

# Episode 103: Debunking Myths About Meditation and Hypnosis

MERYL: Back, everybody to the Rebel Nutritionist Podcast. Today we're gonna deviate a little from our nutrition conversation, although I feel like we do that often. To talk to wonderful guest, Michele Griffin, who is a meditation, yoga, hypnosis instructor.

And we're gonna, we're gonna dive deep into all of that interesting stuff. So, Michele, welcome.

MICHELE: Oh, happy to be here today with you. Yeah.

MERYL: Excited to talk about some of we talk a lot about the mental emotional aspect of the work that we do, because, Feel like it's such an overlooked aspect of the work that we do, right?

People come to us and think, oh, well I'm just gonna change my diet, or we're just gonna talk about food. And really it all starts, has to start up in the head, right? It has to start with changing behaviors and creating a mind shift. And I feel like helping people take a step back from that through whatever it is that helps 'em slow down, whether it is meditation, whether it's yoga, and I am excited to hear about the hypnosis.

So, I'm gonna allow you to introduce yourself, tell us a little bit about you, where you're from, kind of how you got into this work, and, and we'll take it away from there.

MICHELE: Great. Sounds great. Well, thank you for having me. It has been a journey for me to sort of wind up where I am and from where I started.

So I think as I tell my story, it will show you how things sort of unfolded. On my path, I actually started out, I am like a big geek about the human body. I love everything about the human. You know, I have anatomy books. I ha I, so I have a degree in health sciences. That was my first love. I love science.

I'm a very science driven person. So the fact that I wound up on sort of the opposite end of the spectrum doing yoga and meditation. It says a lot. Okay, so take, take that as a grain of like, just, just hold on to that because I did start off in this very medical profession. I became an occupational therapist and my goal was to work with people for healing.

I really wanted to help people. That was my intention, and it still is, but it sort of has shifted as, as I've kind of traveled on. So, as I worked as an occupational therapist, I learned so much and I'm so thankful for that part of my. Working in hospitals with people who had strokes or who had hip replacements, and **really being a witness to those people who had the better outcomes, I would really sort of take note like what was different from that person to this to another person.**

**And a lot of it came down to mindset their positive outlook, maybe even their faith.** So I, it was. Planting a lot of seeds along the way, and **I really began to really take notice of how important your thinking was involved with your health, your, your wellbeing overall,** and people who had really horrible diagnoses.

If they had a really good mindset, they outperformed the people who had minimal things. And that, to me was miraculous. So as I continued on my journey, I actually worked with children for a while and got very interested in children who have sensory issues. You know, it's very hard to function when your sensory, your sensory issues are kind of not allowing you to perform at your best.

I wrote some children's books that were published about it, and I just kind of kept on this journey. I have a family history of high cholesterol, so I always had to keep exercise as part of my routine. And I would work out. And I found myself taking some yoga classes after my workouts because I like the stretch part of it.

And I don't know, I just started to get really attached to my yoga practices, and I'm saying, can't just be the stretching. Can't really stretching. I would leave class and I just felt amazing. And there's a part of a yoga class at the end called Shavasana, and it's a, it's a period of 10 minutes where you just sort of breathe.

So yoga, really, for those of you listening out there and think in your mind that yoga is something where you're doing headstands and these insane postures, yoga really is not that. **Really the intention of yoga is to connect your mind and your body through your breath.** So you could lay on a mat and you could breathe for a whole hour, and that is yoga.

So I, I found that. **The last part of yoga really was what I was getting attached to because it was coming into stillness, coming into connecting with your, your mind and your body.** And in that time of stillness, you, I started to learn a lot about myself, about

the types of thoughts that I was having and becoming more of an observer to my thoughts.

So that's where the meditation really started to take off, and I was really captivated by it. And then of course, as life. These synchronicities kind of happen, right? Things come into your path, you say yes to them and it leads to something else. And so I read an article about hypnosis and how it helped people get through surgery.

So people who were going in for surgery, whether it was a mastectomy or any kind of elective surgery, **you could prepare somebody with hypnosis, and you're actually allowing the mind to kind of go through the process of what to expect. Give them some breathing, some calming, and their studies were showing that when they came out from their surgery, they went in with less anxiety, number one.**

**But when they came out, their recovery was quicker. They had less pain** and, and these are studies. This isn't just, oh, I felt better afterwards. These are studies that were done that proved their effectiveness and hypnosis has been used for hundreds of years. So I became very interested in learning hypnosis.

