The Body Intelligence SummitTM Neuromovement: Change Your Brain to Overcome Pain and Reach New Levels of Physical and Mental Performance with Anat Baniel

February 10, 2014

[0:00:00]

Katie:

Hello and welcome to the Body Intelligence Summit. This is Katie Hendricks, and I’m so delighted to have you joining us today for a speaker who is very dear to my heart. From the first moment that I met Anat Baniel, I was so impressed by her generosity of spirit and open heart. I wanted to introduce you a little bit to her vast background, but mostly give you the chance to experience her wisdom directly.

She’s a world-renowned psychologist and author of the Anat Baniel Method Center. She’s been a clinical psychologist, dancer, and the author of two highly acclaimed books, “Move into Life: The Nine Essentials for Lifelong Vitality” and “Kids Beyond Limits.” She was a close professional associate of Dr. Moshé Feldenkrais solving crisis for over a decade, and one thing I find so masterful about her work is that her innovative methods have helped thousands of people, both adults and children, from five days old to ninety years old transform their lives both physically, emotionally and intellectually.

Her work is really so incredibly matched to body intelligence to the newest brain research on neural plasticity and really the experience that we can transform our physical and emotional and spiritual selves really lifelong.

And so, I’m so delighted to welcome you, Anat. Thank you so much for being here.

Thank you, Katie, for having me. Of course, I adore and admire you, your work and Gay's work I’m honored.

Well, thank you. So let’s just dive right in because I know that there is so much that we could cover. And let’s just start with one of the things that I think is going to be really valuable for this audience.

Is intelligence, body or otherwise, something that were born with and is fixed or can I and people who are listening, can they become more intelligent?

Anat: Katie:

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Anat:

First of all, people are born and this Body Intelligence Summit. When you use the word "intelligent," I feel it’s not strong enough. It’s remarkable, it’s brilliant, it’s miraculous, basically.

So the built-in intelligence into our system without us even doing anything is quite amazing. And what we call intelligence usually which is what we can observe and at times measure such as the cognitive intelligence, ability to think, problem solve, or body intelligence -- we have the Olympics now, the things that some of those people do is mind-blowing -- is not only we're not born with it; we are born not with it. So you can’t take a year old or two year old or six months old or five year old then have them do what they will be able to do a year later, a decade later and six decades later.

The thing that is very important to understand is that intelligence is definitely something that develops and evolves. It's, of course, intimately connected with the development and growth and formation of the brain and that it is very, very - - it lends itself to what we do with it.

So what we do with ourselves, how we approach ourselves or what is done with us, will very much impact how actually intelligent we will be. So my experience working with people, both adults and children, is that very often the way I would say it is people are a lot less intelligent than they really are.

It sounds paradoxical, but it’s like I can feel it because I see what they do, I can even see sometimes what people do poorly, and I realized it takes a lot of intelligence to learn to do something so badly and just to guide them to do it well.

Yes. Part of what I really appreciate about your work that people may not realize is that you’re an amazingly keen observer of the way that people are using themselves and the interface between function, how I’m actually using myself and then how that informs my brain and my insights so that my movement patterns, if I change those, it actually can change my brain.

We always think it goes the other way around, but one of the delights of your wizardry is that you teach people that by changing their movements, they can change all aspects of their lives.

Absolutely! I mean, you said it so well. I love it! And I’d like to take it a little further. So we move; we all move more or less but we move. If movement really stops, life stops. So movement is always there, and with the movements we do

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that definitely -- so it’s like the brain is the seat of thoughts. So the patterns we formed and the habits we formed, pretty much we work by that. However, those habits were formed through experience.

So the brain is apprentice. I see that the brain is goes to a lifelong apprenticeship through its experiences so to speak. So what I move, what I do, what I hear, what I feel, and then it goes back and says, "Okay, that’s what we’ve learned so that's what we are going to keep doing." The big important thing is to understand that we can re-open the conversation at any time, and that goes back to the question of intelligence.

