

Ali:

Hi Miriam.

Miriam Meima:

Hi! Whoa, that was very high-pitched. Hi! I was like, hello.

Ali (13:09.343)

That was very high-pitched. Well.

Ali (13:19.431)

I'm really glad we're gonna rally around this topic today for everyone who might stick with us for the next few minutes. We're gonna talk about what's really at the core of authenticity when people throw around the word being authentic and also the importance of, I would call it emotional congruence within ourselves and in our lives.

And then we'll leave you with an amazing resource, the seven steps to sanity, which will probably be immensely useful for those moments when sanity just feels really out of reach.

Miriam Meima:

Yeah, let's talk about authenticity and what the heck we mean by that.

Ali:

Yeah, so I would imagine most people listening have probably heard, be your most authentic self or something along those lines, especially probably in leadership parlance. And I think that's a really true ask, and I think it's a loaded ask. And I think we kind of need to break down what's really required and what true, like, what do you call it? Authentic authenticity it looks like. Unshadowed, like truly conscious authenticity. What does that look like?

Miriam Meima:

That's the right, I think unshadowed. Yeah, that's a beautiful way to describe it.

Ali:

So I think it's a little bit erroneous to ask for or to say, for example, you know, just be your most authentic self, like let's say in a meeting or a conversation with a loved one. But if your most authentic self isn't living or leading an examined life, that true expression, that authentic expression for whatever is true, for you in that moment, might come out sideways. It might be incredibly hurtful. It might be full of a bunch of unexplored baggage from your psyche that, well, yes, it might be a true expression. It's not like the truest expression of, it's not like coming from your true self. Let's map it there, right?

And if we're not living, or not consciously exploring our own psychic mental stuff. And when we start living or saying things with brazen authenticity, it can be damaging. And so when I think about what's behind asking people to be authentic leaders or to say something from their truest

self, it's like, what, there's such a process to get at. just the true self part. Like how do we muddle through the, you know, I don't know, the trauma with big T and little T and all the other little triggers and all our little emotional coping mechanisms and all of the defenses that we have to go through life and our own inability to feel what we're really feeling and what's really going on for us and how to, you know, even sift through what's the story I'm telling myself about this and how am I creating a whole realm of something like projections, right, that are, you know, obviously part of an experience, but how do I, how am I able to parse through my experience so exquisitely that I'm able to locate where I really am, like where the core feelings are and what they mean for me and how then, right, using that information, how then might I need or want to express something?

Miriam Meima:

Yeah, because I think we're differentiating between unedited and authentic. So just saying what is coming to you is not the same as being authentic. What we're saying is being authentic is tapping in to the you that's underneath probably some layers. And I think a good measure of whether I'm being authentic or not is whether I'm feeling more connected to the people that I'm talking to.

And usually they feel more connected to me, but I, you know, obviously first person is the best way to measure things. So if I'm feeling more, I guess we would say revealed, I'm feeling more present inevitably, and that might not be comfortable, but it's every pretty much every, every time I'm tapping into my authentic self, it brings me closer to the people around me.

And most of us have a counterbalance to be tracking. So as someone who learned that the more performative I am, the more perfect I am, whatever I deem to be perfect for that audience in that moment, the more of that I am, the more lovable I am, or the more valuable I am, or the more effective I am. The counterbalance for me is being probably a little messier, and just not trying to figure out what the right thing to say is, and figure out what the true thing is to say. Now there's other people who are more focused on just, kind of raw truth and so for them the counterbalance would probably be consideration and slowing down versus speeding up.

So if we're always kind of essentially noticing if we have a dominant persona or performative nature what is the counterbalance to that and knowing for ourselves and this probably maps to personality types, probably maps to Enneagram, it maps to Myers-Briggs, it maps to Astrology, right? However, we identify our personality knowing kind of where we might fall into traps of performative nature, and knowing how to balance those out will probably guide us towards more authenticity.

Ali:

Yeah, I think you said something so important about the connection. You know, true authentic, like a true expression...It brings you, it's the feeling of connection. It's a way to connect. And there's something so magical when that expression of what is felt inside of you is received or met in some way or even just held, right, by...another or an audience.

Miriam Meima:

I see for myself how authenticity and emotions are linked. I'm curious for you, how do you see them linked?