That is a healing practice, right? So I'm starting to transition from that hands-on physical to really working with people more in the mind and helping them become more aware of their thoughts. And **hypnosis differs from meditation in that you're sort of guiding somebody through whatever their issue is, whatever they wanna work on, whatever they're approaching.**

**You're sort of the guide** and you sort of take them into it and lead them through it and then bring them out of. **Meditation is more a tool that you begin to do on your own, that you make a commitment to. I always recommend that people pick a place in their home that's quiet**, maybe an office or an extra room if you don't have an extra space, just a chair in your bedroom, a space where you go to work on meditation, and **it's a practice like anything else, just like exercise, you have to build the practice. You know, sitting and sitting still and kind of looking at your thoughts is a challenging practice**, right? **Our thoughts and our minds are always ahead of us, and it's a time where you sort of connect your mind and your body.** How do you do it with the breath? So, It's this long trajectory of really starting, like with the hands on healing, sort of going through this whole journey of meditation, hypnosis, and still I'm in the healing field, but I just feel there's so much more power for healing and, and then uncertainty in what your line of work is.

You know, people making the connection, I mean, **mindful eating**. Done the practice of, of holding a raisin, examining the raisin, and taking. A few minutes to just really examine it and then placing it in your mouth. Keeping it in your mouth without chewing it, allowing all the sensations. It is the most profound experience.

It becomes the most delicious raisin you've ever eaten in your entire life. **Slowing the whole thing down, really appreciating being being in your body**, enjoying the experience at that moment, being present. Absolutely

MERYL: you know, I, you bring up a really, really good point about that because we do talk about mindful eating because, and one of the things that I say over and over whether I've said it in a podcast, I talk to my clients.

We are very disconnected. We're disconnected as a society, and we're disconnected from ourselves and we live in such. Pace, right? We go at such a pace that it's go, go, go. Sometimes it's very rote and we just do, do, do, do, and **we're not paying attention and being mindful, like you said in the moment, especially when we're eating.**

I, I was just talking to a woman the other day. And I said when, when do you eat? Where do you eat? And she says, oh, I eat standing up on the go or in my car. And I'm like, oh, no, no. You know, we talk about changing behaviors. And for her, that had to be the first one because she's so disconnected from how she's nourishing herself.

So, so I think that's so, so important that like, yeah. I mean, take whatever piece of food and, and be mindful. So,

MICHELE: So obvious of the, of the, of the beauty of. I mean the, the food that we have, like just, I had just a, some almonds here. They we're delicious. We have such, we have, we have so much in our fingertips.

The amount of foods, the type of foods, the variety of foods, and **you're missing out on the experience of really, truly savoring and enjoying a meal, a snack. It really can become a, an amazing experience if you can slow everything down**

MERYL: and be absolutely. Absolutely. So the work that you do now, so you moved out of occupational therapy and now you are a solo practitioner.

Like what does your work entail now?

MICHELE: So I do hypnosis one-on-one. I do group sessions. I have a regular yoga practice. I have private clients. I do meditation classes. So it's sort of this more mindful practice that I really am focused on.

MERYL: So one of the things, and that's awesome and what you said it's so interesting.

You and I are very, very similar in that I've always been very much of the science mind as well. Right. It's like you know, went to school I was in, was studied with the pre-med students. You know, the work that I've done and the work that I do is medicine based, it's science research based, yet it has a huge component of the mind. Right. And so what I love now in the space that we're in and that I continue to move through, and it sounds like you do as well, really how. **Science is connecting the mind piece to the body piece.**

Whereas many, many years ago it was this mysticism of, ooh, that's voodoo. And you know, but now we can see, and, and some of the work, like some people I'm a big fan of Joe Dispenza and he does look at the, the brain connection, but he measures it like we can measure brain waves and energy.

So it's not just this woo science anymore, it's. This is real, and you can measure the energy fields around the body. And then, and one thing that you said about taking people who were really ill and sick and that it was their mindset that shifted that. And I think

that is so, so powerful because we see that there's research on it and it's so, so true, right?

I mean, **Andrew Wild wrote a book many, many, many years ago called Spontaneous Healing.** And it really is about all of these people. Who, when they put their mind to it, help themselves recover, heal, heal from things like cancer. I mean, Joe Dispenza talks about things like cancer and Parkinson's disease and other kinds of autoimmune diseases that, that doctors quote unquote right off as, as incurable.

