

Podcast 344 Moore Transcript

Karen Wyatt: Today, I'm so happy to welcome my return guest Roger Moore, who I interviewed. I think it's been a couple of years ago now. Roger is a certified medical counselor and hypnotherapist who has been in private practice since 1997 through his work at Palm Desert Hypnosis. He offers medical hypnosis to help people at the end of life with anxiety, depression, pain and other symptoms. Roger is the author of the recently published book *Becoming the Greatest Expression of You*, which is a book about overcoming the shame and fear of the past to live life more joyfully now. And we're gonna be talking about that today and some of the tools that Roger teaches. And you can learn more about Roger, his work and his book at PalmDeserthypnosis.com. So Roger welcome once again, thanks for coming back to talk with me.

Roger Moore: Oh thank you so much for having me back again. And it's just always such a great pleasure to be here with you and I love listening to your podcast.

Karen Wyatt: Oh thank you.

Roger Moore: I feel very comfortable with you because I've heard your voice for so long and so often I just love being with you.

Karen Wyatt: Oh well, thank you. That's nice. And so now you kind of know my style too so that probably helps. Well the last time you were here, we talked a lot about using medical hypnosis for patients at the end of life, which I know you do. And today I wanted to go into your book, partly because it's filled with really helpful tools for people, to just overcome some of the limiting beliefs and the wounds of the past. And it occurred to me that this book would be really helpful for one thing, for patients at the end of life, but also for the caregivers who are taking care of them. And I realized so often we talk about patients facing the end of life, but we don't consider the needs of those who are caring for them 24/7. So I thought maybe it would be nice if today we focused on those individuals who also need self-care tools and need all of these tips as well for their own health.

Roger Moore: I think that's a wonderful idea. And, anytime I'm working with somebody at the end of life, for somebody with Parkinson's or other disease and illness, I beg for the caregivers to be part of the session so that they can learn the skills not only to support the person they're giving care to, but to support themselves.

Karen Wyatt: Yeah, and I think recently a lot of us have been recognizing that we have kind of left caregivers out of the picture sometimes. I think doctors are guilty of doing that. Even hospice providers sometimes just imagine the caregiver will just take care of these things and take care of their loved one and forget about the needs of that person, but I wanted to start by one point that you make in the book that I think is really important for all of us to remember which is that we can rewire the brain. It is possible to change the brain even though we used to not believe that, but it's possible. And that's something that you point out in the book that even up until the last moment of life, people can still

change. And so I think that's really good news for everyone to hear. So just talk more about that.

Roger Moore: In the research in neuroplasticity, it's pretty exciting. And I can't keep up with it all, there's so much coming out. What they used to say was that it was probably possible to rewire the brain up until about age 35. But what they've since learned and what the neuroscientists are telling us now is that, at any age we can fire and wire new neural pathways. And it's that whole concept of neurons that fire together wire together. And so often what happens is in life there's some sort of trauma, whether it's being three years old and running down the sidewalk and tripping on an ant and scraping our knee and being hurt and taking on some belief system there about fear and injuries, or whatever it might be. But there was something that happened and there was emotion around it, and it became hard wired. And so many of my clients are dealing with, you know, lots of anxieties and fears. And they told me that, look, they didn't get up this morning going, wow, it's a beautiful day - this is a perfect day for me to have anxiety. It's not something they chose, that they purposely said, I want to do this today, but it's there, it's become normal. It's become natural. But what we've discovered, what neuroscientists have discovered, and part of a big piece of my book, it's about how you can fire and wire new thoughts. And with strong enough emotion like joy, and fire and wire new neural pathways and we do it often enough with strong enough emotion, it will hardwire. And when we stop firing the old fears or the old anxieties or whatever the old stuff is, uh, they will literally separate. And so it's this whole thing of that, we really can start thinking and feeling and behaving differently than we did previously. We can create our future to be greater than our past.

Karen Wyatt: Roger, one thing that I've read before is that our primitive brains tend to hold onto negative emotion more tightly than positive. And I think that's meant to be a protective mechanism, like to make sure we don't get hurt again, run into danger. But so I've read that you have to actually intentionally bring in positive emotion to override that negative system.

