

Interview Hillary Rubin and Anne Samoilov

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Anne Samoilov: Hello I'm here today with Hillary Rubin of hillaryrubin.com among other things. I met Hillary last April and have really been excited to watch her grow in so many different ways not just in business because that's how we kind of met. But some other real exciting things that I want her to share with you. So instead of me giving you her intro because honestly I really don't think I can do it justice. Hillary, I want you to tell everybody about some of the interesting roles and projects and things you're working on.

Hillary: Awesome. Cool. I love this. It's so cool and it's been great. We met about a year ago. And prior to that just really quickly my story of dealing with physical abuse and abusive and a life that had no white space because it was verbal abuse and physical abuse. And I was constantly in a state of survival is really kind of how I lived my childhood which then years later translated into a diagnosis of MS. And that was really what I called a course changer. And it was the wake up call like hey you got to take care of your body. You got to have this relationship with yourself and that opened up an entire world which is kind of where it led to me to you of being able to go through and work with healers and really identify with disease.

And when you deal with disease or you deal with a huge course changer or a trauma in your life, it's noisy and it's like you can't even sit. You just want to be busy cause you don't want to feel anything. And I went through that. So I'm not going to get all into it cause all that information is on my website. But really living a life now in LA instead of New York a much comfort place and being symptom medication free. And being able to build my foundation within myself of loving myself, understanding what my needs are as a woman and all of these different areas. You know collaboration and connection and being able to feel good about myself and have the confidence and actually look in the mirror and be like you're a cool chick. I like you. You know it's like 38 years to get there.

Anne Samoilov: Better late, I didn't want to say late cause I'm there too. But you know better now than never.

Hillary: Amen sister.

Anne Samoilov: I want to just thank you right out for being here with me because since I mentioned I was going to be doing this, you're kind of been this little behind the scene little birdie on my shoulder. And really like every time that I got one of your emails telling me that you had a white space moment or you thought of me or thought of the white space really was a little spark for me to keep going. You actually gave me a little sparks of white space. So I truly appreciate that. So I don't want to get all you know gushy.

Hillary: I'm tearing here.

Anne Samoilov: I know. I don't want to even do that. I'll just plow on through. So obviously you have had a lot to share with people health issues and disease and struggle. And I know that's actually kind of how I first knew you. But you started making a change, not a change but like something was starting to sprout as far as like what you started talking about on your blog and just in the world where we met. And I noticed that there was much more focus on the relationship to yourself and self esteem and your self worth. And that's really why I wanted to include you on this week as opposed to the health week because I feel like this is really the core of it and how we weigh down on ourselves.

Hillary: Yeah. I mean it's so cool to see when you're in it and you're doing it and you're in your life. You know you're just in your life and taking what I called passionate action. And that means for me if I definite passionate action is going and delving deeper into my heart of what really makes me sing and really gets me excited and to feel through my journey of understand of what it is to be a woman and connect to femininity and connect to my intuition is really what kind of happened this past year. You know getting present, getting quiet. Even being a yoga teacher. You know it's like the whole interesting thing. It's like having that skill set. Really to me when I say like my tagline and it's changing really. It's about getting, I'll share here my new tagline is when I'm playing with this get real with Hillary. Become the next best version of yourself.

[0:05:00] And that's really what this is about where the word health and the world wellness like they have a certain stigma to them of like what they mean. And it is health and it's really understanding the next best version of ourselves which is why I love the whole white

space thing and you imprinted something on me cause I was like yeah white space. That is for me is my self care routine. And it was just a new fresh perspective of where am I taking time for myself. Where is there too much noise in my relationship? Where am I too much in my head and how do I like flow and get in my body and get into creativity? And so that's why it was like I'm a giver and I love collaboration and I love to support people. So it was totally genuine for my heart to share all that. And really just to kind of let you know cause you said that and I was like I got to say something. But that too kind of this get real with Hillary and becoming the next best version of yourself is that you're going to need to have those pausing moments.