Ali:

I really go back to the idea of congruency. And I see this a lot in the arena with folks in working with horses. And just being around horses all day long, which is kind of my happy place. And so it is the act of being present to the point where I'm very aware of my stuff when it's up, and I can't perform anything through or in my relationship with that incredibly sensitive prey animal, because they sense so acutely when, for example, in their world, in their ancient world, right, when the lion at the watering hole starts to quote, hide and look like a rock, because he's hungry and he wants lunch, right?

So like, when the world stops or when important lions in the world aren't congruent, you start to worry and you start to feel concerned. And I think at a deep nervous system level, we humans feel that. I mean, we can feel fake connection versus true connection. Like we're wired for that. And so I think it's so innate in our programming that we can learn to trust it. Even if...you know, we've had early damage to that kind of channel, that relationship channel in our early life. I think we're still wired to grow towards connection and to also know what in our environment is not congruent...It's a little off. It's not truly connected.

And so for me in my dealings with, I mean, just being around the horses all day, and then, you know, also in my work with clients, it's how do we begin to really articulate, like at the core of our inner world, what are we feeling? And how do we start naming and getting comfortable naming, not just body sensations, because that's true, but also, what are the emotions behind that, and then what are the emotions behind the emotions, right? So you can get to the core, meaty, oh, I feel angry, okay, great, what's behind that? Oh, I feel hurt, what's behind that? Sadness, right, or whatever the path might be. So, I think it's exhausting to walk around out of Alignment in that way, out of emotional Alignment. And I think it's exhausting for so many people in our lives at a level, at almost a radio frequency level to our nervous systems that we're not always totally aware.

Miriam Meima:

Right. Mm-hmm. Yeah, I totally agree. It's very difficult for me to be authentic unless I'm connected to my emotional state, my current emotional state, or what's happening for me. Even if it's somewhere in the back of my head tracking, oh, I'm feeling mostly present, mostly this, but a little bit of that. And so I don't need to constantly be checking in, but if I'm not attuned enough to my current state to know what it is, even subliminally, how am I going to be able to show up, essentially having embraced that or taken it into account?

So I just want to clarify when we were talking about unshadowed, I think I got so excited because I'm like, yeah, that's it. It's like our true, our essence, letting our essence shine through,

which is so challenging. I also just want to demystify this, the fact that unshadowed is basically an impossibility. We all have shadow and it's going to come with us. It's part of the texture of human existence. It can be really beautiful.

We just don't want to pretend it away. So we just want to keep it in front of us. We want to look towards it. We want to be curious and take responsibility for it. So in my mind, when we say unshadowed, it's kind of all of that, trying to be self-aware enough to be true to ourselves.

Ali:

I think one of the ways to establish that connection to self, which I think is primary in, especially as adults, trying to, or in those of us who want to become mature adults, conscious, mature, aware adults, really developing that emotional intelligence and our own language around emotions. Like how do we begin to identify what we're feeling? And where do we begin?

Miriam Meima:

Yeah. And there are different models. I think we both really like the emotion wheel or a really extensive list of emotions, maybe. There are hundreds of emotions or words that could capture emotion. And then I was taught the five core emotions. And so I work with that model quite a bit.

And I freaking love each of the emotions. This has taken me a while. I used to really feel like there were negative emotions and positive emotions, sort of the good and the bad. And I would tolerate the bad, but move towards the good pretty biased. I was pretty biased towards positive. I think I've come a long way in that of really seeing the beauty and wisdom in all of the five core emotions, which are anger, sadness, fear, passion, and joy.

So for me, anger, which I think this is one of the ones that gets a bad rap, anger. I experience anger somatically as almost like a lightning bolt passing through me. It will, my pulse will go up, my temperature will go up. I will sometimes feel almost like I'm going into more of a fight or flight, but usually it's more of a fight mode for me. That's how I experience anger.

And so that's what I'm feeling in my body. And the wisdom of anger is it's a cue that there is a boundary that's being disrespected. So in the conversation that I'm in, there's something that's happening that is not okay. And so it's triggering in me a sense of either a lack of respect, a lack of, or a lack of integrity. And so I want to let that emotion roll through my body and then take a breath, connect with what's happening and voice that. So rather than saying to a colleague, I'm angry that... Hopefully I could literally move through that in real time and say out loud, I'm concerned that this agreement that we've had is not being upheld, and this is important to me.

So boundaries are in the queue. It's literally like my whole body starts orienting towards this boundary when I feel angry. That's being disrespected. It's so helpful.