Intelligence is very dynamic and even I -- I’m quite sure you have this and most people have this experience. I mean, there are moments where I go like, “Boy, I was really brilliant, amazing. Well, how could I even think that? Where did it come from?” And then there are those moments where I say, “Oh, my goodness! This was truly dumb!”

Right. How did that happen?

Yes. Sometimes more often than I'd like. And the thing is that it happens movement-wise; it can happen thought-wise, cognitive wise; and it can happen emotionally-wise like in relationships, which is something you know so well about so much and you help people so much.

The thing is that I want to introduce to people, so how do we do this conversation? The big question is that “Okay, Anat, I believe you that I’m intelligent already and that I can be even more and more intelligent. So when I'm at my deathbed, I’m the most brilliant I’ve ever been, and I move really well” and so and so forth.

And here I’m going to go a little technical, and I’m going to talk a little bit about the brain. We can think and most people today will think about the brain as an information system. And it works with information, it self-organizes, and it organizes us. That means it's a system that puts order in our life, it puts order in the disorder, and it makes sense out of the nonsense.

But what is the source of information? So if I look at you and I said to you, “Oh, Katie, you should do this with your shoulder and that with your head and then you’ll stand better,” you won’t be able to do it. My words won’t be able to translate into you knowing what to do in your body different, and many people have been told, “Stand up straight, put your shoulders....” things like that or speak nicer to people, or don’t be socially shy, whatever.

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What I've realized from my work with people is, first of all, don’t tell people to do what they can’t do because they can’t do it. It’s very discouraging when you try to do something you can’t. But what can we do? And then after I said it, we can maybe even -- if you tell me what area you'd like to do it, we can do a little experiential movement experience.

Most people think that stimulation that comes through the brain is the information. Now, stimulation is the source for information but the brain has to turn stimulation into information. So if you talk to me -- anyway, so what do I mean by that? I’ll just do it a little shorter. The way the brain does it is through perception of differences.

Visually, if I have the receptors that can distinguish between blue and red, I will be able to see blue and red and I will have the distinction of color and of blue and of red. But if I don’t see the difference between these two colors, I don’t have those colors in my world and I don’t have the distinction of colors. Truly colorblind people, they know the word and they know there is something that they don’t have, but they don’t have the distinction.

If I move myself a certain way, and let say -- well, let's call it clumsy. Let's say I don’t pick up my feet high enough off the ground so when I walk or hike, I trip again and again and again, and older people tend to start shuffling their feet and so on and so forth. It’s because I don’t feel enough differences that my brain can be awake to and guide me to pick up that foot higher up because I don’t have higher and lower. I’m blind to it. It's sort of like I’ve gone asleep on it.

So the single one tool, if we want to enhance our intelligence and our vibrancy body or otherwise, is to increase our ability to perceive differences. And this is what my work is all about. So when I work with a child on the autism spectrum, I know that they don’t perceive differences that to all of us are so obvious, we can’t even imagine somebody not perceiving them.

And for them, by the way, in my world, in my experience, it starts with movement in body because our body is us. So how do we increase our ability to perceive differences?

I wanted to -- as you're shaping this which is just so exciting, I wonder if you could keep in mind a person who would be sitting at a desk of work or sitting here listening to the call, so how could you apply that what you’re talking about to that kind of a frame so that people would be able to get a sense of and an experience of what you're talking about as your explaining this?

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I would love to do it. I’ll just give a couple three mechanisms. I called those the essentials that when you apply them to your movement, to your body, to your motion, or to your cognitive functioning, you will get smarter.

Great!

I mean that is guaranteed. It's science-based, neural plasticity research-based. The first one is bringing attention to your movement. Research shows that movement that’s done without us paying attention to what we feel as we move. So it's not so much attention to the teacher that gives the instruction. You just get it to the outside world. It's attending, paying attention to what you feel as you move. And we’re going to be using that in a minute when I guide people through a mini movement lesson.

