



**Lisa Garrido**

### 3 Things Biohackers Do To Own Their Day

Fri, 7/17 9:58PM • 41:28

#### **SUMMARY KEYWORDS**

intuition, life, breath, inner guidance, work, people, meditation, mindfulness, breathe, failure, ability, lisa, day, yoga, thinking, feel, helping, techniques, body, present

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Hello, welcome back to the optimal performance summit. I'm your host, Dr. Patrick Porter. Today we have an intuition expert, a mindfulness training expert, someone who teaches yoga in can certified teachers. So if you're out there wanting to know about more about yoga more about mindfulness, about your intuition, I think that's one of the most underused skills that we have as humans. We're going to introduce to the to the summit today, Lisa Garrido. Lisa, welcome to the summit.

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Hi, thank you. Thank you for having me. I'm so excited to be able to join in today.

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Yeah, you're going to teach us three powerful techniques. But I know we're going to go a little bit deeper as we increase our intuition. But tell me first How did you get into being an intuition teacher, a mindfulness trainer, a yoga teacher, tell us a little bit about your journey.

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So lots of making mistakes and not having an enjoyable life. I spent most of my life kind of



fighting against my inner wisdom and what I felt like was right inside of me I did mostly what other people told me to do. You know, whatever I thought I was supposed to be saying or supposed to be doing or how to show up in the world was all based on how people were telling you to be. And that caused me to have a life that was very, just very draining very exhausting. I felt like I was, you know, dying a very slow death. I was in corporate for a very long time. And eventually, through many, many things, but what sort of got me onto the path of intuition was when I turned 40, I kept hearing this voice in my head that kept saying, take a yoga class, take a yoga class, I'm like, not going to take a yoga class. Like, that's just I wasn't interested in it at all, but it wouldn't quiet down. So eventually, I thought, fine, I'm going to go out. I'd never taken yoga before so that I'm going to go take a yoga class. I went somewhere where no one knew me. I went like over the hell chose a class just based on you know, whatever. And I cried. The entire time. And I didn't know why. And it just was like this release that state of being I don't even know like present in my own skin. And I think the message at least with that, I'm very thankful the teacher that I took it with was just very much like, you know, how do you feel, you know, where where are you? And I was so used to being everywhere else except here in my body and in my heart that I finally I let go, something happened, I was clearly ready for that experience, because I had been holding it off for so long. So from that point forward, even though I cried forever, and afterwards, I kept going back. I kept I'd like, tune in, I'd like you know, I was working. I was a single parent. So working two jobs to support my kids. And then like trying to take all this yoga that was like 45 minutes away from me. But there was an impact that it had in me inside of me that I just had to know more and I've been on that path ever since.

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That's great. Sounds like you're tuning into your intuition. So tell us, for the people out there that don't understand intuition. What is intuition?

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So, I believe in what I feel, and just based on, you know, if you were to Google it, research it, do whatever, I've done some trainings on it as well. It's like your inner, your inner guidance, it's your inner knowing your inner voice. It's your gut instinct. And, you know, it's funny, because many people think that they have to, like, get intuition, but it's already there. We spend so much of our life like, you know, between stress and what's going on, and we kind of like built up all of these blocks that hold us away from our inner guidance, that it's really about peeling off all those layers of like, trying what we think is keeping ourselves safe, but is really keeping ourselves small. And you know, sort of like as you remove all those layers, the intuition is there. So it's an ability to be able to like innately know something without actually having learned it prior, and it's a really, it's there all the time speaking to you. It's just the practice of like releasing all that, you know has gone on in your life.



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I know in neuroscience that one of the big things that we have as humans is that we have selective amnesia. So we pretend we don't know things like it's been said that we know 97% about what's going to happen tomorrow we know about today, but people pretend they don't know. Like what happened. So tell me a little bit about when you started getting into intuition started teaching people learning them, what are some easy ways that we can begin to increase that connection to our intuition?