Roger Moore: Very much so. And the other thing that happens in there is that yeah, well, let's just say it's anxiety and there's all the adrenaline of fight and flight and you know, running away from the saber tooth tiger that's chasing us. You know, whether it's the tax man or whatever it might be, that when we try to stop doing that, our bodies become so addicted to the adrenaline, the chemicals of that fear, that anxiety, that we literally go into a physical withdrawal and it's really weird, or my technical term for it is wonky. There's this wonkiness that occurs, and it feels really uncomfortable because living in high anxiety has become normal and natural for us. And when we change to being calm and relaxed, our bodies still crave the adrenaline. It doesn't seem to last too long, but there is that period of where, I just alert people, you know, watch for this, be aware of it and when it comes up just - no need to judge it, right, wrong, good or bad - just, "Isn't that interesting? There's that wonkiness, there's that old need for that anxiety."

Karen Wyatt: Well, that's a really good point when we think about caregivers because I think oftentimes, they live in a constant state of stress and anxiety because there's always something new happening. Something they're responsible for and oftentimes far more to do than they could even handle in a single day. So I imagine that they just stop even being aware of how stressed they are, they can't even tell at some point.

Roger Moore: Well it's become normal, it's become natural and there's just so many things going on in their life and giving that care. And then whatever they might have personally. Yeah, they're constantly in that fight or flight.

Karen Wyatt: Yeah. And we know from studies that have been done that many caregivers end up burning themselves out and actually destroying their own health in the process of long term care for a loved one. But it seems like, with some of the tools that you offer, they might be able to reverse that cycle, you know that never-ending cycle of stress by learning tools. And one thing that I really like, you talked a lot about being able to experience joy even in times of stress and difficulty. And sometimes I think maybe joy is missing for some of those caregivers

Roger Moore: Very much. Yeah. You know, it's one of those things where there's these stressful situations that occur. And what I've talked about for years is that, you know, you can be rushing to a meeting and you get caught in the freeway, you're stuck in traffic, you're gonna be late for the meeting, there's no way around it, you're gonna be late. Well you can totally freak out and stress out and be all upset and show up to the meeting stressed and anxious, or sit back and relax, take some deep breaths and show up to the meeting late and relaxed. Either way you're gonna be late. But we do have a choice on how we choose to respond to it. And that's where I come from with joy of, okay, we can be caught up in the fear and the anxiety and the anger and the hurt and frustration, whatever else. Or we can step back from that, acknowledge this is hurtful or this is stressful, and also bring to mind joy - that we can create that place of happiness within it.

And so one of the things that I do is I teach people how to pinpoint a happy and joyful time in their life. And for some people, they struggle a bit with that. For some it's the struggle is, well, there's so many of them. Well pick one. And when they start telling me about their joy, there's a certain point where their whole face lights up. And I stopped him right there. And it's okay, what's the emotion you're feeling? And it's happy, it's love, it's whatever. And what is the physical sensation of that joy? Often it's a warmth or a tingliness somewhere in their body, an openness, a lightness often in the heart, you know, the chest. Sometimes it's in the gut or somewhere else. But what is that sensation? Because I want them to be able to recognize and memorize that emotion and the physical sensations that go with it. So they can connect to it much more easily. And then I'll be mean and interrupt them and have them focus for a moment on the stress, on the anxiety, the upset, whatever it was that brought them to me in the first place. And you can just see the, you know, the whole physicality diminished. They just kind of shrink down and I want to stop. Okay, now, what are you feeling? And where do you feel that? Well, it's a heaviness in the gut or clenching or whatever. And tell them, okay, now that's your fire

alarm, that's your alarm clock, that when you feel that feeling to recognize it. That's your wake up call, " Roger, stop doing this." And at that point you can switch back to the joy. And I have them flip through the joy and the upset several times to realize how quickly they can flip that switch. And it's pretty shocking for them when they realize that they can literally, in a matter of seconds, go from upset to joy. And that doesn't mean that the stressful situation isn't still there or that it's not real. It is. But again, we do have a choice how we respond to it. We can joyfully go to the meeting late.

