Marina: Hello everyone. This is your host Marinna Rose. Welcome to Activate Your Power Within Educational Series, where you will find freedom from your addictive behaviors. Before I get started today, if you’re on the phone listening and you’d like to find us online, you can go to activateyourpowerwithin.com/webcast.

So, for those of you who are unfamiliar with who I have on the line, I have Gina Rafkind with us today. I’m really excited to be bringing her to the community. I’ll tell you a little bit about her. Gina is the chief anxiety busting guide at Vedasun. She guides current and future creative spirits, who yearn to let go of suffering, all the crap that holds you back, and who are ready to summon their courageous wild heart and reveal their true self, plus their creative gifts.

Gina has experienced anxiety from the inside out. She’s been there, in the deep dark trenches of anxiety, and now is on the other side. She’s healed it and feels so darn good. That’s why Vedasun exists today to help you heal anxiety and feel really darn good too. Gina understands the deeper component to healing anxiety and it’s her passion to share that. She is a Certified Professional Coach, Certified Reflexologist and Licensed Cosmetologist.

To give you a little background, I connected with Gina when I first started my journey to bring this educational series together, providing everyone different unique alternatives to some of the more mainstream options. So, Gina was actually a big proponent in having this come to fruition, being the first to participate.

So Gina, thank you so much for that. I just want to welcome Gina to the call today. Hi Gina.

Gina: Hey Marinna, thank you so much. It’s so great to be here.

Marinna: Great. Well, thank you so much for being here. Again, really, me reaching out to you in the beginning stages of this and being open to connecting with me about it and everything, it really, you know, when you make that first move and that person says yes, it really kind of propels things to happen.

Gina: Yeah.

Marinna: So you really played a big part of it, so thank you for that.

Gina: You are welcome. I’m so glad. That makes me happy.

Marinna: Cool, very cool.

Gina: Yeah.

Marinna: So, why don’t we start off with maybe you giving us a little bit of background, if you don’t mind, on how you got to create Vedasun and some of your anxiety stories that you have.

Gina: Sure, absolutely. So, Vedasun, actually when I first started it, it was more of an aromatherapy company, when I started back in 2005. I believe it was. I started with aromatherapy because when I first experienced anxiety back in – it was the Spring of 1994, when I started doing research about anxiety, after I went for some medical tests to make sure I didn’t have anything, because anxiety symptoms can mimic certain things. So, when I got cleared with the tests and we ruled out everything, and found out that “Yeah, you basically have bad chronic anxiety.”

[Crosstalk]

Yeah. I was like, “Oh, great.” So, the type of person I am, I like to research and I like to learn about things. So that’s the first thing I did. One day I was – actually, my husband and I were on vacation and we were in this little store and I opened up – I just went right to the essential oils and I opened up this bottle of lavender. I inhaled it and I immediately felt the calming effects from it. So, then of course, I wanted to learn everything about aromatherapy. So I really dove deep into aromatherapy and took a home study course with certified aroma therapists.

I still use aromatherapy on a daily basis. That’s how Vedasun came to be, but I was always more into how the aromas can help wake you up to your life. Because when you inhale a scent, you can’t be thinking “Oh my God! What’s going to happen tomorrow? What’s going to happen when I do this or that?” You can’t be anxious. You are either inhaling a scent or you are thinking anxious thoughts.

So Marinna, for all these years, I’ve been writing about consciousness and awareness, then it just hit me one day that I wanted to – that my passion really was helping other people to heal anxiety too, because my journey was so long.

It started in 1994 and I’m healed now. Like you said in the beginning, it feels so darn good. It doesn’t mean I don’t experience anxiety, because we don’t want to get rid of it, it’s a part of our system to tell us “Hey, something needs to be looked at,” right?

Marinna: Right.

Gina: But, when you experience it chronically, it’s not a good thing. So that’s why I wanted to help others feel good. I wanted to help them – because I felt like I was never going to be myself again. I just felt like I was never going to get better. I want people to know that they can heal, because I’ve been through it and I’ve healed it. So, people can do it too.

Marinna: It is possible. Yeah.

Gina: It is possible. We say too, you know, an anxiety story, well, the reason that I started having one of the reasons as to why my first panic attack happened back in 1994, was my father passed away in 1987. Growing up he always told me, “I have two dreams in life. Those dreams are to see you graduate college and to walk you down the aisle.” So as a child, I’ve always heard this, throughout my teen years. When he died…

Marinna: Yeah, no pressure.

Gina: Yeah, no pressure. So, when he died, those two dreams died too because he didn’t even get to see those two events. So, when I did graduate college, of course I had feelings, but I didn’t want to feel them so I stuffed them. I stuffed them down. Then when I got married, right, another time where feelings wanted to surface you know, “Nope” and I stuffed them right back down again.

Marinna: Yeah. Don’t have time for that.