You're going to go need to dive in creativity into a project that you have no idea where it's going to go and not get concerned. I mean it's this old saying don't worry about the destination, just enjoy the journey. And you're like yeah everybody can say it. It's a bumper sticker. But really I understand it now. It's like I'm doing the things that I love to do and I've experimented to find the things that kind of light me up, things that I wasn't good at, things that showed my confidence level and even self esteem was in the way. If I look at the areas of where I grew, I mean grew sexually which is creative energy. I grew from cooking foods and starting to make a decision that I was going to create white space with my husband. That I'm going to make dinner every night for him that we can sit and be together and I can pour my energy as much as, like that cooking time for me is white space even though I'm cooking and I'm always thinking about sex when I cook cause it's so better. That's a little tip.

Anne Samoilov: I think about that movie.

Hillary: Yeah. Like Water for Chocolate. It's really Like Water for Chocolate. But I realized where it was relationship with myself, but it was also relationship with those that were around me. And what's going to make me happy make them happy and what's going to be encouraging, really what's going to be uplifting. What's going to leave me more charged than drained? And it's not that you're not going to get drained from things. You can't control it. It's all a co-participation. But if you look at me when I'm cooking it's like I'm an artist. I'm in there. I've got all my stuff. I got a little recipe. I got my Earth, Wind and Fire Pandora station on and I'm just like in the space and then all the sudden I eat the food that I made and I'm always blowing away. I'm like wow this

is good. I made this. I grew up eating TV dinners. My mother did not cook. I mean I even stole food to eat.

So I had no idea and I would say I don't know how to cook. And it was like a label. It was something that held me back and what built my confidence was getting a recipe. I got a recipe for mussels from Sur La Table and I got this recipe. And I was like okay I'm going to make mussels and I had no idea what I was doing. But I got taught a couple things, a couple of little tricks of the trade from this head chef who was willing to help me. I realized, you know, the world really wants to help you. People really want to help you become the next version of yourself when you're enthusiastic about where you're going or what you want to explore. And I made this dish and after I made this dish and my husband and I eat dinner. I mean it was like for under \$10 we had the most amazing meal. And he looked at me and I looked at him and I was like I can now say that I can cook.

And so from going through the steps I didn't know that it was going to end with mussels. It started with gluten-free granola and baked apples and then I just took passion and action. And I just was like this is something I really want to become. I want to put my energy into this to be able to cook. And I have to tell you it opened up so much for me and that time is really scared. It's a ritual that I do. And when I don't do it I feel it. You know I feel it.

Anne Samoilov: You know what it's funny. I haven't cooked for a while but I've had that same experience with cooking. So you might just inspire me to try that. We're going to hold on for just a second cause someone is melting down outside the door. But it's actually okay. I'm in my white space here. We're all good here. It's just my 3-year-old losing her stuff. In fact, you know what. I can ask you a question and then basically I'm putting myself on mute so it doesn't pick up that.

Hillary: Okay.

Anne Samoilov: I have to say like about the cooking. The cooking is almost for me like working out sometimes because of how it makes me feel. Do you know what I mean?

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Hillary: Totally.

Anne Samoilov: Cause there has to be such focused and you just kind of get right into it. You get into your zone. And I'm curious how you've obviously find ways to bring this and kind of feed your soul really in your own life. Do you have, I know that the woman who generally come to you, did they all have health issues or some just working on kind of these blocks, these emotional and self internal blocks.

Hillary: It's a great question cause the people who are coming to me and drawn to me are shifting as I'm shifting. You know it's that I'm shifting and I have a lot of people who were yoga teachers. And I have a lot of people who have been diagnosed with incurable diseases or have health challenges and I have people who are dealing with abuse. I have people who are dealing with blocks literally like they just can't get over the hump.

So really what happened recently was someone basically was like you're an alchemist. I take a bad situation and I make it better. It's like lemon, lemonades. You know turning lemon into lemonades. But it's kind of how I understand. I believe and what I've learned is it's not about getting rid of the noise and the problem and all the stuff that's in the way. It's not about like you just giving your daughter a [soccer] and go okay good, stop crying. It's not about pushing it aside because it's just going to come back harder. In a sense, it's kind of like pacifying something is almost like kind of like in the family of resistance.

Anne Samoilov: Yeah. That's just what I was thinking.

Hillary: 'Cause it's only going to come back like now I want another one.