Karen Wyatt: It's such a great practice because you're teaching them to actually be able to listen to what their body's telling them. So for those people who began to experience stress as just how things are, they start to recognize, oh, I'm really stressed right now and can come to understand, like now is when I have to intervene and I have to do something to get myself out of this place because this stress is harmful to my health.

Roger Moore: And also not only the physical sensation, but also what are the thoughts that go with it? What are they thinking? You know, what's the repetitive loop? I gotta get this done, I gotta get this done. Or I'm late, I'm late, I'm late or whatever it might be. To be able to recognize those hypnotic trances that we go into and to be able to stop it and quiet the mind. And then bring to mind the joy and the peace of mind and move back into that place. So, okay now I have, now I'm in control of me and I have power to take action. I may have a mess to clean up, but I can clean it up.

Karen Wyatt: It's such a good point to remember that we can always find joy no matter what situation we're in. If we have that intention and if we look for it and we recall it and remember it, it just may not seem like it to us.

Roger Moore: Right. One of the things that I encourage, and I wrote about this in my book, laughter and the importance of laughter. And I encourage people like, first thing in the morning or one of the first things they do in the morning is to watch something funny or read something funny or recall something funny or to do laughter yoga or anything along that line. Um, I'm a big Mary Poppins fan and one of my favorite scenes in the movie is the laugh scene where Uncle Albert, Mary Poppins, and the whole crew are up there in the ceiling singing the song and they're laughing hysterically. And it's: "the more I laugh, the more I'm filled with glee and the more the glee, the more I'm a merrier me." Well how can you not recall those lines or read those lines or hear those lines in a song and not have your spirit lifted? And I've actually shown that clip at a number of talks that I've done over the years and I've never yet had anyone go through the entire scene without at least somewhat of a smile. Many people are laughing hysterically, but even the most stoic person that's, you know, sitting there arms crossed and the whole bit and you know, scowling on their face end up smiling because she just can't not laugh and smile watching that scene.

Karen Wyatt: It's contagious.

Roger Moore: Yeah. You know, when you bring those types of things to mind, well then life changes.

Karen Wyatt: That makes me think, if we wanted to do something to help a caregiver, one of the best things we could do is help them laugh. Like bring something that would entertain them even for a few moments and laugh together because that would probably change everything for the rest of that day.

Roger Moore: Very much. Yeah. And I've actually encouraged that of somebody, a client who has, what she described as a grumpy caregiver. The caregiver said it was the other way around. And so what I encouraged the client to do was to, I have her watch cartoons with her, to laugh with her. And that's exactly what happens. That changed their day. Because they start, when the person came in to go to work on her shift, they'd laugh and that just changed the whole tone of how they were going to be together that day.

Karen Wyatt: I know I've always appreciated that wherever I've worked when there's someone on the staff who is hilarious and you can always count on for a joke or humor how much it changes everything. It changes the whole tone of a meeting or a workday when there's a person like that who is able to bring humor into the situation.

Roger Moore: Yeah.

Karen Wyatt: But all of us can be that, we don't need a comedian. I mean, we can find a way to laugh on our own. Like you said, we can watch videos or old reruns or something.

Roger Moore: Or you know, even things like little clips on Tiktok or whatever. It might be the dogs or you know, other animals doing crazy things or little kids. I love watching clips of little kids and their laughter and the silly things they do, and it's just, it lifts your heart.

Karen Wyatt: Yeah. Yeah. So that's such a good point to learn how to recognize the stress when it's happening in your own body and to remember the power of joy and laughter to turn that around and to salvage the day maybe. But also to help your health.

Roger Moore: Very much. Yeah. Because laughter also, what the research shows, boosts the immune system, and we know stress weakens the immune system. So the more you can be in that place of joy, the more you can relax, the better it is for your own health and wellness. And you also end up with more energy. You know, stress is so energy-draining that when you relax, when you laugh, you can get more done quicker and with less energy and feel better.

Karen Wyatt: Yeah.

Roger Moore: Yeah.

