Introduction and Kimberly's Background

Kimberly. Oh my gosh, it's always so lovely talking to you. I always feel so uplifted and and at peace and like, filled with all the good stuff. After I've spoken to you, we just recently I interviewed you for my podcast, Beautiful people must go and listen to that interview.

And I am now I'm interviewing for this doctor's talks, and we are helping people with a mental health. And what you bring to the table when it comes to mental health is so vitally important.

And I know a lot of people know you. They know you for your work in nutrition, they know you for your New York Times bestsellers. You work with people like Drew Barrymore, Reese Witherspoon, and you know, you like you're pretty famous person, which you thought is just so big and so filled with love and kindness.

Can you just start by introducing a little bit? Tell us a little about this audience, a little bit about you, what you do. And so that sets the table for how we can help them with your mental health today.

Oh well, doctor, first of all, the feeling's mutual. I feel like we have such a deep connection and it's just wonderful to share and support each other and chat.

And I'm really, honestly excited to be part of this program with you. And I'll say that everything that I've ever created has really come from my own seeking and my own journey and trying to feel better within myself.

So I started off, you know, with a lot of anxiety and eating disorders and body image issues. And so it sort of propelled me into this around the world backpacking journey for three years, where I was out of the Western world.

So it sort of allowed me to reshape my ideas and sort of burn things down and come with a fresh mind. And this really shifted my perspective of digestion and nutrition and beauty and wellness and energy.

So I started in the nutrition pathway, as you mentioned, and my first few books were about that. But along the way, doctor, it just kept expanding into what I called today, my four cornerstone philosophy, which is food, body, emotional well-being, and spiritual growth.

So my books have expanded. I wrote a book with Deepak Chopra, On Orbit, on spirituality, on. My latest book is about the heart just tying everything together.

Because I believe when whenever we're approaching healthy weight or mental health or feeling more peaceful in our lives, we always get the best results when we take that holistic approach.

Since we are whole beings. Oh, beautiful. Well, today these there's so many topics we can cover, but what I'd love to cover today is a schedule you've written, as you said, a few books and your last two books have transitioned over from nutrition to more of a deeper spiritual, spiritual, important core essence of who we are as humans.

And it's so vital to mental health that your mind or spirit is what really drives us. So let's just look at the first question I have is how do you how do you feel that the way that we think, the way that we process information through our thought?

I was thinking on my mind, how do you feel? See that in your work and your experience of fitting us physically and emotionally? Well, it's a good question, isn't it?

Yeah. No, I'm laughing because I myself, I can relate to this. And I think a lot of us relate to this doctor. And you see it in your work. Just the overthinking, the, you know, the circular thought patterns, the beating ourselves up.

A lot of our thoughts aren't so empowering. And what happens is in everyday life. And I see this in my work with clients and readers, we start to get confused even about smaller decisions.

There's decision paralysis about what we're supposed to eat for breakfast. I saw a million different things on TikTok or Instagram, and am I doing things wrong?

Or how do I always look or never feeling enough? Always comparing ourselves. So there's some really incredible ways that we can in our lifestyle in small, simple steps.

For instance, creating more rhythms in our daily routines, which is is an ancient teaching and argue data known as Dina Sharia. When we start to create more regularity in our lives with the things we can control, with the things that we can't often control, the unexpected emails or things not working out.

We don't always go straight to that reactivity in that fight or flight. So there's many different ways that we can start to regulate our thoughts. And your work, of course, so beautifully gives tools for that as well.

But I see it play out with all different types of people. I've worked with really busy moms to really big celebrities. We're all struggling with the same things, right?

Thought Patterns, Anxiety, and Daily Rhythms

The self-doubt in the voice in our head and the confusion so the foods that we eat and the practices that we have and the rhythms that we create can really start to offer great solutions.

I'm glad you said that, because, you know, you have work with celebrities, and we always look at people that are up there and think, well, do they you see disorders.

