

# The Body Intelligence Summit

## Whole Body Intelligence: De-stress on Demand, Transform Limiting Beliefs and Create Change that Lasts

With Steve Sisgold

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Gay: Welcome to the Body Intelligence Summit everybody, a production of The Shift Network. I'm Gay Hendrix and we are so glad you're joining us for this. I'm personally very excited to introduce you to our special guest today Steve Sisgold because he's a very dear friend of mine and a colleague of decades now as well as a fascinating speaker on a subject that I'm always really interested in. So I'll say more in just a moment, but Steve it's a great pleasure to have you joining us today. Welcome my

friend.

Steve: Thank you Gay. I've been looking forward to this.

Gay: Yeah. Thank you. As I mentioned, I've been an admirer of Steve's for a long time. I first came to awareness of his way back probably in the 1980s I would guess somewhere along in there where I became aware of his work as a business coach and life coach and an accelerator of people's fortunes. So we began to have many conversations with each other and always on the very same subject, which is how, can human beings maximize themselves. Steve does not waste any time on any other subject. This is his enduring fascination and I feel like a brother of his in

that sense that we've both been moving along the same territories.

Steve is the author of a number of books. What's Your Body Telling You is his most famous book, What's Your Body Telling You and it was a big best seller and is a subject that we're working on today in one way or the other. Steve comes from a background in business before he got into coaching us wild and crazy people in the transformational area. Now he's joined us because he does a lot of his work now as an author and speaker and executive coach.

So Steve, chime in with us here and give us a sense of what you're most fascinated to hear with us today.

Steve: Oh, thank you Gay. I love by the way, I just love the rhythm and the energy that I can feel coming through the phone. I'll start with that. I'm just feeling a lot of energy you know, kind of rising up in my body as you

were speaking and I love that you called me an accelerator of fortunes, I wrote that down. [Laughs] I feel great.

Gay: [Laughs]

Steve: You know, today my sincere intention is to help anyone that's listening to really embrace their body as an ally. We go outside so often for advice, answers. We go to our minds with so many fictional thoughts and assumptions and today my intention is to share my own experiences and findings around how important it is to really go to the body first. You know, to actually go hmm, yeah what am I noticing here versus trying to tackle it from a mental or external approach. So that's really, what I'm up

for today. I'm having a lot of fun with you of course.

Gay: Yeah. You know, I was just as I was listening there, I was hearing that great Baltimore accent that you still have even after decades of living on the west coast. It reminds me to tell our listeners that one good thing to know about this gentleman here Steve is that he is a Baltimore Colts fan of longstanding and has the good sense to agree with me that Johnny Unitis was the greatest quarterback of all time by any measurement known to man. So Steve welcome as an old Colts fan in addition to

everything else that you are.

Steve: Thank you. I can't get rid of that L. It's just something that all the breath work in sweat lodges and everything I've done and lived on Maui. It's still

there. I'm glad you thought it.

Gay: Okay. Now let's kind of get down a little bit into our big content for the day. You coined a term in your book, What's Your Body Telling You. You coined this term that I always liked, viral beliefs. Could you share with

people what you actually mean by that?

Steve: Sure. Well you know, every one of us we know that in our bodies we have viruses. They're there. They're in our nervous system and hopefully we keep our immune system up enough or we keep our happiness and our energy up enough that those viruses don't really show. You know, they're just there. However what I noticed is when I started getting into this work and asking people you know what do you want, what do you desire in your life, I would notice certain beliefs would come up and kind of like a virus they were sitting dormant in the body. Sometimes we are not even aware of them but in a moment they would pop up like a virus and start to kind of infect our outcomes and like a virus they could make us sick or make us do something or create the same kind of outcomes and

relationships that weren't really good for us.

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So I thought well, you know, there's two kind of beliefs. There's this viral beliefs that feel aligned and make us feel great and move us towards our dreams. And then there's these viral beliefs that are in our body and boom any moment something triggers them. They pop up, they take over. Often we're unconscious that they're there and they take over the show and take us into a place we don't really want to go.

Gay: Yeah very interesting. I'm always interested in the path that people take to those kind of discoveries. When you go back to the very beginning, how did you even get into the whole field of whole body intelligence? How did that come about? Because if I remember correctly, you were a

successful ad and sales executive.

