Introduction and speaker bio

– Well welcome back everyone. I hope that you took my advice after our last amazing speaker and maybe got some water move your body a little bit, went to the bathroom and got refreshed so that you can have a clear heart and clear mind for our next speaker who is her beauty is gracing the medicine and mindset summit virtual stage.

And I get to introduce her as not only the amazing CEO and entrepreneur and thought leader and impact driven woman that she is, but I also get to introduce her as my friend, which just brings me so much joy.

So Kristi Holt is the CEO of vibe onyx. So let me tell you like she's a smart cookie alright. This by bionics is an api platform that quantifies wellness using voice analysis, ai like yeah, all right. In an age of various new ways to measure well being and we know there's lots of, you know, apps in different ways we can track on our watch. She has developed a product that is unique to the market in measuring vocal frequency as an insight into emotion seriously and I use it and it's really, really good. She's also the founder of the Mecca project, which is a nonprofit foundation on a mission to raise the vibe of humanity, Christie deserves everyone believes to or everyone should be able to thrive.

Believe they can thrive and like I said, she's also besides all of this, she's an amazing mom to four kids and an amazing wife to her husband Ryan and she's just someone that when our paths cross and we both let our little which she sides out, we were like yes her, I want to be her friend. And so when I invited her to the summit, she said yes and I'm so grateful that she did so Kristi welcome to the virtual medicine of mindset stage.

– Hi Jana, thank you so much for having me here. It is such a pleasure to be here with you today. – Alright, so we are gonna be unpacking the concept of emotional intelligence.

So let's start with that. I would love to hear your definition of emotional intelligence – Well, emotional intelligence is the ability to perceive emotions accurate accurately and use emotions to facilitate decision making, understanding yourself, manage yourself, express yourself and most importantly give yourself empathy to release and let go of those emotions you're experiencing.

Defining emotional intelligence

So that's how, I mean there's there's other amazing thought leaders that have really paved the path for emotional intelligence like Daniel Goldman and I just had a little quote from him to say like this is how the industry has been talking about it and then what's our niche and how are we making it better? But Daniel Goldman describes it as self awareness, self management, social awareness and relationship management.

And it's the general, let's see it factors general mood, adaptability to change and various personality traits that have been added to the search of what makes up emotional intelligence.

So what we did is we took Daniel Goldman's process or understanding of emotional intelligence and were able to quantify it through voice analysis. Ai because one of the hardest parts about emotional intelligence is self awareness.

Most of us aren't really good about saying how we really feel. Even using words to identify emotion accurately. And so our tool that we developed was to take what took me 15 years to understand, give it to our users in 15 seconds.

– And you know what I love about the concept of emotional intelligence and actually Daniel Goldman's, I studied him in my undergraduate when I was a human resource major doing my business degree and I remember reading and thinking like what?

Because we all know about I. Q. Right. And so I love that it gives a framework to talk about emotions because how

many of us maybe were raised Or maybe our parents were raised in that you know those generations where kids were meant to be seen and not heard and you didn't don't cry like a girl and you know those those old belief systems that just don't serve anymore. And so why do you think it's important for us now? And I mean this summit is happening the new year was just a few weeks ago. So in 2023 why is it important that we should that we should be caring about emotional intelligence?

– Well I have a two part answer for that and one is I believe humanity is expanding and raising its frequency and in doing so, I think we get to go from the understanding of the mind to the understanding of the emotional mind, which is the way that we feel. And if you study a lot about the universe, then you start to see how resonances, what actually what resonates comes into reality, right? And so when we're really aware of our resonance, which is all the frequency, then we can start to determine and start to play and control our reality by choice. So I think that's the evolution of humanity is realizing the importance of our minds, but really starting to understand that we are vibrational beings having a human experience and when we understand that and we understand our true powers within and the resonance and frequency is what creates our reality, that we can come into control and also into creative space of creating that reality into whatever we'd like it to be. So, I think in one regard, humanity is rising to a new occasion. It's expanding into itself to start to really understand what and who we truly are. The second part of my answer would be, you know, the world we're in today is so different than the way that we were raised or our parents were raised. Like you mentioned, Like there's so much information coming at us in so many different ways.