I mean, you look at you, did you better than eating disordered body image. People like, you know, Reese Witherspoon and debutante Drew Barrymore. And, you know, you think that they battling with things and at the end, an oppression woman to look good and all that kind of thing.

The pressure's massive and really causes so much anxiety. And it's also not just with women, it's with men. It's all genders. And can you talk a little bit about, you know, your own experience in how you talk about your journey, your through your backpack and everything that you can?

You talk a little bit more specifically about what you went through and how you transformed your mental health through your spiritual journey, because you literally did transform your mental health, your spiritual journey.

Oh, exactly. Exactly, doctor. And in the new book, there's these hard stages, right? And I want to get to those for sure. Or you can use those now. Exactly.

That works to go for it. But I think I think the hard journey when we understand these stages defines what's happening in our lives. I agree, I agree quite quickly.

I'll say the dark heart is where our heart and brain aren't really speaking, and we're sort of confused. Lots of fears coming up. Our low energy, the propelled heart, which is where I see a lot of society, a lot of us, a lot of my clients, a lot of my life is when we're into this, like constant propelled into action, right?

Like I keep wanting more people to like me or to validate me. I keep wanting to look better and better. I'm never enough. My body's never enough. I have to try these new fitness routines.

I gotta try the new fad diet. I'm not where I'm supposed to be in my life. My plan was to be married with three kids by 3334 and I'm still single. Okay, like all these ideas, it's. Yeah.

So how I see that manifesting and in my own life too, because years I was spent in there and on the journey was

just a lot of burnout, honestly, a lot of stress, a lot of never feeling content.

So as we start to awaken the heart, what happens is we start to steady in ourselves. And as you and I had talked about on the podcast, the kind of funny thing is that we tend to get better results in what we want anyway.

But from this much deeper content, in more peaceful place, which also, by the way, stabilizes our digestion, our vitality or organs function better. We tend to exhibit better health outcomes.

But what I see in this is the delusion of our society, doctor, is we look to these big YouTubers or, you know, whatever the stars are and whatever, you know, field or wherever exactly.

So and we think, oh, what if I get there? If I'd like them, then I would be good enough or I would feel better about myself or they must have. It's so easy.

But it's not true. We all, no matter. I don't care how much money you have or how famous you are. Yeah, it says it's the internal, state that we're in that determines the quality of our life.

Right? The day to day moments, how lighter our thoughts, how peaceful do we feel with our lives, how connected do we feel to ourselves and others. And we can start to really create that with the hard work?

These really simple practices in building a beautiful lifestyle. And what happens is that we just start to like, feel lighter in certain moments and it builds and it builds, and then we start to flow more.

And so what I teach people, instead of being so heady and confused about, oh, maybe it's this workout or this, we start to build more intuition and guidance for our body, with our gut and what's right for us instead of constantly looking outwards.

And this really makes a huge difference in our health and happiness. That's beautiful because it's actually it's a choice as well. And you've spoken about the two the dark arts that propelled our to make sure we touch on the other three, but it's from, from knowing, you know, in the work I do, the conversation you've had, your new book, Why Work this?

It's choice so I can listen to you, the people, the people on the doctors talks can listen. But the thing is, is to to choose to actually start applying it.

And I'll give you an example just from because just the other day I did an interview. Kimberly, for those of you listening and watching, we really did a deep dive long, over an hour or whatever even hour long session into this understanding with the heart out to the heart, mind, brain connection and the different how to get a sense that calm stay.

And I mean, this is stuff that I have been researching for years. Not in the way you do it, but the concepts from the scientific perspective and unconscious mind.

But you know what happened when I went away from there to talk the other day, and I had just had a very busy week with recording and creative writing, a lot of new projects and things, and so many things going on.