And yet people with their mind are curing these things. And so, So I think the, not that I think, I know **the mind is so much more powerful than we give it credit for.** And, and even then than when what we, what we wanna, let's say, muscle through with the body.

MICHELE: Right. Right. And I love Joe Dispenza and I, one of the things that we do, and I think it, it helps people really understand the power of their mind is in hypnosis when you're introducing somebody to just the concept of how it works, one of the things that we say, I want you to imagine close your eyes, and I want you to imagine walking into your kitchen, and I want you to take out a lemon from your refrigerator and put it on the counter, and I want you to slice it and just place the slice of the lemon on your tongue.

Just feel the tartness and the sweetness and every sensation that you're getting from that lemon right now, and just stay with that for a few minutes. And then the, and then you say now tell me like what you're feeling **is your mouth beginning to water, and most you'll, you'll get a physiological response just from your imagination.**

And that's how powerful your mind is. There's no lemon. It was your imagination, but yet your, your mouth is salivating just with this. A little imaginary trip we took into your kitchen. And so I think **that's just a great exercise to really show people the power that your mind has.** And like you were saying, you, they've done so much research now as far as the benefits of meditation and mindfulness, and there was a study from Harvard that it's not only while you're doing meditation that you get the benefits of the brain.

They looked at the, after the, **the changes in your brain after you moved away from your meditation practice and you were moving through your activities of the day. There were changes in the amygdala, the emotional regulation part of your brain.** So for people that you, or clients that you have that have emotional eating issues, this is a very powerful thing that you can supplement, you can add to this regimen of everything that you're working on because the effects are long lasting. And one thing that I have to say that I, I say it over and over because I, I really, my goal is to get it into schools because there's really, it's, it's, it's like so powerful, but yet so overlooked.

**There's nothing that trains or teaches in a structured way, people to examine their own thoughts.** You have something that's part of the curriculum, a class where you just sit and you just become the observer to your own thoughts, and that's what happens in meditation. You sit and the thoughts start to come in, and when I started to practice meditation, this was a fantastic.

The teacher would say, okay, close your eyes and just begin to breathe and you'll follow your breath. Just listen to the breath in and out. And the son of a gun, she was right

here, come the thoughts. And she said, now pay attention to the types of the thoughts that you're thinking. Oh, I'm sitting there and I'm listening.

You know, I'm kind of breathing. And here comes a thought. And what is this thought? I've become the observer to this thought and it's a grocery list of all the, and I thought, well, that's interesting. Okay, now just acknowledge a thought. Let it drift by. And then here comes another thought. And this is a conversation that I'm starting to replay that I had earlier in the day.

**So becoming an observer to the types of thoughts you're thinking is very powerful because you start to. Well are, first of all, what types of thoughts am I having? Are they self-defeating thoughts? Are they like beat myself up? Thoughts? Are they thoughts that you know are going to benefit me in any way?**

Are they true? Like, are these thoughts even true? Most of the time, **99% of the time they're not even true.** So it's such a powerful practice to just to get to know the thoughts that are floating around in there because they are what is directing your life. And that to me was very profound.

MERYL: Yes. And I'm so glad you explained it that way.

This way, because I talk to people every session that I have, we talk about **what are you doing to help manage your stress?** Are you meditating? Are you doing any breath work? And you know, when I bring up meditation, nine times outta 10 people are. Oh, I just can't sit and meditate. Right? I, my mind is going everywhere.

And I say, that's exactly why you need meditation. But the way you explained it, I think I'm just gonna replay that over and over every single session I have because that was beautifully put because it's so true. **We don't even take the time to observe the thoughts that we're having. We either just dismiss them.**

I always say we push them down under the rug somewhere, compartmentalize them, and. You know, if we don't, if we keep doing that, **at some point they come back up**, right? They come bubbling back up, or they come exploding back up. And it's not healthy for us to do that. And if we're not really the observer of our own thoughts, how are we moving forward in a healthy place?

Right. **To change means you've gotta recognize the things that you're doing right, that are not serving you.** But then how do you move forward beyond that? And so being able to observe the thoughts, like you said, well maybe they're self-defeating. And I, and I think so many of the people that we work with have.

That that, that self-defeating thought, and they're beating themselves up for the things that they're not doing, and they're beating some themselves up for the person that they aren't. And, and the voices that have you're not good enough, you're not enough, you're not this. And so I, I think that's so powerful.