It's not just because our parents said so our teachers taught us this or a book that we read, you know taught us what is happening in the world now. It's within five seconds. We can hear about a bombing or a war in Ukraine and or we can hear about some opposing beliefs in our government or we hear about school shootings. Or we there's so much information that not only us as adults, but our kids are getting at such a fast pace that our nervous system isn't equipped to keep up with it. And so it's sending some kind of crazy signals to our body and our body doesn't understand and can't recalibrate to that energy systems of information coming in. So when we talk about emotional intelligence, it's really that ability to take all of that information and start to be aware of how it makes us feel, How is or how is our perception of all this information, bringing that emotion into our bodies and when we understand and are aware of it and really increase our emotional management, then we can start to regulate what our body is responding to all this information.

But without it it feels very chaotic, confusing, frustrating. And I think that's why some of the suicide rates are so high and things like people are just checking out because uh it's in information overload, right? And all of our belief systems are being challenged. Our perceptions are being challenged.

Even our our idea of reality is being challenged.

Why emotional intelligence matters now

And so we need to have tools and processes aware, so we can number one be aware of how this information world is affecting us number to be able to manage those emotional responses to the infirm we're receiving. Number three being able to express these emotions and move them right, energy and motion is emotion, we got to move them in a healthy way and number four let down some of those attachments, some of those things that keep us in judgment of ourselves and others and release it open up to let it flow through us and in the form of empathy.

So I think those four steps and tools of emotional intelligence in today's world is more important now than ever in the history of humanity because of our technology information phase that we're in.

– So I want to just clarify something for me and maybe just, you know, for our audience when you talked about those four or tools or for strategies, is that how we start becoming more self aware or is that how we start to become almost like connoisseurs of emotional, like managing those those emotions?

– Well, I'm going to just say yes, but let's maybe talk through that a little bit. So self awareness is really your ability to accurately identify emotions, understand why you react to the way you do and recognize the impact it has on you.

That is your level of self awareness. Okay, self management is well, now that I'm aware that these emotions exist and I'm able to identify, Well, I'm feeling or experiencing fear like this is fear.

I mean that is radical self awareness. Like whoa that I can feel that and I know what that is, right? That's your highest level of awareness. Is emotions are present. I'm able to identify them accurately and I can understand that why I'm feeling this way and then that second step is okay, it's here now, how do I manage this? Okay, I need to maybe in the moment just feel it. Maybe I need to move it or maybe I just need to understand a little bit more. Ask it some questions.

What is my relationship with this emotion? And can I I'm gonna say a word that some, like some don't, but it's really can I control these emotions, right? And when you have that ability to control emotion inside of you, that is your highest form of emotional management.

And then the next one is, okay, so I identify these emotions, there's my self awareness. I feel like I've got these emotions under control, but I need these emotions to move right? I need them to move through me energy and motion. Emotions want to be felt and heard.

They want to be moved. They want to be acknowledged and that really is what gives us life. It's it's like emotion really is what gives life meaning and it helps you experience life as a human being.

So how can we move now these emotions and this is your self expression. Some people move them through exercise. Other people move them through talking it out and verbalizing with somebody. Some people move them through their breath, other people move them through movement. But the point is, is finding healthy self expression right? And then last but not least is the empathy and to not be compete not not empathy that can be confused with sympathy.

Empathy is the intensity in which you can experience these emotions. So and can I experience them without judgment? Can I allow these emotions to be here and not view them as good or bad? But know that they are in purpose?

Every emotion has a purpose, not every emotion serves. So it's really like can I can I just show myself compassion and then even gratitude for this emotional experience?

And that's really how we define self awareness and then moving into that process of increasing your emotional intelligence. – I really appreciate how you talked about emotions are a way for us to experience life because it is the ebb and flow that sometimes we retreat from right?

We are we're drawn to the light and yet we're scared of the shadow but yet in the shadow is where there's so much beauty and that uncomfortableness right?