Gina: Yeah. I didn’t want to feel it. So, my body got my attention in 1994 with a really big panic attack and so that started my journey. Yeah, you say “Oh,” but, you know, I look at it as a gift now because if that didn’t happen, I would never be where I am now. I feel so much freedom and so much peace than I ever had in my life.

Marinna: That’s fantastic. Isn’t it nice to be able to look back on times like that in your life and to be in that place and say “What a gift?”

Gina: Absolutely, because even every year of my father’s death was really hard for me on the anniversary date. I knew that I was pretty much healed when I think it was back in ‘08, when that day came, April 28th came and I didn’t even think about him all day until I was falling asleep. He came into my mind and I was like, “Oh, Wow! It’s that day.” You know, I just smiled and I just thanked him for this gift he gave me. So that was a really big shift.

Marinna: Yeah. I am sure you remember that day too.

Gina: Absolutely.

Marinna: That’s great. So, did you feel that one of your reasons for creating this and helping others with their anxiety, is it because you didn’t feel that you had the help that you needed when you were trying to get help to relieve your anxiety and so you’re trying to bring what you’ve learned and your tools and methods that helped you? Or did you get the help that you needed and you’re just offering it as well? Where do you stand on that?

Gina: Yeah, it’s a little bit of both. The first few years, it was basically all me doing the research and trying to fight through it myself.

Marinna: Yeah.

Gina: It’s hard when you have anxiety, to even go get help. So it was me to switch over going to ask for help. Someone told me about a woman who she thought could help me. So, I actually went to see her. She is a psychotherapist. She really helped me heal. So, if I didn’t meet her and got the support from her, I really don’t think I’d be where I am. It’s a combination of a desire to feel better and doing the stuff on a daily basis that I need to do to get better, and support. Because I truly believe we’re – we can’t always do it alone and that’s one of the things that causes anxiety – is we think we’re alone. It’s okay to get help, you know.

Marinna: Yeah.

Gina: I went to her office and my heart was pounding the first time I went, the first few times I went because, I had agoraphobia too. So, I didn’t want to leave my house in the beginning. Needed to drive five minutes, was like having a heart attack on my way there. But I had that much of a desire to get the help so that I could start to heal. Then the other component of it is these days, I think there’s a lot out there to help people with anxiety that just kind of masks it. You know, like kind of just manages it to help you get by.

Marinna: Yeah, it doesn’t really hit the cause.

Gina: Than it could be.

Marinna: Yeah.

Gina: But I really, I dive a little deeper to heal. It’s more than just – I mean, yeah. Managing anxiety on a daily basis, it’s important to have the tools because you need that as you learn to heal. But if you really want to heal you got to dive deeper in within yourself.

Marinna: Yeah, absolutely. So, speaking of that and it sounds like a little fear in there, what’s the difference between fear and anxiety? What do you say?

Gina: I believe that fear, like anxiety definitely involves having a fear of something, right? Because we’re either worrying and fearful of what’s going to happen to us in the future now, or we’re fearful of replaying our past.

But, anxiety is a response from our body. We have that fight and flight system that lets us know that you know, “Hey’. So your heart starts going and then you start sweating. Something is going on here, there’s a threat hear that you need to look at.” Whereas, fear is – it’s almost like you can cure fear but you don’t want to cure anxiety. You want to heal it. It’s through healing anxiety that usually cures the fears. Does that make sense?

Marinna: Yeah, it does, absolutely. Interesting. So, can you identify some of the triggers that can cause some anxiety, maybe with some addictive patterns?

Gina: Sure, absolutely. A lot of people who experience anxiety tends to – can develop OCD. That’s a big one when it comes to people who are anxious. That’s what I’ve experienced. Is the OCD came along with my anxiety.

So, triggers – and I want to make sure I’m answering your question right. Like when you say triggers, is it like why we are experiencing it or why we develop the addictive pattern?

Marinna: I guess why we’re getting addictive patterns, the triggers.

Gina: Okay. So, I feel that addictive patterns may surface for us because we want to feel like we are in more control. Because, we think doing them will stop another anxiety or panic attack from happening. So that’s why I think OCD is a really big one when it comes to anxiety, through all my research it says it’s very linked. People who experience anxiety tend to experience some kind of OCD disorder.

Marinna: Just explain to everybody in-case they don’t know what OCD is, what that is?

Gina: Sure. It’s Obsessive Compulsive Disorder. So, that means you have patterns of thinking, or patterns of thoughts, or patterns of physical actions that you go through. That makes you feel more in control, like “Okay, I can’t control this. You know what? I am going to do this” or, “I remember doing this last time and I didn’t have that anxiety attack.” So, if I feel anxiety coming, I’m just going to repeat those patterns.

For me, because I had the agoraphobia, I didn’t want to leave my house. It took everything for me to get in the car and leave. When I was in the situation where I was going to leave my house, that’s when my OCD tendencies kicked in. I’d have to check the oven five times. I have to make sure I’ve locked all the doors five times, because that made me feel more in control of the situation.

Marinna: Right. What you felt like you could have control over.