And you said something the other day and you said it again now, and I know this, and the reason I'm laying this foundation is to really emphasize this point around the propelled heart is that, you know, the the way your mind is in the moment, the way you connected to what I'm just paraphrasing with what you doing in the day, that the way you choose to see all of that and the way you choose to, to bring that into how you're going to function in that day, the unexpected will happen.

You can have the routines that even within the routines, things can happen. You can have all kinds of disruptive things going on around you, but can you still say to yourself and find peace and get kind of out of that zone, of being propelled everywhere and into that zone of your deep, spiritual, non-conscious heart out of you and focus

and you know, know this and I but I chose to really apply it and, and a times in my life when I do.

But talking to you reinforces that. I'm trying to say to people, this is stuff I've been immersed in. I know the science behind it. I know the experience that I've stepped out of, that we've had so much going on in the last few months, and there's been many times that I've stepped out of it, and today, when I was working seminars, working after talking to you reminded me to step back into that zone wired zone.

And it has led to the most incredible productive productivity. For 48 hours. And I am productive. But it is clear both because it was. And all. Those things that we put to the door caught in the act, which is like refocusing back sometimes that.

But I chose I chose to not listen to just the way you explained it, which is so beautiful.

The Five Heart Stages Explained

But I chose to actually do it. And that's what I want you to help people understand today. Understand is hard to understand how to make that choice, to get in the how.

If you do this, something you did the other day, help me to remind me to choose yes, space. I don't want to take any more of your tablet. I just wanted to emphasize, yes, this is cool.

If you don't get your mind right, nothing else is going to be right. You can listen to all the wonderful podcasts, read all the books, read our books.

We have to choose to get into that space. And that's really what you a brilliant teacher, helping us get into that space. Does that make sense? Am I am I making. Sense 100%.

So there's so much in there, doctor. So what you're talking about this getting into this space, what we're really talking about. Right. The new book called The Hidden Power of the Five Hearts.

This hidden power is being so deeply rooted in your true self, in the present moment. Right. And what I mean by that is, and I'll use myself and say, well, I thought I had lots of energy eating organic foods and, you know, nontoxic products, doing all the things.

But when I started really unlocking the heart brain, which as we both written about, has 40,000 neurons, you start to come right here into your life. We don't realize how much of our lives is spent in rehashing that conversation, or the ups and downs of this didn't work out.

There's so much energy generated that, right? We're constant. We're not really living our lives. There's no peace in that. We're console. I say, did she mean this or did I say this the wrong way?

Or should I have posted this or whatever instead of just being right here, right now? So when you say there's a choice, I want everyone to know that if there's any you feel like, oh my gosh, I can't get past this stuckness in my life.

This is so hard. This is so challenging. We've all been there. I remember just thinking to myself, oh my gosh, this just feels so overwhelming all the time.

Just so much reactivity. So what happens when we are all called to this? Because I think anyone coming into this, anyone connected with you or me, this moment, anyone listening to this, there's like a wake up call.

It's reaching people for this very reason to say that there is a different way. And what I love about this work as well, doctor, is it's like we don't see our thoughts and emotions out here, but it's something that's really felt.

We have to be present and aware of what's happening. It creates hormonal shifts and great physiological shifts,

which can be measured, but it's just our day to day moments in our day to day experiences.

So these really simple, powerful tools which we can get into a few of you right, right here. So for sure you're coming back. Coming back. So for me, who is very anxious always in my, you know, perfectionist, high achiever like everything was never enough, which I think a lot of us talk about which anxiety.

It's like never content with yourself. What's the next thing? Can I plan this like always having to say yes. Well, the difference was just this incredible shift in my daily life that I want everyone to know.

And it's accessible here. You don't have to buy a device. You don't go have to go on like some, you know, round the world trip or anything. It's actually inside of you and I've been working in wellness for over decade, doctor, and only in the last few years did I start accessing this.

And it's changed everything. So it is a choice moment to like first were like, okay, let me do this practice and here. But eventually it just becomes second nature.