– Yeah. And I would even say that's where gratitude lies. Like if you don't you know, I remember I remember, I don't know for those of us that grew up religious, I remember reading scripture and you know if you know me today, I'm not super religious person, I would say a very, very spiritual person, but I love reading people that have taught these types of lessons in the past.

Um but it really started to say, you know, Adam fell that men might be men are that they may have joy. And I was like, okay, so our natural state is joy, our true essence of selfish joy. Great, got it.

Well then it goes on to say that if we don't know the opposite of joy or the duality of joy, then joy actually has no meaning or value. So it's when I think about emotions, I am like, I want to feel all of them. I want to be aware of all of them because that's the juiciness that's the, that's what makes me feel human.

Is that I know what it feels like the most incredible joy can be. I mean holding my baby right after I made a human, like my body just made a human being and it's now here, oh, I don't know if there was another moment in life.

I mean granted I got that moment four times, but that moment was pure love and joy for me. No, to imagine that little human getting hurt or being hurt or um not I lost one of my kids one time. Oh my gosh!

That pain, that anguish and pain of that same level of joy and bringing that also that pain and having four kids. The worry, the stress, the like confusion. I mean, how many times I battle?

Like do I go for this one or do I just let it be because do I teach them because I can see what's coming or do I just stop? Like I'm in a constant state of frustration like with myself on like what do I do? What do I not do?

And questioning and concern. But if I didn't have that joy and all of those other opposite emotions, I don't know that I would know what truly what unconditional love is.

And so I just believe that all emotions are like this beautiful song and that we're playing in our journey of life and the point is not to just play a and I think I said this in another time with you. It's not just to play one note because it's the note we feel most comfortable in, its to hear the entire beautiful array of, of music and that's what makes the journey so beautiful.

I heard another person say it's like vanilla ice cream. Like, oh it just tastes so good. Vanilla ice cream tastes so good. But if that was the only thing you ate every single day for the rest of your life.

You might not really like vanilla ice cream so much in a couple of years, or even in a week, like it's it's maybe tasting something really dry and bitter that makes that ice cream even taste that much better, right?

So emotion is the same way when we can just have a healthy relationship that we're here to experience it and understand it and feel it, then I think we can clear up this idea that emotion is bad or good.

Self-awareness, self-management, and expression

– You know, you're making me just, I'm reading a book right now that one of our co another one of our speakers from this summit recommended to me when we were doing his interview and I just finished it. It's like, it's written in 1996 what's been out for a while by Dr. John Sarno and it's called the mind body prescription.

And as I was listening to you speak, what Dr. Sarno is saying is so much of our physical manifestation of paying back pain, hip pain, headaches, jaw, attention, upper back tension is emotion, and he classifies it right?

As unconscious rage. Like it's it's not it's not even conscious to us. And so, as I was he hearing you speak, I wanted to draw that, you know, we're talking really about emotions and mindset and the emotional body, but it's not lost on any of us that can loop back around to express itself in a physical way, and then sometimes you get caught in this loop because you don't know why your body is in pain and it angers you because you feel like a victim.

And so tell us a little bit about from your experience and you know working through the research of your app and what you've learned about just how we can start to express our emotion in healthier ways. – I love this thought.

But I wanna I wanna back up to something that you said about how interconnected it is how interconnected we are body mind and emotion. Now now it's been called very various things over time. That body mind and soul um body mind.

Soul and spirituality like all the different body energy bodies that we experience in our physical reality. It is so interconnected through energy and emotion is energy in motion. If like you took all of the feelings out of it.

Energy is or emotion is energy in motion. So when we suppress ignore or stuff or don't move that energy in motion if we don't put it into motion, that literal energy gets stuck in our body.

And our bodies will scream sometimes so loud for us to pay attention and and to our spiritual being or to our our soulful being that's here to experience being human right? So it'll start to physically manifest in our body. And so it's

a physical manifestation of something that we think or feel and have stuffed away subconsciously and your body.

I don't know if you've ever read the book. The body keeps the score like these emotions get stored in the body and then the body will get louder and louder and louder calling you to hell and your body your physical experience. That's why we're on earth in my opinion, is we are here to experience what it is to be a spiritual being and have value kind like we were saying with joy, like being human is the opposite of spirit, if you, you know, is physical. So when we experience the physical, it gives value to our spiritual being, just like we talked about joy and the opposite of it.

