



Mariel Hemingway

Ways To Build Your Mental Resilience

SUMMARY KEYWORDS

people, brain, life, important, create, exhale, feel, talking, mental resilience, peak performers, suicides, release, inhale, movie, habits, light, tap, story, health, rituals

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All right. Welcome back to the Optimal Performance Summit. I'm your host, Dr. Patrick Porter. And I have a very special guest with us today. Someone I've known about, perhaps my whole life, but now she we've done some things together in California. We're hoping to get around the Brain Tap platform. She's eager to do that. But I know who I'm talking about. Here's American actress, she actually started acting at age 14. And she actually got a Golden Globe nomination. So she's somebody who's been in front of the camera. She feels comfortable doing it, but she's also an advocate for mental health, which is why we have her on the summit today. And she's actually a peak performer because she's going to share with you some of her daily tips we're going to, we're going to interview her and find some more and who I'm talking about is Mariel Hemingway, which most of you probably know her great grandfather grandfather, not a great grandfather. Sorry. You're really young for him. But your grandfather so why don't you just tell us what's going on right now your life in what's your what's your passion is about mental health because a lot of people might not know That behind the scenes story of the Hemingway family.

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Right? So, I mean, obviously, like everybody else in the country, we're just all trying to find, you know, make our way doing, doing finding what's normal in our lives. So, um, but I found it such an amazing time to like focus on, on on self care and health and, and awareness. Sorry, I was looking I have a cat over there. I'm like scratching a table. Um, so it's really for me, you know, right now is is getting all the tools we need to be more you know, our best selves to be to live



the best life eat the best food, wake up feeling amazing, vibrant and all those things. You know, Brain Tap is a part of that. Breathing as a part of that food is part of that. Bobby my life partner and I Creating a platform where we're going to be sharing lifestyle tips and recipes and just things about getting outside and grounding, literally getting your feet on the on the earth. So you can, you know, feel the electromagnetic field underneath your feet and get get rid of inflammation. My passion for mental health, you know, when it all comes down to that is that lifestyle, everything you do matters to your brain health. Getting rid of neuro inflammation is all about the food, you eat water you drink, whether you exercise, whether you do you know, meditation, or do the Brain Tap or whatever it is that you do in your life, all of those things matter to the health and balance of the brain, the brain and the brain being connected to the gut, you know, so there's that that kind of very symbiotic relationship that we have. With our digestive system, and our brain and all that, so it's about honing in on those tools so that everybody can do them. Because if we've learned anything from this time of not being able to go out and interact with people is that we have to take care of ourselves. We have to take responsibility for our mental, physical and emotional health and spiritual health, we have to not rely on somebody else to give us give us solutions. We've got to find those solutions within ourselves doesn't mean that we don't need help. We don't need, you know, we don't need outside tools, but ultimately, it's the choices we're making with those tools within ourselves.

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Right. One of the things that you often talk about is mental resilience. So some of our listeners might not know even what that means or what you're what people are talking about when they say mental resilience. So why don't you give us your definition of bad and why you feel that's important for people Right now. Well,

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mental resilience just really is just about, again, it goes into our lifestyle, our choices and our habits. You know, resilience comes from the choices you're making every single day, the choices you make to take time for silence to get out into nature, all of these things create a brain that is active and ready to go. You have to take care resilience comes from taking care of yourself from from, you know, from head to toe, and the spirit that surrounds us, you know, so it's, it's just really about and also being open. And as we get older, we have to open our consciousness up or our awareness up to new ideas because it gets harder and harder as you get older to kind of be to be okay with new ideas because you get locked into Certain things resilience is about being flexible. It's, you know, it's the plasticity of the brain. It's about knowing that what works for you, too. You know, I think what's really important about mental health, physical health, all of these is that it's not one size fits all. Everybody has a different way of finding their true, you know, their true north and their center. So, it's important to just look at all



aspects of our lives to create that sense of spontaneity, resilience, you know, does that answer your question?