Anne Samoilov: Yeah, basically if I try to shove her out of the room or close the door she'll just come back full force.

Hillary: Yeah and so I'm working with women who are in a place and this happens to me. This is why I work with coaches or have experts and healers and I can't see outside of my own fishbowl. And I can't see the thing that I'm not doing or that I am doing because I'm just in my own place of consciousness. So I come in and I just kind of see what's going on and I can get the undercurrent and I can feel that there's something that maybe wasn't healed from the past. I'm not about forgetting your past. I mean I'm working on my book right now. And I do something that to me I believe is

revolutionary because I'm saying is look at your story and all that you've gone through and there might be some treats and some gold that you haven't really tap into yet which is why the same problem keeps coming up. And so I really find that all the answers are in ourselves, in our experiences and it's not outside. And when we go outside the tendency which I know is for me and if you're anything like me you start comparing yourself.

I look at what you're doing and I could easily instead of me being part of you and being part of the fabric of white space I could just be an observer and I could start beating myself up because I'm not doing what you're doing. And then I create competitive and I become separate. So what I noticed is a lot of the times when the women come for me. They feel alone. They feel stuck. Nobody understands them. And they're like but I want help. That's the thing is like they're ready and willing and see well for me they can shift. So that's really kind of you know it's very intuitive work. It's very spiritual work. You know I'm like how do you sell spirituality. I have no idea. Well yoga but outside of yoga it's like it's very intuitive and I call myself a healer. Here I'll do it. I'll out myself. And I realized I just been here to make a difference to help where I can help and I'll always use my own stories.

It's like if somebody tells me they have a problem, I usually have something that I went through that was just like that, worst. I share it and it puts them at ease because then they no longer feel alone. And we no longer feel alone, there's that white space. There's that pause. There's that connection. And there's that relationship. Then we're in relationship and then we're seeing each other as mirrors cause we're not pushing it away. And so it's really funny cause before I do a call or I interact with people I have this wellbeing cards. And what I pulled out today is really funny as it says it is not my work to control others. And it says trying to limit anybody about anything defies the laws of the universe. It cannot be done. You cannot control others but you can control and create your own reality. And that is probably the biggest shift I made this year was I am only responsible for my own reality, the responsibility of every relationship that have to myself, to the planet, to the people that are around me.

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And I'm going to do it a little bit a little bit a time. Just like Desmond Tutu just said in the movie I am he said it's like the elephant. When you're going to eat an elephant as big as it is you can only eat it one bite at a time.

Anne Samoilov: Right.

Hillary: You know.

Anne Samoilov: Yeah, I know.

Hillary: So it's kind of in this place that I think what really gets us in the way cause a lot of my clients that I talked to it's like well everybody else is doing this and everyone. They're so caught up in controlling or connecting or comparing that they just sink because they start to feel like crap. And then they get disconnected more and more and it's painful. It's painful. Trust me. I've been there. I'll be there again. I'm just getting better. For sure and I know where not to go. Like I know not to open up certain emails or take myself off the list. Or, if I'm not feeling good I'm not going to go to that event or that party. Because if I'm not in a place of feeling confident with myself I'm kind of like the story you told me with your daughter I might say something that could be hurtful to someone because I'm feeling pain. And I need to take care of myself. And it's not like me that can go I'm going to go take a drive now mom.

Anne Samoilov: Exactly. You know I have to say like you said something that I think is important for people to understand. It's like you don't get it down and then that's it. It's not like oh I'm done with all of that. I'm done with those things that trigger bad feelings in me or I'm done feeling that weight. It's like you're probably going to be there again but you can get better at deciding like what situations or like what you said what emails to not open or when you shouldn't be talking to people on the phone or whatever and that awareness will bring you closer and have like almost like a faster turnaround for those bad moments.

Hillary: Yeah, they bounce back it gets a lot better. Excuse me. One of my clients is in my six-month program with me who I adore, who's like blaze trailing in her life. I mean it's amazing. But she shared with me on the session the other day cause we basically talk weekly and she said I feel really bad. And I said why. She said I lost it. This guy she calls Chicken Little at her work, lost it on Chicken Little. Yeah, she's funny. And she curses a lot too so it's even funnier. And I said okay. I said what happened. Well he called me and he was yelling at me and telling me what I have to do. And the bottom-line is this guy has the IRS chasing his butt

and he's literally coming down. Like he's in a really bad place and he came like barking at her and she like said I'm not going to do that.

