Introduction to the Truscotts

– Welcome back everyone, I am so excited that you returned, I hope you did what I asked you to do after our last episode and you know, fill your water bottle, maybe get outside, get some breaths of fresh air, move a little bit because I want you to be fully prepared for this power couple that we have in front of us right now at The Medicine of Mindset Summit, I am here with Tristan and Sabrina Truscott and I'm gonna go a little bit off script with their bio. No, I don't know if they know this or not, but about two years ago we were both on a summit called the Self Love and Self care Summit, and at that summit they offered a gift and I got that gift and my husband and I have actually been doing qigong like our seven minute routine with Tristan with Sensei for about two years and we get our energy jackets on in the morning and we absolutely love it and then, you know, as the universe does, I joined a mastermind and remembers of that mastermind.

And so the other thing they don't know is they've been like business um idols for me, I mean, I've watched how they've grown their business and how they've impacted, you know, tens and hundreds of thousands of lives and and they both have, you've totally inspired me to, you know, continue to do what we do in this realm of movement and mindset and motivation and so I'm thrilled to have them here on the summit, that, as you know, I'm hosting with Dr. Anita Jackson, we're gonna be talking all about raising your energy to Iraq your life. So I am so pleased to introduce the amazing Truscott's to the Virgin – Sabrina just said, I think I'm gonna start crying already.

– Oh, there's nothing that fulfills me more than to know that like our work and our heart and what we love and what we love to share. Help someone and pack someone, help someone make a positive shift. That's that just really touches my heart.

It's like we're doing it, – It's everything, it's the reason we're doing what we're doing is the reason we're here with you right now, and it's so beautiful to get to share this with our audience. So we're stoked – J Amazing.

Okay, well, let's I know you have lots of amazing nous to share, so why don't we just jump in and let's let mean, the story, I think the story is critical to help people get grounded into this whole concept of the physicality and blocked energy and how it impacts, you know, the emotionality of who we are, and especially we're here talking all about mindset and how and the medicine of mindset, and I think what's important is that we've come to believe that the medicine we might need has to come from a store in a bottle and I think Tristan your story in particular speaks to if we were to look inside our body has this innate ability to heal. We just become a little disconnected from it.

So why don't we start there? – T I remember sitting in the doctor's office and they were showing me my MRI's and my X rays and they were telling me what was going on and they were labeling me and my condition with some very scary words.

Tristan's Injury and the Mind-Body Connection

These words like a disease that you have in your spine and you have this piece is missing and this is compressed and you're not gonna be able to do. I was a martial artist ever since I was a kid and you're not gonna be able to do that anymore and you don't know in those moments how powerful those words are. There's a saying the diagnosis is often worse than the disease. I didn't know that my mind was gonna start attacking my body even more when I heard those words and that's what happened.

The pain that I was in from a back injury, teaching self defense for years, taking a beating wearing these full body armor suits so that you know, the girls going off to college, I knew they had been able to beat me down and I could trust that these techniques would serve them if they ever got in a bad situation with an assault or something or the little kids being bullied at school or being abducted.

I needed to know as a martial art teacher that what I was teaching them would work. So I let my body take a

beating over the years, but you keep doing it because you love what you're doing and you truly want to serve and my body was in so much pain and I was actually using my mindset to cut off the signals of pain because I wanted to keep serving and it's sort of like on your car when you're looking at the dashboard and the light comes on and says red light, like you're supposed to check the engine oil or something, you're like, I'm too busy, I don't have time you cut the wire, but you keep going. I think a lot of us can get that analogy, we're kind of cutting the wire, you know, we're getting distracted, we're overworking were popping a pill, whatever the thing is, we're cutting the wire, the body's trying to tell you, hey guy, there's something up, you need to address it.

And I didn't, so I kept pushing and pushing until one day teaching a self defense class. I just fell on my knees and I couldn't get back up and I always could get back up.

I mean, I've been punched and kicked and choked, you name it, I get back up. But on this particular day, they carried me out of my martial arts school, which is called a dojo.

They carried me out and I couldn't walk for almost two months. I was in my bed, I finally got to that doctor's office I was sharing about and they told me what was up and it got worse, it got worse and it got worse and I didn't know until years later that it was my mind that was actually keeping me trapped in my prison of pain.

Yes, there were mechanical things, Yes, there were things that could be corrected, but that actually wasn't the root cause of my pain and that's what we should unpack.