Wonderful!

Movement without attention -- no detectible, measurable changes in brain mapping, in the areas that have been moving. Movement with attention – massive, rapid, spontaneous of new connections in the brain, estimated on the average with children, but I believe it’s probably about the same for adults, 1.8 million new connections per second, so roughly speaking, a hundred million a minute.

Wow! That’s such good news.

It is! And it happens at any age. That's how we can reverse limitation and increase performance and intelligence. I’m a big fan; I love intelligence in all its forms, not just school university intelligence. That's just a small fraction of real intelligence. So that’s the first thing.

The second thing is actually reducing the effort, because what the reduction of effort does, it increases our ability to feel and perceive differences. So I'm carrying --

So that would be like working hard?

Yes. It’s the intensity that you bring, so it can be emotional intensity. Let's say I’m diving, taking the risk of diving into your domain. But let's say a couple is disagreeing on something. If the emotions that are brought are really intense and there's a lot of force brought into that conversation, the chances of discovering refine new possible kind of ways of going through this and solution are much lower. Would you agree with that?

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Katie:

Yes, totally. It is kind of flooding the field and so there’s nothing that can really be discerned. It's a lot of static.

Exactly! So that’s true for the emotional and it's true for the physical. So if I’m carrying, let's say, a pile of books that weighs seven pounds and you put a letter that weighs two ounces on top and I don’t see you doing it, I wouldn’t know you’ve done it. There is not enough differential there. But if I carry a two-ounce letter in my right hand palm and I close my eyes and you put a one-ounce letter, I would feel the difference.

So, reducing the effort. I’m imagining that when you have people do an experiential work here in a moment, you’ll give them some cues that they can begin to learn how to do that.

Absolutely. I will do it over and over again because --

I'm sure you will.

I'm not tired of repeating myself because we all tend to put too much effort. We don’t even know what doing it with less effort means. We don’t even know how easy things can be.

That’s so interesting that you say that, Anat. I want to just stay with that for moment because in all fields, I'm thinking of relationship work and when people are doing any kind of transformational exploration, they assume that it has to be hard work to be valuable.

And what I hear you saying is exactly the opposite; that if it’s hard work, you can’t really have enough internal space, focus and attention to be able to discern differences and to be able to move with them.

Absolutely. And when we define hard work, let’s define it a -- there are two kind -- I mean I wouldn’t use the word "hard" for the second kind but hard meaning overforcing. So when I think of movement, people who move well generate close to the least amount of effort needed to perform that movement. Any excess force reduces the quality of the movement, reduces flexibility. It’s actually a reduced level of quality of organization.

Here I’m bouncing back to the brain. The brain is an information system, and it organizes itself, and it organizes the body and our thinking and our action. When

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we talk about information, it’s kind of like doesn’t have weight. It's this elusive thing, right? The potency that the brain brings is completely disproportionate to what we are used to observe mechanically. That’s where kind of like miracles, that’s where the miraculous lies, that’s where the transformational lies.

The question is, how do I coochie coo this amazing brain to do for me what it can? Because the brain has no opinion, it has no judgment; it just does its thing. So the better conditions and environment we give it, the more brilliant we become. Does that make sense?

Absolutely. So it’s in the terrain, in the environment that when we set up a really intelligent environment, then we have the best opportunity to really expand easily to our full capacity.

Exactly. So environment can be where you at least take twice a day, a few minutes to move and simply pay attention to how you feel as you move. And without even trying to do anything specific, you will move better. You’ll find that you feel taller. You’ll find your breathing is working better. It’s almost like the brain is just so at the ready to upgrade itself and do a better job, so to speak for.

It will go to the better idea. I mean out of millions of years of evolution, it’s just they’re ready for better input. I’m also very curious about what’s number three.