Karen Wyatt: So true. One thing that I've observed about most caregivers that I've interacted with is that for some reason, they have a hard time asking for help. And I'm not sure why it is. I'm not sure if they feel they have this whole responsibility, they're supposed to make everything better, it's their job or they're afraid no one would want to help them. But it seems to me like that is a negative message in their heads that needs to be changed. Because that's one of the reasons they get overburdened and in trouble, because they don't know how to say, I can't do all of this and I need someone to help me. So I wondered if you have some tools that might help people learn how to ask for help and learn how to accept the fact that they can't do everything.

Roger Moore: You know, to me, it's giving yourself permission that yes, you are a caregiver. But first of all, you have to give care to yourself. You know, it's said, put on your own oxygen mask first before you try to put on anybody else's. That unless you give that care to yourself, you're not going to be able to do this long term. And I think you're right, there's this magical belief that as a caregiver, a person is supposed to be all, do all, end all. And there's no place for weakness or to be human, and you're supposed to be superhuman. One of the things that I've just adapted and played with and taught people, Gay Hendricks wrote a book called *The Big Leap*. And in there, he was actually talking about fear and he said, imagine that you have a birthday cake and there's candles on it. And to just take a deep breath and celebrate the fear by blowing out the candle. And what I've done with that is started teaching people, when you're in those stressful times, when you're feeling down, feeling discouraged or whatever, identify the emotion, identify the thoughts. Identify the emotions because first of all, when we acknowledge, oh there's that stress, we've objectified it. We've separated ourselves from it, and it's no longer part of us. And now it's over here, okay, now I can walk away from it or I can start doing things differently to handle the situation versus being just caught up in the rat race of stress. And so I have them blow out the candles on the stress and basically celebrate, isn't that interesting? I was feeling stressed or I'm angry or whatever and blow it out. It's a very powerful process, and it works really great.

Karen Wyatt: Yeah, I like that imagery, and to be able to see your stress as something, it's burning over there outside of you, but you have the power to blow it out with one single breath.

Roger Moore: Well, and then instead of demonizing it, to celebrate, you know, just like a birthday, celebrate that I'm blowing out the stress.

Karen Wyatt: And make a wish.

Roger Moore: And make a wish for a cool mind or quiet or whatever, for joy and love in my heart.

Karen Wyatt: I really like that. And one of the tools that you wrote about that was also of interest to me was talking about using mental rehearsal to get out of the rut of envisioning that everything will go wrong. And I was thinking that caregivers probably fall into that

rut of, oh no, the last time this happened, it went like this. This is going to be terrible, anticipating the worst that could happen. So tell us what mental rehearsal is and how to use that.

Roger Moore: Well, as you were saying, people generally mentally rehearse what was mean and awful. They mentally rehearse how horrible the day is going to be. Or they've got so many things they gotta do, they can't possibly get it all done and you know, they just get into that negative train of thought. And I like to use teeth brushing as a perfect place to do this because it's generally one of the first things we do in the morning. And so why not meditate then on having a great day, on creating the day that you want to have? And that's what the mental rehearsal is all about. And there's a difference between mentally rehearsing your day and imagining your day. One of the examples I often talk about is, if I'm getting ready to go to Maui, and I'm imagining getting ready to go to Maui, I'll go to the bedroom and get swimsuits out of the bottom dresser drawer and I'll go to the closet and get t-shirts, and I'll probably glance at the blue jeans hanging there because I'm going to want those on the airplane. But otherwise, all I need is swimsuits because I'm gonna be on the beach rotating, and I'm gonna be in the water swimming and snorkeling and body surfing and boogie boarding. And one night I better go down to Maui dive and run some dive equipment, and go to black sand beach and go down the lava tube and check out the sharks. What happened to getting ready to go to Maui? I went diving with sharks for goodness sake, I got lost. That's what happens when we imagine. Mental rehearsal is much more purposeful: I'm gonna go out to the garage and get the suitcase, bring it in the house, lay it on the bed, unzip it, open it up, go to the bottom dresser drawer and get the swimsuits, go to the closet shelf to get the t-shirts, the corner of the closet to get flip flops, the office to get phone chords, power chords, whatever. Go to the bathroom and get toothpaste and toothbrush and deodorant and razors, all those things. So we'll have those neural pathways already laid, and when it comes time to go to Maui, we've got the groundwork done. We've already got the plan laid out, and it makes it much easier. So for the day, why not mentally rehearse, as a caregiver, having a very positive, wonderful, joyful, fun, loving, even easy day with the person you're giving care to? Why not mentally rehearse easily or joyfully taking the person you're giving care to to a doctor's appointment? Or helping them bathe or whatever it is. But mentally rehearse it going positively versus mentally rehearsing the sinking thinking: it's not going to work, it's gonna be horrible, it's going to be awful. Either way, it's all mental rehearsal and from my perspective, it's all hypnosis. We can either stand there awfulizing and be in that hypnotic trance or we can mentally rehearse and create a positive trance of it going well with that positive mental rehearsal. Actually, what we're creating is a positive future fantasy.

