Summit Introduction and Guest Welcome

Hello and welcome to the Beyond Infertility Summit. I'm your host, Dr. Aumatma. And I want to introduce you today to Raj Jana. He is one of my favorite people ever.

And you will find out very quickly why that is. He is a former reservoir engineer, 40-Under-40 entrepreneur, and media host. He is passionate about building businesses and spreading messages that shift consciousness on the planet.

He's currently the CEO of Liber8, a human transformation company that helps people track and resolve the root emotional causes contributing to health and relationship challenges.

Their technology and emotional health programs are designed to help people develop more emotional resilience and awareness, healthier coping strategies for stress and address the root causes of their emotions.

Today, you're going to hear me talk to him. Of what? About what couples can do in relationship, because often fertility brings up so many challenges interpersonally.

And often there are a lot of triggers that come to the surface that become problematic when couples are struggling with fertility. So as we go through this conversation, you'll really find he'll share some amazing, simple tools that you can put into your own life that really you can start doing today.

You don't have to wait, and it's going to make a significant difference on your fertility outcome. If you have the ability to support your emotional and stress resilience better.

How Emotions Affect Fertility and Healing

So join me for this awesome conversation. I hope you enjoy it as much as I did and I'll talk to you soon. Welcome, Raj. It's so great to have you today and I'm very excited to dove into emotions, mindset and all the things that are happening under the surface that we're often ignoring or trying to override when we are on the fertility journey.

So welcome. Yeah. It's so good to see you. Good to see you. So let's start with mindset. Emotions like in your perspective, what do they have to do with fertility, health, overall well-being and how are walking through the world?

Yeah, I like to think of and this my beliefs and Melissa, my team shares and what I've seen across the board is your body knows how to heal. Like when you get a paper cut, you don't really have to do anything for the body to heal like it naturally heals itself.

And I do believe that we as bodies, as vessels, we're constantly actually wanting to get better and wanting to heal. And I also know that underneath the hood, there are programs and beliefs and traumas and aspects of ourselves that are stopping the body from doing what it naturally does well.

And so when we think about emotions, we don't really think about shame as a toxin, anger as a toxin. We don't really think about these limiting beliefs that I don't matter or I'm not worthy of love or having a family or these programs that are running in our background.

We don't really count that as, Oh, this is creating this problem in front of me right now. But what we've seen is that when your body is in this state of either survival and it's in a state of fight or flight, when you're not when you're constantly worried about what's going to happen next and you're constantly worrying about something not happening, you're literally creating the environment that makes it hard for your body to do what it actually wants to do, which is to create, which is to get better, which is to have that vitality and that energy, to do the things that we

want to do in the world.

And so by ignoring this very fundamental aspect of health, you're actually preventing the body from just doing you amazing things that it actually can and has always been able to do.

Yeah. Yeah. And you said a crucial thing there, which is your body wants to create. And I often say this to fertility patients, especially because fertility is creation at the core of it.

Right? Like we're creating new life. There's nothing greater that we can create in our lives in so many ways. We can create businesses and all of that.

And it's great, but like that, that like fundamental creation mode is hardwired into our bodies. DNA Yeah, that's literally what our body like we're put here to create.

Yeah, pass on the genes because if we didn't, then we'd be wiped out as a species. Right? Yeah. And like in reality, that's exactly what's happening. Right.

So we're seeing massive rises in fertility. 14 years ago, when I started specializing. Fertility rates were one in eight couples between 18 and 35. The current stats are somewhere between one in 5 to 1 in six. Wow.

So it's drastic. We went up. In 20 years, we're likely to see most men not have any sperm. Like no viable sperm, which is 20 years, is just around the corner.

So we are seeing that there is this shift that's slowly happening. I feel like it's going a little bit under the radar because it's like it's not in the media.

It's not in the buzz. It's not.

Belief Systems, Triggers, and Mindset Shifts

People aren't focused on it till it's their issue. No one ever thing's, hey, let me prepare my body so that I don't have fertility issues. But when it becomes an issue or when it's not happening, then people go into freakout mode.

And either way, it's very interesting because when we come from this place of we are put here to create and it's what our bodies know to do. Then similar to what you said, if it's not happening, there's a reason that it's not happening.

So from the emotional, deeper trauma mindset, what are the things that you see standing in the way when creation is in is not happening? The way that our bodies have designed?

Yeah. So I think there's a lot of beliefs that are either programed by ourselves or that we learned in childhood beliefs or the way we see the world and the way we think the world exists. Right?

