite a little temper when he was young, and watching him do his thing and thinking, I think I know where you got that. Apple doesn't fall too far from the tree.

I'm just sitting him down and talking to him, and saying, okay, so, I know why you act the way you do, you've witnessed me get frustrated, and we have the same reactivity in the way that we get in the face of frustration, and so I said, let's help each other. So, we created this word, and I said, if I see your anger start to go up, I'm going to say this word. If you see mine go up, you're going to say this word, it was [Zanadoo 00:15:32], that's the word we chose, Zanadoo. And then, we're accountability partners, right? And, I think that having a module about how to do anger with your child, fantastic.

What a gift you are to parents, because this is stuff that a lot people go through life, they don't understand that their family is a system, and anything that's going awry, is not because of one person, it's because of the entire system, and so this is really lovely what you're doing.

Wendy Silvers: Thank you, well I, really appreciate what you shared, because what you did with your son was, you got alongside of him, and you allowed, you know I often say that parenting is something you do with your child, which is what you did, it's not something you do to your child. Because what we're wanting to overcome is that hierarchical model in all of our society. So, I really appreciate what you're saying, just beautiful.

Dr. Keesha Ewers: I couldn't agree with you more. I think the biggest parenting lesson that I took out of parenting my kids, is saying I'm sorry. Yeah, I don't recall my mom every saying I'm sorry, and she was very perfectionist, and she says she's sorry all the time now. We have this amazing relationship, but when she was raising me, I'm sorry wasn't a ready thing for her. I remember saying, the first time I told my kid, you know what, I didn't do that very well, I'm so sorry, you know and, here's what I'm going to do in the future to make sure that doesn't happen again, and here's what you get to call me out on if you see, you know, I mean I just think that let's the child know that you're always growing and evolving.

Wendy Silvers: Exactly.

Dr. Keesha Ewers: Yeah, it gives them permission to mess up, clean it up, learn something, and up-level, and what a lesson for your kids to be able to really model that, because they certainly, as everyone knows, they don't go by the do as I say not as I do rule.

Wendy Silvers: Well, I really love you're saying this, about being vulnerable, and to me that is what part of our beauty, where our beauty lies, it's in our vulnerability. There's not a lot of connection when somebody's completely, I've got this under control. There's no place to connect with them, usually, because they're their own island, and what we're seeing in our world, in our businesses, is that it's about connection, and I often say connection matters more than anything, and that's in your business, in your teaching, in your parenting, in your coupleship. The biggest misconception is that relationships end, let's say a job relationships end, and then usually stays because of money, but it's really about communication which allows for connection.

And as a therapist, I'm sure you must have sat with hundreds of couples and matched that with couples as well, and that's predominantly one person is saying x, the other person is saying y, and they're both arguing with each other to hear them-

Dr. Keesha Ewers: It's not a dialogue, it's two separate monologues.

Wendy Silvers: Yeah, exactly.

Dr. Keesha Ewers: It's the first thing I do with the couple, is what you just said, and I love that you're saying this for the family, and that is to create a shared vision. Their homework is to go home, and write a vision for their marriage, and oftentimes couples don't ever do that, and my husband and I revisit ours every anniversary and redo it. Because you're always evolving, you're not going to be the same person that met, fell in love, and got married, ever again.

Wendy Silvers: Ever again.

Dr. Keesha Ewers: And that's people always want to return back to that time, instead of moving forward in to this more evolved, expanded consciousness state, and I always say no you don't go back. You know, that's actually an immature space that you were in, and now you're getting maturity through the conflict. You're getting an opportunity to up-level your consciousness and to grow up. And, so you don't want to go back to that space, right, you want something better, and that's more alive and more mature, and so that vision that you're saying to create for the family, what a great thing. What a great exercise to people.

Wendy Silvers: Thank you, well you're speaking my language. You're talking about consciousness and unfolding, and evolving, and I am so with you. I think that's the way to be, and yes, thank you for presencing the fact about, when people talk about relationships and wanting to go back to that, it is immature. When I came into my marriage, I had a very young girl view of what marriage was gonna be like-

Dr. Keesha Ewers: Disney fairy tales, that we're raised on, right?

Wendy Silvers: Right, exactly, yes. And, it is very different and, I'm sure when you talk to your single female kinds, I know I have, when they talk about marriage and I say to them, I just want to let you know that when you get married, or when you get into a committed relationship, that's when another level of work begins. It's not like, yeah I'm home, like the Disney, it's like happily ever after, as long as you work on your stuff and your relationship.