– Well, you know, like a suitcase. We're always so excited to pack our suitcase when we go on a trip when we get home, those suitcases stay packed up in our bedrooms, in our closets. So let's start to unpack a little bit and I, you know, I'd love you to touch on that, I've read in your bio, that the two of you met in a meditation class, so I want to understand where in the history of all of that, did that happen?

– S Well we met when we were so young, Tristan was raised in England, I was raised in Virginia and my career in the entertainment industry as an actress had me in Hollywood doing tv and commercials and film, and Tristan's mother had moved to Malibu and we ended up in the same in West Hollywood and Steven, Seagal's martial arts school, taking the same meditation class And we were in our very early 20s and we were just really good friends, we were really good friends, I was dating the meditation teacher at the time as you do.

And um you know, girls sometimes are a little bit more mature or I thought I was Tristan had really long hair, he had a pickup truck with a surfboard strapped to the top and lots of puka beads and I thought he might smell a little like marijuana, – Such a projection. – And I was like serious and a total goody goody stressed out person trying to build a career knowing that I needed meditation. So, but we were really good friends, spent every christmas and new years with the same group of friends and everything actually changed. Was it about year three of your back injury that went on for five years when I saw Tristan.

So I had known him since we were both young and this was in 2003 saw him walking down some stairs trying to get in a swimming pool because the only place he could move was in the water. And I, and he had taken my dance classes, he was quite the athlete, so graceful. I mean you've seen him do qi gong like extremely gifted in physical movement and, and you know, he's just like the guy that all the guys want to be, but he, but he wasn't and I still have, it's so hard to even imagine this person who had lost their identity trying to get out of a car, trying to walk downstairs and he couldn't, couldn't get to the pool to even do his exercises, he was in too much pain. He was holding the railing and he used the railing on the steps to get back in the car and something inside me just said, you've got to help him. Somebody's got to help him Because the identity because he he was losing that guy that I knew was almost gone.

Like a like a bright picture of someone that's fading and fading and fading. And so I got up from my friends and I just walked up to him and I said, I'm so sorry that you're in so much pain.

Can I help you? What if it's our back and what if together we fix this? And I remember thinking if I could get the pain out of him as something we work on together, maybe he could get his identity back.

And then we became more than friends shortly after. And so I was we were together through the whole healing journey. – J And so help us understand there was the major physicality of this whole five year experience, Tristan But you mentioned already a few times as we've started chatting, you've used the word mind.

It was my mind that was blocking me. It was my mind. Let's can you unpack that a little bit because that might not make sense for someone in our audience right now. How this physical debilitating pain.

Yes, it's in our body. So how where where is how does that connect? – T It's such an interesting sleuthing journey, sleuthing like self discovery. We all know. I think at this point that the mind affects the body even on some superficial level, right? If we're wearing and stressful our shoulders get tight, might grind your teeth at night when you're sleeping, you know, get sweaty palms like you kinda called psycho.

Soma, psychosomatic sits mind and soma as body mind, body more and more. We're hip to the fact that that's true. But we live in a physical world and our body is a very real monitor. It lets us know.

No ouch right here, right ouch headache in here. But what people are starting to understand is that my mind could be affecting that. It could be creating that.

But we don't look there, I didn't look there. I see, I thought my mind was pretty good. I was meditating, remember I mean we met in a minute, I'm meditating my butt off, I know how to heal. I've been into self healing since I was a kid.

Oh, you know, I can't be in my mind, it can't be maybe repressed emotions. I've worked on all my emotions. So, you know, we could unpack that too, but I just didn't look there because the M.

R. I showed something the X rays showed something and so you believe 100% this is a physical problem. This is this is my body. So I ignored the mind part until it wouldn't go away. And once it becomes chronic, you have to start looking, going, could it be something in here? And so you start to study the, I mean, I start to study everything. I'm watching all the movies, what the bleep you name it, like anything about the brain body connection I'm reading uh looks like, well this one came later. Dr. john Sarno the mind body prescription.

So his work is, is pivotal and it is a big turning point for a lot of people understanding that these internal emotions and banks that want to come out if you're really focused, responsible, perfectionistic, possibly do Gooder person.

You don't want those emotions to come out. So you keep that stuff kept.

How Sabrina and Tristan Met

But the way that it works is it's a distraction strategy and your body pulls your attention away from the emotions. So it's a defense mechanism. So that can be the root cause of back pain.

It turns out. But I didn't know that until I learned about that. And then I was like, oh my gosh, maybe this really is going on on the inside and I knew this.