So if we see everyone else around us getting pregnant or we're not, that triggers a belief that maybe I'm not enough. Maybe my body is capable of doing this.

And if that's actually what you believe, the mind body link, your body is going to respond in accordance with what you believe. And that's ultimately what we're seeing.

The biology belief by Bruce Lipton like these are all documented. There's a lot smarter people than me that have created oodles of research that supports this idea that when our minds actually are not in alignment with what we want, unconsciously or consciously, we create the environments that are that we're stuck in.

So if you constantly think that there's something wrong with you that's just creating more noise, more stress, eat right. You're just nailed. Every limiting belief that most women about the fertility struggle have, which is, I'm not

good enough, something's wrong with me.

I'm not capable of doing this. And I'm like, literally, something is wrong if I don't get pregnant right away. Right? So I think that the early belief systems that we inherit are like, Oh, fertility should never be an issue.

I'm going to get pregnant right away. Matter of fact, if I don't prevent pregnancy, it's going to happen when I don't want it to happen. Yeah. And then you go from that your whole life to now instantly you want to get pregnant and your bodies.

Wait, what? Like I've enjoyed on voidness for 30 years, 40 years or whatever amount of time. So that shift is hard, but then when it doesn't happen instantly, it's also just as hard to not feel like, Oh my God, something's wrong with me, or, Oh my God, like, I'm never going to have this thing that I really want.

I think there's there's those systemic beliefs that you mentioned that we grow up around fairytale, right around how it's supposed to be. And then when it doesn't measure up to that fairy tale, we internalize it to be our faults, our problem.

What I often tell individuals are advised, instead of internalizing it. What if you paused and challenged the other belief instead? Hmm. Right. Like instead of it being like, Hey, there's something wrong with me, it's oh, what is this statistic is actually B. S., right?

And start looking for reasons. There are so many amazing doctors like yourself that actually speak to this that, hey, look like just because you were not getting pregnant the first time does not mean that you cannot get pregnant. Right?

And so surrounding yourself with more energy like that to shape the systemic beliefs. But then on the other side of that, also doing the work to shift the way that the faith that you have in your body to create and bend.

That's the process of doing the work. That's the process. That's the deeper work that you get to do. But in our eyes, I mean, we do a lot of work with different types of health communities, autoimmune cancer, you name it.

And what we've seen in our health communities is when you shift these beliefs about yourself, the body responds positively, like blood panels get better, cortisol numbers reduce.

We've seen these improvements. And so now it's not just lip service. There's and there's so much research on the importance of actually shifting the mind to be in alignment with you and the impact that makes on health.

And I think fertility is the exact same in a lot of ways. Yeah, yeah, I agree. I feel like you got to those belief systems pretty quickly and those are like I feel like those are primary belief systems that most of the women that we've worked with have and they keep repeating.

Right. Like people don't I don't know if they already have that belief system of I'm not good enough. And then fertility like triggers something that like makes it more intense.

Or if it's a new belief system that just, like, instantaneously pops up. But my suspicion is probably a is like. I have a perspective on this and thing we as we won't fully knows each person's going to be unique, right?

Yeah. Sure. This is why each person is unique. But in my viewpoint, you can't really fire off a gun. That is a loaded kind of thing, right? So if you didn't have that belief already or if you had a different belief, let's say you grew up with the belief system, that you are incredible and enough and all this stuff and then something bad happens.

Your first thought isn't, Oh, wow, there's something wrong with me. Oh, it's. Oh, wow. What's going on here? Yeah, it may not be the first internalization, so I do think that if you already have something underneath the hood, this amplifies it.

And I can only emphasize because I'm not a woman. Right. Like, I don't I'm not birthing and I can't empathize. I can't put myself in the shoes of what that would feel like if you just got this news.

So it could be both. It could be a combination of both. What I think is most beneficial is if you come into this belief system, whatever it is to me, it's an opportunity to pause as opposed to spinning into the trigger.

Mindfulness, Reflection, and Tracking Emotional Patterns

Right? Because by spinning into the trigger, you're actually just creating more of the noise, more of the stress, more of the chaos. But when you can pause and just take a second and recognize that you're in that trigger, which is mindfulness, is one of the first tools we teach to anyone in our communities.

It's like when you have a piece of bad news that shows up, whether it's your labs and they're just not getting better or whether it's whatever it might be.