Dr. Keesha Ewers: Right, and you can't relax it, ever.

Wendy Silvers: Right.

Dr. Keesha Ewers: You know, you can't then focus only on raising your children, and let your relationship go, because it will die. At the end of the day, and speaking from where I am at the age of 52, your children leave, they're supposed to. They're supposed to, that's what your job is, is to let them fly the nest, spread their wings and be who they're meant to be, not who you want them to be. And, who's left with you?

Wendy Silvers: Your partner.

Dr. Keesha Ewers: And you better have been working on it.

Wendy Silvers: You're right, it's so true, so true, yeah.

Dr. Keesha Ewers: Because otherwise you wake up one day and go, I don't even know this person, we have nothing in common, we don't emotionally connect, we don't have sex anymore, you know, we've had all this injury and hurt in our relationship, I can't get past it, I'm bitter, I'm resentful, I want out. And you know, that bitter resentful person goes out, and attracts that very same thing to them again.

Wendy Silvers: I know, oh my gosh, it's so true. It's absolutely true. It's like the name may change, and the outside might look different, but then after that honeymoon period, that three to six month window, hello.

Dr. Keesha Ewers: I know. You carried the script with you and you handed it to them and said here, read your part.

Wendy Silvers: Right, exactly. Everywhere you go, there you are, yeah.

Dr. Keesha Ewers: That's right.

Wendy Silvers: Very true, yeah.

Dr. Keesha Ewers: So, yes I think you know, when you're doing this kind of work with like family vision, how to manage anger of yourself and your kid, that carrying this into your relationship with your significant other, you're modeling conflict resolution to your children. And, I used to think, I grew up with my parents, I never witnessed a conflict between them, and I used to think whenever I had conflict with my husband that we were broken, there was something seriously wrong with us, you know, like we couldn't get along. That's what I was thinking in my head because we had conflict about things, and didn't see eye to eye. It was such an immature view on relationships. As I talked to my mom and dad, I think ten years later, and they said what do you mean we didn't have a conflict, of course conflict, you know, and I was just like, oh.

You know I think kids do that. They make stuff up in their heads, and then it becomes a belief system, and then you carry it into adulthood until you're forced to examine it, and then you get an opportunity with a more mature brain, to reframe whatever those ideas were, and I certainly had an idea that if you had conflict in your marriage that the marriage wasn't good. You know, this understanding that emotional gridlock is actually a fantastic catalyst for growing up into your next stage of development.

Wendy Silvers: Yes, absolutely.

Dr. Keesha Ewers: So, that piece inside a relationship for being able to heal all those old things is such a gift that they need to make a little fairy tale about.

Wendy Silvers: I think it would be so great to have happily ever after, after.

Dr. Keesha Ewers: I know, let's do it.

Wendy Silvers: Okay, let's do it. I mean that would be such a powerful opportunity for people to hear, cause when you hear about, oh it's so beautiful, it's all great, well it is, and in order to really grow and evolve you've gotta get into the nitty gritty, gotta get funky, you gotta into the ugly stuff, and people don't necessarily want to do that. And, I think that's what happens. I was having a conversation with a client, and they were saying "but I don't really want to know the not nice stuff", and I said well that's a choice, that's okay, just know that along with that choice, you're gonna have a certain experience. And that's just, I think, what happens for a lot of people. And I really appreciate, cause it sounds like you're doing the nitty gritty, inside [inaudible 00:25:12] work as well, and it's so valuable.

Dr. Keesha Ewers: Well, John Gottman, [inaudible 00:25:17] family therapist, probably the most famous one in the world, actually talks about the fact that about 60% of problems inside of a marriage are unresolvable, and that's a big number.

Wendy Silvers: That's a big number.

Dr. Keesha Ewers: Yeah, really you're not going to come to complete agreement on, and what I found in my practice at least, is that parenting is one of those. Money, sex, religion, politics, and parenting style, right, and we each have the style that we came from in childhood, and then we come together, and they don't match usually. And so, what do you talk about for people, as you're working through your vision of how your family needs to be and how to get onto a good foundation with that.