I knew that my identity had shifted because now I was telling a new story, a not so happy story. I'm the guy with the broken back. I'm the guy with the messed up back, I'm the guy in crippling pain.

I'm the guy losing all his students, I'm the guy going into debt. I'm the guy that's thinking about ending his life. And so I lost my identity. And it's really hard to come back from something when you've changed who you think you are?

Sabrina mentioned that earlier. It wasn't the martial arts sensei anymore – S Because when you lose, you're losing one identity because you traded it for another.

It's it's absolutely who you think you are because it's all we talked about. How are we going to get from there to

there? What doctor are we going to see?

Who's gonna help him put on his shoes? We can't do this. We can't do that when you have when you're in pain or when you're struggling with the disease, it becomes a huge topic of every single thing that you do.

So when you are willing to let go of it, it could feel like there's a big void. What do I do with my time now? What do I do with my money? What do I talk about? What do I think about?

What do I worry about? Because we are the thoughts that we continue to think that kind of if you keep thinking something, it becomes your habit and it becomes your personality and it becomes your identity. So in order to to let go of something going wrong in the body. Oftentimes you have to be willing to shift and be the person that doesn't have that and sometimes it's scarier to do that than it is to stay in the, in the weaker physical capacity because some sometimes having a handicap or something can keep you from doing things that you want to do that you maybe you're scared to do. Oh, I would do that if it wasn't for my ankle.

I got this kind of bad knee. So that's your identity. I'm the girl with the bad knee that if she didn't, she'd try that. – T It's a weird phenomenon, psychologists call it secondary gain.

Nobody likes to talk about it. Like, what's your secondary gain? Like why are you really holding yourself back? You want to slap him in the face? I'm not holding myself back. I'm in physical pain.

But you start looking at all these different layers of your mind, your identity and maybe what's going on in your story and that's really what started to help me get out of this, shifting those thoughts, – J Seeing you both bring up such a good point because even probably about a month ago now I watched the documentary hell and what you were mentioning right there, Sabrina that it becomes their identity and and it seems such a foreign concept that people would choose the pain versus because it's known versus the unknown of what would that be like or what if it's just a fluke and I end up back there or. And so there's a saying that, you know, I'm sure some of us have heard about the issues are in your tissues.

Can you dissect that a little bit. – You want to jump in or me? Me? Okay, well, – I'm not gonna take your moment – my moment, which is that? I love that saying. So over the years I've come to realize that my mind isn't just in my brain, it's also in my body that you have cellular memory that you have. We talk about the two minds, people know we have a conscious thinking mind and we have a subconscious deeper mind, but we don't have to talk about the two bodies. You have a physical body and bones.

Muscles, tissues should also have an energy body channels pathways known as meridians that the acupuncturists work with when the tissues get information that gets lodged or trapped or stuck. And I use the word information, I might need to clarify. So, information comes in multiple ways.

You can have a thought, that becomes a feeling right? You can have a thought and your brain will release neural peptides and these little molecules will go down and they'll attach on receptor sites and cause those cells to feel a certain way. – S Let's have two examples.

You just won the lottery, right? You just something great just happen. A lot of people, they might think they're gonna pass out. They might get chills all over, right? Are you are you hear some other news and all of a sudden you feel like you're gonna throw up like immediately just through hearing information, oh my God, I'm gonna be sick.

Identity, Pain, and Secondary Gain

I'm terrified now that's the body reacting to information because that information was received and turned into a thought. – Now there's another school of thought which is that information is energy and that when you have a disruption in the energy flow you will have a corresponding negative emotion in energy psychology, they say a disruption. The root cause of negative emotions is a disruption in your energy system. So whether you're looking at it through chemical lens or the energetic lens one way or another, your body starts to be affected and it starts to

remember and now your body is feeding information to your brain and your brain is feeding information, your body how appropriate receptive feedback loop and you get stuck in this loop and then the identity builds on top of that, That's why it's so difficult sometimes when it's psycho, soma psychosomatic, you have to interrupt that pattern and you have to do it effectively.

You have to clean up those energy disruptions, you have to clean up those negative thoughts and you have to start building or uncovering the original identity.

That's what we teach is like you have this incredible knowing within you. I think a lot of times and sorry if this sounds rude to anybody listening, but I think there's a spiritual reason behind a lot of the things, if not all the things that happened to us and in disguise their wake up calls because it changed my whole life. I'm a better human from what I went through.

Didn't feel like it going through it freaking hated it. Said somebody once say to me suffering his grace and disguise and I was like this is not grace, but later looking back you go, oh so issues in the tissues.