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Yeah, no, that's great. In the world, today, we're seeing just even whether it's more awareness, or it's happening more, but there's a lot of teen suicides, people taking their own lives. I know you're a big advocate for that. What do you think we can do as a community or what do you think parents can do? what's the what's the message out there that we can get these kids to look forward to having a life and when they go through a little, whatever is going on in their life, whether it's a big thing or a sad thing. I mean, social media has put a lot of pressure on people. So what is your feelings about that? And what's causing it?

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You know, yes, it is a big passion of mine, I am producing and hosting a show about the prevention of suicide for teenagers. Um, and probably now more than other than ever, you know, we're going to see more depression and more anxiety and more of all of these issues that we deal with, but especially with teens, it's about making them understand that number one, they're not alone. Number two, everything shifts and changes, you know, like life just, you know, when you're young, you don't really have you'd have no sense of of history or you don't have the experience of life that shows you that things shift. Um, you know, there are so many things that we can do as young people as older people, it's just so many things that we have to take responsibility for, to make to make our, our, our mental balance important. So, you know, I, I'm a big believer in the rituals of life like I believe that you know how you start your day is critical how you end your day is critical like ending your day with say, a Brain Tap, you know, experience or, or meditation and programming the brain literally to go into sleep time and then create in the following day what you want in your life, which is greater peace, greater, you know, happiness, greater health, greater, whatever it is, whatever is your need, um, but we have to you have to make that a priority. You have to focus on those things. So in the show, I want you to We're going to tell stories about kids that have either tried to take their life or have taken their life and the families around them. I want to give solutions. I want to say, hey, here are some tools. I'm not saying it's going to cure anybody's mental illness. But I'm, but I know for a fact because I've suffered from my own my own depression. I know for a fact that these things work. They work to help balance the brain and give you a sense of peace and calm. And I think we yearn for that. And I think kids will be you know, they're struggling, you know, I have my best friend's son just graduated from high school and how to drive through graduation. You know, I mean, life is just not what it was. I mean, who knew that we'd ever be in this place where, you know, it's normal to see somebody with a mask on, you know, and the anxiety that that brings, you know, And we need to, we need to find things that make us realize that we're okay. You



know, I my big thing for everybody is that everybody is already okay. We just need to, we just need to brush away the cobwebs and the darkness the things that are clouding our okayness. You know,

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I think that a lot of people don't understand that you, you might have had a storybook childhood, but it wasn't a storybook that most people would want to read because your your family history in that. And a lot of times they think that, you know, they read about people or they see you on television, they think Oh, she must have been had this wonderful life experience. And there's no no trials, no tribulations, no depression in your family. So how do you think what do you think got you out of because you've had a lot of tragedy in your family, unfortunately. And a lot of people have had that. Maybe not to the degree that you have, but how would you How would you say people can represent that because somebody To break that chain, somebody has to be the one that says, hey, we're going to stop this cycle. So what do you what are your feelings about that?

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Well, first of all, I think that, um, you know, to be the best person you can be is it takes up a great sort of commitment to discovering all all the good, the bad, and the ugly that has happened in your family in your life. And it doesn't. You know, I think it's really important to dig into the story of our lives, you know, our history. And always remember and I and I say this to people, when you dig in to your story, you tell your story. Memories can't hurt you anymore. Memories are just memories. Yes, it can evoke an emotion. It can make you feel something, but it can't actually cause trauma. And, and the beauty of looking at your history is that once you've been Become aware of it and you voiced it, like literally like out loud to somebody to a friend to a to a colleges, you know, whatever do with Arabic A to A to a spouse to whatever voicing your story is the beginning of kind of allowing that story to become a story. And then you can make make, you know steps towards towards your recovery towards your better self and and that better self comes through literally like we tell our story first. Okay, now I've told my story and now I need to look at the patterns like why, why do I act this way when you know when my husband comes in the room like that? Why does that just spark something, whatever. Because there's always a reason in your past that we have taken on a historical view of something and we keep repeating a pattern. Once you can start to see the patterns, you can undo the patterns and release yourself from the toxicity that that, that that old trauma brings every day if you keep repeating that, but once you've told the story, and once you get dig deep into it, you get to say, Oh, I can make a new choice. And, and when you do that, I think when you become the person that says, I refuse to carry this on, because, you know, I have two daughters, they're in their 30s. But I, I, you know, very early on, and I'm not saying I'm always making great choices, but very early on, I said, I don't want to be, I don't want to give them this old baggage, you know,