Wendy Silvers: When I take people to the vision in process, what usually is revealed is that no people may be articulating it differently. They have a desire for the [inaudible 00:26:16] quality, because when I lead people through the vision in process which I learned from one of my mentors, Micheal Beckwith, it's really tailor-made to harvest, to [inaudible 00:26:28] of qualities and feelings that people want to experience, because people can really work with what they feel. The thoughts can change as we know, because we're bombarded by thoughts all the time, so what I've learned is that people generally have the same feeling that they want. So, we work from there, and we really look at position, where people are really attached to their position, then we work with that, what is that about for you, what is it, what are your values.

Because what's really important is to honor the values of each individual person, and to not have judgment about it, and to look where, if there is judgment. And so, what I share in my private counseling and in the programs that I teach, are universal principles that can be applied, whether you have a child, or you don't have a child. But statistically, when I'm working with couples, to as Catherine [Warburton 00:27:31] says, consciously armed couple, we really look at what are you committed to, with your relationship going forward, and what would you like your child to experience, bringing home the truth that this isn't about them, it's about their child, and to help them get back to what would you like your child to experience. What qualities would you like your child to have when they're 21 years old.

Dr. Keesha Ewers: Right, yeah, that consciously armed couple, I think is another amazing conversation. So, if you do go through divorce, and I certainly have, so the father of my children is just an amazing man, we love each other dearly, and the very thing I just warned everybody about is what I did. I poured all of my energy into my kids, and then did not pay attention to my relationship, and we grew apart. I just got off the phone with him earlier today, you know, checking in on co-parenting. We've been divorced for 15 years or more, and when we un-coupled, we did it consciously. We just said, the kids are what matter, we still love each other, we're just going to go under different roofs, and have these two households but one family still.

And then we brought, you know my husband and his wife, we're all great friends, like vacation together, we get everybody together, and it's just this really lovely space. When in the summertime officiated my third child's wedding, all the people that were guests at the wedding said my gosh, I wish I had that with my ex. And I said, you know what, it takes work. Right, the same amount of work it takes to have a good marriage, it takes to have a good un-coupling. You know.

Wendy Silvers: That makes sense.

Dr. Keesha Ewers: Yeah, and it can be gorgeous and really wonderful, and it's good for the kids, because you're actually again modeling, okay so here's how you do this kind of activity. So, I think that we get stuck in these ideas and beliefs about certain things, and then we're not conscious anymore.

Wendy Silvers: Absolutely, I think that we go unconscious. We resort back to-

Dr. Keesha Ewers: Going to primal brain.

Wendy Silvers: Right, and it becomes survival. All of a sudden there's something that gets set off and it's all about survival. And I heard you say that your mom was a perfectionist, well my mom was hypercritical, and very judgemental, so when I'm super exhausted there's a lot of stress going on, I'm very aware that inside of myself I can feel that same energy. And, I get to work with it, to make sure that I'm not whipping that out, which sometimes I've done, you know I've done that to myself and to my loved ones, so it's about really being aware of who you are and what your weaknesses, for lack of a better word, are, where you're more vulnerable, or where you just stand strong and celebrating that.

And, that's also something that I don't see being offered to a lot of people, but in the world peace speakings at home one of the modules is called, I'm mourning in celebration, so that there's an opportunity to talk about mourning, and an opportunity to celebrate, right, celebration gets such a bad wrap, people think aw they're so conceited, no, it's good to feel good about yourself. It's good to acknowledge the things that you're doing that you feel esteem around, and to acknowledge your child in a certain way when you're celebrating. It's hard work to grow up.

Dr. Keesha Ewers: Right. Yeah I agree. Every Friday I'm gonna share this with all of our viewers, because I think it's a fantastic thing. My brother borrowed it too. We had a fun Friday. So, every Friday was fun Friday, I had a name word for everyday of the week, and so on Friday we would go on a field trip, it was like some way that we would celebrate. And it was always a celebration, so if it was Cinco de Mayo, we would do something with that, whatever was going on. It was always a celebration, and so you know, I think folding that into the calendar is so important, because we keep our kids so over-scheduled these days. I think that's one of the things that, I do a lot of counseling for children, and a lot of teenagers are cutting. When you ask them why they're cutting, they say they want to feel something. And, that numbing out that happens as a result of just always being on overdrive, is really damaging a whole generation of kids.