We start to shift into a different way of being, which is the way of the heart, the heart intelligence. And then it becomes more foreign to be so heady to be in those, you know, lower thoughts and identifying with that, we really start to create a great shift, which is what happens to the heart stages.

I love that it's almost like when you're talking of it, there was there's a box in my studio in front of me in an empty box, and I had this visual of, it's like, here's life, here's all this busyness of life here, all the things that it's almost like there's I've got to watch you describe how you were, you were, and how so many people are.

I mean, I relate to that, and it's almost as though we've got so caught up in that, in that rain does it's full to you trying to do something creative.

Will you, in a podcast or you in a would drink dinner with your kid and these things are going through your mind. These ruminations is this infectious thoughts.

And it's draining that energy, this teaching that you have and that is and you do teaching and I teach and then unconsciously complementary. It kind of feels like you you say for a moment, okay, I'm going to get out of that busyness.

I'm going to climb in the box, and I'm going to work inside this box of peace and calmness and tune into the depth of we might. And it doesn't mean that those things are going to go where you think you're going to manage them, but you can't manage them in a total state of being drained.

And somebody get back and read. So. So what I'd love you to do is you've done the two hearted. You've defined the dark heart and the propelled heart. So if you could define the other three and then maybe just give us a quick technique related to each of those four, helping people to get a feel for how to get into that box of calm heart and peace in the even.

Imagine the box is a beautiful big heart, and you're opening the door to this heart and you stepping inside. What if a visual if you. Go through those five.

And and give us a ten, give us a technique to help us get in the as we need to during the course of our day. Okay. So first of all, doctor, I want to say that I did not make up these hard stages.

They were written about in the Vedic texts. So the most ancient texts in the world, and specifically. Terrifying. In the last few hundred years by. So I'm sure you've dishwasher, who is Yogananda's guru, wrote about these five heart stages.

So when I started to get into this research and I was also researching the science, it was incredible. Things you talked about, so much of it lined up and it was these universal hard stages and what's so powerful.

But this work and I always get goosebumps because the world has gotten so busy and online all the time. But the ancients have always taught us about this power center right here, right in the center of our lives.

Right in the center is right in the center of our lives is incredible energy. So, yeah, we'll go through the heart stages again. But these are universal.

So as we're talking about them, for everyone listening, maybe you can reflect on periods. Then we can also move back and forth. So yeah it's all these hard stages in an hour in a day.

But as we continue to do the practices and build more awareness, we tend to inhabit one stage more in a certain period. So we'll clarify that as we go through the first stages, the dark heart and this is part of the human experience.

We all go through this again in moments or periods where there's a lot of fear, there's overwhelm, there's confusion dark, not as in bad, but as in the lights are off.

So we can't really get across the room without hitting our elbow against a chair, or maybe falling down. So it means scientifically hard brain are talking.

It means the air patterns are very chaotic there. Is it, this deep sense of stability inwardly and outwardly. So there's, you know, maybe a lot of chaos in relationships or maybe hard to find, you know, or maintain friendships or get close the propelled heart assuming eventually, which so much of society is it that always on never enough saying yes to every event, having very rigid life plans, expectations, trying to control a lot of outcomes and things and getting upset, lots of stress go into the stress response, which is really that resistance to how things are showing up.

That upset happens over and over again. So this is where we can experience a lot of digestive issues, poor sleep quality, lots of insomnia, burnout, low energy, a many different manifestations happen in our body.

And also maybe there just isn't that real connection in our relationships. We we think we have to go to these events. Maybe we choose a partner that seems to fit in, or we feel like we're supposed to get married by a certain point, but then it just starts to.

There's something about it that doesn't feel as, you know, close. And I can say this my past relationships with my ex was a nice guy, but there was. It fit into the plan. But it was it was, wasn't it?

So then the third heart stage is the steady heart. And this is where we make a big shift and coherence at heart, brain, nervous system, communication.