Gina: Exactly, yeah. It’s kind of, like that became, it could become a form of self-medication, which is what addictive behaviors are. We want to stop that emotional pain and discomfort we feel from anxiety. In this case, we’re talking about anxiety so any of those feelings are just, we want to numb it out so we can’t feel it. It’s a big reason.

Marinna: So, is there one key piece that is necessary to begin reducing your anxiety? If somebody is having some anxiety, is there a key piece that you can mention that would help?

Gina: Yeah. Well, if I were to say one thing, one word that pops into my mind is awareness. We go through life unaware and unconscious of what’s happening and what’s going on in your life. It’s like you are living life more of a dream. You’re just going through life in a dream state. You are not awake. You are just going through the motions. You think things and you do your things without even realizing you are doing them. It’s like we’re so caught up in the mind that – have you ever driven down a highway and then all of a sudden you are at your destination and you are like “How did I get here?”

Marinna: Yeah. It’s very scary, isn’t it?

Gina: Yeah. I kind of felt like that was my life before my dad died. Like I just felt everything was hunky-dory, and I was thinking about just going along with my life and then boom! This gigantic moment of impact happened to me, that life gave me to say, “Hey. We are waking you up here. We are going to try to wake you up.” It doesn’t feel like a fun thing when it happens, but I’m so glad it did because I wouldn’t have wanted to just go through my life unaware like that. I don’t want to be born and then I’m at my death bed thinking, “Oh my God! Did I really enjoy my life? Did I actually ever smell a flower?”

Marinna: Right. Did I have my life?

Gina: Yeah. “Do I remember really listening to my husband, having a good conversation with my family? Just being there with my dog when I was petting her, not in my mind while I was petting her.” You don’t even [inaudible 0:20:08] and you don’t enjoy life that way.

Marinna: Yap, yap. So, you’d say…

Gina: But I think…

Marinna: Go ahead Gina, sorry.

Gina: Oh no, no. I was just going to say I have the five point anxiety plan, reduction plan that I can go into if you want.

Marinna: Yeah, absolutely. But before we go into that, while I was thinking of it, so awareness is definitely the one key piece that’s going to help when you’re having anxiety, when you are looking at trying to reduce anxiety? Is there any advice you can give for when they are starting to feel that anxiety? Like a trigger? Can you just give maybe one thing they could do?

Gina: Yeah. That’s in my plan actually. So, I can either tell you now or I can--

Marinna: Yeah. Let’s get into that.

Gina: Yeah, because the awareness is actually the first point.

Marinna: Okay, perfect. Great place to start.

Gina: Yeah. So I’ll start with the first point and that’s to develop awareness, like we were talking about, which means developing an awareness practice. I’ll talk about what that is but, this will help you get out of your head where anxiety exists, and back into your body, back into your being. When you are there, anxiety can’t exist. It’s only when you’re in your mind.

Marinna: I like that. Our minds, we have to put it on the side table at times, don’t we, Gina?

Gina: Yeah. And just begin to realize that the stories that your mind tell you aren’t true. That’s what the mind does. I mean, it just spills out thoughts. If you really think about it, and this fight might be a little deep, when you come to realize that you’re not your thoughts, you can go deeper. Like, who am I? You become [inaudible 0:22:32] of your thoughts, but yeah. That’s going into a little deeper stuff.

Marinna: No, but I hear you and I definitely think that listeners need to hear that and connect with it. Because it is so important because I think a lot of times, we all easily think that – I don’t know how many thoughts we have per minute. I don’t remember the number but that they’re not all of our thoughts. That we could go further here with our environment, the media, TV, etcetera. it all just kind of permeates you and then you start questioning: “Well, is that my opinion?” “Is that how I feel or is it just because of all the things that I’m absorbing?”

I’m glad we’re talking about this because it’s so important to recognize that and just like you’re talking about now, just being aware and then that allows it to shift.

Gina: Yeah, exactly and being aware of that. Unless you’re a real enlightened being, you’re not going to stop that thought pattern. It’s your mind’s job to just keep thinking.

Marinna: Yeah. It’s pretty powerful stuff, your mind.

Gina: Yeah, certainly. It really is. So when you spend more moments in your being, not in your mind, then you’re going to start to feel more pieces of freedom; freedom from anxiety because you’ll start to create some space between yourself and your mind. You’ll have the freedom from even the addictive behaviors, because I know when I don’t do my daily practices, if for some reason I tend to go a few days without them, I can see how the anxiety can creep back in, then also, the addictive tendencies with it, very interesting.

So, I’m very big on having some form of awareness practices. So, what is that, right? What is an awareness practice? It’s unique to everyone. It doesn’t mean you have to meditate, even though that’s one awareness practice, but it’s anything that brings you into the present moment. So it could be sitting in meditation. It can be doing deep breathing and just paying attention to your breadths. It could be dancing. It could be Tai Chi. It can be playing an instrument, or it can even be things like cooking, or going for a walk outside, or journaling, or listening to music. But the key here is that you’re doing the practice on purpose, and you are doing it with mindfulness.