And then the other thing is the fear, right? **That people almost don't want to spend time alone with their thoughts because there's fear in that.** So how do you address.

MICHELE: I have experienced that, and **there have been cases where just sitting and breathing has been anxiety provoking for some people because they've never slowed down.**

There are people that just are on speed fast forward and, and slowing the mind down with the body. It's actually feels like an unnatural place to be. So it has to be done in like I said before, it's a practice. It has to be done slowly. Maybe you sit for a. Maybe it's just a minute of mindful breathing and that's where you start.

You know, you can't expect to sit down for 30 minutes. You know, there's, there's definitely a process. At first, maybe you have some music on and you listen to a guided meditation for one minute, and that's where you begin. And then maybe you sit without the guided. Maybe it's just the music and you sit a little bit longer and you just eventually grow.

And, and your body will adapt because that's the beautiful part of your body, your mind, your it adapts it, it learns. You've feed it the things that it needs and it will adjust. **So if you stick with it, know that the benefits are just so massive. There is no downside to meditation. There is nothing that is bad for you sitting for that long.**

The only thing that it can bring you is, is good things. There's, there's no downside. There's only benefits. Give yourself that gift and, and I always just emphasize how important it is to, you deserve a space, a chair, just a space for you to sit. I, there's forget what his name is. I think he was like a monk, but he had his big push was that everyone should have in their house a breathing room where you just go in and you just breathe.

It's a space where you're alone, it's quiet, there's no distractions, and you can just go in there to breathe. You're having a tough day. You go in the room, you breathe. **There's so many people that will turn to other outlets, whether it's food, whether it's smoking, whether it's all sorts of other things that we know people can get hooked into to help calm themselves down.**

**When really it comes down to the breath**, you can just center yourself, refocus yourself with mindful breathing. You don't have to do a long meditation. Just a few rounds of breath is the thing that we have that can affect our nervous systems. Without taking a pill, without doing some other, you know thing, **your breath really is your most powerful tool to allow your body to come to that place of still.**

So powerful.

MERYL: It's so powerful. And it was, it's interesting, I've been doing a lot of like corporate talk talks to bigger groups and we talk a lot about the stress and that fight or flight response. And I think what people don't realize is that like you said, it, there's right that spot in our brain.

That is the fight or flight. And when and when our body senses that we are in danger or we are not safe, that system kicks in. It's our primitive survival system. Well, **that fight or flight system is what keeps the breath shallow.** It's that right, that quick breath because we think we have to prepare to run whether or not we're actually being threatened by a big bear.

Right. Doesn't have to be physical. It could be a psychological, we know and the research shows. **A psychological stressor causes that survival, stress response with the rapid breathing, the rapid heart rate, and almost that anxiety provoking kind of feeling** that so many people are just constantly in, they are constantly in a state of flight or fight.

**And when you stay in that state too long, that breeds disease in the body.** And so, yes. And so when we go back to the breath, and this is what I love so much about that work, **is the breath signals to the, to the parasympathetic nervous system, to that nervous system that says, oh, wait, we're safe.** We're good. We're okay.

Oh, okay, now I can slow down. Now I can recover. Now I can repair and rebuild and, and do all these things that are gonna be supportive for my body rather than in fight or flight. So I want people to hear that **doing the breath work and the meditation is what creates the safeness for the mind and then the body.**

MICHELE: It's, it's all encompassing for every population really. It's not just people you know, it's, it's for everyone. I actually was reading a study. I do a lot of hypnosis for test performance. These kids that, they're so smart, but they freeze up when they have to take a test. And what does it all come down to?

Teaching them how to relax and breathe, because when your body's relaxed and calm, the information just flows right. You don't get all jammed up, there's no cortisol running through your veins, and you, you're in this frantic mode and you, you're missing the you can't connect with what you, you know it's in there, but you can't get it out.

Right, because you're just in that state. Every population, even elite athletes. Use techniques to get to the right zone so that they can be focused, that they can do their, they have their best performance. It, it really, it's like a panacea really for, for so many, so many things. If you can just be mindful to connect with your breath, to, to have a regular practice, you're more present as well for other people.

You're a, you're a better person, you're a better listener, right? Because you're really there. You're, you're not thinking, oh, I'm talking to this guy. You know, you're more compassionate. It really makes you a better person and, and you start to feel the benefits and it's. Stuff is really great. It really works.