We start to steady in ourselves. So what it feels like to me, you describe that box doctor. For me, it's kind of this feeling of like, life's up and down, right?

This thing is so great. And then, oh, look at the traffic today. There's just like constant ups and downs. But behind that is this sort of like this eternal this like this real place of equanimity.

And when you access that, what it looks like on a heavy pattern as a smooth sideways, because the heart's the main biological oscillator of the body, and it means that we're more stable from inside.

So we're less reactive to all these events and all these things. And so health wise, our vitality tends to grow, our hormonal balance comes back, immunity gets better, our digestion gets better.

And that was my personal experience. My digestion started to come back online. And then the horse hard stage is like a rawhide stage of high heart awakening when we would say, and this is a stage of, you know, beautiful coherence where we start to become not just anchored to the inside, but more devoted.

So this is where, you know, like we say, we care about our love and peace moment to moment. This is where intuition grows. This is where we can zoom out and see the bigger picture.

Like you said in your work, focus, clarity increased so much. There isn't all the chatter in the back stories. It becomes easier to say, oh, that was a misunderstanding.

Move on. It becomes easier to forgive and not get so caught up. So just incredible, beautiful connection it with self and with relationships. Intuitive choices, how to eat, how to take care of yourself and, you know, move so that you can, you know, soothe yourself through emotions.

And then the fifth stage is the clear heart which this hard stage. But we all can dip in and out when we're at a time and space just connected to all with the universal heart, deep love, oneness, kindness.

This is what it feels like flowing through life. You're not thinking so much, but just doing what you need to do, right? So again, some of these practices not just track our coherence, but actually train ourselves to maintain more of these higher states and to get back if we drop down into propelled or dark.

I love that you talk about the coherence we see with our brain research and using their music and teaching. You can see the whole thing. We trying to get coherence between the different parts of the brain, and the energy that you have in the brain is just a reflection of the energy that's through the body.

Because as you said, the heart's the main oscillator of the body, and it's the mind is embodied. The spirit, my, the spirit soul, whatever you want to call it, is embodied.

It's not just in the brain. So what you have the table, which is an ancient truth, as you keep saying, is that it's not. It's for the last 40 years, 50 years, we've had such a neuro centric, such a brain focus.

Yeah, the. Brain is just one part. It's not the only thing. And it's all brain by brain. It's not all brain, brain, brain. It's embodied the mind, brain, body network.

And it's driven by the spiritual, the spiritual element that we have. And we've got to focus in. So this concept of the of the heart is so such a great way of understanding this quite, almost sometimes difficult concept to grasp.

But you sit there, you see it, so many great things. But you see one thing that I think is easy for all of us to relate to, that always being on and always being, you know, charged up, which is not just societal, single currency, caste, but behind that is also all of us have that sense of that steadiness.

Sitting is this wisdom that and it's but it's almost like people think, well, how you it. And that's what you teach us to do. So can you give us now a technique for each of those just so that people can get a taste?

Obviously they need to go to your books. Curiosity. You got great stuff on your on your website. You got free meditations. You do you all your work is amazing at getting this.

But if people could just maybe get a an idea of how to use the techniques, it maybe one technique per each of the five hearts just to help them get into that state.

I don't know what the easiest way is for you to do it. Yeah.

Heart Coherence Practice and Scientific Evidence

What what I what I think we'll do, doctor, is give a foundational practice. Okay. That sounds wonderful. It just you start to build deeper and deeper, but just connecting with this and several steps within the practice.

And Alex. Sounds wonderful. And for we start to connect back in. And another thing I wanted to mention your work is you. I remember when you came on my test and you were talking about mind isn't just up here, but it's this

totality of energy.

And not even just here, doctor. But you know what the research shows as well. I just wanted to partly click that the Taurus field of the heart, which means we're projecting energy out of this like little boundary of the skin.