Karen Wyatt: I like that idea. And when I think about myself, how often I find myself experiencing dread when I have something I need to do and the dread is all filled with: Well one time when I did that, something went wrong. It didn't go well at one time when I filmed an interview, the wifi went out and we didn't get to finish the interview. So what if that happens? It's that dread of something going wrong again that went wrong before,

even though 99 times out of 100, nothing went wrong. But it's funny how we hang on to that one negative time.

Roger Moore: I think it's 87% of the things that we worry about never happen. You know? And when I hear some of the anxiety, some of the worries that people have and I go: has that ever happened to you? No, but it happened to somebody somewhere, they heard about it. Or maybe as you said, it did happen one time, the wifi did go out. So then it's like, from then on, every time you log on, you're gonna worry about the wifi going out as you record a podcast. And that one time when it happened, what was the worst thing that happened?

Karen Wyatt: Yeah, I just had to redo it. It was not that big a deal.

Roger Moore: You know, the sun still came up the next day.

Karen Wyatt: Yeah. It is funny how we get caught in those loops and the unnecessary stress we put ourselves through because of that.

Roger Moore: And in, you know that one time that it happened, there was frustration, there was fear, whatever emotions around it. And it's like it becomes hardwired. So every time you go to log in, there's that thought, what if? But again, you can learn to change those thoughts. You can memorize the joy, memorize that it's gonna go well. That doesn't mean that the wifi won't go down or the internet won't go down again or the power won't go out. I was in a meeting, actually co-leading the meeting, last month and about five minutes into it, we lost our power and internet for over an hour. And the meeting was over by the time I got back. There was a co-facilitator and he winged it.

Karen Wyatt: Things work out one way or another without our worry and our dread. I know you write a lot too about using meditation, and it seems like you have some good suggestions for how to use meditation without making it a really big process of trying to learn how to meditate. Would you talk a little bit about that? The power of meditation and how we can learn to use it.

Roger Moore: So when people ask me, and this is a question I'm often asked, well what's the difference between meditation and hypnosis, or meditation and prayer? And from my perspective, it's all a continuum. I don't think you can take prayer and put it in a definite little box, and I don't think you can take meditation and clearly define it in its own little box, or hypnosis and compartmentalize that and put it in its own little box. I think they're all shades of the same thing. I talked about prayer being my communication with God, meditation is me listening, and hypnosis is me talking with myself. And I may start in prayer and switch into meditation and back to prayer and into self-hypnosis, and unconsciously not be aware of it unless I stop and think about it usually after the fact: oh yeah, I was kind of all over the place there, isn't that interesting? And you know, so many people when I start talking about meditation, and you know, what I do is I call them "meditation with the greatest expression of you" being reading, you know, whatever

they've written, to be about their best self. And to memorize the joy and mentally rehearse joyfully having an awesome day. That is the meditation that I'm referring to and and you know, some people will say, well, I don't have time. Well I'm not asking that they get in the lotus position for 30 minutes, but again, teeth brushing, You know, two minutes, the tooth brush runs. There's a wonderful time to meditate for two minutes. You get to focus on having a joyful positive day or while you wash your face or brush your hair. Those are all wonderful times to meditate because you're gonna be thinking about something. And again, you can be thinking about, how am I gonna get all this done? And take the kids here and I got to get this done. And, I bet I'm gonna have a fight with mom when I'm there to give care to her or whatever it might be. Or you can meditate on, they're all going smoothly and well, and having a joyful day and having a great time with mom.