Steve: Exactly. You know, gay I was very, very successful in sales perhaps because I was meditator and I was into yoga. I started to notice some things. The first thing I noticed was when I was in a client's office and I nervously leaned forward and spoke fast, the client would move back and start to close their body and I go hmm. Then I would notice when I would lean back and breathe and just more of a sense be there and be present and engage with the client or the customer they would buy. So that was one real tip to me like hmm, something in me is displaying a micro

message or an energy or something that's affecting that other person.

And then just to take it a little further, when I was in the advertising business, I would write these phenomenal scripts and speeches and so forth for my clients and then they would get up and I'd notice, wow they're not breathing. Hmm, wow they're speaking about you know, harmony and their legs shaking or they're speaking about the confidence of their product but their arms are crossed. So it was kind of a big hmm, gosh, I wonder what that is and then I just started experimenting in my own sales profession and it worked, to notice, huh, when I listen to my body in other words if I'm driving the work and I'm thinking about something at the kitchen table and then thinking about my 11 o'clock appointment, I didn't realize I was gripping the wheel tightly and my jaw was gripped. When I would walk in the appointment, I wouldn't be in my most relaxed self.

I started as a combination of those started going wow, there is something going on in my body and my communication that when I'm aware of it, it makes a difference and when I'm not it makes a difference. So that's really how it started from a business observation view versus you know, being a psychologist or a medical professional etc.

Gay: I had a very interesting moment. One time I got a one-minute speech, I got the opportunity to give a one-minute speech to a famous speech coach and I had never really done any public speaking training or anything like that, but it was just kind of an odd circumstance. I got this one-minute thing. So I gave this one-minute talk to the guy and he said, okay great do it again with your hands in your pockets. I said why and he said well that will keep you from flapping your hands around in front of

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your face all the time while you're speaking.

I mean he said it just such a natural thing like he wasn't accusing me of anything. He was just reporting why he wanted me to do it like that. Here's the thing Steve, I had no awareness that I had been flapping my hands around in front of my face until I watched the video. It was amazing that anybody could understand anything I was trying to say because here I was gesturing wildly around in front of my mouth and everything.

So I had a little wakeup moment like that myself. That leads to all sorts of big things because when you make that transition into thinking of your own being as a body language instrument, that gives you a whole access to a whole new way of living your life, doesn't it?

Steve: Oh absolutely and you know, Gay you really hit the bull's eye as far as where I got into this in my work because really how I started was I had started a networking event and I just started telling people hi, I'm Steve Sigold and I'll help you with your dreams. But I didn't know what I was going to do. I really didn't. I just kind of bleeped out. When people came to my office I really started by saying so just tell me you know, what do

you want, what do you desire, what would you like in your life?

I'll give you a quick example. A guy tells me oh I want to have... he starts choking. I said that's okay. Just try it again. I would like to have a... and he can't get the word successful out. He choked through that and said practice but he couldn't get the word successful out without choking. So that's really where it all started for me. I go wow, I'm noticing when you say you want to have a successful practice, you choke on the word successful. Let's take a little deeper and started going into that and that's where the viral belief back to the origination came. I went wow there's something in his body that's not allowing him to be comfortable with the word success. Sure enough, goes into his body, has what we know is a cellular memory. Sees himself as a little boy looking out the window. It's Christmas and every kid gets skates and toys and bikes and he gets

nothing every year. He says to his dad, dad, why can't I get gifts on Christmas? His dad says son, just remember success will make you sick.

Gay: Hmm.

Steve: Even though he forgot about that Gay, somewhere in his body that memory lived. Even though he pushed it down, it lived. So I just hit something crazy as you know me. I said why don't you call your dad right now and let's see what he has to say. His dad, oh son, son, I can't believe you remembered that. I was having a hard time that as you teach tell the truth. Well his dad didn't tell him the truth. His dad told him, success will make you sick. So of course this guy in his whole body language Gay, he's a tremendous healer. He's got a tremendous location but you would never go to him because his body language basically has a big billboard message that says don't come to me, I might get sick. That's why he couldn't say the word success and get it out of his throat and why his

business was suffering.