8 to 10. And so it was our thing for all of us listening, especially if people are feeling challenged in their life with relationships or work or whatever it is, you can start to really change your life from the inside out because your energy starts to be registered as more coherent, more magnetic as you strengthen it from the inside.

So so let's drop in doctor. And this is so exciting to I love it. So what's interesting is that, you know people can survive as you know on a coma in a coma they can be, you know with machinery.

But if you are connected to your heart, you don't really have a life. It's there always be connected to. But many of us, many of us, and I talk to people every day, have sort of lost that deeper emotional, spiritual connection to their heart.

But it can be reawakened at any time. So it's powerful about these practices. You may start to do it and you say, well, I don't really feel anything yet, or maybe you feel something right away.

But with consistency, we build what's called our coherence capacity. We start to rebuild those neural networks. It starts to get strengthened. We are able to access more of this heart wisdom and our intuition, and the field shifts more and more.

So can we drop in together for a moment, doctor? Of course. Let's do it. Okay, so let's close our eyes and I'll talk through some of the science as we go through.

And for anyone listening to this for the first time, like I mentioned, you can go back and come into these practices and learn more about them in the new book, but you can just start to awaken just from what we're doing right now.

Your heart's wisdom. So get nice and comfy, and the first thing we're going to do is shift to your heart. So when I'm talking about your heart, you can place your hands on your heart.

We're talking about the physical organ of the heart and the energetic heart, or what's been referred to in spiritual traditions as this gateway, a center that's more than the physical orbit.

But it all centers right here in the center of your chest. So just start to connect in. And research shows this was a research study referenced in the book from the unit from the American Journal of Cardiology.

She shows that even just shifting our awareness to our heart starts to rewire nervous systems. So keeping your attention there, you can keep your hand there, you can drop your hand.

We're going to start to take some nice deep breaths in and out of your heart, imagining your heart's like a giant long is keeping your awareness there.

We won't go into the full counts. There's a coherence breath practice, but for now, let's keep it real simple, just nice and slowly. In and out of your heart.

And now we're going to recall someone or something that makes us feel appreciation. And appreciation is a mix of gratitude and, and approval. And it could feel a little, you know, expansive as how it feels to me like a widening, tingly, warm.

And it could be a loved one or a pat or sunset. But once you have the visual that allows you to feel that emotion, you're going to drop the visual and just put your focus on that feeling.

Of appreciation. Right in your heart. And we're going to sustain this for just a few moments. And then if you're it

dropped a little bit, you can bring back that visual if you need to, that person or that thing and just feel that energy.

Incredible energy of appreciation right in your heart. You more moments. Take another deep breath in imagining we're breathing in and out through our heart.

And we'll just take a moment to thank your amazing heart. For its wisdom. And for anything else that arises spontaneously. It's hard to open your eyes when the right.

So what? We did. What we did, doctor, this was. It's just this. It's an embodied energy, right? And this. Was the. This is stage one. The the. No. Hang on.

This is an. Exercise heart aligned meditation. Okay. But you know, for all stages is a study on this and what we found with over 30 days with the Heart Math Institute that just by doing this meditation coherence went up 29% in a month.

And so from a scientific perspective, when we're in appreciation, it's not just like, oh, it feels nice, I'm supposed to do this under this state change that happens in your body, like we said, because the heart's the main biological oscillator.

So starts to create those different rhythms, a different experience, a different reality, different perceptions. So with the meditation tracks on our website, I intercoms five hearts book, which anyone can access for free, they're there.

It's with music and we sustain that state for about two minutes, which creates that great biological change. So I'm not talking about meditating for three hours, but in life.

And then I was listening to this and they're like, wow, this is interesting. But in that moment let's say in the moment where someone's rude to you and pushes in front of you at the restaurant, or let's say someone cuts you off in the traffic or your child is having an unbelievable meltdown in the middle of the grocery store.

Yeah, that moment, the shift to your heart before you just react, you can come in. I do it all the time. I take the heart coherence, breaths in and out of my heart, and then even sometimes I go like this doctor.