So I believe that the purposes for this spiritual being to be eternal, that our bodies are here to serve that purpose and to help us heal those those experiences. And so that's how I on a very spiritual level believe it like it's all made up and how it's happening for us.

So I believe our bodies and through science actually is not a belief, we can start to show that trapped emotion or emotions is not expressed or emotion that suppressed will start to cause dis ease in our life.

And when this dis ease is a place that we operate from over time, it literally creates disease in our bodies and whether it's muscle tension in the beginning, that then can turn to arthritis or whether it's um heart, you know, not being open and and connecting with others, but maybe you're feeling restriction in yourself and you keep yourself restriction or in a state of resistance. That's how you have heart attacks.

So emotion that's in movement feels like flow, an emotion that is stuffed or suppressed feels restricted or in resistance. And when a body stays in a state of resistance, whether it's, you know, in the minds of my neck a lot, I carry a lot of stress and anger here. You know, but I wasn't supposed to be angry, but by the way, I know exactly where I keep it until I learn how to move it and I'll go through those like you said.

But once we know that emotions just need to be moved. We got to give ourselves permission to move those emotions and let go of our own judgment we have on them so our body can stay in flow and our bodies can stay healthy and our bodies can just be a more of a vessel for that energy versus something that we hold onto and keep in resistance.

Okay. Oh – Well, I just wanna, I mean, as I was listening to you it where do we, in a world that's so tech driven now, right? And like you said, there's information coming at us all the time.

The deciphering of that information can almost numb us to emotion, right? Because we look on someone's instagram feed and we just see like all the best things that that are going on.

We don't we don't we're not being taught, we're being taught, you know what someone the newest whatever Gucci sneakers, but we're not seeing that same person meander through life in a way that you're like, wow, look at how they came out on the other side of that experience.

What are your thoughts on that? How did the two, how do you marry the two? Are they not meant to be married or how do we navigate this? Especially when we are parenting and parenting.

That's a tough one. – Well, I'll tell you my big, huge vision of why I think this, but in one answer, I think the world has and wants us to think outside ourselves and look outside for what actually is inside. And we've been taught in many different forms of education, many, many, many, many forms of information have taught us that our self worth and who we are is something that we seek and look for.

We seek it in our things that we do. We seek it in accomplishment. We seek it in Children. We seek it in community. We seek, we seek so much outside of ourselves and when we do that we forget the power within and I believe in this today's world that's like gone on.

It's just been amplified that in comparison in look at other people and forget about what matters most. So my answer, you know, in a roundabout way is from what I heard you ask?

Emotions, the body, and physical health

I think it is our responsibility to heal and ourselves and remember that this life is a gift to us, to me and to not put me outside of me but to bring me back home to me and look inside and ask yourself one question that I think the world has stopped asking is how do I feel?

Because I truly believe that your inner guidance system is your emotion. If this emotion feels like flow to you, like you're tapped in, turned on and connected to source, that's when you know that this is guiding me in the right way for my true core inner being. This is what's here to support me and to show me and and help me understand and navigate through the world.

But if it feels in discord if it feels in resistance in negative emotion and by the way, when when we talk about positive energy emotion and negative energy emotion, it's that which is charged with that scientific measurement, it's not it's good or bad, but positive emotion has a positive energy in your body, you can feel it. Negative emotion has negative energy and that which you can feel as well.

So when we're having this information come in, it's our responsibility to ourself to just stop and ask yourself, how am I feeling about this? And if it's if you're instantly feeling that positive energy emotion, it's like, wow, there's my guidance, but this is this is bringing me to some truth about the way I perceive it or the way I'm seeing this has got me confused, frustrated. It's an it's an energy suck, right?

It's taking its energy taking, not energy giving. So therefore it is not true. The way I'm seeing it or understanding it is actually a lie that I am believing about something outside of me.