Ali:

Yeah. Yeah, I've also heard it said that something you value is being threatened, which is similar

to boundary but slightly different language there. But yeah, it's like there is a threat to something that you hold dear, whether it's your child running out in the street or, you know, some initiative that you feel strongly about that is, you know, being violated.

Miriam Meima:

Exactly. Yes, exactly. And that's very helpful. I feel like that's my nervous system saying, pay attention, pay attention. And the sea of data points that you're immersed in right now, here's the thing that I really need you to pay attention to.

And then sadness for me, it definitely, so I guess how it shows up in my body for me, sadness is usually there's a heaviness. I mean, I notice literally my hand goes to my chest as I think about sadness. I also feel almost like a weighted blanket around my shoulders. Sometimes that's quite to the extreme, sometimes it's more gentle. And a tenderness, so it's sometimes there's like a tingling around my eyes that I feel when I'm noticing sadness and downward energy in my face. So everybody's experiences each of these differently, but knowing what's generally true for us is very helpful. So those are the things that I might notice that first. I might notice how my face is feeling before I notice that I'm feeling sad.

But sadness slows me down, which is very helpful, and it connects me with something that really is important. So different than anger where it's like, alert, warning, pay attention to this. Sadness for me is...really slow down, maybe you're not tracking with one of your values or maybe there's someone or something that's getting lost in this but there's a sense maybe of moving too far or too fast in that moment.

Ali:

Mm-hmm. What I'm really appreciating is how each of these emotions, even though we're just kind of touching on like the five, like core big general ones, like there's so much information in each piece. So really like coming to understand our emotions as data points for us is so handy.

Miriam Meima:

So handy. Yes, emotions in some sense have gotten a bad rap. I feel like we think of them more of a distraction than a support system.

Ali:

Yeah, yeah. Or something to get through or something to stuff away or, cause you know, feeling anger and feeling sadness, like they're not the most pleasant experiences if you're like ugly crying or if you feel like you're gonna rage at someone, you know? It can be hard to contain those feelings within a body, but developing a capacity for that, I think begins with understanding what we're doing. It's like, what is this, how does this feeling tend to live in me? That's one brilliant way to name, notice, and understand what is my emotional landscape and how does that serve me? How can I begin to work with this?

Miriam Meima:

Yes, right, exactly. And we'll get to this when we do the seven steps of emotions. And I believe the more work we do as individuals to clear out, I think that's a little weird, to heal past wounds, to essentially free ourselves of unfelt feelings from the past, then the more current we are. So the more we can trust our emotions and we don't have to essentially right size them for the situation because they are appropriately right-sized, we're responding to what's happening in the moment and therefore we're present to what's happening and therefore it's very helpful. Emotions are part of the solution, whatever it is that we're committed to.

Ali:

Yeah.

Miriam Meima:

Yeah, and the third one is fear. This is another one of them that I would have, I had, I just, I wasn't a fan of feeling fear. I wasn't. I associate fear with anxiety, kind of free-floating anxiety and this sense of dread. And I was not a fan. I would say still, let's see, how does fear show up in my body? I feel usually it's very hard for me to feel grounded when fear is present. So I'm feeling like it's almost like I'm lifted up kind of like my body gets filled with helium. There is an acceleration of my heart rate and my energy is very much in my head, but at the same time I have trouble sorting through what's real and what's not real. So there's this, there's this, it speeds things up for me rather than sadness which slows me down.

Ali:

Mm-hmm.

Miriam Meima (35:18.694)

And the beauty of fear, especially I'm a big fan of working with my clients of sorting through what is a concern and then there's the emotion of fear and then there are the concerns. The concerns we can actually root in reality and they actually help us balance, or at least in my experience help me balance my fear with understanding what's happening that I'm relating to as a concern. So sometimes there's a concern that needs to be addressed and that's then pointing to a conversation I probably need to have or some data that I need to gather. But more often than not, fear is just telling me that change is happening. It's a cue my body sends to me that says things are changing, which one of my first coaches told me that based on the life that I want to live, I need to get really freaking comfortable with fear because I want to be constantly expanding. And if I'm not feeling fear, then it means that I'm settling into a comfort zone. And so now when I feel that feeling of, I'm kind of floating away here and it doesn't feel very good, I can catch it and say, Oh my gosh, change is happening. And I can check in, is there any concerns I have? And if no, then what's happening is my body is telling me change is happening. That's something to celebrate.