Absolutely. You get in a loop. – Yeah, I like what Tristan was saying about, you know, you have a thought that gives you a feeling and then it just becomes like ping pong right?

You have a negative thought that has a negative feeling. That negative feeling makes you have more of a negative thought sometimes that'll feel like looping and worrying. Of course you could have the opposite.

You have a really great thought that gives you a really great feeling because you more great thoughts that what that's why they say sometimes you just feel like life is getting better and better and better and somebody else will say, you know, I just have bad luck, bad luck. This always follows me around.

And we've done a lot of work in the personal development field with affirmations and visualization. We've done many programs and products with a lot of the teachers from the Secret and we have helped people with affirmations, but a lot of people, you know, say they don't work.

Well the reason that sometimes an affirmation, which is a sentence stating what you want to think to try to stair step your thoughts in that direction is because they're they're empty.

The thought that you're trying to have is I feel great when I get up in the morning, but the real thought that you have is my back hurts and this sucks and I don't really believe this. So it's not, that's why affirmations don't work.

A real affirmation is crafted, stair stepping the thoughts within your belief to stretch it. So you you could say maybe I don't feel great when I get up in the morning, you could say I'm starting to feel better when I get up in the morning or I'm really grateful that it's possible to start feeling better however much you have to backpedal it to believe it with the stretch.

But then to conjure up the feeling of I'm getting better. Like it's good news because you have to have the good feeling thought and the good feeling in order to start shifting the mindset, you know that word mindset, you know, set is sort of like stuck like balance step point.

Like we talk about balance, there's no such thing as balance right, we're on a planet that's spinning in a circle, spinning around the sun, right? What is balance?

Yeah, you know, it's it's moving balance even if you stand on one leg growing up as a ballerina, they said, oh she's balanced. No, I'm adjusting, I'm adjusting every single second, these little micro adjustments, you're moving your core, that's balanced. But mindset is not really mindset, it's moving balance. It's being flexible, it's being open to more, it's being able to shift its knowing who's in charge, it's able to say, oh not there over here, just like the physical balance mindset is more like coming in balance with who you want to be. – Yeah, – Me, me, me, – Me, me – J The movement as medicine and the way you framed it using, can we, there may be some people who don't know what that is or are not familiar with it.

Can you take us through that either as part of your healing journey and maybe give us some examples on what the two of you have seen in your students as you've helped them get unblocked with this tool?

– T Well, we've been talking about mindset conscious mind, subconscious mind, we've been talking a lot about the physical body. We talked a little bit about like muscles and bones and tissues and we mentioned energy pathways channels or meridians. So I didn't believe in in any of that stuff when I was younger because I couldn't put a finger on it and I didn't feel it, but I did Try this workshop. A guy was visiting from China while I was injured and I thought, you know, I've tried everything else, including a $90,000 back surgery that left me worse off, I'm gonna give it a go. You know, it's either I figure this out or I don't wanna be here anymore. So I went to this workshop and Qi Gong is a moving meditation and it's a beautiful fusion of things.

It works with your physical body and what I mean by that is it works with your tissues. Something known as fascia. So fashion is really interesting. There's a lot of new studies coming out about fascia.

It's connective tissue that in cases your whole body inside to hold your organs in place, it's around your vessels, your muscles, it goes through your muscles.

It's considered your secondary nervous system. So it carries a lot of information through it. So when you're doing qigong you're lengthening and stretching the skin and the muscles and that facial tissue – In very simple ways.

– T Yeah, gentle movements. Now, what they have come to find is that fascia think of fashion. Like you're peeling a grapefruit and you see that white membrane that's around the juicy fruit that's like fashion in your body.

And it's really strong and it does a lot of amazing things and without it we just fall down. It's like it's like yeah, really protects you and holds, it gives you strength and structure and support and it's supposed to be fluid and hydrated and it gets dehydrated and brittle and cracks and causes a lot of problems.

So I love that you mentioned drinking water in the beginning of the show because when you hydrate and then you do these movements, it actually helps absorb the water into the fascia that helps it to be liquid and move correctly.

Issues in the Tissues and Energy Flow

So when you do this type of exercise, this energy exercise qi gong is about 5, 6000 years old. It stretches and opens the fascia and they're finding that the planes of fascia, the way that it flows through your body, marry up with the ancient maps that were created for where the meridian pathways are. Because people have for years been saying meridians, meridians, they don't exist. Well show me where they are and they're starting to see a parallel. And so what we we think is what's happening is these ancient wise men and women knew that by stretching the body in this gentle certain way it would open the channels more and the life force energy that's animating all of life and breathing us and healing us and digesting our food.