Where if I feel it and it feels it feels high positive energy emotion, then it is guiding me to the truth about myself and the way that I perceive it.

So I think the world has kind of forgot how rad we are and how amazing and powerful and gifted our true essence of self is and that our emotions are our guidance system to keep us aligned in truth for ourselves. So when we're inundated with all this information, we come back home and we just check in.

– And so I feel like you've been doing a really good job of painting a picture for what you feel. You know, the vision for humanity through emotional intelligence could be. But is there anything around that topic that you want to add to what you've already shared?

– You know, I think that the idea of emotional intelligence has been wrapped up in so many different ways of thought leaders in the world that are are really sending a message for us to remember who we are and you have spiritual leaders saying hell you know that it's time to heal.

And I always say healing is feeling um so that's important to me and then you have like thought leaders that are saying hey you if you hold it in your in your mind you can hold it in your hands and the power that you have in your mind right?

I feel like in in so many industries you know religious leaders are saying it's this stillness of the small whisper so quiet and be quiet yourself so you can hear it. But how do we actually hear spirit or how do we hear it? We feel it right?

So I feel like for me I've gone down all these roads even into the science of of our technology of you know how is the scientific world saying it, oh that's metaphysical.

There is some metaphysical energies that we're starting to understand and we can measure and we can actually capture. I mean there's there's this truth is not is disguised and called many many things but I think at the core it is everything is emotion.

And so what I'm grateful for is my own journey and all of this. I mean five years ago when I was talking about these

people that I was like literally speaking a different language like Chinese and like why does that matter Christie that's not a business that no one cares about that.

2 years where all of a sudden the pandemic hits and people are like wait a minute everything that we believe to be true actually we don't know if it is real anymore.

So if that's not real what is real? You know and now people are saying I don't trust any of this, I just trust this. So now here we are in today's world and talking about how do we talk about it in a way that is agnostic that people can hear it wherever they are in their journey, understand it and start putting it into practice.

So I think that's what the message today gets to be. Is this agnostic approach to feeling emotion. Feeling safe to feel emotion and remembering that emotion is your superpower.

It's not your cruelty, it's not your it's not meant to make you suffer. It's not in fact it's your full embodiment of self and so – Along those lines based on you know the research that you've done just for your own.

I mean there's your personal you know use of that information and then for you know your your company.

Technology, comparison, and inner guidance

Because I've heard you say this to me more than once where you know you had business advisors saying you know we're gonna tell a 12 year old kid that she is angry. We better darn well make sure that you know, that is actually what she's feeling so that we can take her through a process.

And so what do you think is not being talked about enough when it comes to our emotional health are emotional intelligence. Let's go there now – That you have a choice.

So every thought and every feeling is a frequency and every day you either consciously or subconsciously or tuning into a frequency. I'll give you an example of what I mean. Like, I don't know if those of us that used to have radio stations, I think they still do in cars.

I don't know if I use it very often. Like, I don't turn my dial to a radio station, but if you wake up every day and let's say you just love Sunday sounds. I don't know, I'm thinking like something soft.

There's a place used to be FM 100 here where where it was like soothing sounds. That's what it was, soothing music but not channel let's say is one oh 1.3 okay. Or 100.3 I'm actually gonna stay.

So I remember, cause that's the channel I actually enjoyed, but on channel 96.3 is hard rock and it's like rage against the machine. It's like this hard rock and roll music. Okay. And every day if you wake up and you want to hear 100.3, like that's what your soul desires. That's what I want to experience.

Yet you keep turning it to 96.3 because you don't believe you have a choice to go to that channel, You're you're gonna get stuck in 96.3 land until you know that you have a choice and you can change the channel.

So the message that I think we need to get out there more is that every thought has a frequency, every emotion has a frequency and you get to through your conscious awareness through those four steps, you can start to choose a different channel of emotion so you can start experiencing the life you desire.

– So good. And so I just have one last question to wrap our conversation today and that is can you share with us something from your own personal routines or habits that plugs into your mindset?

– Absolutely, and I love this question because I started a routine about six years ago and it literally changed my life and I didn't even realize how powerful it was until I started to see everything shift and change.