It’s something that’s crucial to do daily, even if it’s five minutes. Even if you are doing something for five minutes, you’re going to see that it’s going to expand out for more than five minutes, because you’re going to enjoy it. You’ll reap the benefits. So you might start doing something for ten minutes, then you might do fifteen minutes. Sometimes in the mornings when I have time, I’m at my little healing space I created for like ninety minutes. But it’s not that I have to do it, because some days I just sit and breathe for five minutes and that’s my practice.

Marinna: Right, that’s great.

Gina: So, that’s the first key point. Oh! And speaking of awareness, I was wondering if I could tell you something about a workshop I attended once?

Marinna: Yeah, please.

Gina: I took a workshop with Sherry Hubert back in May of 2011, and it was actually called “Awareness Practice,” We came back from a break. I don’t know if we’d just had break or we were at lunch and everybody came in and were taking our seats and Sherry Hubert was at her seat at the front of the room. She saw a couple of people in the back of the room kind of like swatting and like hitting their skin, and she’s like, “Is everything okay?” They said, “Some mosquitoes around her.” She said, “Oh yeah, if you want to really practice awareness, sit with a mosquito bite.” She said, [inaudible 0:27:26] awareness practice.

Marinna: Can you repeat that Gina?

Gina: Yeah. She said, “Oh yes, if you want to really practice awareness, sit with a mosquito bite.” Which is [inaudible 0:27:44] to your awareness practice. That really stuck with me because I’m like a mosquito magnet but I tried it one time. I sat with the sensation after I was bit. I just sat and felt the feeling of that bite. Even when I wanted to scratch it so bad, I just sat with the feeling. It probably went away in less than five minutes. Other times when I gave in to that urge and I scratched it, it probably lasted 20 to 30 minutes.

Marinna: And isn’t that like what you’re going to say probably with everything in life? The more you attack it and try to fix it, the worse it gets?

Gina: Yes, to just be there without adding a story to it.

Marinna: Oh, I like that feeling.

Gina: The feeling. You don’t scratch that itch, so to speak, and you just be with it, without labeling out judging, you’re just with the sensation.

Marinna: I like that and I like what you said about not giving it a story. I think that we are so caught up in our stories, and everything needs a story, and like you said “judging it.” It’s not necessary.

Gina: Yeah.

Marinna: That’s a great story.

Gina: So, we kind of touched upon this a little bit but a second key; the second key of the five point plan is to – falls a little deeper. It’s identifying the triggers that cause addictive patterns. Once you bring your triggers into your awareness, you’ll be able to start healing because if you don’t know, like we were talking about. If you are just going through life unawake, unconscious, then how can you heal it? So for example, I already told you with my OCD tendencies. When they used to come in, I used to start checking things. So I knew that was a trigger for me. I knew that, “Oh, I’m leaving for work” or “I’m leaving to go somewhere. Here comes my OCD,” and then I just become the watcher of it like, “Oh. Look at that. I have the urge to go check the oven again.” If I go check it, I’m like “Oh, look at me. I’m checking the oven again. This is the fourth time I’m checking the oven.” You are gaining awareness of the triggers and then you can now watch yourself doing it or not doing it, or just sitting with the urges, but its bringing the awareness into your being; bringing it into your consciousness.

Marinna: So, when that happens, were you able to – like you just said, when you had that urge to keep checking the oven, did you get to the point where you could just sit with it and say, I don’t need to check the oven anymore and have that awareness of it?

Gina: Yeah.

Marinna: It takes a little bit of time to get there but…

Gina: Yeah, it does take time. That’s why doing this on a daily basis, that can be your awareness practice. Just watching yourself through the triggers. It had me not run away from my feelings, it had me more in touch with my feelings that came up for me. Those urges that I wanted to go check, because it wasn’t really about checking the oven.

Marinna: Right.

Gina: So, that’s the second key. The third key is what you were a talking about, to have some simple techniques for on the spot anxiety. Because, like we already spoke about, sometimes you need them just to get through, especially in the beginning when you are just starting to heal. I have three simple techniques. One is just tapping or holding the acupressure point which is called the ‘Sea of Tranquility’, and it’s right in the center of your breast bone so, right in the center of where your heart is. You can either tap on that with your fingers or you can hold it gently for like one to three minutes. That will help with nervousness and anxiety.

The second one is another point and that’s your third eye. So when I like do - I like to rest my elbows on a table and then you can just have both your thumbs together and then you just rest your head, and then you have your thumbs right on your third eye which is between your eyebrows, and you just rest your head at that point. Like resting on your thumbs and your elbows are on the table. You just take deep breaths for one to three minutes. Just get involved in that.

Marinna: That’s a good ground.

Gina: Yeah. Then the third one is something I call the *three question challenge*. When you find yourself in a situation where you feel anxiety coming on, you want to ask yourself three questions. The first one is, is something truly wrong? By starting to ask yourself this, you are already bringing your attention into the moment. You are starting to stop the mind stream that wants to go in your head. Like, how long is this going to last? And I want to feel it.