And she screams at him and then she hang up on the phone and her throat totally got inflamed from crying. And she was completely shaking and she went outside and went for a drive, came back and was breathing. And then we had our session. You know I didn't want her to feel bad but she felt bad. I said listen you're human and there are some people that are just going to sparks stuff. And obviously you still have work to do. Like the good news is you have work to do. The muscle it's gotten stronger and now we just have to get a little stronger and let's look at some ways that you could have handled that differently. And so we talked about it and then I said well let's step back for a minute. I'm all about like cause I think white space like a lot like I contemplate concepts because it's really inspiring to me. And when I talked about when people are in a place of beating themselves up or feeling like their life isn't working you know all of that and we all have those moments.

It's just the way the ego goes. You know we're not battling of whatever saber tooth tigers. So it's like we get idle and then the brain is like okay. So I what I do is when you're in that moment that you just blew up on someone or you think you're life isn't working step back. Step out of the situation and look at the evidence, just like you are a detective. And you look at the evidence. Look at the facts. Look at the reality. Don't make up the story. But just like here's this guy Chicken Little. He's literally having the IRS come chase his butt. He's totally grasping at straws. He's going down and he's trying to pull everyone with him. You know that's a fact. Okay. It has nothing to do with you. It's really none of your business but he just came to push your button. And her she's been in the situation before and was so afraid because she didn't want to go down with this guy cause it trigged something for her.

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She identified that. And so here's all these evidence that we have at the scene. And I said okay well look at who he is and where he's at and now how do we shift this. And go compassionate to yourself because you're not going down. This past thing is not going to happen. It has wised you up that you don't want to be involved in this. But I said now let's look at this and how can we stick shift the situation. And I crafted an email with her saying hey

I understand you're in a bad place and let's just give him compassion and support, and also explained to him that he can't talk to you that way. If you communicate and say hey you know what. It isn't okay for you to call and yell at me and demand, she goes I don't like and she said the F word, when someone tells me I effing have to do something. She goes I hate being told what I have to do. I said you know what that's you're like 3-year-old and we all have it. And nobody told what they have to do and you know what. You don't have to do it.

So we've got to shift that and look at that and then used the situation that's the heated and transmute it. Alchemized it, so you can get the lesson, get the lesson, get the gift and actually help him. Here's the deal if I can help you I will but next time you go to that place, I'm hanging up the phone on you. So I'm just giving you a heads up. Like it's not okay. And now she felt right after we did this there was no more story. She doesn't have to talk about it anymore. She can be free to do the other stuff that we were working on. So there's ways that we can pull ourselves back in our awareness. We're multi-dimensional beings. And when we disengaged, it sounds weird. It's not a disconnect.

But it's a disengage and let go of those hooks then we get the perspective because we're not running, you know, when we're angry we're dumb. We're dumb. We're not in our heart. So we always have to pull back to go into the heart to a place of compassion, to a place of understanding but before we do that we just got to look at the facts. That helps me...

Anne Samoilov: I love that framework. I love that because it's really simple. I mean just as you were going through that and giving all of those steps of course I jumped to what has happened a few times over the past few days with my daughter. And blowing up at her isn't giving me anymore white space.

Hillary: No, it makes it nosier.

Anne Samoilov: And actually what you suggested of looking at the evidence, looking at the facts, kind of become a detective a little bit and that is what we'll clear up the buzzing and all the story is the stuff that you need to clear up.

Hillary: A 100%. A 100%. And it's comes to, you know, it's just really interesting because it's like how, you know, the biggest thing like

you know I learned this year was from our coach and I'll say her name if I can with Marie. Marie said you got to take 100% with your relationships. And I take a concept like I do with white space it's a seed and I go with it because it's like golden. It's a seed. It's something that I can sprout and grow and I love that word sprout. I'm like sprout. I love it. It's my new word. Sprout. Look for my Facebook page. What are you sprouting? But she said you got to be 100% responsible for your relationships and that was like within a beloved. But I step back and was like oh no, no, no. I've got to be a 100% responsible for every relationship, my relationship with you as a friend, my relationship to the trash guy, my relationship to my dog, to myself.