So for me, like you mentioned, I have four kids and a 17 year marriage and I'm super proud of those things

because I don't think it's as common in today's world and I have amazing kids, but I have very little time for myself unless I carve it out.

So I wake up about five o'clock every day and I give myself from five till six to just be with me and in those moments I started meditation and meditation to me, is that calming the chaos and bringing it into being able to listen and receive and just a tune like I was saying to myself and just just tap into a greater energy, something that an energy that everyone can tap into. But for me, meditation was the first thing that shifted my entire life.

And then secondly I after a meditation, I journal but not journal, like I was taught as a kid, like oh my boyfriend said this and my girlfriend said this and this is what happened yesterday. In fact I shifted my journaling into amazing felt leader bob Proctor started off with a sentence that says I'm so great, I'm so grateful and happy now that dot dot dot and I would come up with like a mantra every day and I would practice it for weeks until that thing actually happened.

So I'm so happy. You know, for me personally, I have had a lot of ups and downs in my marriage, I've had a lot of ups and downs with myself over the last, what hell am I and so for me to focus on an outcome that would mean the world to me, I started saying I'm so happy and grateful now that and for example, I have a happy, thriving marriage where at one time in my life that was so far from the truth, but I wanted to move the truth towards that direction.

So I started writing that down every day And then I write down 10 gratitude and I know that sounds like a lot for a lot of people, but um the only caveat to writing these down is I have to sit there until I can feel it. And so sometimes I'm there for like an hour, sometimes I get there for four hours, but it's, it's consciously a tuning to gratitude because to me, that's the quickest way to start to shift your frequency, Kind of shift your vibe and do a more positive state.

And so I, you know, I just write, I was happy for my husband, I'm so grateful for my kids and so great. And I started saying, okay, that's not, I want to sit in that like what am I grateful for and and can I feel that gratitude. So I write those six down and then I write down six things I'm going to do that day. That will help that statement be true.

So for example, I started writing down, I'm gonna say yes more often. I started feeling myself in a closed mindset, like I knew what reality was and that's what it was and that's all it's ever gonna be. I started saying like, oh what else can I explore? I'm going to be open to more opportunities.

Practical tools for emotional intelligence

I'm going to shine my light so bright that even if you don't meet me, you can feel my light I'm gonna be open to new possibilities and people, I'm going to pay attention to the people that show up and know that they are in alignment with me right here and now like I started writing down, those are the six kinds of things I wrote down and then I usually end up with, okay, I'll sit for another moment and whatever comes up, I would write down sometimes it would be a place, a person, a thing, a thought, a word a time. And then I would just marvel at life about how those things that start to show up like, oh my gosh, I was just thinking about that and now look at, I just met this person and that's exactly what they do or oh I wrote that down and I wrote down green and now look at, I just just brought me this random flower of all this greenery or you know, something like cool stuff like that just started happening.

So my morning practice is one of meditation and gratitude and intention and I think when we lived that way, well I know from my own experience when we live that way, we truly are painting the life we desire and we're like a tuning to that frequency to, to experience what we want to experience.

– I know that our audience has taken so many little nuggets away from you and I love, I love that you framed your journaling in something different than like a dear diary, which I think some people even, you know, we go back there were like, okay, wait, I used to write in a diary, Is that what journaling is?

Cause I don't know if I want to be going there. So thank you for the gift of that frame because I do think for a lot of people, they believe that you know, meditating is roaming and you know, sitting cross legged and doesn't have to be meditating can be still or moving or you know, journaling can be, yeah, you know that a simple gratitude waking up in the morning and you know what are the first thoughts that enter into your mind? So I want to thank you for

that and I just want to ask if people in our audience I know are going to want to connect with you, where's the best place for them to find you? Either on social media or website.

– Well thank you Jana, you asked a question a little bit ago and before we leave, can I answer a question I don't think we answered. You asked me like how do we manage or how do we manage and express emotion?

Do you remember you asked that question I wrote it down and we didn't get quite to it. I just wanted to give like five simple tips that they could adopt or anyone could adopt today as they start being more aware of emotion.