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Yeah, so I think for me immediately, it was the breath work, and moving my body. I believe, especially when I'm teaching clients one of the easiest ways to help someone begin to strengthen their ability to hear their intuition connect to it is breathwork because it's just so easy. If you spend your life at least for me, I will always be a recovering control freak. Like I'm always trying not to control things. And that comes from not trusting my intuition, breath work you can control. It's like a positive thing that you actually have control of, I can't control a person place or thing or an outcome, but I can control me and and I can control my breath. So even if it's just as easy as teaching someone to breathe in for a count of four, and then exhale for a count of eight. And just lengthening that exhale a little bit longer drawing the breath all the way down into the belly. So we're not in this like shallow breathing of the chest, which is like fighter flight, but you're actually now diving, just that just a vision of the breath all the way down into the belly. diaphragmatic. Breathing naturally turns on or helps to turn on the parasympathetic nervous system, which is that rest and digest. So breath work is super easy. And then meditation which isn't always as easy but For people who are new to meditation are a little resistant to it. I teach more mindfulness. So like Okay, the next time you go wash your hands, just breathe and feel the warmth of the water, feel the silkiness of the soap, like feel your feet on the earth. And just even if you just did that for three breaths, not only are you bringing incorporating breath work, but now mindfulness into the moment. So as you come into those spaces, things start to lighten you can hear the inner quiet is really what draws us creates that bridge to hear the messages that are inside of you that inner voice, that inner knowing that wants you to hear it all the time. But we have so much clutter, you know in life going around you and if they say that we have like, I don't even know like 60 or 80,000 thoughts a day, if not more, maybe less. And to be able to just come into the moment and ground your body and your nervous system. It helps to quiet a lot of that

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Yeah.

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So as you start to learn this, these intuition kind of skills and things like that, what do you find



happens in your life? Like, how do you decrease anxiety and increase those feelings of peace and vitality?

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Yeah. So when you start reconnecting to your intuition, and again, it's always there. It's more just releasing the barriers to it. We stopped giving our power away, just like I mentioned, it's like I was living a life based on what everybody else thought that I should be living, which is a lot of me giving that power away, that sort of that victim lack mentality. So when you start to trust your intuition, it's almost like you know that you have this, this ability to connect and really live in flow. If you have like, should I quit my job? Yes, you can go out and ask for support. It's so important to ask for help and guidance. But to know that inside you actually really do have the answer. It's our rational brain that says Oh, but if I quit my job done, I won't be able to pay my friends and I won't be able to put food on the table. And you know what will happen? My I won't be able to pay my car payment. However, you again, like I was mentioning, I was like a very slow death. Whereas if you just were to really take a pause and moment and think like what is my job bringing me joy. And even though I need to pay my rent, it's if I actually listened to my intuition and made a decision to maybe just look, right, I don't have to go get a job right away. Maybe I'm not ready for that. But if I just open up my awareness, and trust, the inner guidance says just look, so all of a sudden I look and then maybe I have a conversation with a friend whose friend is looking for someone to do something that like totally makes my heart sing. And if I had not really just opened myself up to the ability to to be aware of possibility, I'd still be in that job. Right. I'd still be hating my life. And that causes a lot of like, not just inner sickness but how it translates to our body. Right. And when you're able to now feel like you're in control in a way that's authentic, and like full of compassion for who you are, there's just a softness and, and a softness that goes through your, your, the way that you feel about your life. And that is where your the parasympathetic nervous system kicks in. And everything inflammation begins to decrease. Right and you feel calmer, you're able to make clear decisions.