That energy it can flow better and back to the energy psychology statement the root cause of negative emotions, negative feelings and therefore negative thoughts is a disruption in that energy flow. So if you take care of the tissues and you open the channels and then you get your breathing going because breath is everything.

It helps oxygenate the whole body, it affects the nervous system takes you out of that stress, sympathetic and put you in parasympathetic and now the brain and body or in harmony and used to start feeling great and you're elevating your emotions when you're mood, your energy lifts up your thoughts change. Let's unpack that for a second.

So if thoughts create feelings, can't feelings create thoughts they're bi directional. So if you start feeling better in your physical form your mood change.

People say it all the time I went to the gym, I didn't really want to go but I'm so glad I did. I felt better after I move my body. We all know that this is true things.

So in you're moving gently breathing, opening up the energy channels. There's a lot more to it. There's energy centers. It is very mystical and amazing. But we learned it and we figured out how to talk about it using neurobiology and what's happening with the chemistry and the tissues.

And a lot of people like that makes sense. I'm going to try it. And so now we've had thousands and thousands of students having these incredible transformations through this practice. And there's there's one more thing that students – S In Qigong Yes, you're physically moving your body, your breathing in certain ways. But sometimes with meditation.

And it's a moving meditation. Meditation is not what you think meditation can be. Just stop thinking the things that you're thinking like just stop it. And that's really hard to do.

I don't know if you've ever seen that old episode of bob Newhart where he's a therapist and he's just stop it, just stop, It's hilarious and that's really tough.

But when you're doing qigong, the mind is given a focus, it might be focusing on the breath, it might be focusing on the movement, but it's given a job.

So this thing that it keeps creating on repeat is not looked at, so you're focusing on something else which is going to weaken that thing because you're not thinking about it as much. And then I find like after a movement session, the way that I look at my problems is completely different.

And I always have found that with with the growing up dancing like while I was dancing there is is the world was perfect, there was no store list, there's no laundry to do, there's no shortage of money, there's no irritating boyfriend, there's nothing, I was just dancing right?

And then when I came out of the class all those problems they were still there but they felt different about them. My thoughts about them were different.

Well you get that with qi gong but even more because of the intentional focus of the energy and yeah, it's so slow, you start feeling like I'm wearing this giant space suit of energy. I feel so much bigger than I am that's a real thing beautiful, – You do feel and you practice.

So you know, you feel a bio electrical energy and you feel an elevation and it really makes you feel happy and hopeful. – S But we've had students to answer your question, just miraculous things, so miraculous that sometimes we're like wow like and very quickly, very quickly if an energy block is um is moved or let go someone who has had, we've had numerous students that have had frozen shoulder for a long time that almost immediately get that mobility back, we get hearing, – T Hearing somebody speaking issues.

We've had somebody with M. S. Was going blind and deaf on one side of their body, really dive deep into the Qigong and become a powerful black belt martial artists. We've seen some incredible.

– S Sweetest one of the sweetest emails we got is this man's wife, she had dementia right? And so but what she loved to do was rake the leaves and sweep the sidewalk and she became too weak to do it and he got one of our Qigong programs and they started doing it and he wrote back and he was so happy that she was able to do that that action where she found happiness or people who couldn't put their shoes on and then we also certified people to teach our curriculum and one lady said, you know, I was just doing this to learn so I could have a business and she said but I didn't realize that I was going to benefit and she said she hadn't been upstairs in her house in years because of hip pain and she something was upstairs and she just ran upstairs and she was like, I did it because her her legs had gotten so much stronger.

Yeah, Bonnie had a cane, – T A lot of crazy, amazing things. But I mean I could barely walk and I'm jumping and kicking and doing everything again. You just, you have to practice in the right way and when you understand how I remember, I use the word sleuthing earlier when you understand how your made up and how your mind affects everything, you really can rebuild yourself.