this, you know, genetic battle. Why? And so I was determined to really understand what I had come from, you know, there schizophrenia in my family, there's bipolar disorder, there are seven suicides and all that stuff, whatever. I look very deeply into it where it was coming from a lot had to do with addiction, you know, and really just coming to terms with that, knowing that I have an addictive personality, so I don't, I don't drink I don't, I don't do anything that might be because it's not that I had an issue with it. I just, I just know myself it's like, just steer clear of that I become an, you know, an addict to exercise and eating well, but, you know, I figure Okay, focus that kind of behavior toward something healthy for me. Um, it's about really understanding yourself like, Know thyself, that's that's the key to breaking the tie, or the genetic sort of repetition of, of habits, you know, and things that take you down. Um, and I think we all have that choice. We can all say I today I'm going to start a life that is new for me new and and it's my Mind. I'm not sure what it looks like but I'm open to to all the shifts and changes that will come to me.

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Well, I know that a lot of people don't realize that peak performers like yourself and in when you're doing acting and all these things, you have coaches, right, somebody trained you. So over a year years, over your life experience you, you've been able to really rub elbows with some pretty, pretty high profile mentors. So maybe if you could share a little bit with the listeners, what you've learned, just a little nugget, because there's so much you could talk talk about, I'm sure from, you know, your history, but those each of those little things probably helped to make that shift take you closer to your true self instead of this genetic makeup that that we always hear about, or this story that our parents try to put on us or our family lineage. I mean, in my in my case, I shouldn't be here on Saturday morning, I should be nursing a hangover because I'm Irish. So that's the way it's supposed to be, you know. So tell us a little bit about your journey. People just think you just woke up one day and you you have this epiphany and now you do all the things you do and it wasn't even no stress on the best Just do it. So tell us right

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and and I get that I get from the outside viewpoints like tall blonde, no problems, you know, comes from this famous family must be must be nice. And the truth is we all have a story. You know, I do come from seven suicides. I come from a mass amount of drinking, you know, my parents drank too much and I worried about that as a child. My mother had cancer, I was there her primary caregivers, you know, blah, blah, blah, part of the story. Um, so we have to get back to, you know, like, it doesn't, it doesn't have to inform who you are. It doesn't have to, but you have to recognize it to know what to do. And, you know, I learned I was so lucky to have been to to be in To have been an actor, especially early on, because I think that it what it did was it enabled me to step out of myself and my own, you know, self loathing or whatever it was



that would bother me and stepping into the shoes of somebody else with different problems. It made me a better observer. And and I think that acting was very good for that. I, you know, I watched recently, Bob Fosse and Gwen Verdon. There's a show on I don't know, Hulu or Netflix or something. And it's about him and he directed me in a movie called Star Adian and he was so he was such a messed up guy, but he was so brilliant. And what I learned from him in his kind of crazy way about of going about, like, directing and how he dealt with it We rehearsed for six weeks prior to filming, you don't get that, that luxury anymore.

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The budgets.