So as you know my work was excavating that and then embodying the opposite, which is as I get successful, which took him a couple of weeks just to get this in his body, I will be vital and happy. Then all of a sudden his whole body language changed and his business started flourishing.

Gay: One of the main concepts that you're really about as I listen to all of your programs and that kind of thing in the whole Body Intelligence area is really helping people come to a place of greater authenticity with

themselves.

Steve: Uh-hum. That's exactly it. You hit it.

Gay: ...tell us more about how to do that.

Steve: Thank you. That's great Gay. You know, I always say to people there's fact and fiction and the mind goes into so much fiction but when we take a moment to really listen to the body, we can get the simple facts like I'd really like to meet you but I'm scared. You know, I can feel it in my chest. So to help everybody just have an experience for a few moments, I just want to invite everyone listening since Gay gave me this great invitation to notice for a moment if you can close your eyes or not wherever you are just take a moment and listen to the quality of your breath. What I mean by that is to just take a nice deep breath anyway you do it, through your nose, out through your mouth and just notice the quality like is it

easier to breathe in or breathe out. Just take a moment with that. February 12, 2014 | p. 5

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I find often people that have difficulty breathing in also have difficulty receiving and that sometimes breathing out they have a hard time- sharing or telling their truth. So just take a moment as you're listening and to answer Gay's question, there's a level of authenticity in just knowing what's happening in my body right now. Not what my mind is thinking or what I think someone else is thinking but a good place to start is what's the quality of my breathing? Is it easier to breathe in or out? Am I breathing from my belly or am I breathing up in my chest? Just to notice those two things for a moment.

Next take a moment and scan your whole body just from head to toe and notice what is it that's happening. Maybe your foot is tight or you didn't realize your knee was crossed over other knee or crunching or just feeling a lot of excitement in your belly. Anything that you notice just scan as we get more authentic by connecting to our whole body experience. I'm just going to take it one step further as you're noticing the quality of your breath and you're scanning your body, you're coming into more truth of what is with yourself. Just like the example I gave take a moment and tune into something that you really desire to bring into your life right now. Perhaps it's a relationship or it's a big jump in your business, losing some weight, whatever it is that you would really like to see shift in your life.

As you hear that question notice what happened. Did you stop breathing, something happened with your breathing. Did your body start to talk to you? That for me Gay is a way for someone to be able to get in touch with their own experience of what really is so they can be more authentic with themselves, they can be more authentic with their leadership team, they can be more authentic with their patients or their spouse, their lover, their friends.

So I just wanted to give a short little way for how I can get in touch with my authenticity is to go back to the body, notice the quality of my breathing, scan my body and then ask myself you know, a question and then notice the response my body gives to me. Then I could say to you Gay, you know, here's what's authentically happening for me around my business or relationships. Of course I've done a lot of that with you and actually give you an authentic response versus that quick kneejerk something that my mind thinks will please you. Does that make sense? Does that resonate?

Gay: Uh-hum. Yes, absolutely. You know, it's such an intriguing area because in a way what we're talking about is I think out in the larger society really accounts for a lot of illness. You know, because the more people lack

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whole Body Intelligence, the more they have to turn to external fixes like drugs or alcohol or tobacco or prescription, you know, overreliance on prescription drugs. Then you add in the whole fact that you know, advertising is coercing people constantly to want a soft

drink when they're thirsty instead of something that might be genuinely nurturing to their body.

So I think that you know, we can see it face to face in our office everyday but it's also a huge problem out there in the world. I remember coming across, you did a controversial blog a while back called we are all walking time bombs. It kind of speaks to a lot of these same subjects and I wanted to see if you could amplify that a little bit for us Steve.

Steve: Oh absolutely. Well you know, obviously us know that my background is marketing and PR and sales so I was smart enough doing all these horrific serial shootings and so forth to let people know that it's really within all of us that you know, you could be driving all day and you're on the freeway and somebody cuts you off. Rather than hah, breathing and shaking that out of your shoulders, you'll hold it in and grip it in your jaw and tighten your fist and maybe even a little curse down you swallow. Then you get to your appointment and you're five minutes late and the client says well he left and oh boy. Then you're feeling more tension and it's building and it's building and not to mention the years before of more building. Then you get home and you see your kid's bike in the driveway

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and you go berserk or one goes berserk and yells at the kid.\

Well we both know and many people know that the kid did nothing wrong, the bike in the driveway was fine. But that ticking time bomb within that person got to a place where the lid went off and the bubble just popped. All of that repressed of the anger of the day and maybe years got to be displayed and released in that moment and here's the poor child who has to take it.