Qigong, Fascia, and Healing Stories

It's a beautiful process, – J You know, on the one thing that I really love about it is that you mentioned, it's slow, it's, I feel probably most connected in when, when Jason and I finish our practice like, well I'll usually, I'm usually kind of in front of him and then I'll turn to him and we'll just like, we'll just catch each other like for about 30 seconds, right? It's almost like we're completing the meditation and when I look at him after that simple seven minute practice, like I do feel like I can see into his soul and it feels like there's nothing, there's no one else on this planet but us and sense of just deep, deep connection, I mean over the past two years we've seen and we've heard so much, you know, feeling alone is just as detrimental as smoking a pack of cigarettes and you know that, that that connection and even on the days where he's traveling or my, or I'm traveling, these, these are non negotiable moments for us, right? And, and I can go back and so if he's not physically there with me, I can go back and really find that feeling even though it's just, it's just me in the room. So I think that's what I appreciate about it is that it's almost like I, and this might sound a little corny, but it's almost like I fall in love with my cells every morning because I'm giving them what they need and in return throughout all the minutes of the day, they're giving back to me so that I can show up as mom as wife as you know, coach, as entrepreneur and, and that's the biggest thing I think that your programs have given me in my experience with them. – That's everything right there.

That's, that's where all the power lies what you just said. That's everything. Yeah, that's gorgeous. – J And you know what, and it's minutes a day, I think some of us still subscribed to the old, You know, I used to teach aerobics in the early 90s to pay for my college tuition and you would, you know, you would rate your workout by how much sweat you left on the floor or how, you know, walking down the stairs the next day. And those old belief systems don't apply anymore. And I think, you know, at 48, I I feel way better. And I mean keeping up with our 20 year old sons is easy and that's what I want, right? One day, God willing. I'm a grandma, I want to be able to do all of those things. And so as we are, you know, starting to come to an end of our, with our time together in your expertise, as you've been in this industry and you've seen it evolved, right? And you've kind of marked your line in the sand.

This is who we are. This is what we believe in. Do you think there's anything that's not being talked about enough? – S Don't say my answer. No. – T Okay. I got one that you don't have.

I think so when we first got into this industry personal development and and there were these things that people call verticals, like you have to be in this lane and you have to be in this lane. So if you're in personal development don't do too much physical movement because people in personal development don't like that.

And then it was like, oh, if you want to be over here in the health and fitness movement, but don't do too much mindset because and I always felt like those worlds go together like Rama Lama Lama, that should be one and the same thing and we were like, well we're gonna break the mold then because oh, maybe you have more clients if you just do that and more clients if you just do that. But it's mind and body, Body and mind we call it body mind aligned. So we said that's the line we're drawing in the sand. We created a system around this.

We created a beautiful system that brings in the two bodies in the two minds and marries them with the one heart. And that's what I would love to see. More people in the physical realm.

Bring more of the mindset. You know, not just the coaching but how the mind affects the body, not just attaining goals, but really understand how your mind works and vice versa. Let's understand this and this is a big one and personal development. If you're leaving out the physical body because the mind is in the body, how can you just do all the work up in here?

Because guess what's gonna happen? You're gonna get your ducks in a row and then your body issues in the tissues gonna pull you right back out. And it's just like that old program and it's like, wait a minute why I'm doing all this work. It's so frustrating.

But if people would open their bodies up and get their energy flowing there, your personal development will be skyrocketing and it's not just about fixing what's broken all of a sudden you're so aligned. Like you talked about how you feel so present your with your partner and everything is just like clear.

You will start to light up your life in a way that's unbelievable what you can create and manifest when you're grounded and powerful and your body and mind are aligned.

You talked about us like being this type of couple. That's what we do. I mean, that's why our energy is up married to. – I think that's what's not talked about and I hope this doesn't come across mean.

But it's something that I see a lot of marketers and experts saying and I think it's because maybe it helps sell what it is that they're offering. But it's this phrase, this is happening to you and this is happening to you and you feel like this, but it's not your fault. You're the victim of this and this and you're the victim of this and this and by my thing.

Well, it's not my fault that that thing happened to me when I was a child, right? It's not my fault that I misunderstood some things in the ballet Academy and it led to some eating disorders, right? And and some panic attacks.

But it is my fault today. If I am still in that identity because I'm not seven years old and I'm not in a Valley Academy, right? And I'm not being scolded.

And so taking responsibility for those were the feelings of that person and and you are no longer that person shift the identity. You know, I don't wear the same makeup I put on when I was 17.

Why? Why are we all thinking the same things we thought when we were 17. Right? So much of personal development is oh, but you know, that thing happened to you when you were seven? Yes, let's address it.

Let's shift the energy. And now let's act like you're 48. And what would you like to do now? What would you like to feel now and forward thinking? You know, with with coaching, something that we have been telling the people that were certifying is help people see how to move forward instead of always looking back at what has happened that they didn't like and rehashing it, say, okay, that's what made me exactly who I am today and from this person that I am, what would I like to create? What would I like to feel?