And along with that I teach people self-hypnosis. And I teach it in such a way that they can learn to give themselves suggestions to get as relaxed as they can be in the moment and return back to doing what they need to do as quickly as in one minute. And along with that, I also teach people self-hypnosis that they can do with eyelids wide open and while they're bathing the person they're giving care to or assisting in some way.

I remember my sister used to get so frustrated with my mom and giving care to her and she'd have all these thoughts running about how angry she was and frustrated she was and how it wasn't fair. And here she was being a loving daughter and mom wasn't appreciative and all those things. Well that's a pretty powerful negative hypnotic trance. And she was doing it with eyelids wide open. Well, if you can do that with your eyelids wide open, you can absolutely certainly be in that place of joy and love and start giving yourself suggestions about having fun with this, about being calm, about being relaxed, about being patient, about being gentle. Whatever the messages are you need in that moment: I have all the strength and energy I need to make it through the next three hours. Or whatever those thoughts are, turn them around and make them positive and you can do that while you're cooking dinner. You can do that while you're bathing somebody or vacuuming the rug or whatever it might be. It's all self-hypnosis, and it's very powerful.

Karen Wyatt: And you mentioned having people write about their best self, which I think that's really powerful. I remember the first time I heard you talk about that, it was really stunning to me to think about, wow, like I do have a best self and I know who my best self is. And if I begin to put that together as an image in my mind, I can recall that. But tell our listeners more about that because I don't do the best job of describing that.

Roger Moore: You're doing great, that's awesome. So I'm a dog person. And so often, if somebody has a dog or has had a heart dog, a dog that they're really close to, we'll use that. Sometimes it's little kids, you know that 2-6 age range. You know, when kids are still loving and lovable and before they become more individuated. Um but I'll ask, so when you walk in the room and your granddaughter, your three year old granddaughter comes running to you arms wide open and that look in her eyes, or when you walk in the room and your dog comes running to you, that look in your dog's eyes, if they were

telling me who you are - not what you do - but about your beingness, who would they tell me you are? What words would they, how would they describe you? And we'll start with that, of loving and joyful, kind or whatever words the person tells me. And I say, okay, so you've got a great start here, right? At least one, but no more than three sentences - you want it short - that describe your best self, that describe the greatest expression of you. And it may or may not include those words, but it's a place to start to get the essence of it. The feeling of it.

We had a yellow lab that was pure white, her name was Luna. And in her eyes, I could do no wrong. And she was always right up next to us, you know. I'd be standing at the kitchen sink washing dishes, sure enough, she'd be laying on the floor, pressed up against my feet. That's how close she wanted to be. And if I forgot that she was there and stepped back, and stepped on her foot or an ear or a tail or whatever, there'd be that brief yelp and then immediately her butt would be wiggling, the tail would be wagging. Her eyes were just glowing with love. I could do no wrong in her eyes. And so my greatest expression is, God, let me be as good as Luna thinks I am today. And Luna died in December of 2020. So it's been over a year, but I still focus on, can I be that guy? And throughout the day, as I realize I'm being less than my best self... The other night, we were on a camping trip and the veggie burgers were cooking way too fast and the rest of the dinner wasn't ready and it was like, oh, what am I going to do now? And I think, you know, there was a stress, this tension. And I could feel, I heard the tension in my voice and I was like, oh, are you being your best self right now? No, but I can be. And I was able to switch. Okay, our veggie burgers are gonna be overdone. And I shut the heat off and then at the last minute just turned it back on to heat them up a little bit. And we had a wonderful evening, a wonderful meal and life was great. But it could have gone downhill real quick because I was stressing over overdone burgers. And that's what the best self is all about, is getting back to that place of: am I being my best self now? If I am, awesome. And if I'm not, well then switch, change, memorize the joy. Remember the joy and get back to that place of joy.