Marinna: Right. I like the question.

Gina: Is something truly wrong in this moment? And then the second is…

Marinna: No way I am going to say no and you think that when you ask that question, hopefully, a little shift will happen. Because you’ll start going “I’m being silly here. No, nothing is wrong. Everything’s fine.”

Gina: Right.

Marinna: That’s simpler than it is. Sure.

Gina: Yeah. Just bringing – stopping the mind stream, you’re going to have a shift. If you need to do something, you’ll be able to do it and respond in the moment. So, that’s the first question. The second one is ‘Do I have evidence that there is something wrong?’ So, it’s putting on a private investigator hat and looking around, what evidence is right in front of you that very moment showing you that something’s wrong?

Marinna: Right. Other than the fast heartbeat in your…

Gina: Right, yeah, because that’s the response in our body to something outside. So outside here, where’s the evidence? It’s not in front of me, right? Then the third one is ‘Am I blowing this way out of proportion?’ So, it’s just like checking in and just seeing what’s truth for you in that moment, and like I said, getting you out of the mind stream and bringing you in the moment. So those are the three quick kind of on the spot techniques. And then…

Marinna: So the…

Gina: I’m sorry, go ahead.

Marinna: No. How would you suggest, because this always happens to me. I love the tools that you are describing, but I’m always thinking well, how am I going to remember the question?

For yourself, did you make up a little card in your wallet to do…? Some people tape it on their mirror, like in places that they know. If you are OCD about your oven, you take something to your oven saying, “Okay, what is this problem? Why am I like - is everything okay?” What did you do for that?

Gina: Well, the very first thing that I did was a little simpler than the questions. This is something that people can do too. I don’t know if I can remember the third one now, but you actually say to yourself ‘Stop!

I think it’s ‘Stop, Breath, and maybe Notice. I’m not sure if the third one is exactly the right but it’s similar to that word. So, breathe, take a deep breathe because when we’re anxious, we’re either holding our breath or we are breathing from our chest. You need to take a deep belly breath and then just notice what’s going on around you. What’s real in this moment?

So, how can you remember that or these questions? I mean, pretty much everybody has a smart phone so you can type it right in.

Marinna: That’s true. That’s a great idea.

Gina: You can put it in the notes application in your smart phone. I used to put in alarms and I still have. I change them from time to time, but I’ll have an alarm that goes off maybe three times a day on my phone that says ‘check-in and take a deep breath.’ I used to do it on a watch; I had a watch that I could set a chime to go off every hour. So, actually, when the chime went off, I knew to take a deep breath. Check-in and take a deep breath. Definitely, if you’re a sticky note person, you can stick them around your house.

Marinna: Yeah, in the places where--

Gina: Yeah, when you see them it’ll remind you to like “Oh okay. Check-in and take a deep breath.”

Marinna: I like that you keep talking about the breathing. I think that it’s such a big aspect of anxiety. It took me a while to even realize that when I have anxiety, that I wasn’t breathing. I think some people don’t realize that you stop. Well, you don’t completely stop but you--

Gina: Why am I lightheaded? Why am I dizzy?” Well, you’re not breathing.

Marinna: Right exactly. “I’m having anxiety attack! I’m passing out.” Well, you just need to breathe. So, is this something that you work with people on quite a bit, on breathing techniques and the reminders?

Gina: Yeah. Breathing is a big, I mean if anybody follows me on my Facebook Page at Vedasun, I’m always throwing in little reminders like, “What a perfect time for a nice deep belly breath.” It’s one of my sayings that goes up there a lot, and it’s true. The more attention that you can put on your breath, the more attention you’re putting on your body and on your being, and the less you’ll be in your head.

Marinna: Yeah. I like what you just said about the belly breath, because I think a lot of people also don’t even realize that they don’t breathe as deeply as they could and should be breathing, having deep belly breaths. A lot of people just breathe on the surface, which sort of I find stops the flow of things [inaudible 0:40:42].

Gina: Yeah. You can even do a test where you put one hand on your belly and one hand on your chest and just breathe and don’t allow the hand on your chest to move. You’ll see, that’s a good practice too, to get you to breathe through your belly.

Marinna: Yeah. Especially, women I think. “Oh, I don’t want to make my belly any bigger by breathing.” So everybody stays to having that surface breath instead it’s really supposed to go all the way down and back up. It actually helps everything, helps your weight, helps everything. I think that’s a huge piece of healing.

Gina: Yeah, absolutely. It’s that swelling in your body, that Chi.

Marinna: Yes. Coming and going, we need that, the balance.

Gina: Absolutely.

Marinna: So, I am trying to figure out. Did we finish the five point plan? Do we have one more point?

Gina: Yeah. There’s two more, but I can go through them so fast.

Marinna: Oh yeah.