I got to look at how am I feeling and how can I shift this and even with my VA which I can literally, I could be like I could blame and micromanage which I did with everyone. But this time I don't do it anymore. I go okay what could I have done better. Maybe it wasn't clear. She's not in my head. I move wickedly fast and bounce all over the place. I know that I do. When I do these kinds of calls I get as focused as I can but I'm just in this creative flow so much right now which I don't want to stifle. I want to just let it go. Cause it's like gosh totally ecstasy. But I realized that 100% responsible it calms everything down and I go back to me. And I got okay what was my story. What was I caught in. Is there an old thing coming up? It's that inquiry so I can really framework it. It's kind of the same work.

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But then I can come back and go you know what. I'm really sorry I came off in the wrong way or I can say sometimes I might be a little bit of rough. So if it pushed a button for you that so was not my intention. I get to listen more to people and the reactions and the responses and then might get to a point where I'm like you know that was a little bit too rough. I'm sorry. Or just because I know who I am as a person and I'm not changing. I'm evolving and refining. And I just want to be responsible. Like that to me just feels, to me the 100% responsibility with myself and all of my relationship is so I can have integrity, is so I can live in radical honesty.

And that's even with my list. Cause sometimes even the people who are on my list I'm like is anyone out there. I'm like what's going on and I'm like hello, hello, hello. And I'm like connecting and I'm like okay it's my responsibility instead of like complaining or bitching and moaning. The 100% responsibility would it

completely erase for me, well not completely but pretty much like 90% was me complaining. I mean I have a good bitch fest but then I get the complaining over. The vent needs to happen like get your vent on girl but then you know.

Anne Samoilov: Totally.

Hillary: So basically it's really an interesting ride and evolution and I really hope that the listener really can you know if you can use what I have to use but you can go into your own get quite with yourself, go into nature or really step back and look at this idea of responsibility and look at the things that seem like they're adding more but they're actually unhooking the things that add more. Does that make sense?

Anne Samoilov: Yeah, absolutely, absolutely. And I'm glad you said that because I was just going to ask like to give something additional to the listeners kind of like calling them to action a little bit. Because just like what you were saying this kind of conversation is kind of like I've never taken ecstasy but I can understand the whole feeling. You're like oh this is like keep talking and you can kind of get wrapped up in how it makes you feel just talking about the subject. But then bringing it right back to okay this is really how you have to take action on this. And implement it into your life so that you can feel more of this. You shouldn't just listen and just kind of sit back and not do anything.

Hillary: Well because the thing is listening is a good start, right?

Anne Samoilov: Yeah.

Hillary: It's very good and I would say you listen to this call but then listen to this call again. You know just listen to it but if you were called to listen to it then intuitively follow that intuitive connection because there's something in it for you. And even if you think you know all of this it's like that's the thing in the beginning of, I started writing my book as you know I'm writing my days. And I'm working with a coach. I've tried to do my own book for however many years. And I have so manuscripts that aren't even manuscripts. There's just like ideas like in drawers. And I finally was like no you're getting this done. And through the creative process of doing this book and having it, it's like all I did was do exactly what I was told. I walked in to working with the coach and

I was like well I have this and I have that and I have this and I have that.

Like my little miss, you know, to do with my little finger. Like what are you going to do for me? You know like it was...attitude which is...it's like my inner Punky Brewster. So she was like you know what Hillary. And she's so cool in what she did. She's like that's really great that you have all that. I'm going to ask you to put that all aside and just follow me. That's why you sign up for this. Just follow what I'm doing and trust me because we're going to prepare you first to do it. And I was like okay. And I accepted it. I gave myself the permission to do something differently. And I can say that I gave myself the biggest gift because following someone else's system that has worked for over 300 authors to get their book done like knows what she's doing.