Karen Wyatt: And then I could see caregivers including in that: my best self also knows how to take care of me and that I need time for myself. And I need to think about what I need. So my best self is balanced and isn't afraid to ask somebody else, could you come over and help me this afternoon? Because I can't do this by myself.

Roger Moore: Yeah. Or the other thing is to ask, for those caregivers that get to go home, to ask the people they live with to help out after giving care to somebody all day long. Now you don't necessarily have to go home and cook and wash dishes and clean house and do all those things. Engage the people in your house. Tell them: I need help, I need you to wash the dishes, I need you to cook dinner or whatever. I need you to run the vacuum and to empower them to ask their partners, their spouses, their kids - whoever is there - they're roommates even, to help out. And it's okay to ask for help. That's a good thing, to ask for help.

Karen Wyatt: Yeah, definitely. It gives other people the opportunity to be helpful because sometimes they're just waiting for that or looking for a chance to do something.

Roger Moore: And I recently heard one couple, she was upset because he never helps her. And his response was, you never let me. I quit offering because you always say no. And so now she started asking, and he's happy to be able to give her support to help her. And feels that that's the way he can show her his love. And actually feel love from her because she's allowing him to help. So yeah, ask for help. Let the people know in your life what you need.

Karen Wyatt: Yeah, I really like that. And overcome any shame you have or embarrassment about asking for help because it's a normal natural healthy thing to do.

Roger Moore: I can do it all myself. That's often when I hear. I'm supposed to do it all myself. And often the question I asked was, well, who said that? Who told you that? Where'd you learn that? And most people are stumped for an answer: I don't know. It's the belief they've taken on. And the great thing about neural plasticity is we can change those beliefs.

Karen Wyatt: Yeah, definitely. And you also write a lot about the power of gratitude. So I wanted to talk about that and finding ways to experience gratitude. Even when we're in difficult situations.

Roger Moore: Gratitude is again, so healthy and so important. Imagine having a lemon and slicing through the center of that lemon, and taking one of those halves of lemon and just start slicing through that. You can actually feel the spray of lemon juice across the back of your hands. And you begin slicing through one of those quarters of lemon and you notice the lemon juice that's running off the cutting board onto the counter. And just reach down and and pick up one of those wedges of lemon and bring it up to your mouth and just bite right down into it. And what just happened there?

Karen Wyatt: I felt it.

Roger Moore: What else did you notice from biting into that lemon?

Karen Wyatt: Uh, well, I could, I could just feel my taste buds, I could feel saliva and my and my taste buds in my mouth.

Roger Moore: Okay, and were you actually eating the lemon?

Karen Wyatt: Um, well, no, not, I mean, not in real life. I was imagining it.

Roger Moore: But our bodies do not know the difference between eating lemon or imagining lemon. It's going to start responding the same way. So when do you say thank you?

Karen Wyatt: When do I say thank you? Um I try to say thank you to people who do something kind for me. I try to always think of it in the moment to say thank you. I recently have tried every time I journal, I end my journal by writing thank you and thinking of reasons to be grateful in my journal. That's been newer for me.

Roger Moore: Awesome. And have you said thank you for your next birthday's birthday gifts?

Karen Wyatt: No, not yet.

Roger Moore: Why not?

Karen Wyatt: Because I don't know if I'll get any, it hasn't happened yet.