Like I just turn away for a minute and I just come into that state of appreciation. Three seconds and I come back centered, centered, more center. And over time it builds, right?

Because this becomes our more our default just to be more calm. Because I would never describe myself as a patient person before. Just again, that always on a propelled heart, really patient with myself and sometimes sharper with others.

And I wouldn't feel good about that. But now we can feel the confidence of being stable and truly being who we are, which is what I believe our night, our core love and kindness.

We're loving and kind. So these tools are evidence based. They're scientific. They're also spiritual and energetic. Because this is where I believe our power is in our hearts.

It's so beautiful. So, you know, this is the very first question I ask was the impact of our thoughts on our physical. And I did that seated question.

I put it very reason for this, because I knew that we would do this exercise because we had just chatted recently, and I'm so glad. You took. It. And so that that you made it, you and I and whoever did it with us has had made a decision of the mind.

They listen to you with the mind, the spiritual body, the spiritual body, connection to the mind, mind being used, spirit, soul, part of you to do this with you.

So you took in your words. We took in the words and that then went into the mind, brain, body could embody change. The heart and that had a direct impact.

And I'm so glad you showed that picture. So what I'm saying is that with our mind, we chose to do this heart coherence exercise together and within a couple of minutes there is an actual change.

There is a different level of. Yes. Your physical. So your mind did it. Your mind's change the way that your brain, body and force are interacting. And you also did that study on with the IGA as well.

Or there was that other study two of anger, two minutes of anger. Just you know, if you just if you with your mind something happens, something happens, it comes in, you get angry.

This is not that's the mind work. And then that anger goes into the mind body and the heart and disrupts and talks about evidence said yes. Please explain that study. It's really good.

I love to show the evidence and then a real world example. Really quick example. Go for it. So because this is our everyday life right. And what's the reason?

Yelled with two minutes of irritation, that irritation I feel anger, but I don't like that email or I don't like how that person spoke to me. Or I don't like this busyness in the restaurant.

Whatever it is that it is, puts into motion the 1500 different biochemical processes which ultimately drain your energy. And so this graph related to that showed exactly the practice of the science that's incorporated in the practices in the book.

But then just doing these practices, we're not talking about taking anything or any devices. Lord cortisol 23% and increased DHEA 100%. So now we're talking about real hormonal measurable shifts from this hard work doctor, from being able to maintain our center two minutes.

So let me tell you down there last night we got here to our farm. And, so just a little background. I like things very pared down. I don't like clutter.

My husband loves stuff. He loves gear. Oh, he just loves things. And so we have to, you know, figure that out. So we get here and there's just all these big boxes on the porch.

We were here, you know, ten days ago. Was just I took all this time to organize. So I did get reactive. Right? It's just like these, these moments. And I was just like, what's all this clutter all up?

And then all the way. Yeah. He reacts because I reacts and he's like, I'm allowed to have stuff like, you know, because his trauma is like, you know, don't control me kind of stuff.

And he's like, why are you telling me I'm allowed to get this stuff? So in that moment, it could have just been like in the past where we get irritated and kind of goes on for a while and just color, say, remember, two minutes can drain us, and I'm aware of this now.

So in that moment, I just kind of was like moving a couple of things around. I did this very practice. I shifted in and then I just started feeling like three, three to 10s appreciation.

Like like, I just love this land. It doesn't have to be related to that situation. I just expand it out and it brought me back because I've been doing this more regularly and it does build for all of us.

I don't want to waste energy on this stuff or let's enjoy. So I just turned to him. I'm like, hey, sorry I did react there. You know, I'm a little sensitive to clutter, but I'll help you put up the boxes.

And then he came back because I know at least one of us can be clear. He doesn't necessarily do these practices,

but I change. So the outer world. That changes that impacted.