They're tied into their phones, to their computers, to these homework schedules, and sport schedules, and dance and music and all of the things that we think that we have to have them do in order to be well-rounded individuals, actually keeping them really fried, and we're giving them early adrenal burnout. You know, that's the big gift. Here you go, you get what I'm having right now at the age of 40 on a platter, at age of 16, right. It's

just like come back and celebrate, like put into the calendar some really wonderful warm moments of celebrating life. I think that's amazing what you're saying, and so important. It's not just birthdays and holidays, you know, making a part of life.

Wendy Silvers: I'm gonna adapt [inaudible 00:33:23] I really love that, that's a really beautiful ritual, and that's also something that is wonderful to really fold into our lives, the idea of tradition or ritual, because everybody's so fragmented, and we're all used to be on our phones. My daughter turned 16 recently and she's very observant, very perceptive, and we were going somewhere, and loves her phone and all the stuff, and so she said, we were walking, mom, she said, every single person walking on the street got their head down in their phone. I said, yeah. And, I think it's a way to control our society even though it offers great, I mean love technology, though I'm not the speediest or the most tech-savvy, I love it.

And, I think there's a real downfall, when you add over-scheduling, because really and truly, I think it comes from a place of parents wanting their kids to succeed, but if you really look at what's ... I mean, if it's driving what you're talking about exactly, that adrenal burnout, there is a drive. So, I think it's really important to check in with what's motivating you to have your child that scheduled. I worked with a parent several years ago, one of the few that got angry with me, in terms of my suggestion, because I told them that I thought they were keeping their children too busy. And they said, well you're being so judgemental, and I said I hear you, and I hear that you think I'm doing that, I'm really just offering up the possibility that maybe you don't schedule them with something every single day, and just have them be with you, and it was really interesting to see that, so I'm with you about that.

Dr. Keesha Ewers: Well, and women in my office with adrenal burnout and hormone imbalances and gut issues and auto-immune disease, all of these things that are so prevalent right now for women that are sapping their vitality, is this over-scheduled piece, and oftentimes when I say, you know the tagline of the summit is caring for yourself body and soul, I need you to do this self-care activity so that we can get your parasympathetic nervous system toned up, right, so toning out of the reptilian brain into this relaxation. When you're not a zebra being chased by a lion, then you can digest your food, you can have sex, you have sexual desire, you want to connect to other people, you can actually have a decent memory, and no brain fog because you can take in details that aren't about survival.

You got to tone that part of you, and they'll get angry sometimes, or they'll start crying, because they don't have another minute in their day. And, this is what I always hear, "Dr. Keesha, if you only knew", and I always say, oh but I do. I've had auto-immune disease, I've been there, you know, and I have the T-shirt, and I'd rather you didn't. We all know what that looks like, and I think it has to be a conscious practice to bring that self-care time into your world.

Wendy Silvers: I absolutely agree. I truly believe that the practice to prosperity, because people are very caught up in ... you know I think of prosperity as a holistic way of being, not just about the cold hard cash, which is great, love cold hard cash, but I say that slowing down and self care, is literally the pathway to prosperity. I just began feeding my body these incredible super-foods, and Aminos, and so I am drenching the inside of my body with these super-foods. It's high frequency super-foods that have given, and are restoring the homeostasis of my body, and also, I'm a big meditator. I've been meditating for a very long time, and I will increase my meditation. I actually wrote a blog post a month ago about self-care where I listed things to do, so I'm happy to share that. I'll send it to your [inaudible 00:38:07] because I absolutely believe that self-care is the way to prosperity.

Dr. Keesha Ewers: It is, and it's also the way to being a good mom. Because if your kid sees you as constantly on overdrive then they believe, and this is my children, the holiday season just this last year, we have a whole Harry Potter themed Christmas [inaudible 00:38:29] where we don't give a bunch of gifts, we actually do experiences, and everyone needs to bring an event from Harry Potter verse that we do, like a Triwizard tournament, we have all these different things, big scavenger hunt. So, its very activity oriented, and when my son sits down and pulls out a book and just starts reading, or my other son gets on the computer just to be alone, my daughters who are very much like me, get all resentful, and I look at that and I go uh-oh. [inaudible 00:39:01] always the emotion you know.