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Um, and he rehearse it like a play. So that once we went in to make the movie, it was like it was it was cellular and, and my feeling is and what I learned from that is that life is like that if you can create habits, good habits that become second nature to you, and sometimes it takes like 21 days to create a new habit and get rid of an old one. Um, and it's it's a beautiful thing I've learned from great people I've learned sometimes, I've learned from working with really not very talented people. Sometimes I think I learned more from the bad movies I've made because you learn what, what you don't want to do, or you just I don't know, I think human nature is very interesting. To watch and and there's always a sense of when you see somebody doing something and it aggravates you, I always ask myself, what in that person do I do? Why does it bother me so much? Oh, maybe because I do that sometimes. And yet, it's hard to look at, you know, it's those. It's those uncomfortable little situations where you go, Oh, no, oh, now I know why that bugs me. I tend to do that or I feel that way or something. Anyway, I think the journey of understanding self is is wonderful and having been an actress, it gave me an opportunity to really understand that self observation is really all it's about, you know, it's creating characters within yourself, that are like yourself and and enhancing certain certain things about your character or your personality that are more in this Other characters so that you can express that person authentically. And and with integrity.

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Right? I know also that you you do a lot with movement and exercise and doing those things if I was just meeting you for the first time and I said, Hey, what do I need to start doing? Why? Why is exercise or why is movement so important? Why is this breath you're talking about so important? What would you How would you inform your Tell me about that?

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Well, here's what I here's what I know for a fact that our bodies, our physical bodies, hold emotion, you know, so weak and especially the store up of years of trauma or issues or



whatever or habits it gets stored somewhere in the body. So movement enables your body to release past trauma, release tension, release these things and move in. It's just, I would not be the same kind of person, my my life partner, Bobby. To it's just unbelievable at like really like he he wakes up every morning and stretches really slowly. And he really moves kind of every part of his body. It's just amazing. I do a lot of yoga, I do a lot of hiking, but he's got me doing you know, rock climbing and weights and boxing and things that I didn't normally do but that that physical release it and and different kinds of movement, help release different kinds of thing. I mean, it's a known fact that if you punch something, it can get rid of anger, angry feelings, it can literally release them. Um, you know, you hear about people like ah, just go punch a pillow. Um, and and there's truth to that. And and again, it gets back to the balance of body mind spirit is in the movement you do. It's so huge our bodies are not disconnected from the brain in any way, shape or form. So it's it's the movement you make the food you eat the water, you drink, the thoughts that you think and literally train yourself to think and rethink, because I think we're so used to listening to a voice in the back of our heads that is critical. And that's something that I I focused on and I do it while I'm doing movement. I think movement has, you know, I tend to think, you know, positive things like, I like myself, I like myself or I believe something wonderful is happening to me today. And just keep saying that while you're doing something physical, it ingrains it more not only into the body, but it kind of, I think it informs the brain. I think that we are, we are designed to this is a computer, our body. It's a very complex And how I mean it's simple in some ways, but it's complex in the in the sense that you know, everything you do matters. So having intention and attention is so critical to to our health and wellness.

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I know that you're a big one in setting up these rituals you said and you, you have these things you do every day and they keep you focused and on time. So I don't know how many of those you want to share today, but maybe a few tips that for our listeners, because I think that is key. I mean, if you just get up and kind of think I'm gonna let the day happen to me, it's a lot different than, you know, taking action and kind of steering your day. So tell us about that.

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Exactly. I mean, I'm also a big believer of like, let's, let's program this day, then let it go and allow it to it's kind of like what Bob was, he taught me about rehearsal. By the time we went and made the movie. didn't have to think about anything. So you get to throw away all the like, I've done this to allow it to happen. But here are some of the rituals and all I'll share them. I'll share them with you. Um, you know, first thing in the morning I go outside, we have a little sandbox that my that Bobby created, he built the sandbox, he put sand in it, we go we sit in there and we watched the sunrise. And while doing that, I do a very specific breathing technique. I do a Wim Hof breath thing, I do that, that takes about 1520 minutes. And then I sit in silence afterwards.