Gina: The fourth key is very simple and it’s just that you need to have a willingness. There’s got to be willingness there. Just having a willingness to heal and to feel better is key. Another thing that Sherry Hubert said in one of her books is, she says, “To do anything, there must be the willingness to do it. Achievement is commensurate with effort. Effort is commensurate with willingness.”

That was a big thing for me. I was willing to do, because I wanted to feel better. I didn’t like how I felt. Sometimes you have to hit that point where you are just “You know what? I’m just so sick and tired of feeling like this.” Some people have to hit that rock bottom before they’ll say, “Okay, I’ll do it. I’ll do this every day. What do I got to do?”

Marinna: Yeah exactly. To have that willingness because you need that spark of fire of willingness, or else you’re going to continue the same cycle over and over again and kind of stay in that same place. I think a lot of people it’s a comfort zone. Do you find that a lot with people that you work with, maybe? You know, they’re having anxiety issues but it’s a comfort zone. That anxiety is a comfort zone instead of “I want to move beyond this.” They may be a little nervous on moving beyond that?

Gina: Yes. I actually have something about that written on my site, where it just seems easier to stay where you are even if it causes you to suffer. People will stay there and just if they could just get past that little bit of hardness it’s going to take in the beginning to get over the hump, they’ll start to feel again, then they can definitely break out of that. But yeah, that’s for me to think now that I was there too. Like the agoraphobia was, “Stay home” I was sure that was my safe haven. I was comfortable just hanging out.

Marinna: So, when you had that, how – did you stay in your house for a long time, or wherever you were living, you just had a very hard time leaving?

Gina: Yeah. I left, but I had a really hard time leaving. I was driving and just shaking when I was driving. I never gave in where I was just homebound and never left, because I knew if I did that, it would be that much harder for me to step out the door.

Marinna: This is when you essentially got to the point of I need to – I have the willingness but I have to do something.

Gina: It’s like, they say feel the fear and do it anyway, well I just definitely left all the stuff and drove anyway.

Marinna: Yap, yap.

Gina: Yeah. It’s uncomfortable. I mean, you are going to be uncomfortable at times when you grow, but that’s how you know you are [inaudible 0:46:01] and the people I work with say, this is the hardest thing I’ve done. I say, “Yeah. But, what’s the most satisfying thing you’ve done?” “Oh, this is it. This is the most satisfying thing I’ve done too.” So it’s hard, but it’s so worth it.

Marinna: I do think, like you just said, it’s a comfort zone and people are just having a hard time moving out of it. But like you said, if you’re comfortable all the time, then you’re not growing. Next year you are the same. Next year you are the same. So, we have to be a little bit more comfortable with being uncomfortable.

Gina: Yeah. Then isn’t that kind of a quote or something?

Marinna: It might be. I don’t know. I don’t know. Because I know how it feels to be in a comfort zone, and it is different when you get in that zone of, “Oh, this is a little – I’m on the edge of the cliff. It’s a little uncomfortable.” But it’s amazing what happens when you are right there and then it starts being – the uncomfortable starts feeling a little bit more comfortable. I don’t know if that makes any sense, but it’s just getting – bridging that gap of being okay with breaking the mould of, you know, we’re talking a lot on the series about comfort zones and people with their surroundings.

People don’t like to see other people change maybe because they might need to look at themselves to change. It’s kind of an all-encompassing “If I change, then I’m going to make other people uncomfortable. Then I have to deal with that uncomfortable part, never mind my own. So, yeah big steps to get to that willingness part, Gina.

Gina: Yeah. It’s the unknown. People fear to do that because what’s going to happen? But if you don’t do that what’s going to happen? If someone can say they’re really living the life, the life that they want, and they are really truthful about that, well then that’s okay. But, if you believe you’re not living the life of your dreams that you want, then that’s where even the tiniest little thing you do for yourself every day is going to make a difference to help you break through those barriers.

Marinna: Sounds great. Then we have the last step.

Gina: Yes, it’s kind of on the lines of willingness but it’s about what it takes to manifest real change and continue on an odyssey, along with the other four points that we talked about. It’s just a commitment. It’s kind of what you just talked about too. It’s just a commitment to yourself. Recommitting to yourself every day. Follow through on the promises that you make to yourself. Keep your word with yourself which I think sometimes we are so much that way with others but not with yourself.

Marinna: We have to stop making everybody else so important.

Gina: Right. It’s just [inaudible 0:49:44] with commitment statement in my journal everyday and it’s just, it can be as simple as “I commit to doing my daily awareness practice every day.” “I commit to refreshing myself every day.” That’s another thing you can have on your sticky note, or on your smart phone.

Marinna: I like that, commitment and shifting because I know a lot of people they are – it’s like you said. It’s very easy to be committed to others and follow through with what everybody else needs, but it seems always so hard to say ‘my commitment to myself comes first and then everybody else’s. So that’s important.

Gina: Absolutely.

Marinna: All right. Thank you, Gina.