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That's great. So when you're working with your clients, whether they're learning mindfulness or yoga, or you're just a coaching client with you, what have you seen once you've taught train them in this intuition? What kind of breakthroughs have they had? without, you know, just the names, but maybe you can tell us a little idea for those who don't have intuition yet. Can under Yeah,

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yeah. So one of them is just believing that you have intuition. So the idea of like one technique I use, that's just super simple. Like even just using, like affirmation cards, if you were to just have



a deck of affirmation cards and you're shuffling them in your hands and just feeling the feeling the cards in your hands and just feeling the earth underneath you, and then just talking about whatever it is that is bugging them. So let's say that, you know, they are a lot of it is like, you know, I hate my job, what should I do? I don't know what to do. So it's more just having that conversation, and then having them pull like one card. And then just like, I don't know, maybe it says like, you know, I am worthy. And so then you start having a conversation of like, Okay, well, what does that mean for you? Right? And then they discover that maybe they don't feel like they're worthy. And from that point forward, just having that not only interaction of pulling a card, and just the inner inquiry of what could that mean for me, but having a conversation about like, what are your fears, what scares you about leaving your job? And a lot of times it's thought That are keeping us away from wanting to do what we really want to do. Because we're scared that we feel like we're not worthy to have a happier joyful life. So I've actually have helped many clients quit their job and start new jobs or new careers, which tend to be yoga, teaching yoga and mindfulness and going from a space where, you know, they're leaving the corporate world to actually share their heart with the world through yoga and breath work. Other ones, it's just teaching someone how to breathe. Right? That's one of the biggest pieces is just noticing how when you're stressed, the breath is shallow. It kind of lives right here. Everything is super tight. But just by helping someone to lengthen the breath. That's it. Nothing else that can bring forward great change in your life, just by being more present.

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That's great. I know this to reinforce what you're saying. When I had my franchise company. We all have our clinics had an I can we call it at the front desk and it was affirmation. And when the clients came in, they would pull a card for the day, they got to keep it, we would just shuffle more in there. Yeah, it was basically, you know, stated in the eye, the the first person and then they would, that would be something they could think about for the day because we wanted everybody to have a positive mindset, you know, when you're coming in, sometimes they, they get conditioned to come in being negative. So there's the positive side of intuition. And then there's the negative side, where some people testifies, and they use their they use this intuitive mind to predict bad things. So how do you make the switch with that? I mean, there are some people that have basically created a habit of thinking negatively or, or thinking poorly about their life or their existence.

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Yeah, and I think that has more to do with our fear based thinking and like ego and like how we identify with who we are in the world. I personally in my experience, intuition, and what I work with with clients is your intuition is always going to be the most authentic, like experience of who you are. Within that, that brings in grounding and relaxation when we start thinking fear based





thoughts, is that really intuition? You know, in it means like, you know if your drive is, for example, if you're like driving down the freeway, and all of a sudden you get this inclination like, Oh, I should pull off and you know, don't, you know, get off the freeway, this has happened to me. And so I get off the freeway, and I really don't know why. But I realized, as I look forward, that maybe there was an accident, right that I had avoided or there was like traffic that I was going to make me late for my appointment. The other side of that would be like, Oh, my God, I have to get off the freeway because there's going to be an accident accident, and then there's this and then it just sort of like begins to snowball effect. That to me is not intuition. To me that is more that that fear based, not being in your body, but actually being out of your body. So the way that I help people kind of decipher like how do I know when it's intuition, my inner guidance, and how do I know when it's like my ego or Or my inner critic, and your inner critic is usually very chatty and really loud has lots of fluctuations in their voice and they speak forever. And they're usually that's usually fear based or it's usually like, you know, you suck, you're this, you're not pretty enough, you're not smart enough, you're not talented enough. But your intuition is always going to be very short. And very succinct. Like, stop, go, you know, you know, go take a yoga class, you know, it was it's not really chatty. So you have to be able, with your breath work, you can start to ground the nervous system and kind of create a pause between the two there the intuition, the part that's trying to speak to you all the time. And that fear base that tends to get in as you know, just our human psyche, right? If you breathe, you create a pause. And when you pause, there's an opportunity to be like, Oh, so what is this trying to tell me? Is this fear base? Is this my ego? Or is this my intuition and then being able to like, take that that path down your intuition. And then as you do, the experience of actually having it create a positive consequence in your life is amazing. And you start to develop sort of this proof of like when I listened to my intuition, things flow more easily.