What would I like to think and to just and to keep forward thinking in the now the now that becomes the future and just right now and right now and right now, because I am the only person responsible for what I'm thinking today, and I'm the only person responsible for what I'm feeling today.

And if I'm feeling or thinking something that doesn't feel good, it is my fault, it is my fault. And because it's my fault, it's my power and I have the power to think anything I want to think and feel anything.

I want to feel better, – J You know, as well as I was listening to both of you, I just kept hearing just some of the I'm not that I'm like stalking in a bad way, Dr. Joseph stands out, but I love his work. I mean what you're both talking about is is really some of the major concepts he talks about, right, that of the 60 to 70,000 thoughts we think in a day, 80 to 90% of them are the same as yesterday and last week and last month. And it goes into that.

I would rather live in that familiar past.

Daily Mindset and Movement Practices

We already talked about this today than the unfamiliar future and I, you know, you've brought so, so much grace to how you've explained that and Sabrina, I don't think you could ever ever sound mean first of all, but it is, it's one of those, it's that tough love kind of perspective because it's easy to default to those personas that we just are hanging onto because it is safer.

And so I'd like to know what the two of you do on a daily basis either, you know, together as a couple on your own to ensure that your mindset, you know, you show up for your community every single day and we know that life is not linear, that tomorrow is better than today and next week's better there it is meant to be ebbing and flowing. So what are some of your personal mindset?

Non negotiables or habits that you just, they're part of your lifestyle? – T Well when I wake up in the morning and I

see this amazing human laying next to me with two fluffy dogs, I just connect to. Here we go.

You get another day dude, and I live my life as if it is the last day and that may sound a little weird to some people, but it's a really good way to live because you don't miss anything. You don't take anything or anyone for granted and maybe you've lost somebody that's close to you and all of a sudden, you know, they're gone, you're like didn't see that coming.

So I don't ever miss, but the way that I can show up fully every day for the ones I love is I gotta take care of Tristan. So I am moving my body and that doesn't mean I'm going crazy doing you know, insane hit routines in the morning. I'm using my song.

I'm opening up those tissues. I'm opening up those energy pathways because I want to get to that place that you talked about or you're so connected, you're so present and I believe that we're all emanating energy and we're putting out a signal and not only are you putting that energy out, but that energy is being reflected back to you.

I mean this is old, personal development stuff, Your external world is a reflection of your internal world. So if I get me right and I get my energy right, I'm pretty sure that this is going to be a rad life and so far it's pretty rad.

So I take care of Tristan every morning and I move my body and I always sit to meditate because I find that in that stillness, that void of the thoughts, there are other thoughts inside. I like to say think with your heart, there's a brain of your being and I, for me it feels like it's in here and our company is called satori method and satori is an awakening. So if I move my body and I sit, I get an upload, I get a heart informing the brain of what's up.

I feel like it's been embedded in my being since the day I took my physical form and I came here for a reason and I know what that reason is, is to stay awake and to share love, stay awake, serve love stay awake, serve love. And that's my mantra every morning.

That's how I live and I live that way to the last breath and beyond. – S Yeah, that's good. So when I first wake up in the morning, in my past I had battled depression and anxiety, obsessive compulsive and a lot of that if many, many people in my family take medication for for those things.

So I you could say that I had a tendency. So I developed some processes to start the second I wake up. And so as soon as I wake up while I'm still in bed, I star start silently speaking to myself and I guess it's gratitude, but it's more like feel like I love feeling grateful. I love feeling happy.

I love feeling love for my dogs and I just start thinking about what I love and I love that I can move my body. I love how soft this bed is. I love that. I'm gonna get to work out today.

Oh, I love him, sorry, stating the obvious here folks and just, you know, because when you first wake up, you know, you don't know what were you thinking and what were you dreaming?

So I'm shifting it back into what I want to feel and what I want to think. And then from there I move into just more of a meditative breath that not thinking and and more of a listening. So the way that I define prayer is like me talking and meditation is me listening and both are beautiful.

So just to listen and then I set some intentions that you know today, I'll be as connected to my inner knowing source God as I can each and every moment.

Each and every moment may we walk together. And when I find myself thinking thoughts that I don't want to think or having feelings that I don't want to think.

It's because I need to go back and and be with that thing that only feels good and is always there for me and those, oh and I move every day. I move every day for an hour. I love it.