Before you spin, pause, and you pause and you breathe. And can you recognize that your nervous system is spinning right now? Mood and it's making an assumption about the information you just received.

It doesn't mean it's actually true. I like that. So that allowing the trigger to take over and just recognizing like that belief is not necessarily the truth.

It's just what our nervous system is bringing up as a response to dealing with whatever is happening. Yeah, and I like to think of these responses as little children that are just lodged away in our bodies.

So think of it as like this little six year old who doesn't have as much information about what's going on. This thing happened and it's just, oh my God, something must be wrong with me.

And that loop is just going. It's like this unconscious loop that's getting triggered. Yeah. And so when we can even create that spaciousness and say, okay, look like, yes, I'm freaking out right now and how would I want to calm down this scared little six year old inside me that thinks that the world is over, that believes that all of her dreams are crushed, that believes that nothing is fixable.

Oh, my God. All like that part of you is the part that we get to repair it in a lot of ways. We love learn to hold space for because it's not that that part of you is right or wrong, it's just that part abuse, having an experience.

How many times have you had moments where like you just have emotional outbreaks and you actually don't need anyone to fix you. You just need to be heard, you need to be seen.

You need to let it out and you feel better. Yeah, yeah, absolutely. Absolutely. Kind of awareness are like, how do we build this skill set? Because I don't I think it's not a skill set that's innate, at least for our generation.

I feel like so many of us just weren't taught this. They were we were modeled this. I don't know about your parents, but my parents had no concept of this. So it and I see it in how I'm parenting as a parent of like, okay, how could I like slow this down for a second?

I acknowledge instead of stuttering a tantrum, it's really slow down and be like, I understand that you're feeling x-y-z about whatever this is that is happening right now.

Yeah. It's okay for you to feel that way and we're still doing whatever I said. We're doing it. But I'm going to pause. And have you be acknowledged in your emotions regardless of what needs to happen?

Yeah, so few points in that. One is how do you build the awareness, the skill of awareness? I'm a big fan of using wearables and trackers. If you have the ability to have them like a CGM is a fantastic tool.

I like stressful. Any time you have stressful events, like you'll see a blood sugar spike in a lot of way, like, you know,

because blood sugar is tied to stress in so many ways.

Sure. So being able to monitor on a CGM and just being able to see, oh, wow, I actually had a trigger that elevated me. That's a great place to start noticing when you're in it.

Right. That's the first. The first step is just being able to catch yourself when you're in it and use the cheat codes like use the RV monitors used CGM and those are cheat codes that exist today that you can just use.

Right? The second piece is those relationships. For me, relationships are the earliest in my life. I don't know about if you're any of the people you work with.

Well, intimate relationships, spousal relationships usually are like the source of a lot of triggers. And so when you can catch yourself going into any level of a negative spiral of emotion, everything from annoyance to boredom to anger to shame, whatever it might be, and it's another person that's triggering that can, in that moment, just pause after every single time you get into any type of a trigger, an argument with a loved one or somebody in your life, can you just get into a practice of reflection?

It doesn't have to happen in the moment. But you said the end of the day, ask yourself a few questions on what were the triggers that actually happened throughout your day and in those moments?

I think it's just the practice of paying attention. I know that sounds super simple. Yeah, but if you make it a habit to reflect each day on your triggers and on the beautiful and positive things in your life, which we call glimmers, the glimmers are like the light, the beautiful things to be grateful for, the the moments of all and wonder.

Get into the habit of tracking those two on a daily basis. And over time you'll develop. You won't need the CGM. You'll just be like, Oh, wow, yeah, that thing put me in a tailspin.

I'm or these thoughts are taking me off ride and you'll get a better awareness of what's happening in your whole system. Yeah. Okay. Okay. Yeah, I like that.

It's simple enough that we could all do it. You're aware, like, this is where I find for myself in my own journey and all the clients that we worked with, like health and the pursuit of creation.

And that in general is the greatest mirror. And so these journeys bring up a lot for us, but I believe from a larger 60,000 foot spiritual level like these challenges, these triggers will be experienced.

You're all here to help us become more aware, right? Yeah. So shifting the frame from, okay, I have this trigger from a being like, oh my God, my life is over to Wow, what is this here to teach me?

How can I respond differently? How is this making me more emotionally resilient, even having that type of a frame around your journey is only going to allow you to be more prepared as those waves happen.

Because you can't stop the waves from happening. They're going to come. It is what it is. Believe that we can shift the way we respond and how we surf that wave.