Gina: You are welcome. I also have – I was hoping that you could touch on an acronym that I actually have in my 21 Days to Activate Your Freedom Program: K.I.S.S. I call it Keep it simple Sweetie is what I call it. I just want your opinion on how powerful you think it is, that acronym in life, just keeping things simple.

Gina: I think it’s so important because I think humans tend to complicate everything. I mean, the teachings to feel more peace in life are just so simple, but people think it’s so complicated that I can’t do that. We always think it has so much more to it or you know, “I can’t just spend five minutes.” If I do that, I can’t spend an hour.” You don’t have to spend an hour. Keep it simple sweetie.

Marinna: Yap, yap. Yeah.

Gina: That’s a mantra acronym.

Marinna: Yes.

Gina: Yeah, it’s so important.

Marinna: Like you were saying earlier on the call, it doesn’t have to take an hour to start things. If you just start with that one small step even if – I know everybody is crazy busy in their lives. If you take five minutes to do something and keeping it simple, and then, as you were stating, you are going to probably enjoy some of the things that you are doing, but it’s going to organically become a little longer and it’s not going to be hard after that.

Gina: Right, absolutely. Yes, I’m living proof.

Marinna: Yes, I know. That’s very exciting. I think that helps. When we are in places that are very difficult and you are struggling, you are in this cycle of a pattern or behavior, you don’t even know you are in the cycle, let’s put it that way. But to see someone like you that has been through this in their life and to see where you are now, as well as to see that you can stand here and say “What a blessing this was in my life.” I think that’s priceless, Gina because there are so many people on the call right now thinking, “I’m never going to think this is a gift, what’s going on with me.” But it really is.

Gina: Yeah. It really is. What’s that word, people think it’s like all Pollyanna and stuff or whatever but – yeah. But it’s true. It took me a while to get there, and that’s true I do what I do because I want to help people cut through the crap fast, so that they can make shifts faster than I did. That’s one of the things I’m good at: It’s seeing where people are making themselves suffer. It took me a while to get there, but my dad gave me the biggest gift in my life. When I think of him, that’s what I think of. Just how much he loved me and he gave me that gift.

Marinna: Yeah. It seems that a lot of the difficulties that are in our life, they are tremendously overwhelming and heavy when they’re happening, but say if we look at them, like you were stating, with awareness and appreciation of them with everything that comes in our life as a gift. I know there are some difficult things that happen in people’s lives, I know that, that are very difficult to look in as a gift, but the awareness that comes from that happening in your life, I feel is there to be able to help you with your passions, and help others because of those happenings in your life, for example like what you’re doing, Gina. So it’s incredible.

Gina: Thank you, and to be okay. It doesn’t mean that when you go through the tough times that you’re not going to feel grief and sadness and all that, but to really let yourself feel that. Don’t go numb. We are here in life not to just feel the happy stuff. We are supposed to feel everything; the light and the dark. That’s why we are here. We tend to shut out the dark side where there is so much learning there. That’s where a lot of the mysteries and like you said the gifts, a lot of times that’s where they lie dormant until you open the door to them.

Marinna: Yeah. I wish they weren’t the dark places, the gifts but that’s where a lot of our knowledge and awareness and perception – it shifts our perception when we have that happen to us. I think a lot of people that are in struggling situations are looking at other people in their lives saying, “Oh, they have it so easy, nothing ever happens to them.”I see that perspective but you may be when you’re in that place of struggle, looking at those other people, you may be that much closer to awareness and having and seeing those gifts than those people ever will be, because they haven’t had those hard times in their life.

They don’t have that darkness. I think that knowing that helps sometimes when you are in that place. Because I remember being in certain places and looking at other friends and having jealousy you know, “Why do they have it so easy? Why don’t I have that easy?” I feel lucky and blessed that I’m in a place now that I can say, “Wow, I’m really glad that I had those times in my life, because I wouldn’t be here, with where I am and have the perspective that I have.” I think it’s important that people hear that.

Gina: Right, absolutely.

Marinna: So, let me talk about you. Gina is offering a very nice, generous bonus gift to everyone. It’s the Golden Wave Meditation. So, let me just tell you real quick where it’s going to be found. You can find it on our webcast page which is activateyourpowerwithin.com/webcast but also you can get it at vedasun.com/golden-wave-meditation/ in case you want to go right directly there. Gina, can you tell us just real quickly, what they’re going to get out of this meditation.

Gina: Yeah, absolutely. It’s basically a short eight minute meditation that helps to calm yourself, but revitalize your being at the same time. So to use it, which could be the start of an awareness practice; it’s listening to the guided meditation daily. I actually like to fall asleep to listening to guided meditation, because I feel like even when I am always sleeping before it’s done, but I still feel like I get the benefit. So, I think that even if I do fall asleep to it.

So, yeah, it’s going to calm your mind and calm your body and takes you on a short little eight minute journey to connect with a golden energy, a golden healing energy that revitalize your body. It’s one of my favorites.

Marinna: Yeah. That sounds really nice. I love that it’s actually eight minutes. I think that’s perfect. Like we were talking about earlier, it’s not taking a whole hour. It’s taking a little slice of time.