It is a reminder to get grounded and to reinforce a sense of confidence and ease. And it's something that if I'm not feeling that, I'm not actually truly Aligned with the life that I want to be living.

Ali:

Yeah, I think that's such a good reminder of our I think our growth as humans, right? Because if we're constantly expanding, we're always gonna be learning new things, which means this whole realm of emotions, even though we're kind of starting to break down just like kind of the core five, right? But there are so many nuances just around all of them. But I think becoming more Alive and becoming that more mature adult human and...expanding into our own life. It means welcoming in and inviting in and in knowing and trusting I can ride the waves of these things. No matter what they are, as they're coming, you know, or as they're here. I'm thinking of the Rumi poem, The Guesthouse, which I will probably include in this newsletter, but um you know each day a new guest a new arrival. um and by it's almost like the Pilates move of emotional intelligence right like we're strengthening these hyperfine but core muscles that um are helping us you know live our lives um from our core like our core self are more of our essence, right? And that means being able to withstand and have the capacity to endure and hold and experience the whole McGilla, the whole McGilla of all the emotions.

Miriam Meima:

Mm hmm. Yeah. Yes, exactly. And then by extension, building a team of people who can do that together, that is something that is quite rare still on this planet and very special as if we can actually have a level of honesty with our colleagues around when I'm feeling this way, what is it that I most need from you? Or when I'm feeling this way, what is it that I most need from you?

Or how can we lean in and support each other knowing that the emotional landscape of an individual is infused with wisdom, and what if we can trust each other rather than be spooked by each other's emotional experiences? What if we actually turn towards that in one another rather than it being such a, it can be very isolating when someone's having an emotional experience, need to pull away from the group to have their feelings.

So there's, I think, a step beyond us being able to do this for and with ourselves would be being able to do it for and with our loved ones and then being able to do it for and with the people on our first team, whoever that is.

Ali:

It's such a skill and it's...I just wrote the word magic down, but it is, it's just, that that's where the magic is in life, I think. It's being more well-versed around these things with each other and being able to see, well, what is the information that's here for us in the field even? There's something coming up for you. How much of it is like yours? How much of it is in this room? How does you sharing your thing help me identify some part of me that also resonates with that?

It's a way of being with each other that I imagine most boardrooms and executive team meetings don't flow, which is fine. And to have...I'd say an ever-growing awareness and shared capacity to hold space for what is in the room is definitely an asset.

Miriam Meima:

Mm-hmm. Exactly. Right. So, in the boardroom, how I think that looks is if someone's frustrated or wants to slow things down or is demonstrating some sense of anxiety that we don't brush past it, we pause, see if there's something that's there for maybe others or maybe what is the wisdom in this? Is that person able to articulate what's a concern or what is a boundary that's being crossed or what's something that is important that we're losing sight of? And if so, then it makes it much easier for people who are more left-brain, you know, varying levels of emotional intelligence to rally around that.

And I do think that as long as we don't have to use emotional words in order to use emotions in the workplace to serve us and then setting the right business strategy and doing right by the people in our company and all of our shareholders. Those are the kinds of things that emotions can help us do really, really well.

Ali:

Mm-hmm.

Miriam Meima:

Yeah, so why don't I just touch on the last two of the five or okay, so there's no and then we'll yeah, then we'll go to the seven steps of sanity.

Ali:

Yeah, yeah, absolutely. We can't forget them.

Miriam Meima:

So passion is the fourth and passion...let's see how does this show up in my body generally? This is it's like my it's actually the probably the emotion where I feel how would I describe it. And of course, if you know yours sooner than I know mine, feel free to jump in here. But I feel this sense of forward momentum, I guess to over exaggerate it. It's like I can't help but wanna take a step forward or to move forward. So there's the sense of leaning in and feeling excitement and I think the wisdom in it for me is when I'm feeling passion, I'm emboldened to do things so that passion really helps me overcome a sense of fear around change or that sense of by overcoming, I mean, like notice the fear, okay, that change is happening, but I'm not going to be stunted by that. I'm not going to stay stagnant in the fear. I'm going to move forward. And so the passion really helps me with that.

And then the fifth is joy. And joy I feel like is the reward for feeling all my other feelings. Cause I believe how I experience it is it's, it's always there. It's just underneath. So if I haven't truly taken an emotional inventory and sorted through the wisdom or the information that's being presented from the others, I can't actually tap into joy, which when I feel joy, I usually feel almost buzzy through my whole body. It's what I call almost like a live nest buzz because I feel very present. Usually, it comes with a state of gratitude that I can't avoid. I just, whoever I'm with, I'm like, Oh my gosh, you are so amazing. And this is so great. I just feel this overwhelming sense of

appreciation.