And over time that does become the muscle of awareness. Amazing. Amazing. Yeah, I think that I can definitely see how this is very useful. And it would you say is there a something specific that you ought to be asking yourself or is it more like a lot of people talk about journaling and I've never really but like some of the questions like in your app, some of the questions that you guys ask are unique and they have actually helped to get a deeper I always feel better after I write stuff about right.

There's some experience that's happening in the way that those questions are being asked. Are there any specific questions that people should focus on as they're doing this reflection every day?

Or is it just like, start with reflection?

Couples, Conflict, and Regulating Together

So if everybody listening a lot was speaking to the The Liberate app, which is something that you can get access to if you join any of our programs. Now the app basically what we're teaching is in those moments you feel those triggers documented.

Yeah, because our entire frame is when you pay attention to the triggers, you can start to see the trends in them. And over time, as you start to see the trends, you can start to see how to stop being triggered altogether.

And that's what our a lot of our programs are around is how do we just remove this fear of not being enough? How do we just remove this worry that you'll never be somewhere?

How do we completely eradicate this fear of the unknown and replace it with faith and trust in yourselves and in a higher power and whatever you believe in.

And so that's a lot of the work that we're doing in terms of our programs now, when it comes to reflection, my eyes, it is just coming to a place of self-love.

Everything comes back to self love, right? And if we look at if we have a bad day, we received news that we don't want to receive. If we have an argument with a loved one, one at the end of the day, can you come back to just appreciating yourself for showing up all the ways that you did?

And I say this because most people tried to learn the lesson and tried to find the thing without actually just giving themselves grace for being a human being.

And so a big part of reflection is actually giving yourself the grace and just, hey, you had triggers, okay? I love you. I love you. RICE for you had a tough day today.

And if you heard somebody in the process, it's like reflection is just seeing how you played a part, but forgiving yourself. And then from there, seeing what was this trigger, trying to teach me, like what was being triggered, right?

Because a lot of times when we get triggered about anything, when I see a trigger, it's like this spike. It's a it's a reactive response to something that doesn't feel rational in some way.

Or sometimes it is like you've got the lab results back and you're like, Oh my God, it's totally irrational right now. They are rational. Sometimes they're not.

Sometimes they're just like, Wow, you didn't do the dishes for the 15th time and I just exploded on you. Like, those are both emotional reactions, but I think taking the time to sit there and say, okay, this reaction I had, what's the thing, the needs, the thing, because it's I just exploded on you for not doing the dishes.

It rarely is ever about the dishes. Sure. It's usually a laundry list of resentments, of feelings, of things that have a needs that hasn't been met, boundaries that have been getting crossed over and over again.

You're not feeling for you're not feeling appreciated. These are the feelings. And so when you actually zoom out and you ask yourself these questions, okay, like what am I actually feeling?

And then from there, developing that for me, the next part of reflection is having conversations with the people that triggered you, but it don't mean productive to do that.

Once you've actually done this reflection exercise of coming back and just asking yourself what was actually getting triggered and what wasn't being match?

What boundary did they cross? Yeah, man. So any questions from there? So if in in relationships, you've said earlier that relationships, especially the spousal relationships, are the ones closest to us, tend to be the biggest like

opportunities to see our triggers.

So what do we do in those situations? Because oftentimes, like you're you had a trigger that then triggered something else, that then triggered something else so that it becomes this like, bitch, my job.

Or it's a whole fun little bundle of joy. One of the tips that I like to give a few tips for any couples that might be listening to this or anybody who wants to have tools that they can use when they're in an argument with a loved one or a triggering energy.

Right? Yeah. One is I like to think of, okay, like when somebody is in a trigger instead of it being me versus you, let's make it us versus the trigger.

So shifting that frame, right, so like I'm triggered because of something you did, you said and instead of pointing at it, you can I say, hey, I'm experienced in a lot of this right now.

You triggered it, but it's something that's happening within me and I don't know where it's coming from. Can we talk about it? This is what I'm feeling right now, and in a lot of our programs, we guide people through guided explorations of trying to see, okay, this feeling of not feeling heard.

He actually this has been a feeling that's been showing up for a really long time. Like when I was 16, I had these experiences and I think that you're just triggering something that's been this old thing stuck.

And so like we, we guide couples through that type of exploration in our programs. But I think just one there is you and me versus the trigger. Okay? I'm not mad at you.

I'm mad at this trigger. Can you help me work it out? It's a different right. Yeah. And so in that, like even in that exercise, does it take away fairness for both people to say, okay, this is the trigger, let's let's work through it or is it on one?