Okay. So number three is slow. So most of us think of slow as kind of like -- I looked in the dictionary. It's the opposite of intelligent. So it would say retarded and so on. So when I was writing my book and I was on the slow essential, I went like, “Oh, my God!” but I couldn’t find another word for slow because it is slow. When we slow down, we allow ourselves the space to feel things that when we go fast we just will not catch.

The way I say it fast and, by the way, neurologically, that’s how the brain works. Fast, we can only do what we already know. When we move fast, when we think -- we go to existing more deeply grooved configurations of habit. Actually, there is an anatomical correlate to what I am saying here.

And fast is important, but when we want to improve, we have to back off and wait from fast and go to slow and allow us -- because everything expands in our ability to start feeling and noticing differences increases enormously.

I have helped -- you can't imagine how many people that said, “Oh, my back hurts. I can’t put my shoes on. I did this," or athletes or dancers; I worked a lot

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with all the musicians and just slowing them down and then doing a few of the other things. And within minutes, sometimes it takes longer, sometimes it takes a few sessions but the pain is gone. And I want to say with children that have trouble learning to read and write, slowing them down by itself oftentimes will get them to be able to do it.

That is just such good news. I was also hearing the word in my own mind leisurely, to be really leisurely savoring your movement as an alternative to the world slow, because there are words that have so much baggage for people and they have listening filters to be able to hear them. I can see the combination of the three things you’re talking about already making a huge different if people start to incorporate them. I wonder if you could lead us through a --

I would do that. I would certainly do that. There are two little ones that I wanted to do because they're so essential -- I mean so many people kind of have an issue with it. One is the neck, the tightness in the neck and the shoulders and the ability and the freedom to turn the head from side to side which is very basic and important movement, right? Let’s do just a few minutes lesson on that.

That sounds wonderful.

I’m inviting people to sit at the edge of the chair. If you’re not sitting, find a chair. Katie, if you have a space where you are, I invite you to do it too.

I’m doing it. I’m coming right along with you.

So you sit at the edge of the chair and spread your feet comfortably. Spread your feet so the knees are more like over the feet. And you’re not leaning with your back into the chair unless you have to, by the way, if you have to do it because you’ll still get benefit. But if you can just sit upright, that’s the best.

First of all, before you do anything, simply turn your head to the left and look and don't -- and again, remember, we are doing it slow and we are doing it gentle. Gentle means that you don’t yank your head, the neck as far as you possibly can.

You just turn the head wherever it turns easily and it feels good. By the way, any well-organized movement feels good and gives us an injection of vitality. That’s one way we got more vital is we move in a better organized way in any movement. It doesn’t have to be like exercises in a gym. It’s just any movement.

Turn your head to the left, and you see how far you go. And then turn your head to the right, once or twice slowly and just notice how far you see there. And by

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the way, I’m doing the movement and I can feel that I turn to the left a little easier than to the right at this moment. I’m just noting it. One of my essentials is awareness so we're already using it.

And now, lean on your left hand behind you on the chair, and it’s important to give some weight onto your arm if you can because that’s make it your back muscles and abdomen muscles some of them can let go. And when they can let go, the brain doesn’t have to keep telling them to contract and it’s free to learn something new. It’s actually very important to make also doing the movement easy.

Lean on your left arm behind you, and now bring the right arm up with the elbow bent and let also the wrist bend so that you can actually put your chin on top of the back of your right hand. You’ll be little slouched and you’d be leaning with your chin on the back of your right hand and your right elbow sort of dropping down toward your belly and your chest.

And in this position, keep leaning with your chin on the back of your right hand and very gently begin turning yourself over to the left and then come back. And do that again very slow. As you do the movement, once you figured out my instruction, so you're leaning on your left hand and you're leaning your chin on the back of your right hand and your head and your arms and your shoulders almost as one piece and you bring it back.