We had a discussion about that, my son and I, and I said so, do you feel comfortable just sitting down and reading, and he said, it is a practice for me to sit down in the face of all the activity and be okay. And, I think men have that ability more than women do, where they will carve out that space and say all right, you do your thing, and I'm going to do my thing, and that is up to us as women, it's like in the Bible, Mary and Martha and Jesus eating at their house, and one of them getting angry at the other one for spending all the time with Jesus, and not helping get the lunch ready. And Christ saying that same thing, well no, that's what was important was this connection time, right, not all the busy work.

And I think sometimes women get caught up in that busy work, right, and it's this idea that I'm only worthwhile if I'm achieving or I'm productive or I'm busy. So, yeah and that's the sure ticket to adrenal burnout.

Wendy Silvers: Absolutely, and I remember that story, cause I think that one of the Marys got upset, because she was working in the kitchen, doing all this work, and then the other one came in and he was favoring her. So, I remember that story. And, also, I often say, and it sounds like you'd do the same thing, that you can't give someone empty [inaudible 00:40:32] that your self-care is what re-fuels and recharges you, and as a mom, I mean so many times I have experienced in the past running on fumes, and then I'm short-tempered and I'm irritable, and when I really got clear that that was not working,

because it wasn't working for me, and if it's not working for me, it's not working for my child, and that's really the gage.

The other thing that I've noticed with a lot of my clients, I don't know if you have, is that when a woman is tired they push themselves more.

Dr. Keesha Ewers: I talk about this all the time, your libido being a gage on the dashboard of your car, it means your gas is empty, and if your car is running on fumes, it will break down if you don't put gas in it. If your body is running on fumes and you reach for a red bull or coffee or a pastry or black tea or whatever you're doing, chocolate, then you're still gonna break down. Because that's not actually the fuel that it needs, and so people come in to my office, they're overweight, they're tired, they have skin issues, they're frazzled, they're snapping at their kids, and they want this instant fix. They've ignored the light on the dashboard of their car for so long, and they're not even aware that they don't have any libido. That's the thing.

That's so far from their minds, and I'm coming back to okay, if you don't have the energy to connect to your partner, then what that means is that you've been on empty for a really long time. And so we always do adrenal and hormone testing, and they'll recognize they have a hormone imbalance, cause that's part of our popular syntax, right? What they don't get is that the root cause of that hormone imbalance, it's not natural for your hormones to go out of whack, the root cause of it is ignoring yourself, and your feedback from your body for so many years. And then they want it to turn around like that, well no, it's gonna take a little while.

Wendy Silvers: Yeah, exactly, exactly, yeah. Well it is really doing the things that one needs to do to fill themselves back up, to do the repairing and the returning to what really is very natural. Our bodies are amazing, as long as we're not being flooded with chemicals and toxins like some of our adults and young children are, then our bodies have an opportunity, that's why [inaudible 00:43:05] and really what I hear you doing is a way, we're talking about in your practice, is the way to really do it. And, what I like to offer families is the opportunity to get back to what's true, what's really gonna fuel you on a different level, so that you can really go and have a really full and fulfilling life. That's what we want for ourselves and our children.

Dr. Keesha Ewers: And that's why I have the academy for integrative medicine health coach certification program, and the people I love to teach are moms. I like to teach all people, but mothers that have become health advocates for their children and their families, because there's been some kind of illness in the family, they're passionate, and they really want to do this, and they're amazing health coaches. They come out knowing how to do laboratory testing, and put those protocols that are matched to what's going on for the person, how to do the self-care routines that are matched to the person, you know all these things, and that I think is one of the most amazing, empowering things that a parent can know how to do, cause that is the role, traditionally, generationally is the mother is the medicine-woman of the family, right? And, we've kinda lost track of

that. So, becoming the medicine woman of your family means that you have the finger on the pulse of what's going on for everybody, and you can actually then tailor that, so.

Wendy Silvers: It speaks to my heart. I say that women are the heart and soul of the world, and mothers are the heart and soul of the family.

Dr. Keesha Ewers: Yes, beautiful. So Wendy, we have your bonus material, [inaudible 00:44:43] on the womansvitalitysummit.com and I appreciate so much the work that you're up to in the world, and the message that you're bringing. It's just so what is needed right now. So thank you.

Wendy Silvers: Thank you, it's such a joy to connect with you, and I look forward to connecting with you more. I love what you're doing and I'm so honored to be part of this and to really share everything and anything I can to help women, especially moms and families to survive.

Dr. Keesha Ewers: Beautiful, thank you.

Wendy Silvers: Yeah, thank you.

How did we do?



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