Is it on the triggered person to be aware that it's their trigger? And really, I need your help. Your question is a really good question. And there's a lot of nuance.

I do believe this is a lot easier when there's both parties that are on board with supporting one another in this way, because especially I can only imagine the journey of getting pregnant.

There's a lot that comes up on both sides. Absolutely. So bringing both parties on board to recognize that, hey, look, like we're on this team together.

We both want to get pregnant, like I don't like. So the bringing that us energy in together I think is pretty foundational. So I would say that it does not necessarily require I think one partner can inspire awareness and the other by being vulnerable.

There have been a lot of times in my partners, in my relationships, where I've been the first one to wave the white flag. And that has led to a lot of beautiful experiences and connection.

And so I can't say what's right or wrong for each couple that have to do their own exploration. But just coming back to the second point of like do you and me versus this trigger, but just remember this trigger, if you look at it like it's a four year old having this big experience.

Yeah, right. Yeah. It's not this adult partner that you love. This adult partner that you love does not want to feel triggered right now. You can be. Or he probably wants to feel happy, joyous, trusting, ecstatic, positive, inspired, loving.

They probably want to feel that way. So when you get to anchor into that is how they actually want to feel this trigger is this four year old child that's just freaking out right now that allows you and beautiful.

I'm having this awareness right now beautiful on the journey of fertility. How beautiful could it be if both partners could actually learn to hold space for a child together?

Oh, oh. Yeah. Because they're going to do it in real time. Really figure out in real time. In real soon. So let's get the practice of holding that loving space for your own little four year olds in the same way that you would hold space for your future.

Four year old. Yeah, so that's how we teach core. So that was step number one is they're more. Layered in six in their. High value daddy. Now what was the question again?

So if it was instead of you against your partner, it's you both against the trigger. That's tip number one. Or what are there other things, other tools that couples can use to navigate this journey, which ends up bringing up a lot of stuff interpersonally?

Yeah, I think the other tip of just recognizing the four year old in your and your partner's that's a big one that's one that I think has changed my life in many ways.

And I think the combination of that, if I think of other tools, like knowing your own, like how you regulate stress is really important. Each person is going to regulate stress in a different way.

And so doing the work together to understand each other's stress regulations and doing the work to understand each other's core emotional wounds, like for me, like my deepest core emotional and from child is rejection.

And when I get into conversations with others, if I hear my partner's raised their voice, I shut down. I can't even hear what they have to say because it's just I go into this state of it's not safe.

I can't open up when I communicate with my partner. Okay, look, this is how that makes me feel. And my partner takes note of it. Now, the next time we're in conflict, she doesn't raise her voice.

Trauma, Nervous System Resilience, and Emotional Assessment

She communicates to my scared little child in the same way that she would want me to communicate to her scared little child. So I think the third tip would be get to know each other's scared little children, get to know them.

And the way you get to know them is by recognizing that when you're in conflict, the goal is not to be right. The goal is not to win the argument. The goal is to help each other feel safe because when you feel safe, you naturally come back to a state of love.

And so that's another tip is don't try to win the argument in the moment, establish connection, breathe together, and that's probably the last thing you want to do.

And to me, getting words out of the question and just breathing, sinking up your breathing together is one of the most powerful tools that I found in my own journey.

And a lot of the couples that we've seen and supported, that's just getting into a rhythm about regulating even for 30 seconds, 30 seconds, just breathe together and then come back and to me, like doing and integrating practices like that, like, I wish I could just give you like a tool.

Like, yeah, like the magic pill. It's going to solve everything, but that's not how. It. Work. Yeah, it's. It sounds like practicing, right? Like we again, we don't have the skill sets, tools built in.

So when things come up that are challenging, it's really important that the partners come to the table with, okay, we're going to do this practice for a while and see how we feel.

Totally. That's it. And it's not comparing yourself to anyone else outside of everybody's journey is going to be

unique. So this is truly like a you versus you kind of journey and really looking at like, like, how can I create a home that is most conducive for the health journey and the end results that I desire?

Like I need my partner to become pregnant if it's like this, like we need each other to do this. So how can we co-create that environment together? And I think if that's the North Star, how do we co-create this environment together?

If allows, then all the triggers, like it's a there's like all the, all the tools that I mentioned here, plus any of the programs or offers that we have, like everything that comes after that.