I might, so I sweat a lot and sometimes I don't, but I'm a different person after I move any anxiety that might be

there lingering when I wake up is absolutely gone after remembering who I am letting go of everything and moving my body. I'm pretty happy.

– I think I've known you about 30 plus years and there's not one day, I promise you all of those 30 years that she hasn't moved every single morning including Sunday and that's why she's – S And also try to learn something every day and it might be that I learn a new way to move, it might be that I learn a new perspective on how to look at something.

I might listen to an interview like this, I might read something, but I'm trying to stimulate and learn and grow, it could feel like staying current, but also, you know what, what are other people finding out and discovering that can light me up that are gonna gonna spark something new in me because I don't think we're ever finished.

You know, my my brother says something, I'm sure he read it somewhere, but he says um everything will work out in the end if it's not working out, it's not the end and what that means to me is like we are constantly growing and learning and we can change and we can shift and we can feel better and putting ourselves in environments like this where the conversations are uplifting and full of possibility is such a better thing to do with my time than focusing on what isn't working or you know, I would don't listen to the news and things like that very much.

Where to Find the Truscotts and Free Gift

We try to focus on more things that are going to support us in the thoughts that we want to have. – Thank you for the beautiful questions. – J Well you too. I mean this has been such like just such a pleasure to connect with the two of you this way.

Now I know there are going to be people that want to learn more about the centauri method, more about the two of you. So two parts, where can they connect with you outside of the summit?

And a little birdie told me that you might have a little free gift for everyone that's here. – We have a really cool gift and you'll make that available to everyone that's called qigong for beginners. So this is a great way to get started.

This is kind of the fundamentals, nine essential essential energy exercises to help you feel happy and healthy and that's really what they're designed to do.

So you're gonna learn how to tap and open those tissues that we talked about. You're gonna learn a type of breathing, the type of moving and flowing and it's all broken down. It's nice course that yours absolutely free.

– A little and a little routine at the end from learning the nine essentials that you can start doing daily. – Yeah, it's fun. You'll dig it. And where do they reach us? My dear, – S I would say to check out our website satori satorimethod.com And at the top of the home page you'll see like a video with the play button and we actually had a little documentary made about Tristan's back injury and how we met and what happened when the energy cyst was released, how the healing happened.

It's probably 10 minutes long. – It's pretty inspiring. I think, – Hey, before we go, I have to introduce you to someone – I think I might know – He's on the payroll so we have to do this.

– Getting the cameo right? – Mr. Winston. Say hi mamie – Mr. Winston. Oh my gosh, look at your little is his little that's his little tongue hanging out. – Yeah, it stays out all the time.

– Oh jeez, Well, if that doesn't just like melt your heart and she, there is a mindset hack, right? Find yourself a little Mr. Winston to bring light into your day. Absolutely. – So Winston's um usually sits on the couch when I'm moving in my studio downstairs, but on Thursday morning Tristan has a livestream class from up here. He totally stays with Tristan wherever someone's doing, he's going to be in the room, – You're animals.

– Animals just love it – To be around you when you're practicing. – People have sent us pictures, they're like trying to practice and their cats doing circles around there. – Somebody had a horse put his head in the, in the room. –

Yeah, I know we're trying to bring us so just tell me about. So they're obviously sensing the energetic, Texas and – We are attuned to energy. They have another sense where they pick up on it. They're so attuned.

You know that's a cool ending point is Sabrina calls the physical body like a giant hearing aid and that's all this is. It's an instrument, you're fine tuning it – Because your your eardrum interprets vibration right?

That's what sound is. The vibration comes in your ear and it's interpreted. – T So there's a lot of sound and vibration that we're just not picking up because the instrument isn't fine tuned enough.

So as you start opening your body up and the channels you'll start to perceive and feel. You'll become more intuitive, you'll just know things, you'll know what to do when to do it.

It's incredible your levels of intuition are gonna peak. It's amazing. – Oh my gosh okay, well we could actually just continue and continue and this would be like the after dark version where we just keep on going.

A little document series here, you two are absolute light and joy and thank you again for being here and everyone who's watching. I know that there is not one or two, but probably 12 little gems that you have taken away from this interview. What I want to encourage you to do before you leave and I do want you to get up because we know after about an hour of sitting about 50% of our blood flow to our legs is decreased. So but before you do that, just be for a second, just review what you've learned and the one or two things that are still just gently spinning in your mind. They're there for a reason.

I want you to embody that because that's really what this whole week is about. So Truscotts Thank you audience. Thank you. We will see you on the next episode of The Medicine of Mindset.