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I think that's a great point. I know that a number of years ago when my sister and brother in law and their family were going to fly to Phoenix to see us when I was living there, and they had a trouble with their flight hours in northwest flight. And they were saying they were going to go, you know, bully their way into the flight and all that I said, You know what, you guys just take a step back, relax. It's not a big rush. Don't push it because I'm not a big one for pushing things like that. Yeah, plane actually went down and everybody died on board. So we were very, we were very lucky. That didn't happen. People like Edgar Casey, which you might be familiar with, he tells the story how he was going to get on an elevator but he couldn't see their energy. So he stepped back in the elevator fell to the floor and they all died. So I mean, I think if you if once you start doing Getting into your intuition you can start almost not, I don't know about predicting the future, but you, our brain is so powerful and what's happening in consciousness. They did a study that heartmath did. I don't know if you're familiar with them or not. They did a study where



they were using cards and they really, there's a our brain, we have a heartbrain 40, 40 nanocells in our heart, and they hadn't hooked up to these hrvs. And they knew the card was either positive or negative five seconds before they flipped it over. And it didn't matter what you were thinking. The heart would tell you. So when you're when you're talking about listening to your heart doing those things, so we all have the they prove that everybody has a capacity as long as they didn't have their conscious mind involved. So what is your idea about that? Because sometimes we talk ourselves out of things.

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Yeah, I think it's all trust. I think that I have come to learn in my own life that the more that I just trust as I have a lot of trust and faith, but I'm also very much like a Like I need evidence based like proof as well. And so in the beginning when I was sort of experiencing intuition I couldn't tell you that's what it was at all. It was more just based on living a life doing more breathwork more meditation based on the yoga that I was doing, and knowing that it was causing positive effects, but I had no idea like what that was about until many, many, many years later. So I personally feel that being able to like listen to your heart and that idea of being so aware of what's going on around you and everything is like it's oneness. That's what Yoga means. Right? It's to yoke it's to bring together it's everything. And so if it's all oneness, and you know, we are all like one collective energy or consciousness, then we can tap into things before that, that conscious mind takes over that ability to just pause and notice what you're feeling and experiencing i think is incredibly profound. And it's made huge changes and strides in my life. And as I go to teach other people how to do it, it's it's done the same for them as well.

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That's great. So we have a couple tips. One is the breathing in for breathing out eight and lengthening that exhalation getting the parasympathetic to kick in. just pause and breathe, take about three seconds before doing things. But what other advanced, let's say advanced kind of techniques, intuition techniques, can you share with us?

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So I would say that for me, I'm going to be I'm going to, I'm going to answer this a little differently. Because I was thinking about this. I'm going to say that sometimes the most advanced technique is the one that you're going to do every day. It's like no matter how much we do all the research, and we do we have all the science behind all of this. If you were to tell someone you know, like, okay, it's great for you to meditate, you know, 30, 30 minutes every single day, which is awesome. But if we meditate 30 minutes, like, every once in a while, that's incredible, but it's Not going to bring for the results that we're looking for in life, unless we're doing something every single day. So I believe that the advanced piece of this is more



regarding like our own ability to get in our own way. And I think that if you just every single morning, before your feet even touch the floor, right? You just took in three breaths, one hand on your heart, one hand on your belly in your bed, and just took in three easy breaths, 30 seconds, maybe, and then went out and spent the rest of your day. However, it's going to unfold whatever happens. And then the next morning, do the same thing. 30 seconds, maybe, and do that continually, over and over and over again. That's what's going to begin to create like really significant changes in your life. I find that when we start talking about, you know, when I'm talking to clients about, you know, start, start developing a meditation practice 15 minutes every day, it's hard to do. It's just life gets in the way, so, yeah,

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right? Well, that's why we're in our business, which is why we created the Brain Tap. So people don't have to think about it. But they I know it's hard. Most people don't know that when they start meditating, they actually turn on the sympathetic system. I mean, when we measure them with EG, they're not getting the relaxation, or they're not getting the benefit of meditation because they're thinking too much. They're going in my breathing, right? am I sitting in the right posture? My hands, right? No, it's that's why I think the mindfulness movement is so great. So tell us about somebody you're teaching to do mindfulness that isn't that doesn't have technology that doesn't know anything. What do you tell them first? We know the breathing but what's the next step after you're kind of mastering the breath? What do you