But like the goal still has to be you are co-creating this experience together and we are caring for each other's nervous systems just as much as we would our own.

How much does past trauma in that particular relationship pop up as? Because I find that a lot of times people are already like by the time they come to work with us, they've already been struggling with fertility for a while.

They already have whatever like relation dining relationship dynamics and fertility is interesting because in one way it will bring out the desire for co-creation, which I think is really powerful.

But while there is going to be a heightened possibility that if that co-creation doesn't happen or it doesn't happen quickly enough, one partner checks out.

So I guess all that to say, like it's a complex playground that we're on, but in that place, how much is the old stuff coming in and over a while they the nervous system.

And this is such a complex question it truly is unique for every single human being. I cannot overstate that because it is trauma is incredibly complex and we're still beginning to understand the implications of childhood trauma right in our eyes, like and as children, as we experience any level of emotional neglect, physical abuse, whatever it might be like, they all create imprints in our neurology and our nervous system that then contribute to chronic stress.

So think of it as you have this computer and you've got a bunch of programs and tabs up that aren't even being used, but they're just taking up space.

And so it's hard. Like you think about like all these different little. Traumas and. Big traumas and all the things that might be just stored in our unconscious minds.

So what I do know to be true is if a patient comes in ahead of time and they have all these stressors, like there could be a lot of routes to the stressors, right?

Like it could be the childhood trauma that are contributing to stressors. There could be just the overall fatigue of the fertility journey that's contributing to the stress.

Like I don't want to take away from the trauma what's happening today too. Yeah, right. Like it's all traumatic. Everything is contributing. Now, when I think about resilience and how do we bring resilience back up like it doesn't matter if you have a big trauma from childhood, if you have a minor stack of annoyances, these challenges, frustrations with your health journey or your fertility journey, or if there's like a big life accident that's happening today, all of those are rattling the same nervous system.

And so when we design precision emotional healing programs and when we make recommendations, we're always looking at doing like a full blown assessment and a diagnostic, if you would, of, okay, what is the person's childhood like?

What has this person's journey with fertility, cancer, autoimmune the last year? What does that look like? We're actually looking at the chronology of events to actually get an assessment.

Okay. With all of these different events that have been happening in your life, how is your nervous system responded? So what is the story that your nervous system is telling you as a result of this experience, as a result of your childhood experiences?

Are there similarities? If you are looking at a childhood adversity through the same lens of, Oh wow, yeah, this meant that I'm not enough. And now you have this fertility challenge and your nervous system is responding the same way.

We know that. Okay, this is a deeper root that happened much earlier in life. But if we do a diagnostic and we realize, okay, like or an emotional laboratory, that's really kind of what's what we run like.

We run an emotional lab report. If you didn't have any of those beliefs then but then all of a sudden today you have all these different things that are showing up for you.

That's then we know, okay, in that moment, your challenges are right now and then we design programs to help you remember how amazing, how strong, how incredible your body is and ship that story so that you can come back to remembering just the amazing, resilient, powerful human being that you are.

So it ends on the person's journey. We see ranges of all of it where we do a lot of work on cancer or cancer patients. They come in. All of a sudden the diagnosis rocks their nervous system, and then all of a sudden they're having all these experiences that they weren't having before.

So then we address that. But then there are patients that come in and all of a sudden one day they got cancer. And then when we do the diagnostic, oh, wow, no.

Where to Connect with Raj and Liber8

These have been patterns that have been showing up your entire life. The stressful last event is what's triggered your body into a state of disease. And so, yeah, so we see everything across the board.

Amazing. Amazing. I feel like I can talk to you for hours, so we will definitely have you back. There's word to be talked about here, but in terms of like where can people connect with you?

Where's the best place for people to get started with potentially like working with you guys or getting this like emotional lab report to get going? Yeah you can just head to liber8.health that is liber8.health you can look at our emotional lab reports like our front end diagnostic it it's not really diagnostic like we do basically like an assessment to really get clear on what's happening in your nervous system and then we pair you up with tools and a plan and resources to really start working on your emotional health in a precision way.

And then we also have programs, you know, we run three month programs where we support you in actually building that resilience and really getting to a place of feeling that power, feeling safe, feeling trust, and not just it being like a one time fix that you would get by going to a therapist.

It's not like, how do you just become more grounded, resilient, trusting, confident, empowered. And so we have three month programs that support that.

So you can scroll liber8.health. And then I'm on social media can follow me @Raj_Jana on Instagram it's mostly where I'm active. Awesome.