So I've just been really working with that concept with people to really take a look at the stress that's building, the emotions that have been repressed, the truth that you're not willing to tell somebody. That's all ticking away and if you don't change that habit, you could also be a ticking time bomb and have an explosion. You may not obviously get on a roof with a gun but it might manifest in another direction.

Gay: I had an example of that one time I was back when I was a university professor, I was at the University of Colorado in the counseling psychology department for 21 years up until 1995. I went to a lot of faculty meetings and there was a woman that sat to the right of me

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oftentimes at faculty meetings and I could tell throughout the faculty meeting I would often be distracted by her clenching her jaw over and over again at something she was

irritated about that somebody was saying. She did it so chronically that I kind of wanted to move down the table a little bit.

But on another occasion, she came into the faculty meeting and she was complaining because she said she had just been to an expensive orthodontist or something who had said that she needed \$9000 of dental work because of clenching her jaw. But you know, the thing is that most of us aren't accustomed to thinking you know, like we'll assume that it's a dental problem but really the problem is clenching our jaw when we're angry rather than some other response.

Steve: I love that. Yeah I have great news for you Gay. I know you'll be really happy about this because we're always rooting for each other. I recently had been working in some doctors' offices and actually was in – I told you I went to Kentucky, was invited by a physician, a director of a hospital. She has been trained by me and working with me and she said you know, we have a new philosophy because she works with hundreds of people a week in a hospital and now she's opening her own practice, integrated

practice.

She said to me, Gay, she said you know, I really get that in order to cure people they really need to get in touch with what's happening in their body and express it. So we have a new Steve Slogan that we say in the hospital now, clear before cure. I was just – you know, one of those moments of like oh I'm doing good work daddy, you know, I'm really making a difference. To just know that as you just said especially when it comes to physical and health issues, get it off your chest and that imagine if more physicians and practitioners were working with people instead of giving them those you know, \$9000 jaw surgery or contraptions or you know, pills if they would actually say, hmm, let's notice what's happening in that part of your body and see if we can get like clear some energy or some unexpressed emotion before we pull out our knives or our pills. I mean wouldn't it be amazing? I know that's what we're both after.

Gay: Say that slogan again from the hospital.

Steve: We clear before we cure.

Gay: We clear before we cure. Okay. I missed the first we part. We clear before we cure. Oh yeah that's lovely. That should go on somebody's

sweatshirt.

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Steve: Gay:

Steve:

[Laughs]

Well good, Well along that same subject you had a specific technique that I wanted you to share with people that is called the separating the boxes technique. I wondered – let me look at the time, here, yeah we still have time. Would you be willing to give us a few-minute version of that? it's such a valuable chunk of information.

Yes thank you Gay. Well what I've found was that often we'll have a desire and for instance you know I want to write a book and what will happen you know, the yoga sutras has a wonderful piece of information there about that everything is ascending and descending. You know, you throw a ball up, it comes down. Often what I found is when we say something like I want to write a new book, we ascend and we have you know, energy rises and as you've put into your books around the ceiling. The upper limits that that energy will rise and then I'll notice you know, maybe I'll count to three and something will happen like oh but who needs another book and then they'll descend..

So I started noticing that how often when someone would say a desire, within moments, their belief of their negative or unlimited or viral belief would follow it. So I started thinking well how can we separate the two because the but keeps putting the fire out on the I want and I desire. So I started working people when I was living in Maui and I would take them. Each client that came, I would take them to this special spot by the Sheraton Black Rock there and many of them had dreams of jumping off there. They've heard about it, I want to dive there you know.