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tell them to do? So with regards to maybe depth, getting more in tune to your intuition and being able to hear it after maybe the breath work and doing some meditation, definitely moving your body in some way because that's Somatic Experiencing is so important to be able to take that's why it's like we've we sit and we meditate. And it's just easier, not easy. It's just easier. You know, to be still ish and and breathe and be mindful. But then once you start moving your body in that flow, and it could be something as easy as just Inhale, raise your arms. And then exhale, bring your hands into your heart, and he'll Raise your arms up over your head, exhale, hands into your heart, just when we start moving the body in rhythm with our breath, and the ability to be mindful starts to really flow that more out into your life. I think that as you develop more wherewithal or just develop deeper sense of your, your inner guidance, developing your own affirmations that can actually take part of your day. So in the morning, let's say you do take your three breaths. And as you're doing that, you realize that you're thinking like, Oh my god, I can't forget to pick up you know, my kid at two o'clock. I can't forget to pick up bananas at the grocery store. It's like our mind. just naturally starts to wander, you can come up with your own ability to create like your an affirmation, which is just could be like, Alright, so I'm worried today, I'm worried about oh my god, I can't forget to you know, I have to pick up my kid at two o'clock I





can't forget that. It's like, Okay, so how could I like really develop a base for my day a foundation to move throughout my day. So I'm have more support with regards to the anxiety that I'm feeling about maybe you know, not picking up my child at two o'clock, which is a real world fear based on all the other things that we have going on. And it could just be a simple like affirmation that like I am present. And so as you start to develop the words, so not only is it the breath work, and maybe the mindfulness, but in the meditation and it's the moving your body, but then now throughout your day, you have something that you don't have to go to just your breath is with you all the time. And it's simple affirmation like I am present. And so every time you maybe you go driving every time You hit a red light, just at the red light over and over again, I am present, I am present, I am present and use that as like your daily affirmation, it's actually more effective with regards to keeping yourself grounded and more calm throughout your day. And over time, you'll hopefully we worry less about you know whether or not we're going to, you know, forget picking up our child and you're so present in your life, that you just have a clear mind. And by the time that comes around you that the anxiety isn't either as much there or you're just present with it. And it's like, okay, no, no problem. Here I am, you know,

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I know a number of people that are going to be on the summit watching it are going to be working on issues like they might have addiction issues, they might have a weight issues, they might of course, a lot of them will have stress and fear issues in there. That's why they were going to whatever professional clinic they were going to and now they're on the side We all have something we're working on. So can you take a few things that are, like grounded in reality? Like, let's say somebody's working on their weight, or somebody's working on giving up cigarettes or giving up alcohol, whatever those things are, can you give us a few suggestions on how intuition can help us with those things?

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Yeah, so I actually do a lot of work in addiction recovery. So I would say three quarters of my work right now is bringing yoga and mindfulness to, you know, residential programs, LPs and phps. So I work with a lot of that community. And that while is such a beautiful, like, that is such a tender experience and moving through that ability to, you know, just be present in your addiction and to recover right and and the possibilities of being able to move past that. And is that even something that you know, people try over and over again, and when it comes to intuition, one of the biggest pieces of the practice that I work with Clients is trusting that you have intuition when it comes to like soothing yourself through you know substance, you know, drugs, alcohol, whatever. It's that that need and desire and almost like we have to have it you to soothe the pain that you're feeling. And once you remove that there has to be something healthy that's like helping to rewire that that need and of course, that's has a whole bunch of