Because breath has a way of balancing body, body and mind. And then I sit in meditation for you know, 10 to 20 minutes, and I

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I fill myself with gratitude. I

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think, you know, I think All the people in my life I think God I think, you know, whatever your beliefs as soon as that's you know you think all the good that you have and really take take note of take note of the of what you're grateful for I think that's a it's a powerful kind of meditation and then sit in the stillness and in the silence taking in you know the birds or whatever it is the wind on your face feeling feeling what you're going through after that it's it's really about like when you make your coffee or your tea in the morning. Um I believe creating ritual within the simplest things that we do in our lives whether it's brushing our teeth, making coffee or tea, and, and you know, when you brush your teeth, you you taste the toothpaste, you feel the bristles on on your gums, and it sounds kind of silly, but when you pay that kind of attention to the simple things in your life, it creates It's

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an amazing sense of

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being present. So so when you make those little rituals or washing the dishes and you really do them, it's kind of it's, it's a Buddhist thing called chop wood carry water, it's that it's the idea that the the simple things matter, you know, and that and that they keep us present, and it keeps you in a state of calm. Because Is there any problem in any of your present moments? Not really, um, you know, and if problems come up, you deal with them in that moment, and you take care of them or you have action towards them anyway. So it's creating ritual. When you hit fears or anxieties throughout the day, and especially through this time, people really get anxious, not knowing that sense of uncertainty. an inhale and then exhale and say thank you, thank you. Find something to Be grateful for because as we get aggravated on the, you know, on the freeway, or we're worried about this, and that if you just take a moment where you breathe in, and you breathe out, and you say thank you, thank you so much for teaching me today, you know, whatever it is that you're being taught, um, and my thing is eat good food. And when I say good food, I mean real food, I mean, organic as much as possible, not processed, not packaged, if that's possible for you and I, it really is possible for people people say, Oh, it's just so hard. It really isn't. And I think we all learned a little bit more about you know, cooking and doing busy. You don't have to be a brilliant cook to eat real good, healthy, simple food. And I think it's one of the greatest things you can do for your, your mental and spiritual good health.



Um, one of the final things that I sort of really recommend For people that go through stuff in their lives is when things become overwhelming, one of the greatest ways to get out of it is to focus on somebody else. Do something good. Do something for somebody else, a relative, a sibling, a friend, a child, you know, a stranger, a neighbor. When you focus your energy toward helping somebody, it takes that anxiety over are the, you know the overwhelming hugeness that it seems in our brain of our own problems, so those are some of the little things that I do in my life. Also, one thing I didn't mention is drinking good water. eat good food, drink good water or water. You know, we're made up of when we're babies were 90% water and now we're probably 65% as we get older, but you really need to replenish that water. Aging is really a lack of we're dehydrated. So drinking water and good water meaning, you know, like, alkaline or have a good filter system and those it's the simple things in our lives that can that can absolutely shift them.

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So what is your a lot of the a lot of the performers, the peak performers that we're talking with here, they have a supplement regimen how how what do you feel about supplements and is that

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supplements though I don't take you know, I used to like have this handful. I truly believe that a lot of our supplementation should come through our food, but often that doesn't happen. Our soil has been depleted and all of all of that kind of thing. Um, so, Bobby, and I take amino acids, we've got this incredible amino acid that we love, made by body health and it's just It's super absorbable and it's, it's been a real amazing thing for me. I also do a mineral thing that, um, that I think is, is great. And I think minerals are very important, especially magnesium, you know, for we just were so depleted because our soil is depleted. So minerals are incredibly important. We do have some brain stuff that we've been playing with lately that has, you know, tyrosine and ashwagandha, and different things for the brain to turn on brain and cognitive, cognitive, cognitive function, and that seems to be pretty profound. Um, and I fluctuate in and out of taking vitamin D in the summer, I don't need it as much, you know, you get the sun, so vitamin D and things that are absorbable they should be food based. So that's pretty much the the You know, I really I really do believe if you're eating well that the amount of supplements can be brought down

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to a certain degree.