MERYL: Absolutely. Yeah. We did a sound bowl healing last night in our office. And Christine Lewis, who's an amazing instructor led us and her voice is just like angelic. But it was interesting. I was working out this morning and I could feel right, I still felt the effects of last night's meditation.

I'm like, oh, I got it right. Keep this rolling. And so, right. So powerful and it's the best gift you can give. Can you talk, and, and we're gonna do this in a few minutes, and we are gonna walk through meditation, that I'm really excited to do, but talk a little bit about hypnosis because I think there's a lot of confusion about it.

I think people don't really understand what, what it is, how it works, maybe, and, and the benefit. Like can you tell us a little bit about what it is?

MICHELE: So. Hypnosis has been around for hundreds of years. They actually did a lot of how I really started to fall in love with his hypnosis when I would read about people who needed to have procedures done dental work or, and they didn't have pain medication.

And so they would come up with these ways to sort of, kind of get the mind to go to another place while they were doing these, these things. And so hypnosis works in a way. We we're often hypnotized during our days, and we don't know it. And I think a lot of people think of when they think of hypnosis, they think of stage hypnosis, right?

I'm gonna put you on stage, I'm gonna make you cluck like a chicken. They're gonna make me do things that I'm, I'm not in control. And that does not sound appealing at all. And I am, I don't, that doesn't sound appealing to me either, but the use in hypnosis for a whole host of issues, it works in a way.

**You guide the person into a very relaxed state. We call it the trance state. So when you're in a relaxed state, your brain waves change, right? So if we're talking right now, our brain waves are in like this beta state. But when you relax the brain waves change to an alpha state, and the more relaxed you become, you, you go into a theta.**

**And then eventually when you're sleeping, you're in a delta state. So when you're in a meditative state, you're kind of in that deep theta brainwave state, and you're just kind of, you're, you're alert, but you're, you're not sleeping, but you're alert. Your body is calm. Your mind is calm. And when you're in this state, you're able to go deeper into your mind.**

So most of the time, We operate from our subconscious mind, even though we think that the, the frontal lobe, the free cortex is, is doing all the thinking it is, but where we work off of our habits, our, like the things that we do all really stem from the subconscious mind. So like if somebody says something to you and you have an answer for it, it came from your subconscious mind.

We're constantly downloading from just our life experience, how you react to something, what your answer's going to be. So that's pretty much like where we live from. That's what, what our habits are. We have this sort of loop that kind of goes in, gets the information, and then we respond. **When we go into hypnosis and you're in this very relaxed trance-like state, we have more access to that subconscious mind.**

And then we can sort of shift or add new information, new downloads, we can introduce to that place in your mind that your mind will go back and retrieve. So even if we incorporate an experience where we're saying and go back to this place and I want you to see it and hear it, your mind is sort of creating a new memory and a new.

Way of thinking about something, whether it's smoking or whether it's eating or how you feel while you're taking a test or you know, a whole host of other issues that people have. And we sort of just kind of, I have a script that I kind of create for you that allows your mind to take in a different way of thinking about this.

A different, it's a shift of perception. That into this space. And it's like if you are sleeping and somebody calls your name, you alert, right? But you were sleeping, but somehow you're still listening. So the mind is always listening, always downloading. So I always

tell people, it's very important to be very mindful of the things that you say to, to your children, the things that you say to yourself because your mind is always listening.

I am constantly correcting people from when they say, You're killing me or I'm dying, or your mind is always listening. You know, people who have physical manifestations, like of things like. You know, a lot of their emotions come out through the physicality, right? Like, I have a frozen shoulder.

Well, you have the weight, the weight of the world on your shoulders, and now my shoulder's suddenly frozen. Like, your mind is listening. It's always taking things in. **So you have to be very careful of the language that you use. It's, it's very powerful, more powerful than I think people think.** So that's how it is.

So how it works. So I sort of take you into a guided meditation to relax the body and then. Work toward, discuss the thing that you're working on, and then usually you come back, you feel refreshed, whatever, and I have a a recording that I'll make that you'll listen to in the days be the, the following days before you fall asleep.

So it just kind of reinforces what we experienced. You can't come to hypnosis if your husband wants you to. You know, **hypnosis is only successful if it's your pure desire to change whatever you're working towards**, right? I always tell people that like, don't waste your time. If your husband thinks it's a good idea, you stop smoking.