And at this point I have a manuscript grid, I mean it's only been two weeks. I have a manuscript grid with 10 chapters with all the content to my chapters. And I just dove into all these exercises and doing it and committed and from this, all this other things like I've gotten into my intuition and my creativity that I'm not trying to think white space. You've got to do it. You got to go I want to write that book. I want to cook. I want to travel the world, start researching it. I want to be a better parent.

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Whatever it is that you want to do and it's not what's logical. It's not about what is going to bring money in the bank all the time like I think it's important. But first go with the inspiration of like I'm really drawn to go take a five rhythm class because you've always wanted to go free yourself or whatever it is. The coolest thing is what you do in one area of your life is going to affect every other area. And that's really what I think I got was I'm going to work in this little areas and do these other things and everything else it was like I had too much energy in some other areas that was almost stifling it. And I have to pull myself to give the project its own white space. I was squelching it. I was almost like when I talked about from a philosophy standpoint is it's not about subjugation. It's not about control. And you can control your business and subjugate your business and your business has a life.

It wants to live and it pulses and it breathes and it's organic as the people are in your life and the relationships in your life. I mean I'll say honestly like being on the phone with you and its like when I

first met you and we were sitting in the park where I lived right near now. I was like I want to be Anne's best friend. I want to go over her house and play. I want her. It's like immediately I just want to be instant, like instantly. And it was like you're probably like she's a little weird.

Anne Samoilov: I was probably thinking about 'oh is Mila up from her nap yet.'

Hillary: Oh my god, yeah, right. Exactly. See the whites I created. See because I was pushing, wanting something so bad that I actually was squelching a beautiful process of unfolding. And I think that that's the biggest thing that really gets in the way of the relationship with ourselves and our desires and are getting healthy and our money and all of it is that we focused on it so much and almost that focus comes off like worry. Because you're like I don't know if I'm doing it right.

Anne Samoilov: Right.

Hillary: Just like you're in between channels and it's like this horrible static and you haven't lined up so there's no reception. So nothing is congruent. It's completely out of the flow.

Anne Samoilov: So white space lines us up.

Hillary: Totally. White space lines us up. What I'm saying is there's something that was a common thread and it was also a way that I can give to you and support you then my energy come off of what you're going to give me. I mean let's just be real. And it might not be the listeners who are listening to this might go might go oh that's not me. But out of Anne and I in this conversation, you're either Anne or you're me in some relationship.

Anne Samoilov: Right.

Hillary: There aren't really any other roles like we're in relationship so you're one side of that relationship. We are mirror reflections of each other or shadows if you will. So which side are you? Who do you identify in this conversation? And what action can you take so then while you take the action, while you do it and you basically it's like taking, I just got this vision of what they called those hooked knives, a machete. You're like a machete just cutting through the, I want to say wheat that I'm gluten-free. But I can say it. Cutting through the field and just like, as you're

cutting through the bush as you're doing it slowly you start to see stuff. But it's still you got to just keep taking that action and pausing and connecting and doing and feeling and really getting into that finding your rhythm. You're authentic rhythm. And then boom you sync up then you connect and they have room to, I don't know if the word coagulate would be right, but they just start to move in that way.

Anne Samoilov: It's like kind of form.

Hillary: Yeah.

Anne Samoilov: Some of kind of like I'm getting the image but I don't know the word.

Hillary: I think coagulation is things come together.

Anne Samoilov: Yeah. Yeah.

Hillary: Someone can be, you can let us know in a comment. Coagulate doesn't mean that.

Anne Samoilov: Yeah. You guys are weird. What's going on? You know I really love this, this conversation Hillary. I'm like I'm kind of sitting back like totally taking it all in and I actually imagine some people doing the same thing when they're listening to this. Taking it all in, thinking about oh I wonder how I can put this into action. And I really think you've given like a lot of concrete things that people actually can do.

Hillary: Cool.

Anne Samoilov: And I want to know if you can point them to your website to your opt in page. I didn't want to use the word opt in cause it's kind of like just for us kind of but you know it's your page.

Hillary: Your gift. Your gift.

Anne Samoilov: Yeah.