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We've had Clint, we've interviewed Clint, which was great about earthing, but I know you're a big advocate of earthing or grounding as well. I've been going out in your sandbox and doing



that first thing in the morning is a way to ground of course, that's natural way. But what do you think about people that, I mean, a lot of people don't even touch the earth. You know, they're

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exactly. It's a big problem. glad you brought that out, because that was the one thing that's like, it's so important to me. I mean, yes, I do the grounding in our little sandbox, but many people are afraid to go barefoot, but I gotta tell you going out in your backyard and putting your feet on the ground. Whether it's in you know, on the grass, in a field on a trail, wherever it's so incredibly, I mean, it changes your life, it gets rid of inflammation. And it gets rid of neural inflammation, which is inflammation of the brain which causes you know, causes depression causes, you know, it helps release that inflammation, releasing pain, getting rid of pain and and, and, and arthritis pain and all kinds of things are things are really profound things So, Bobby and I are trying to create now, you know, some form of sock or shoe that really grounds you so for the people that are afraid to do it, I'm afraid to do it in you know, they're just afraid to go barefoot. I do go barefoot on trails quite often. So it's it's super important to me.

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Yeah, we actually found that my grandson if he doesn't get to take his shoes off, he starts acting crazy. But as soon as he takes his shoes off and starts running around outside, he's, he's hyperness goes. Anger.

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To me, it's amazing. I mean, I don't know if you saw the there's a earthing movie that Bobby and I were in and at one point is this woman and she was like, I didn't know what, you know, my baby was colicky. And this and that, and she said, I started to realize that when I walked outside barefoot, and he would completely calm down immediately so there's something to be said and there so you know, there's some neutral there's no judgement about like, knowing what they're doing they just know that they feel better. So

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that's huge. So those that are wondering about that movie if you go to the VIP section if you're a VIP you're gonna get to see that movie for free, Clint have made it available through a link so they'll be able to watch that movie, which I'll be good when should watch you know,

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yes, I I totally agree.

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So when you when you think about your day, and you talked about gut health, one of the things



I want to point out to the listeners is that they've actually shown that watching sunrises and sunset actually helps to reset the gut biome because the light frequencies reusing. And that was part of the motivation I had when you when I was creating Brain Tap. I wanted to see if I could capture those frequencies that now we're not using a 10 frequency, which is one that we, if we could add that in, it would be even better. But I know you're also a Brain Tapper. So maybe if you could tell our viewers a little bit about your experience with Brain Tap and how you use it and things of that

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I get a bit

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I just I think it's such a profound sort of, it's just one of the great tools and and it is it's mimic it, you know, I like anything that is biomimicry. You know, it's kind of trying to be a little bit like nature, in the sense that we're bringing Matt because we don't get enough of it. And because we're disconnected from nature and the outside world, and that light and that sound and the vibration and the end the programming of the brain when I talked about that, that's how I use Brain Tap. I use it as a tool to program my brain so that I'm going to wake up and have An amazing day amazing life. And, you know, I'm going to move forward with positivity because the last thing that you think about, before you go into a deep delta delta sleep is gonna is going to manifest. It just is. We are designed that way the brain doesn't know that that's not the truth. You know, Brain Tap is just, you know, amazing. Amazing. It's just, it's a great tool for me. It's to help hormones and it I mean, even during this COVID thing, I think everybody in the beginning thought, Oh my God, I've got a cough and we have this and I do the breakdown. I would sleep fine. We never woke up coughing ever. You know, it's just been it's been really and it calms you. You know.

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So the key thing what I want to make sure the all the viewers knows that you're coming out with some visualizations, you already do it. I've seen you do it live on stage. You did it. In some of the summit's that you've been on before you've got to people through though guided imagery. Yeah. Would you feel comfortable guiding us through a little five or 10 minute guided imagery here so they get a little taste of what you're doing maybe for stress reduction and just starting to plan their day, something like that. Sure,

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you know, I would totally love to do that.



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This is what I like to do. Hmm.

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All right. So if everybody would just put their

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feet on the ground

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and allow your feet to really feel

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to feel the ground beneath your feet. Let your spine be tall and straight.

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And with each inhale

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and exhale.

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Just allow that breath coming through the body and being released down through the spine and into the ground just with each inhale. I want Do imagine that you're filling up with light. And with each exhale, allow yourself to release anything that's not serving you.