Will that be okay? Okay, great. Okay, so number one is just label your emotions start to and we don't label it like oh that's such a label I'm not talking about.

You know, don't label that's bad. It's name it see if you can start to name your emotion and there's a part of your brain that will go and bring that truth to you.

So when you say and it will start to also reduce the intensity of emotion. So just by saying the words I am feeling or experiencing anger, it's like giving anger a voice and giving anger a space to move.

It's like calling it forward and letting it move out of your body. The second one is just check in with your body. So remember I said like how am I feeling? And your body will show you like kind of like a body scan of where you're holding tension in your body and I mean and in your physiology. So I would just ask your like just do that check in and I always put my hand on my chest and I how am I feeling?

And even if it's like a two minute meditation as you scan your body and let your body show you because your body is so intelligent and it wants to communicate with you um and then just move you know part of the body has got to move. So intentionally get up, do some jumping jacks or and and it really moving your left noise.

It gets toxins out. So when we say toxins have you ever wondered what that is? It's emotion right? So get those toxins out of our bodies and it's essential.

And as you know like the lymphatic system doesn't have muscles it's gotta it's gotta keep moving right and that's really how we can move those energies in our emotional energies and and another one with your body is smiling.

I know you know there's all these studies around smiling and frowning but just smile at yourself and smile to feel good, look in the mirror and smile when you look at your kids smile like practice smiling and it just will start to shift that energy within the body.

Ok step three or another tip is breathe. I know you talk about this all the time but the breath is what helps us bring presents into our life and also just oxen and J. R.

That's the word floods oxygen into your system but I just went oxidant. What is the word oxygen? No – Oxygenation – Oxygenation thank you so smart. But it really feels your body with oxygen and then the fourth tip I would say is talk it out and we use this in our app where you can go and just literally talk it out and just talk it out with yourself and then go listen to your story here.

The story that you're telling, See if that story serves and see if you want to retell the story and do it with yourself like two or three times and then if you need to actually go and have that conversation, that brings a lot of that intensity of that motion than just you're more prepared to have a better conversation when you've talked it out with yourself a couple of times and um we believe in this so much that we made it so you can record your voice and then play it back to you and hear yourself tell your story and how would you respond to you? Right?

It's a really cool practice And then number five, I would say give it a rest. Like you know that whole don't go to bed mad or I don't know if you were given that advice when you got married or when you got married but I think that that is fault.

Give it a rest when we sleep. We literally are giving our bodies rest energy systems in our bodies are calming and soothing and it's our way to rejuvenate.

So sometimes when this emotion is really heightened, if you can allow yourself, I am going to feel you later, I would like to experience you later right now.

I like my body to rest and live, literally give your body a rest and then tomorrow when you attuned to a new station, that energy is going to come and feel a little bit different.

And the only thing with this is make sure you bring yourself back to it so it can move and then go through those four steps above or that we already talked about.

So those are just the five tips of moving and managing emotion. – So good, so, so good.

Closing remarks and where to connect

It's such a great way to end this because I think sometimes we believe that it's hard and dramatic and it takes so long, but it really is the simplicity where the little shiny gems are.

– And now to answer your final question, where can you find us or how can you come and join our community? Or if you want to bring our technology, if you're a coach or a therapist or somebody who, if you're a mom, if you're a friend, if you are a family member we have amazing, we are a B2B company but we consider you a business.

If you influence more than five people around you um if you are wanting to bring this into your women's circles, your groups, groups circles, your conversations, we invite you to bring all five of your friends and then up from there and you can visit us at www.vibeonix.com and its vibe as in like what's your vibe and then Onix, which those of you that know Onix, it's it's healing.

So it really is a beautiful space and technology to give you in 15 seconds. What took me years and years to understand where you can start to give yourselves an emotional intelligence score and then work through that process.

– Kristi. Thank you so much for being here on our Medicine of Mindset Summit. You brought a really unique perspective that you know, none of the other speakers really touched on.

So I want to thank you for that and gang that wraps up another episode here at the Summit. So it's time for your stretch and your water break and we will see you back on the next episode.

– Thank you, Take care.