So I'd say okay let's go. So we'd get up there and that energy would rise or we're ready to dive and then the fear would come in and they go oh but I'm afraid. They would go down and then of course they'd fly home and be disappointed. So I started saying okay, I'll tell you what, why don't we put the desire in one box, put that let's say in your right hand I want to write a book and have the belief in your left hand, the other hand but I'm afraid no one will read it. Start to separate them so that the no one will read it won't smother out the desire. Separate the boxes. In fact you could actually dive afraid. You could go on top of this rock and say I don't, I'm afraid hah. And take a breath and still dive.

You can actually by separating the two of them, one won't suppress the other and you can move forward. So for the listeners, just notice that for a minute of something that you really desire like I want a new relationship and then if something comes up like a follow thought that

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says oh but you know, I'll get betrayed again or I can't be loved. Rather than letting that put the fire out on your desire, separate them into two separate boxes so you can have your desire and you can have your belief of your fear. You can have both and Gay, I'm doing this often in my life. Hah, I want to go there but I'm afraid. Hah, I'm going to go there afraid and I go and I still get out on that stage, right. I still show up by separating them and having both versus one overriding the other.

Gay: Hmm. Uh-hum. Fantastic. Amazing isn't it how the transformation of fear and how you relate to fear is such a big thing in life? I mean I wish I had learned that when I was in elementary school or high school or somewhere along the line there. That's a type of whole Body Intelligence

that I'm so grateful to have gained in adult life.

Steve: Well you know, back to the topic, it's like I myself as you know I've shared this you, grew up in a row house neighborhood. The first time I left some thugs pulled up, beat me up. I ran home and a belief formed in my body that if I go out there too far, I go out there in new territory, I won't be safe. Now I know that's not true in my mind but still in my body at times, Gay I was in the green room once at a TV show and they called my name and I couldn't wait mentally to get out there but my body felt something. Because of our commitment to Body Intelligence, I was able to go in there and go oh yeah that memory of that child first time leaving going out into a big venue, a big neighborhood was scary. I was able to breathe

through that and kind of rewire that I will be safe.

But without Body Intelligence to show me the clue and tell me why I was feeling anxiety, like most people I could have walked out on the set and kind of oh, you know, faked and pushed through it. But the Body Intelligence was able to let me know that that was some old feeling and I was able to kind of disperse that in the three-minutes I had before I got out on the set.

Gay: Wow. Well good on you. I'll tell you that the first time we were on one of those big talk shows, I think it was Oprah, we were riding away in the limo and Katie said well how are you feeling and I said like I just had ten shots of espresso. [Laughs] So a lot of energy on those things. You know, we want to open up the floor and the air to questions and Q&A here in a moment and so while we're getting ready to do that and getting ready to take questions and answers, - by the way you press 1 on your phone keypad and you also can type in over the there on the type box how you can get your questions answered. So Steve, while we're waiting for people to beam any questions our way, do you have anything special

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you'd like to offer or a workshop or a course or a new program or something special for the group today?

Steve: Thank you, Gay. I am. I'm very excited. You know, I have had people through the years say you know, love to be able to learn what you do, I'd love to be able to practice it myself and along with writing my book and making a film and a bunch of other things. It came to me that it was time to put together some courses. So I'm really excited that I have two courses that I'm offering today and one is an audio course just taking you through whole Body Intelligence, what it is and how to apply it. Each section of the course will go through you know, how to apply it in your relationships, how to apply it to your health and so forth. Those are six audios. They're 90-minute courses and there's some bonus guided visualizations to your life purpose and so forth along with that.

Then recently I've added a video course which actually takes you into the programs that I'm doing now in corporations and with physicians and so forth and shows you actually step by step you actually do a session with me in one of the videos. Another video I'm doing it with a client and then a third video I'm doing it with a client lying down because sometimes we work on a table if we're in that situation.

So those two courses along with a bunch of handouts and so forth I'm offering today for \$97 to The Shift group that's listening and I'm really excited. This way you get to watch and listen and they're all instantly downloadable and you can watch them and listen to them at your own pace.

Gay: Sounds good and how do the folks access those?

Steve: They will access them I guess through The Shift.

Gay: Okay.

Steve: It's on The Shift website as a special offer just for people that are listening to this call and go The Shift International website.