Ali:

Yeah, I feel joy akin to connection too, I'd say. You know, gratitude is definitely in the orbit when it's there and like this wider perspective and sense of awe and wonderment is usually nearby. And then joy is there, yeah.

I just want to do a quick note and say that sometimes, even if we don't have a facility with the language of emotions, like literally the words, turning to like what's happening in our body can be a first or one way to start naming things. Like I have a tightness in my chest or there's a lump in my gut or it feels like something is sitting on my heart or, you know, I got all this tension between my, you know, my temples behind my eyes or whatever it is, right? You were speaking to like, you know, a sadness feeling like a weighted blanket on your shoulders. But that level of more granular awareness around our, like our feeling state, our literal what's it feel like in our body state is just as handy in finding this congruence within ourselves and what's really happening for us.

Miriam Meima:

Exactly.

Ali:

Yeah. Which I think so many of us like throughout our days, we just blip over these things. We blip over them, then they compile and we go home and we like lash out maybe at our family or friends or just park on the couch and watch Netflix. But, you know, having a greater awareness and being able to work with our emotional selves on a moment-to-moment basis throughout our days actually lends itself to more Aliveness, more that deeper connection with self, right? So we're no longer abandoning ourselves and then exhausting ourselves and then burning out ourselves, right? All of a sudden going, how did we, how did we get here?

Miriam Meima:

Yeah.

Ali:

But nobody's really doing the life hack version of that yet, because it takes a little bit of, it takes a little bit of work to do this work.

Miriam Meima:

Right. Which is where, I mean, that's usually why we give ourselves space to practice. That's, I think, most people who have a journaling practice or there are versions of a meditation practice, especially if it's a body scan or even an emotional scan, or some teams have a practice of checking in with each other in the beginning of a meetings to know how are you coming in. Those are checking it, knowing, scanning, and then knowing what the heck to do if we are feeling one of those body sensations or one of those emotions rather than grabbing the next cup

of coffee or rushing through it. We can we can turn towards it and the more we do that outside of work hours the easier it is to then do it in real time when we're in the flow of life with our families or colleagues.

Ali:

Yeah. Out in the world. Yeah. The people we share the roads with. I think it would be groovy to dive into the seven steps to sanity.

Miriam Meima:

Yeah, yeah, let's do it.

Miriam Meima:

So, Seven Steps to Sanity. So we're gonna link to a more in depth written version of this, but this was inspired by a lot of helpful structure that I received from the Hendricks Institute. Katie and Gay. But they're a couple and they've created a company called the Hendrix Institute and Gay Hendricks in particular has written a lot of books around consciousness like The Big Leap and Conscious Living Conscious Loving. So having worked with them, they taught me a version of this that I've now kind of iterated on.

And so the seven steps to sanity is really just a way that literally a map that I use myself of when I'm feeling confused by how I'm feeling or stuck in how I'm feeling and especially when I'm feeling a sense of overwhelm or um what's another word to describe it? I guess lost. Usually, I turn to this when I'm just lost or I feel literally insane. I'm like I just feel insane. This is a terrible feeling. I feel insane. Am I going crazy? And so this is the map I use and I think you have a version of this that you use.

Ali:

It's a little different. I guess it is pretty similar. It's just more simple. But anyway. But I like yours, because it really it's a little bit more expanded to the context that someone might be in. What is the simplest, most unarguable synopsis of what happened? How do we just look at the facts, ma'am?

Miriam Meima:

Mm hmm. Just yeah, what happened or what's happening? Yeah, so there's usually something that I'm spiraling on. So I guess I'm in a spiral. I or whoever it is, is there's something that happened. And usually it can we can feel disconnected from that. And maybe we're kind of blowing it out of proportion. So just simplifying it or what might feel like oversimplifying it, getting to the unarguable can help be step one in getting us grounded in truth. So what happened? Is step one.

Step two is what story did I make up about it? And that's usually where people just like, Oh, there's just so much that even in a split second, it can go from this person interrupted me in a meeting that's maybe step what that's the unarguable and step two is I'm not valued they don't

respect me I this is gender-based this is because I didn't graduate high school...I mean there's all these stories of the what and the why and the who and there's usually blame and frustration and shame and all the stuff rolled up into the story that we make up about it.