science along with it, you know, with regards to you know, recovering from addiction, but for the purposes of this conversation, helping someone to just understand that they do have the ability to to hear their inner guidance and that they have inner guidance, instead of constantly giving it away and giving their power away to something else to help soothe them, but to be able to self regulate, right inside. So instead of going to something or substance right minus the biology All of the science behind that, but just a beginning piece of like, okay, I can start here and introducing someone to just, you know, the ability to talk about what's going on in their life and to breathe at the same time. Right? So instead of like having it stopped, like right up your throat and express what's going on in probably not even being able to express it and suppressing it all your life, the ability to just be present, to breathe and to share whatever that is not only helps to give you the practice of being present in that and self regulating, how do I calm my nervous system in a moment of panic or anxiety? And it seems, it's not easy, but it's simple, right? The beginning is, where are you? Are you in your body? Are you breathing? You know, one of the techniques is the 54321 relaxation technique. That's all sensory, right? It's like named five in a moment of anxiety named five things that you see four things that you hear three things that you smell, you know, two things that you can taste one thing that you can feel, that's a hack. And the reason why it works is because we we stopped looking at what's like, ah, and it's like, Okay, well, now I'm forced, like, you want me to name three things I can see. Now I have to look in my environment, and name those five things. And then to repeat that with four things that you hear, it actually starts to involve all your senses and that brings you into your body. That is an excellent technique for helping reduce anxiety. Especially in the beginning, like when you're starting to notice it. It doesn't always work but the outside, it's why we call it a practice. It's not a doing. It's not like a boom, all of a sudden, you're going to turn on your parasympathetic nervous system, and life is good, because if it were that easy, everybody would be doing it, right. It's a practice. And over time, being committed to that practice is what really helps to change the wires that we have going on in our brain and the way that our brain talks to our bodies. In the, you know, the vagus nerve and all of all of that stuff that's being discussed and out there in the world today.

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I know we have this new science of neuroscience that we're involved with, of course, but I do a lot of research into yoga as well. I go to India a lot and read a lot about parenting and Nanda. And he actually talked in the 40s, about our brain being like a record because he could relate it to a record, he said, we have these grooves in the record, and as long as we don't change them, those grooves get played. But if we change them, the grooves aren't very big at first, but they just keep getting dig deeper, until they replace the old grooves in the record, and couldn't been close. I mean, this is something we didn't have any neuro imaging technology. But somehow these ancients or these, the mystics seem to have had this hardwired in they, they



just know what's going on in the, in the brain in the body and things of that nature. So when when you think about these practices and what's happening with them, what's one of the ways you tell people because to fail, the failures gonna happen at some point. Now, everybody's successful all the time. How do they handle that with intuition? Because if somebody says, Well, I'm using all this and they get one failure, they might say, well, this doesn't work. So how do you teach people to handle failure?

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same path, breath, pause, read and really start facing that instead of looking away from it. It's always like we're always sweeping everything under the carpet. And just the carpet just gets bigger and lumpier. Right, until one day one thing like the last needle of a haystack, everything blows up. So I look at failure now. And it's challenging, but I do I look at failure as an opportunity. I know that if I'm not failing in my life, I'm not growing. I mean, that's one thing that's taken me a long time to get comfortable with is failure. And then dealing with the idea that failure defines who I am, right, that idea of like, Oh, well, if I fail at this, then I must be a bad person. But really, it's, you know, this is just a body and you know, you're an infinite being in a body if that's something You know, that you believe in? I do. And so when I look at failure in the past, I felt as though it was defining me like, Oh, I failed at that. So therefore, I am a bad person. And that's just the messaging that, you know, I somehow picked up as a little girl. But as I've gotten older, I now realize like, Oh, well, the first step was like, okay, so failure doesn't define me, I'm inside this body. I'm not the body. I'm not the circumstances of my life. I'm inside the body. And that essence of who I am, is perfect. So failure over time just becomes this assessment of like, oh, okay, you know, it's not who I am. Right. Okay. So what can I be doing? How can I improve that for next time? Now that I know better? How can I do better, right? But now I've even expand to the space where it's like, if I'm not failing in my life, I'm not pushing like myself into the spaces that are helping me to expand because there's always that natural contraction and expansion, right? It's like birth, right, there's contraction and there's expansion. There's Never just expansion and joy all the time. And I remember the first time I really learned that like, wait, right? Like, don't I want to be happy all the time. But no, because it's ebbs and flows. And so there's the idea of, you know, you're going to have success and you're going to have failure. But who you are, is inside this body and inside those circumstances of success and failure, and each have an opportunity to help you expand your consciousness right into that next space of where really you want to be moving into.