Gay: Very good. Well thanks a lot for putting that together. As we're waiting for questions, I wanted to clarify something I misspoke a moment ago by inviting people to press 1 on their keypads. But what you're actually supposed to do is type in questions that you have and then I'll see them pop up on this screen over here. So I encourage you to beam any questions that you have for Steve. Also, I'd like to share with you an

important thing that goes along with this program, we now also have a special offer for you that you can access the Body Intelligence mastery kit, the Body Intelligence mastery kit. What you want to do is go to [BodyIntelligenceSummit.com/upgrade](http://BodyIntelligenceSummit.com/upgrade), [BodyIntelligenceSummit.com/upgrade](http://BodyIntelligenceSummit.com/upgrade). By doing that you can The Shift Network and our speakers and make more of these things happen.

I'm so delighted to be a part of The Shift Network also because we have brought to people so many thousands of things that people just wouldn't have had access to any other way. One of the great things about what we're doing is you know, people can on the other end of the world can wake up in the middle of the night and listen to interesting information or view an amazing movement experience or something like that. So it's such an amazing new thing that we have access to that we've never had access to before. Steve and I, I can remember actually this will probably crack you up but I remember a guy saying to me a long time ago that he had just bought a fax machine, another therapist. I said gosh, what on earth would you do with a fax machine. You know, I remember saying I hope my life never gets so complicated that I'm going to need a fax machine. [Laughs] You know... [Laughs]

Steve: [Laughs]

Gay: Now lots of websites and things like that but you know, it's just an amazing new proliferation of things that people have access to. I'm very grateful to that.

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Steve: Uh-hum. Me too. I just feel like anyone that's inspired you know, you press buttons and download and get information, I love it. There's no more sitting around and going gee, I can't think of that. What is that? What is that? God, just go to Google, get on there and get the answer. It's amazing how technology has afforded us to share so much around the world.

Gay: Yeah that's why truly it's such a great thing for the technology to be connected to and in harmony with the kind of vision, you know, because the kind of things we're talking about that people can you know, access freely are things that you know, are just in every way life changing. You know, as far as questions go, person who is asking to have you give another quick exercise like particularly if folks are listening you know, like they maybe nonbelievers. You know, they maybe folks who are kind of skeptical about stuff like meditation and changing your consciousness

and stuff like that.

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So what do you say to folks like that about the importance of mindfulness and consciousness that could kind of give them a taste of how it could transform their daily life or their addictions or their cravings or the real practical gut realities of living Steve?

Steve: Great question. Well I believe that you know, for instance if you're listening right now there are things that will be going on for you and one of the advantages I have Gay is that I was a number one sales rep. So when I walked into an executive's office or a sales team they're not going oh what does he know, you know? He hasn't done anything. I can share from a very practical standpoint that me learning about my own body and the micro messages that it sends out you can get all the feedback you want from other people but to be able to actually go and listen and notice wow, as I'm walking into this presentation, I'm feeling my knees are locked. To unlock them not only frees me energetically on a micro level but on a bigger level everybody in the room seems more receptive and relaxed. To be able to notice what's really happening in relationship, to be able to come back to the body in the moment versus getting into an argument or a you about, you know, you did this, you did that. To be able to come back and they whoa, well here's what's happening for me can

shift just energy in the room, can get people to be closer.

I can tell you from experience that my success in sales and the regional managers never quite got this when I gave them this answer was not about what I said or you know, how many calls I made. It was really about being present with my own body experience enough that I could take cues from my client. I could sit back and relax and really listen in a better way. So even right now if you're listening notice I'm listening, I'm hearing this man speak, what's happening in me as I hear this? Is my heart beating, am I getting motivated, am I getting jealous? I've heard that from people. Am I getting scared?

The way to know that is to listen in your body. For instance maybe your chest is feeling tight, maybe your heart is beating fast and just even in this moment are you gripping your phone or your computer mouse tightly? That kind of awareness not only will keep you from things like carpal tunnel and TMJ but it will give you more awareness to what's really happening for me in this moment so I can be my full potential self versus being unaware of what's happening for me and then getting feedback that I was unaware of.