And first of all, how does that feel? Just a general feeling of doing it, sense it. And then pay attention where do you feel movement. Do you feel any movement in your rib cage, on the right side or the left side? Do you feel any movement in your spine, perhaps a little bit of movement something around the area of your lower back?

Do you feel any shift of weight on your hips? Does the weight shift a bit of more towards one hip compared to the other? Maybe you can even feel a little bit of shift of weight over to your left foot as you do that.

And then come to the middle, put your arm down, take away your left arm, and simply sit upright again at the edge of the chair. And as you sit there, notice if one shoulder perhaps is a little lower now than the other. And don’t worry if you don’t feel that. There's no right and wrong. There's only self-observation and feeling. And feel whether there's weight going a little more clearly through one compared to the other.

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And now, again put your left hand behind you, lean on it on the chair. Again, get into this position where you put your chin on top of the back of the right hand, and again twist over like that to the left and stay there. So whenever it's comfortable for you, stay there. And in this position, only the head. So you keep yourself twisted but only the head. Take it a little bit to the right and a little bit to the left very delicately so that the shoulders stay where they are, the chest is twisted but just your head is moving a little right and a little left.

And now lean your chin again on the top of your hand, and now you're still twisted and you're still leaning on your left hand behind you. But what you’re doing now is your taking your eyes, only your eyes a little bit to the right and do it gently so you don’t give yourself a headache. A little to the left, a little to the right, and a little to the left.

And now I’m going to ask you to do something a little peculiar and see if you can do it very slowly. Take the head again to the right but take the eyes to the left. Take the head to the left and take the eyes to the right, and you need to go real slow to make sure that you do it. If you do it fast you wouldn’t know what you’re doing.

And now forget all of that. That’s good enough. Come back to the middle, lean on your left hand behind you, and simply twist still leaning on the left with the chin on the right hand. Twist everything together and see if you’re twisting a little further with either normal effort or less effort.

And now, come to the middle, and sit up in the edge and, first of all, feel whether you are more upright without trying to be more upright. And feel again the right shoulder, the left shoulder, the right side of your face, the left side of your face. See if it is the same or different. Any other change you feel, for instance, I feel that my left leg actually feels bigger, and the right one feels a little small compared and you have the sensations that you have. It’s a bit like Alice in Wonderland.

And now simply turn your hand to the left, let the shoulders move, let the spine move and see how far you can turn your head to the left now and is it more than before. And now turn your head to the right. It will probably a little bit more too but not as much.

Okay, Katie you are my speaking back to me subject. So did you feel differences?

Absolutely. And I had much more movement to the left and much more of a sense of my body moving as a whole with ease, kind of the turning, being a whole body motion rather than a little bit jerky -- I was a little bit jerky at the

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Anat:

beginning and I had less movement on my left side, so it’s great that we were playing with that.

I could feel also at one point just a much deeper breath. So I could tell my whole body was feeling vitalized by the movement and I was appreciating the ways in which you were indicating possible places of difference that I might notice. And that’s one of the things that I really appreciate about this way of working is that, it increases my ability to discern my inner life.

Absolutely. We should reverse. I should interview you. I love what you're just saying. Anyway, I love how you think and wonderful how you formulate it.

The thing is that the ability to discern your inner life, your inner experience and I want to kind of note that it's very different from self-indulgence. So it’s not like, Katie, you sit there and go, "Oh, me, me, me!" It’s not to that.

Actually, our intelligence, is based in our ability to think, comprehend, perceive space and move, is situated in our feeling to world. Everything comes from feelings. So intelligence, also cognitive intelligence, is resourced, is nourished, it comes from feeling that we're first feeling beings which allows us to be thinking beings.

I happened to be spending the weekend with Jill Bolte Taylor. I’m sitting in her office right now, and we're just brainstorming on stuff. I said that there is -- she said, "But that’s what I say. We are, first of all, feeling beings and then we are -- that's the space, the possibility for thinking." So when you say discern, you have become more intelligent and you are already brilliant, but then there is no end to it. That’s the beauty about the human brain.