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Right. And that's a great point because they've now proven through neuroscience, if you're not stressing out the brain, it's not growing. It's not hitting neurogenesis and all those changes that happened through neuroplasticity. So you're right on there, one of my favorite mentors growing



up, he was I worked with him for quite a while. He used to say failures never final. So you know, you can if you and then I've heard it said that the only way that failure is final is if you don't do it again. You know, you got to get up and try it. So there's not one Successful persons fail that succeeding every time. I mean, some people seem to have hit the mark quite often, but you have to learn from from failure. So you've taught us a hack for the morning, I just want to go back to a little bit so everybody knows about it. Where you lay down in bed, you you're doing the breathing exercises, is that the best mindfulness hack? Or do you have another one for us? Maybe you can review that for us.

32:23

Yeah, so well, that one is the just the the fastest, most simple one, not necessarily the easy one. But just that one hand on the heart, the belly, take three breaths. And that's it. I think that one of the best other hacks is I mean, I love I feel as though if I can help my clients build in mindfulness techniques throughout the day, it's easier to to make it more a part of your life. So another one is playing with just ways to strengthen like intuition is like a muscle to me. And so I always advise my clients because when Feeling good, we tend to not do the work, you know, it's like, oh, well, I'm fine, I don't need to breathe, oh, I'm fine. You know, I don't need to do the yoga or whatever. But actually, when you're feeling good, that's the the best time to do it because it's like you're strengthening your intuition like a muscle. So when things do get challenging, your body has that memory that imprint and you're building an anchor. So one of my favorite techniques and you know, is if you are into any type of meditation, is start developing, like a single point of focus. And one is choose an object that is neutral. So don't choose like, you know, like I always say, choose a red apple. And you know, if you love the color red, don't choose red. If you hate apples, don't choose, you know, don't choose apples. It has to be something neutral. And there's other practices where you do do focal, you know, might meditation on things that you enjoy, but something neutral, and then you just imagine let's say it is that red apple in your mind. If and every time you meditate, whether it is you're washing the dishes, or you're taking three breaths in the morning, or you're stopping at every stoplight and you know doing something, imagine you have like that one single point in the practice, we call this, Donna. But just one single point, maybe that object that Apple and you breathe, and you do a meditation or whatever your thing is, over time you rewire your brain starts to remember like, oh, every time that you think of a red apple, you're actually knowing that you're moving towards that rest and digest in that relaxation, because you've been practicing that and practice it in everyday scenarios, right? So you can fit it in no matter what. Brush your teeth with your left, you know, your opposite hand, your dominant hand, something like that. So it's allowing you to be more mindful, and then just that object behind the mind's eye over time, that will actually create an anchor, which will automatically when you think of a red apple We'll begin that that that movement towards relaxation and calming and grounding.



35:06

So that's great. Lisa, you've been sharing a lot of incredible information about intuition. I mean, encourage each of you out there in the summit to pick up the phone or email text, who someone you know, that could benefit from these techniques, because almost everyone needs to learn about these little techniques you can use to start tuning into your brain, or using your intuition to shift gears, as you said, shifting from that sympathetic overload that people have that fight or flight tomorrow, and the healing, rest and digest kind of mindset, which is awesome. And little things you can do during the day is really good small steps lead to big changes, as they say. So this is a incredible sharing here. So I also know that you're going to be giving a gift to our VIP members. So why don't you tell us a little bit Lisa about the gift you're going to be giving them that they can use and learn.