Gay: Thank you so much for clarifying and amplifying that. One of the things I wanted to remind people of is where to access the special that Steve is

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Steve:

offering. It's very simple. You just go to the website [BodyIntelligenceSummit.com/Steve](http://BodyIntelligenceSummit.com/Steve), just Steve's name, S-T-E-V-E. So that's the website to get this special thing. Steve, I want to thank you so much for coming by and talking to us. Any other words of wisdom you've got on your mind today or any suggestions you can give folks that bring things to life in the teaching today?

Thank you, Gay. Well I just want to remind each of us that our body is really our ally. I always tell people it's your best success coach, it's your greatest source for wisdom. Even if your body at times hurts or doesn't look the way you'd like it to look, I just want to encourage everybody to be body friendly today. Meaning let go of thoughts like you know, that darned shoulder of mine or you know, he's a pain in my neck. To actually start to really use the wisdom of people like Gay Hendricks and the listeners or the speakers and experts to form a new relationship with your body. Have it be your ally, your coach, your friend, your personal Google I always tell people. To go into your body as a source and an ally will absolutely change your life in many positive ways.

All right. Thank you so much for your generosity. Here's one more question. Would you mind doing one more before we sign off Steve?

Okay, I'd love to.

Okay. How would you help somebody Steve who wants to communicate their feelings but avoids communicating their feelings because the receiver refuses to deal with any kind of conflict? The avoidance is clearly seen in the body in terms of tension holding an anger. How can this person begin to release this anger when the receiver is unwilling to deal with conflict?

That's a great question and then we know that at times that's difficult. You know, I know one thing you said to me Gay and I'm going to keep answering the question but you said to me, you know, surround yourself around people who are willing to communicate at this level and it changed my life by the way. I'm in a tremendous relationship and I've made that commitment that you asked me to make which is to surround my people, to surround myself. However there are times in relationship or at work that we can't.

So the first thing I want to suggest to the listener is to notice again in your body first and foremost what do you feel? So often we're like I can't do it because they're going to react that way. But what I find a deeper truth would be I can't say the truth because I'm what? I'm afraid of how

Gay:

Steve: Gay:

Steve:

they're going to react. Get in touch with your whole body experience and your truth. Are you scared, does the person remind you of someone in your past? Really get that clear first. Get in touch with what you're feeling and what is really holding you back. Try to take it off the other person and you become the source of this situation.

Then secondly and I've learned this from you Gay, invitation. You know, are you willing to talk to me? Would you be willing? Be careful that you're not putting you know, fuel to that angry fire and conflict. Just stay in your experience I'm noticing this and would you be willing to discuss that. Then if you come into a real wall, at least you've done everything you can as the source of this situation and then it's up to you to make a decision on whether this is the right place to work or the right person to be with. What do you think of that Gay?

Gay: That's beautiful. Thank you so much. I appreciate that answer. You're speaking my language and I'm really so appreciative of you joining us for this Steve because you have such a practical wealth of experience. I really am so pleased that you could share it with us. Remember everybody if you would like lifetime access to all of these wonderful sessions, there are three different upgrade packages available and for more info on those please go to [BodyIntelligenceSummit.com/upgrade](http://BodyIntelligenceSummit.com/upgrade). They'll tell you all about it there. For Steve's offer, go to [BodyIntelligenceSummit.com/Steve](http://BodyIntelligenceSummit.com/Steve). You can find out a lot more about

Steve there.

By the way everybody, I did a little bio of Steve as we started out today but I didn't tell you a tenth of the interesting cool stuff about Steve. So I really invite you to get to know Steve Sisgold. He's one of our planet's great resources in my view and he's just a person of impeccable integrity with a great heart and a keen mind and with his feet on the ground too. So thank you Steve for showing up in our lives in such a comprehensive whole body intelligent fashion yourself my friend.

Steve: Thank you Gay and please send love to Katie and your family and I'm really looking forward to hanging out soon.

[0:45:02]

Gay: All right. Good. Please send love to Jessie and the new Eleanor whom I have not seen yet. [Laughs]

Steve: What a blessing. Thank you. [Laughs]

Gay: All right. Thanks a lot everybody and wonderful to be with us. Thank you all for listening. What a great session with Steve Sisgold. Be sure to join us

for the next session now. Thanks a lot for being together.

[0:45:25] End of Audio

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