So step two is just kind of being honest with ourselves about everything that flooded into our awareness with this relatively small trigger. In most cases, it's fairly small, not to mean it's insignificant. It's just something simple happened. And then we have this whole story about it.

So step three is what emotions are underneath. And if we can connect with those, we're again kind of coming home to ourselves. And if especially if it feels like the emotional reaction is not congruent with that fairly simple step number one probably what's happening is where our emotions are piggybacking meaning any unfelt emotion is stored in our bodies for later so if there's some little moment of sadness or anger or joy the kind of sneaks to the surface, any unfelt anger or fear or sadness is going to piggyback on that and that's where it starts to feel kind of outsized for the situation and almost bigger than life.

So in those cases, it's very helpful to go through step four, which is how is this familiar? In what other contexts have I experienced this? You know, like especially the stories or the feelings, what's happening. And so if I can start to figure out or trace back where did this originate or how is this a pattern in my life, then I can usually sort out how much and right size, how much of this is from current and how much of this is from past.

Not to say that I'm discounting what's coming up that's triggered from the past, it's just I treat it differently, I hold it differently, and I'm not gonna take the emotion from my past and put it on the person or the situation that's happening now, if at all possible. Sometimes easier said than done, but that's what this process is for. Then we wanna feel our feelings. I mean, I guess that's part of step three, and also as we're moving through step four, how is this familiar?

Ali:
Right.

Miriam Meima:

And then step five is how do I feel in these situations? So what is the experience I'm unconsciously recreating? Essentially, we kind of fall into old patterns. There's this neuro pathway of how I feel and then it becomes a bit of a self-fulfilling prophecy because we see in the world what it is what we're looking for. So what do I start to look for evidence of when I'm in these situations?

And then step six is what do I want to trade this in for? So by step six, we need to have given ourselves some moments to process and breathe and move through the emotions. And we can start to think about what do I want instead, which is creating a fresh neural pathway.

And then what step seven is, what is one easy fun action step in Alignment with this? What is

one thing I can do to move in that direction? And I guess I will take out fun for this conversation. But when I'm in a kerfluffle with my life partner, it is not fun to say I'm feeling sad. It is not fun. But that's the easiest step towards what it is that I want, which is to feel connected and loved and supported.

Ali:

Right, right.

Miriam Meima:

And so it's in theory easy and small, but in the moment it feels like an act of courage and vulnerability.

Ali:

Yeah, yes, absolutely. Absolutely. And yet it's a risk worth taking, right? Because it's letting ourselves be known, like fully known, truly known in relationships that we value. And hopefully, that value us, right? That's, it's kind of part of this is when you feel safe enough to be really vulnerable, especially with the lovey in your life. That's where the connection is. I mean, that's the crux of it.

Miriam Meima:

Well, that's the safe zone, and also, yeah, that's the... What is outside? Like that's honestly in some way, I believe that's what we're all here for. Those, that level of honesty and connection and being seen, being truly ourselves. And if we can't do it there, then authenticity in the workplace is just never gonna freaking happen.

Ali:

Right.

Miriam Meima:

So it's the joy of life and it's also the playground for what's possible.

Ali:

Mm-hmm. Yeah. We're wired for it. We are wired for this kind of connection. And it's something that even if we don't have it or that wiring has been damaged or interfered with in some way just because of what we grew up with relationally, it's growing towards connection and learning to trust connection is also part of it.

Miriam Meima:

Yes, slow clap. Yes, yes, yes. Exactly right. Exactly right.

Ali:

Yes. So it's a, I would, I would say it's a, um, it's a process that starts with us individually that we bring out into our lives in relationships that we can test the waters of this kind of living in, like

with our loved ones, uh, with our most beloved people, with our close friends. Um, and, and then hopefully also in in workplaces, you know, there's more of that emotional awareness present. But we can also bring the more refined aspects of this into our work lives in a way that will serve us so we can reap the benefits of all that we might be feeling and all the data points. So that we can process what's happening at work or what's happening for us while we're in the work zone and with our work colleagues and in those relationships in ways that don't drain and detract from our lives and lead us to burnout.

Miriam Meima:

Exactly right. So we can enjoy the ride. We can be present and awake for it.

Ali:

Well, thank you.

Miriam Meima:

Oh my gosh, thank you!