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Inhale, light

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and exhale, any darkness, any cobwebs, any anything, any habits that don't serve you anymore.

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Again, inhale

36:44

and exhale.



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And now I'd like you to imagine at the center of your heart, a light like a globe of light at the center of your heart that expands with every Inhale

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and exhaling. Again, anything that's not serving the purpose of your happiness and well being and sense of joy. And then inhaling that light now envelops you. So it completely surround you. It's behind you. It's above you, it's in front of you.

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And now you're in a bubble of light.

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And with the next inhale, you're going to fill the room that you're sitting in with light. And on the next inhale, you're gonna fill your entire house with light.

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And you're gonna exhale that which doesn't serve you any longer.

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And then with the each inhale, that light is expanding past your navel We're headed into your town.

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And then it's just going to consume the entire planet. So that you feel as though there is this big, all golden, peaceful, beautiful light, completely surrounding the planet. And it just expands and kind of pulses out there in the universe. And you feel that light just creating so much love. So much peace and harmony for yourself and for everyone that you love. And for those of you who don't know, for those that you don't love, just sending out love So that you can be completely at peace with everything that exists. And before we open our eyes, just take a moment to thank yourself

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for the journey that you're on,

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for the love that you feel for your children, for yourself, for your home, for your good health, for your brain,



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the nature that you get to touch every day and witness and observe for the food that you get to eat for the water you drink.

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Allow yourself to really just be grateful and thankful

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and slowly open your eyes so

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was a really, you know, fast version of ritual that I do pretty much every day. And I like to do it with other people because I actually usually start my stuff that way because I feel like we all get very connected, when you're able to create that kind of sense of peace

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and it makes you feel as though

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not as though

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because it is really, really are connected. You know? And, and, you know, because you deal with frequency with Brain Tap, it is all frequency. So our intention is a frequency, our intention to create a world that is filled with love and light.

40:47

That intention has power,

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so the more people you can get to do that it can be very life changing for a lot of people.

40:56

That's great. Well, we're coming to our end of our talk today. But Mariel this has been great. You've shared some great tips, they can start doing, start getting some rituals in their life. Like you said, get up in the morning. I know that you're a big advocate of drinking water. So have a drink of water right in the morning, right when you first wake up, get out and do something, touch the earth ground yourself. You talked about having gratitude, a lot of people that shifts the gears like you said, express yourself, do what you need to do to move and breathe. That's



where our nervous system works best anyway, so let's get the nervous system working for you eat some healthy foods, try to find some you're talking about plant based foods, fresh foods as much as possible, which is good. And is there anything before we wrap it up? Did you want to leave the listeners with that? Or do a review something that you've said some key part that you think is important?

41:45

I mean, I think that you know my only thing is first of all, I thank everyone for being here I'm I'm grateful to have been included in this in what I consider to be very important message messages that go out into the world. And I think that if we can start our day, kind of with it with this, this healthy intention, we could really make a shift in, in our communities, in our families in our own communities. By having loving intention and kindness at the root of our being we can we can change the world by by what we think and the habits that we create every day. I think we have the ability to make great shifts in the world. But we have to do it together. You know, one person doing it isn't enough. We all doing this together. And I know all of you who are on this are already you know, you're already on your path towards making the world a better place. But I think the more we can join hands and really realize how connected and powerful we can be together doing good Things, loving things for ourselves and then having that bleed out into the world is life changing?

43:08

That's great. And we look forward to thanks again. And we look forward to hearing about this television show this, this production that you're doing, and helping to bring awareness back to our youth in our families, getting that connection and letting them know that they do have options. And I think so many people don't know that they have options and things of that nature. So again, this is the Optimal Performance Summit we've been interviewing here with Mariel Hemingway, she's, she's a real treat to treasure she's willing to use her influence and her her personal charisma to help with a really needed cause, which is mental health and keeping people well. So again, we appreciate that and stay tuned for your next speaker. Thank you.