Brought us right back, doctor, instead of all the wasted energy and how many times in a day these little things can happen, and then we're derailing our physical health.

Our mental health. Absolutely. And then they cumulatively build up over time because, you know, as as the research I've done just to back up, would you be looked at?

Cortisol data is one of the many biological measures we looked at. And we also found over if you working on managing yourself like you've just described in the moment, in a two minute moment, how over and the changes in the cortisol DHEA ratio.

If you want you want DHEA at B1 cortisol down, you don't want it the other way around. And if you consistently maintain those practices over time, you actually transform the whole nature of the DHEA cortisol ratio, which is so important for managing HB oh two to access.

So these things are not yet in the moment. Okay, direct benefit.

Applying the Practice in Daily Life

But if you keep using the techniques that you are talking about that's going to, over time accumulate at you. Why that network in like an insurance policy.

So it's it's fantastic and it's, it's but it's the and the idea that we running out of time but we quickly talk about that because I think that's really great as well for people to have that piece of evidence for doing these practices right. Yes.

And like you said, it becomes the default. So in the past, it's like the ego wants to be right. Like this shouldn't be like this. But over time now it's just like it feels so good to be peaceful.

I don't want to waste my. Exactly. No. Because. So the idea you're referring to here is on page 35, doctor. And this research study, people were asked to recall, recall, not be in anger, but recall something that made them angry.

Right. And then, so to recall a time they felt care. So I you know, I had caring thoughts about you, my mother when she was sick or a care for that friend when she was going through a hard time or whatever it was.

And so the, the measurable results this was they measured it for six hours. So with both of these, there was an initial spike. And then those that were just recalling anger, it dropped and stayed lower for six hours.

So that means this is how we can measure immunity and, you know, resistance against illness. And it was down just for recalling the anger. Imagine if you were in the angry situation.

So again, this is where the psychological, as you know well, becomes the physiological verbal way for measuring our immunity and our resilience and our physical body, these emotions weak in us.

But then we'll we're in there. So we're caring and. We strengthen them. In kind. We're strengthening ourselves. I mean, isn't this amazing? It's amazing.

And as you were saying with your husband, he may not be necessarily doing these practices, but the fact that you were kind, I mean, just try it. It's it just be able and listening and watching, you know, you've had an experience, you've been kind.

But just try. It's so easy within your own working environment or your own home environment to just get into those patterns of being irritated. So just remember this and apply this and your kindness reflects on them.

And then suddenly they come back because you've been kind. It's it's it's a magnetic gravitational field that you generate that pulls people into that zone.

It is it is. We know when we were meditating, doctor, and it just felt appreciation feels expansive. Right. So what it feels like in each day to day tiny little situation, little and you're zooming out and you're seeing the big picture.

And the big picture ultimately is love and kindness and peace work better. And it feels good, right? So instead of being literal and caught up in the ego of like, right, wrong, this shouldn't be this way, we zoom out and we're like, well, maybe I can just let it go.

Or maybe it's okay if you disagree with me or whatever it is, there's just just changes. Similarly. Let's focus on what really matters here. Let's not waste our energy.

So good. I had so good. Well, thank you so much for sharing that. Where can people find out more about you and get the book and get the meditations? Yes. So everything right now lives at my luna.com/5 hearts book.

That's where you can get the meditations and more information. Or the hidden power of the five hearts is available wherever books are sold. Now. This is amazing as as always, Kimberly, it's always such a pleasure, such an honor.

Always learn something. And, you know, we have to, you know, have to control ourselves. Because seriously, we friends and I love Kimberly and I will talk all day about this.

So we have to kind of discipline ourselves. But you had an insight into this. There's lots more things that are going to be coming up with Kimberly now.

So watch the space. Kimberly, thank you for your your insight and your wisdom. And thank you for joining us today. Oh, thank you so much, doctor, for your wisdom, your brilliance, but most of all, your incredible heart.

Thank you. Thank you so much. And you too. Thank you.