Like you need to be the one that needs to stop smoking or you need to be the one to stop eating emotionally, or you need to be the one that really has the desire to make this

change. So that's how it works and it's a very, people afterwards, they always. Well, that was relaxing. That was enjoyable. You know, there's, there's this anticipation that is some kind of wands or something's gonna be waved over you and there's something magical.

I mean, it's pretty magical, I guess, but **it's a very relaxing process. It takes about an hour and a half and, and most people find it enjoyable.**

MERYL: Thank you so much for, for articulating that because I think people need to hear that because I, I again, I wasn't aware of that too, right? It's like, what our vision is of, of hypnosis.

So so question, right? Like, if, and, and again, I just go back to thinking to of so many of my clients who have that record in their head of the things, the failures they've had, whether it's a nutrition weight management type of program, whether it's even things in their health.

So you're saying really **hypnosis can help them if they want to try and shift their thinking?** I mean, because I think that people we, we work a lot with therapists as well, and of course there's benefits to therapy. I think in, in terms of people taking control of their own mindset and being able to, being able to create that shift.

It sounds like hypnosis helps to put them in that direction.

MICHELE: It does, and it's surprisingly, I actually have, one of the people who sends me the most clients is a therapist that when she just is like stuck and she's like, I, this

person is not, we're not making the gains. She, her own child actually came to me for hypnosis and.

Was very successful and she just feeds me People constantly that for whatever reason, it's not working for them in the therapy she'll, she'll introduce them to hypnosis. Children are so suggestible. So hypnosis works so well with children, right, because open to everything.

MERYL: Awesome. Yeah. Do you do you do it virtually?

MICHELLE: Yeah. On Zoom. Yep. All my sessions are on Zoom.

MERYL: Oh, all your sessions are on Zoom. Good. That's good to know. You know, we've got a couple of workshops coming up. I may, I may enlist your services. Good. You know, both meditation and hypnosis. Cause you, it we're gonna be doing, interestingly enough, we're doing a workshop for young girls, grades six through 10.

And I for so many of these kids who have. You know, whether it's trauma, whether it's experiences that, that they're dealing with bullying or whatever it is, right? Their own, their own negative thoughts of where they are in the world. And you know what? Social media just bats into people and the, the disconnectedness that that creates. So we'll, we'll definitely have to talk about that.

But so this is fascinating. I, I love this work that you're doing. What I'd love to do is have you walk us through a guided meditation. Are you down for that?

MICHELE: Ooh, I would love to. This is like my favorite thing to do.

MERYL: Awesome. Awesome. All right, so what we're gonna do is, I'm gonna actually end our conversation here because we're gonna create another actual podcast around the meditation so people can download that

separately. But this has been really enlightening. I, I love this work. You know, this definitely won't be the last time that you and I talk for sure.

I think that. Everybody needs meditation. Everybody needs to be able to take some time for themselves. I talk about this all the time. I take time for myself. As a matter of fact, I'm so excited. I'm taking a week, which I haven't done in a forever and ever and ever. I am going to the Joe Dispensa retreat in April. So yeah, I'm gonna come back with some great stuff, but we all need more meditation, so,

MICHELE: Thank you. Thank you for having me. It you know, we are pretty much the same person, just through a different lane, right? We're so, we're so passionate about helping people, giving them the tools, making them feel good, and I can feel it like I can feel between the two of us.

It's such a nice place to be in your company, so, Thank you. Yeah.

MERYL: I, I back at you, I, I right. When you, this is, it's like I'm sad we're on Zoom, but I'm happy we're on Zoom because obviously we wouldn't be able to be together cuz you're in New York and I'm in Florida, so this is awesome. But yeah, I mean, it is, it's so nice to talk and collaborate with like-minded people because collectively we change the world, right?

And collectively we make it all better. And or we try to make it better. And it's part of, even like when, during the meditation last night, we're really trying to create community events to bring the community together. Because there's so much divisiveness, so much separation that has gone on and it's really.

Causing a lot of mental emotional pain. It's causing physical pain. It is really it's disconcerting on the whole, just to see where, where the state of our country and our planet is going. So I think the more people like us who can collectively get together and bring people together to do this work is just a beautiful thing.

MICHELE: So it's ripple effects I think the. We have to just continue to remind ourselves that you think you're doing your small part, but it actually is kind of traveling out and affecting many, many others. So well done. Good job.

MERYL: Yes, you too. Okay. All right everyone. So I am going to sign off for now and make sure you tune back in for our meditation.

This is your Rebel nutritionist signing off. Make it a great day, everybody.