A famous biologist, Gould, wrote -- and he wrote gazillions of books -- and in Antecedents, I think, of Man -- that's the name of the book -- he wrote, “Our greatness is that we are born to die unfinished.” And that’s how the brain is built.

The more you differentiate the more distinctions you get, the more refinement you get, the more possibilities you have, the more easy you have in organizing and executing action but that becomes the platform for the next set of differentiations and integrations.

So there is not an end goal. There is a process that allows us magnificent stops on the way.

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Katie:

Anat: Katie: Anat:

But always more integration. You can keep getting smarter throughout your life is what I hear you saying --

Absolutely.

-- in a way, that allows you to enjoy your embodiment, enjoy being in a body.

Absolutely. And enjoy being a feeling, thinking, moving being. So my father is 95 years old. He is taking my full training, professional training program one and a half time. He does the work every week. He does it from recordings. He knows the principles of essentials. He walks twice a day between an hour to an hour and a half. And it takes private sessions from somebody. He lives in Israel but i train there.

He is 95 years old, but the intelligence of his movement, the quality of his movement is remarkable.

That's very, very encouraging.

We have to differentiate between what I do. So he skied until two years ago. And this year, he wanted to go across country skiing and my brother said no. I said, "He’ll do fine." My brother was too frightened, he said, “You take him if you want.” I said, “I don’t know how to ski well enough so I can't do it.” But he skied until two years ago.

So now he is not skiing anymore because my brother said, “He is older. If he falls, I don’t want to take the risk.” So I said, "Okay." But the quality in which we move, I have worked with people who were paralyzed from the waist down. If this were today's capabilities, they’re not going to be moving their legs on their own, right? But the quality with which they can move with what they've left is remarkable.

We know of people that broke their neck, and they learned to draw holding a pencil in their mouth. Imagine what happened in that brain. All the brain is in their head and face, and mouth. So they have mouth intelligence that you and I can’t even dream of at this point.

Yes, highly differentiated there. Well, Anat, I wanted to tell you we've got a couple of different questions, and I also wanted to make time for you to share the very special offer that you've put together for people who are listening. So,

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Anat:

let me just give you these two questions and have you give a short answer or a reference where people can go for more information.

So [Participant] says, "It’s one thing to express joy and inspiration through dance and movement. However, when starting from negative emotions and lack of energy, how can we program our body to bleed us out of these soul draining states or can we?"

What I hear you saying is absolutely we can through the things that we’ve been talking about, but I wondered if you had anything else you wanted to add to that for [Participant].

Yeah. I'll say a few points very quickly. First of all feeling sorrow and at times being drained is part of the human range of experiences. So my goal is not to make it so people never feel sad again. I think that will be terrible. Now, we don’t want to live in sadness forever, and we don’t want to feel drained. So the first of all, this process that we’ve just been talking about vitalizes us. I discovered that.

So waking up the brain to create new differentiations, connections, integrations and patterns gets us to actually feel energized. So that’s the first thing. And the other thing is she said, "How can I program my body?" You don’t program your body so we have a body, we have a brain, but it’s still us. We can still guide our cells in our brains in different direction.

So for the woman who asked the question, it is interesting to do, I would do and I’ll just mention, I have also part of my offer is free. Learn those principles and start using them to get out of a rut, any kind of rut. It could be emotional sadness or it can be, I don’t know, limitation in movement of the legs or whatever it may be.

I will mention my book here, which is Move Into Life: The Nine Essentials for Vitality. Those essentials are specifically delineated for more or less healthy adults to figure out how to get healthier and live more into their full potential.

Beautiful. And this will be a great time to let people know about the very special offer that you have created for people, you and your team, which people can find at anatbanielmethod.com/bodyintelligence. And I wonder if you could give a few sentences about what people will experience when they go to anatbanielmethod.com/bodyintelligence.