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Hillary: Sure. I'll share a couple of things. First things first is I want to make sure that those of you that are listening here there's a

couple different way you can play. Like let us know who you identify with. You identify with Anne. You identify with me. Are you going to take action? Are you inspired? Has the spark gone off that you're like you know what I really want to go do this thing or you want support. I mean this is what this is what this is about. It's about collaboration and how do we grow together as a community and how do we best support you to redefining what space is for you because it's so personal. It's like to me it's like enlightenment. It's personal. No one can tell you in a book what it is. I mean they'll tell you their experience but you can't their experience. That's just the fact. So that I wanted to say first because I love having a cool conversation going on and I love to be able to be involved in that way. The other thing is as things are evolving and changing there's two things.

One is to go to my website. You can go to hillaryrubin.com/gift and you'll see a little bit more of my story and I created a living wellness audio breakthrough session which is really really jazz about it because you would have to set time aside for yourself which is totally the white space thing to take care of yourself. And I take you through these eight mistakes that you might be making and how to shift them or correct them to up your energy, boost your wellbeing and you can kind of look at it and it's a little workshop. And it's audio and a PDF file and I put my heart into it and its good stuff. So that will really get you to look at some areas that you can really improve and radically shift your health. And it is again its all relationship. It's relationship to yourself. When I say health it's your relationship with yourself just to define that.

And then the other cool think and just cause you mentioned it earlier is I have a few spots left and if any woman here when you go to my website, hillaryrubin.com, and you get a hit. You're like oh my god, I want to meet this woman or I want to connect with this woman. I mean I get these feelings all the time. I'm doing on the 26th of March a retreat for the day at my house. And there's going to be a chef that's cooking organic lunch and we're going to do some of this work. We're going to remove what's in the way of feeling stuck. As you were asking me the different people I worked with and really unhinging what might be holding you down that you just haven't been able to release. So you can have more freedom and you can have more peace of mind. And the cool thing about this is I have pretty much almost four women in it and I have spaces for four other women.

And what we're doing which is different in this day retreat is it's going to be filmed. Because one of the things and one of my dreams is to have a show and to have a show that brings this kind of work into place and really creates great breakthrough for women, so we can support other women to see that this is possible that they could as I'm symptom medication free of a disease or I've healed abuse that I can help you with something. And if you're interested in that you can just email info@hillaryrubin.com and then you say send me more information and I'll send you more information or my Facebook page. My personal Facebook page I have a note about all the details. So just remember Hillary has two Ls and maybe that will...

Anne Samoilov: I'll put this all below. I'll put this all below.

Hillary: Oh cool. So you'll put that there. Sorry.

Anne Samoilov: No, no, no it's fine. It's great.

Hillary: So basically it's just then we get to meet, you get to experience and it's totally free because we're shooting this you have to be okay in having a release to being filmed. And then this is going to be a promo reel that's getting brought to some pretty big people out there for me to make a dream come true which scares the crap out of me but I'm really excited about it.

Anne Samoilov: Hillary, you are awesome. And I know, I just have this feeling. I mean remember when we had breakfast a few weeks ago. And I was listening to you talk to Julie and I just saw a flash of you like in the space, doing the show and I just have, you know what. Hillary, thank you very much. This has been an awesome way to start a Saturday morning. And now I'm going to go play outside with my daughter. And I think you may have just inspired me to go Sur La Table maybe pick some cause I know cause they have recipes in there and they have that wall, they have everything there. We don't have to go there.

Hillary: Yeah, they do. But cool. I'm glad that I inspired you to do that. If there's any recipes or stuff that you need let me know. Yeah, it's cool. That's awesome. And I just want to say all the women that I've listen to this thank you. And I say this thank you not just for me from really from your own higher self that you're actually the desire of wanting to like yourself, to love your life.

[0:40:02] To be part of creating your life is so cool and it's really the cool thing to do. It really is. So I just want to commend you or congratulate you just for taking this time to do this because it's just this is the time we have to. It's like the world and where we are. It's like more of people it's like come on wake up to this cause I just want more people to hang out with tat can have this conversation.

Anne Samoilov: I know right. I know. Awesome.

Hillary: Cool.

Anne Samoilov: Thank you very much and I will speak to you soon.

Hillary: Yeah, awesome.

Anne Samoilov: Okay.

[0:40:38] **End of Audio**