35:58

Yeah, so I've created a guided meditation and this one I'm actually have focused more towards sleep. So it fades off in the background. So it really allows you to relax your nervous system and body and ground. So you can have a restful night's sleep. It's a creative visualization. It's one that goes and connects us. It connects us both above and below. So you have sort of that connection to the earth, the connection to the cosmos, and just flowing that energy through the body and out of the body, and then meeting into that heart space. And then from there, the creative visualization is to imagine what we call cutting energetic binds are cords. And we inadvertently, we connect to all kinds of things people places, events, you know, you're just you know, a glance, and imagine like these energetic threads or webs that each time you connect to someone or they connect to you. You sort of have these connected all around you. And some of them are like threads, some of them are like cord some of them I feel really heavy and like steel. So the meditation leads you throw away to sort of like slice away all those cords, which is just a nice symbolism and imagery, and then just really allowing what that inner light, your essence to shine. And as you release all of those energetic binds and cords and waves and threads, you have like a sense of more just you feel freer, you feel calmer, and grounded and clear mind, which is really wonderful for bringing you into a deeper state of healing and sleep.

37:33

That's great. I mean, with two thirds of the American population, this is going to go out to the world we're in 120 countries, but in the in America, they say two thirds of the American people aren't sleeping well at night. One third aren't even getting six hours of sleep even though that's not as important as getting deep sleep and REM sleep but there's, it's it's like they need that so this is a great gift. So again, share this this video on the summit will be available for free For 24 hours, so if you know someone that suffering from sleep, have them, listen through this, get on board with Lisa, learn these three powerful techniques to increase your intuition. You know, get





on board with being more an active participant making changes in your life instead of letting life happen to you allow it to happen through you as it were. So before we wrap up the summit again, I want to thank you for being here sharing your wisdom and your time with us. Do you have anything you want to leave our viewers with before we we end the call today,

38:28

just that if you in any way doubt that you have intuition or inner guidance, or that you have the ability to to lead your life from a place that you love, right and the ways that you can actually navigate your life struggles and challenges and successes and failures. If you doubt that you have the ability to be able to do that with grace and ease. I just want to let you know that you you do. And it really is your intuition and trusting your inner guidance and knowing that it's always there and it's always speaking to it. wants you to hear it, it wants you to connect and move from that space. So, and I wish everyone you know, just peace and well being and love.

39:10

That's great. So thank you, Lisa, again for being part of the summit. They're going to enjoy that downloading that that meditation and visualization head over to the VIP section and, and get that when we're done. And then what's new for you? But before we end what what what's up for Lisa? what's the what's the big thing we're going to be hearing about with you in the future?

39:31

So right now my biggest thing is I'm I'm a huge my intuition is like my passion in life. So right now, I've developed my teach yoga teacher. So I have I just launched my 200 hour yoga teacher training. And that's all about living your heart, like living your life from your heart. And it's all based on how to work with your intuition and move from your intuition. So not only can you transform your life, but really help other people to heal and to transform theirs. And then also, just Working with I have a another digital course that I'm coming up with, which is actually going to be able to play with cards, like tarot cards and angel cards and Oracle cards and techniques of how you can read those, like from the beginning, you don't need to rely on the book. It's a beautiful insight, but how to use your intuition to really use cards as a way to gain like a deeper sense of who you are and how to navigate your life. From a place where you feel calm and connected. So you can just you know, have a happier, joyful, more healthy, exciting life. so fantastic.

40:35

Know that you all have intuition. Now we've got to cultivate it. It's like the seeds of greatness that are there. We just have to fertilize those fertilize the soil so we can get the flowers or the crops to grow. So, again, Lisa, thank you for being part of the summit. We look forward to



getting the feedback from people listening to your session and listening to this. This video. They're going to share it with their family, friends, co workers, everyone that needs help, of course during the stressful times where if you're not sleeping, remember download that, that meditation and start getting into that deeper level of sleep. So, if you're here and you're waiting for the next speaker, they're going to be right with you just click below the summit's rolling. We have lots of great information for you. Thank you for sharing. Thank you for sharing this with your family, friends and coworkers, as I said, and Lisa, God bless you and thank you for being a part of the summit.

41:24

Thank you so much for having me.