Okay. So first of all, we have a free offer where I talk for about five minutes about the first essential and the second essential, movement with attention. I

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don’t even remember by order, but I think it was either slow or something like that. And then the movement lesson that is in the book recorded on video, so people can follow. It’s about ten minutes, each of the movement lessons.

And then if that appeals to you, you can go and get -- my web designer put eight more lessons me talking about the additional seven essentials. I was going to give only two more. He was more generous. So people are getting all the essentials and all ten movement lessons that are in the book. So they’re getting ten movement lessons, ten minutes each.

And if that’s appealing to people, then the offer itself is value of $289 for $97, and there are four video programs and they are digital. One is Anat Baniel Method for Healthy Backs, six movement lessons, specifically functionally leading people on the central themes, functional themes that we have to have our brains organized to have healthy backs and pain-free backs.

The next one is Anat Baniel Method for Healthy Necks, and it’s also six movement lessons. The movement lessons are between 30 to 40 minutes each. And then Anat Baniel Method for Healthy Backs and Scoliosis. Most people have at least a small scoliosis and as a result asymmetry inability to move to one side and another, and these are another six lessons. As you do the lessons, you will find that you get better doing them and you will actually accelerate your improvement.

They are wonderful lessons also, the scoliosis one, in helping get further rid of limitation, aches, pains and so on. You’ll find that many people sleep better, focus better, concentrate better, and are just feeling better. And if you are a dancer, it really makes a huge difference for the dance and the freedom of self- expression.

And the last one is a two-day workshop. So there are lectures in there, there are demonstrations are in there and, of course, there are movement lessons in there, and it’s called Posture, Breathing, and Pain Relief. So it’s really focused towards what it means to have good posture which is very different than what a lot of people believe, and it’s all related to how the brain organizes us in the gravitational field and that frees up the breathing and, of course, if you have pain and aches, it relieves those.

So this is the offer and it’s a lot of good stuff, I think. But people can also just get it free, a lot of stuff.

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Katie:

Yes. It’s a wonderful offer. I so appreciate that. And I want you to just tell the listeners that I’ve experienced Anat's work directly. The way that you assist people to discover and to enjoy and expand the joy of being in a body and having the awakeness in your body to continue exploring and discovering really lifelong is really very inspiring.

And for those of you who are listening, during the summit, you can own a Body Intelligence Mastery Kit that will give you all of the recordings of the summit. And if you go to bodyinetelligencesummit.com/upgrade you can find that, which will give you all of these and more.

And were coming unbelievably -- it’s been so much fun talking to you -- to the end of our time. So I’m just wondering if there’s one piece of wisdom that you’ve learned from your many, many years of working with people. What would you like to leave people with so that they can continue in their day with the maximum awakeness and joy?

Well, the message I want to send out, and it’s really from working with by now tens of thousands of people, is that you, we don’t even know the limit of our capabilities; that everybody I’ve ever worked with -- and I really mean it -- is brilliant and the bodies are just 50 trillion cells that know how to work by themselves and with each other.

Because of our intelligence and in my experience using The Nine Essentials, no matter your age, no matter your condition, no matter even some of your maybe not so friendly beliefs, that you can really do better and amazingly. And the feeling, the whole sense of the body, it can really just feel delicious, just delicious to wake up, to lie down, to sit, to turn, to twist, to think, to hug. Every movement can be just a delicious experience. And when every movement is a delicious experience, life becomes delicious and wonderful.

Oh, what a wonderful summary. Well, it’s been such a great pleasure to join with you, and I so appreciate your generosity in sharing with us and being part of the summit. And thank you so much for your brilliance and for your generous heart.

Thank you, Katie. I had the best time with you!

Oh, wonderful! Well, thank you. And thank you all listeners and enjoy the rest of the summit. All right, Bye-bye for now.

Anat:

Katie:

Anat: Katie:

[0:45:12]  
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