Gina: Right. So put it on when you are going to sleep.

Marinna: Yeah.

Gina: The excuse is “I don’t have time to listen.”

Marinna: Right, right. We also talked about, I talked to someone else about how important it is the last few moments before you fall asleep.

[Crosstalk]

What your thoughts are the last few before you fall asleep are so important. Thinking about, you know, I have a tendency it’s “Oh! What do I need to do? Oh! I forgot to do.” In that hamster wheel before you fall asleep. So it’s really, I love your thought, idea of having this right before you fall asleep because it will sort of direct your mind elsewhere of that craziness. This will be permeating your thoughts for the eight hours you’ll be asleep. I love it.

Gina: Yeah. It’s the easiest way to start, when you say you don’t have time, the easiest way just plug in your headphones, put them on your iPhone or your Walkman, you could always burn it to a CD and stick the earphones in your ear. I wake up in the middle of the night, I’m very nice and calm. I just take them off, put them to the side and I fall right back asleep.

Marinna: Yeah. That sounds perfect. Also, let’s talk about Gina’s offer that she has made only available to our community for a special price.

It’s the Inner Peace Odyssey, that she normally sells for $227 and she’s offering it to our community for $127, which is fantastic Gina. Thank you so much for doing that. Let me just tell you where you can find that as well. It will be on the webcast page activateyourpowerwithin.com/webcast and you could also find it on activateyourypowerwithin.com/gina. So Gina, if you could just tell us what they are going to get out of this package. It sounds pretty fantastic that you’re offering.

Gina: Thanks. Yeah. I kind of wish I had this when I was going through my anxiety. It’s a four month healing journey. It’s self-paced, it doesn’t mean you have to do it in four months. You can do it at your own pace. I reflected on everything that I did to heal and I put it in this program. It’s about gaining awareness and it’s about taking the journey inward, which really is the only true way to heal. How will people benefit from embarking on their own inner peace odyssey? Basically, it’s going to help you heal. It’s going to help you overcome anxiety so you can finally do what you want in life. Release and let go of fear and worry.

Throughout the odyssey, you’ll be creating your own unique inner peace map. That’s what I call it, which will serve as a tool to design your life enhancing holistic vision, beyond the inner odyssey. So basically, the program gives you tools and concepts that’s going to help you evolve and keep growing along your path of transformation, and keep healing beyond the four months.

It’s an online program. What happens is, when you sign up, you get the first week and then every week, you’ll get the next week’s information, for sixteen weeks. So it’s not like you get bombarded with sixteen weeks of information. You get it on a weekly basis and then once the four months are done, then you can go back and do it as many times as you want. There is audio, there is PDFs that you can download to your computer. It’s just self-paced. So there’s no anxiety over “Oh my God. I have to get this done now.”

Marinna: Right. Especially with everybody – we are so busy in our lives. You want to do some of these programs but you are like “How long is that going to take?” Like you said, I love how you’re having it mailed once a week. So there’s no overwhelm of “Oh my goodness. Look at how much this one is.”

Gina: Right. Actually, when they register, there’s a place where you go and you have your own login information. So, you put your username in, you put your password, and you’ll see the program.

Marinna: Right.

Gina: If you are in you select it and you’ll see all the modules there. I kept it very – it’s four months because there’s a lot of information, and I didn’t want to give too much information in a week. I wanted it simple and easy to digest and give people enough time to do it.

Marinna: Yeah. So you can have time to absorb that knowledge and then move to the next step.

Gina: Right. Then when you’re done, you can go through it as many times as you want.

Marinna: Yeah, that’s great. Fantastic. Very exciting. Thank you, Gina, for offering that to us. The discount code – there is a code to get $100 off of the program that is $227. The discount code is activate peace. So, it’s two words.

Gina: And no space there, it’s activatepeace together.

Marinna: Okay, perfect. So one word, activatepeace all together and we will have that accessible to you as well.

Gina: Thank you so much.

Marinna: Great, Gina. That was fantastic. Thank you for joining us and spending time with us. I know that your story resonated with some people that are on this call, because it certainly resonated with some things with me. I know how important it is to feel like you’re not the only one out there feeling that way.

Gina: Yeah, absolutely.

Marinna: So, that was great. Thank you so much, Gina and everybody else.

[Crosstalk]

Marinna: Sorry, go ahead Gina.

Gina: No. I was going to say thanks for doing this. This is so important. I know you are helping a lot of people.

Marinna: Yes. I’m hoping that we can reach everybody that, you know, offer some options for people that they didn’t really know existed or outside the mainstream. When I was dealing with my issues I didn’t really know there were other options. Hopefully, this is going to reach the right people. So, thank you for everybody that is on the call and listening and if you know anybody that can benefit from this, please share the message and tell them about us and reach out to us. Thanks so much everybody. Thank you, Gina.

Until the next time, when in doubt, look within. Have a good day everybody.