Roger Moore: It hasn't happened yet. Every cell of our bodies is pre-programmed to know through years of experience that when we say thank you, it's a done deal. Somebody brought us a cup of coffee and we say thank you. Somebody gives us a birthday gift and we say thank you. Every cell of our body knows that when we say thank you, it's done. So one of the things that I encourage people to do is, first thing in the morning, as part of the meditation, is to end it with saying thank you as part of the mental rehearsal. Thank you for having me, thank you for giving me an awesome day. Thank you for making this next meeting go really well. Thank you for passing this exam or whatever it might be. But to say it before the fact, ahead of time because just like with imagining lemon, there wasn't a lemon. And yet your body started producing the same chemicals, started reacting as if it was real. When we say thank you, our bodies have no choice but to push us in that direction to have a wonderful day, to push us in the direction of being more loving or kind or whatever it is we're saying thank you for. Our bodies don't know that it's not a done deal because it thinks he said, "thank you," it's done. And it's amazing the power that it has, just in our own thoughts. Expect that it's going to be an awesome day. It's gonna be a beautiful day. Or I'm gonna accomplish this with ease. Or I'm going to have a creative time writing. A young kid was telling me the other day how well he did at a piano recital. And before he started the recital, he thought of his greatest expression. He memorized the joy. He mentally rehearsed the recital, the songs he was playing going masterfully and he said, thank you for going so well. And it was his best performance ever. Because he was in that space of, I got this and I can do this and yeah, thank you. Well, and he did, He did a great job.

Karen Wyatt: Mmm. I love that. One thing I want to say, "thank you" to you... because when I first heard you speak, I think it was in 2019, we were on a panel discussion together at a conference. You talked about a tool there that you used called, "right now I'm okay," that I have to tell you, that got me and my entire family through these whole two years of the pandemic. Because I taught it to so many people during those two years when people would start to panic or feel stressed, or feel like things are out of control. I don't know what's going on. I taught people what you taught us to say. But right now I'm

okay, and to stop in that second and think about, but just look around me, I'm okay. And even to feel gratitude because right now where I am and what's happening in my life in this moment, it's all okay. But again, you can explain that better than I do. But I just wanted to thank you because that has been a really powerful tool that just, it helps me always just shift out of a negative place very quickly.

Roger Moore: Yeah, thank you for mentioning that. I've forgotten talking about it at that conference. But yeah, you know, I had a client earlier this morning that um, he's in chronic pain and it was our first session, and lots of suffering going on. And one of the first things that I did was I taught him Roger's wiggle, which is simply wiggle your toes, wiggle your body, breathe in through your nose and let it out to your mouth. And immediately I could just see him kind of melt because he got out of the fear, out of the anxiety, out of the suffering trance of pain and back in his body. And he just softened and his level of discomfort decreased. And then I said to him, so right now in this moment are you okay in spite of the pain, are you okay? And he looked at me rather surprised and he goes, yeah I am. How can that be? How can I have this pain and also be okay? And I laughed and said, well is it okay that you're okay? And he goes, yeah. And in a matter of moments using the traditional pain scale, which I don't use, but he went from... I think he said that he was at an eight when we first started, down to a two in terms of discomfort just by stepping out of the awfulizing of the pain, acknowledging, yes, there's pain there, but in spite of that, I'm okay. And he was able to get back in his body. And then we did other things that I taught him, how to reduce discomfort and increase comfort. I talked about increasing comfort. Let's not focus on the pain, let's focus on comfort, feeling better. And worked with him at teaching those skills. But it's all from that place of, right now I am okay. And I'm sure I probably talked about Marie in that conference we were at: a woman who, the last thing she said before passing... it was a few hours before she passed. Um, the family called me to their home. And when she realized I was there in the room, she got conscious enough and called me over to the bed. And she grabbed my arm, dug her nails in to the point where I had a couple little spots of blood and you know, purple spots from bruising. And she goes, Roger, this hurts like a son of a gun. And then she just smiled, just glowed and she says, but I'm okay. Those were the last words she ever said, the last things her brother and her sister heard her say was, I'm okay. And you know, if we can all die in that place, how beautiful would that be? If caregivers can acknowledge that, this is stressful. This is upsetting. And this is frustrating, right? You know, I got clean clothes, I've got food in my belly, I've got a dry roof over my head. I have a bed to sleep on. I've got air to breathe right now. I'm okay. That just makes a huge shift, a huge change on how we view life and the issues that we're challenged with.

Karen Wyatt: Yeah, I know. I found it to be empowering when I say to myself, but I'm actually okay. These things are happening and it's scary and I don't know what will come next and we're dealing with the unknown, but I'm also okay. And then I remember like, oh, that's right. I have all these tools. There are things I know, there are things I can do. I need to be in that place where I feel powerful enough that I can do what I need to do in this moment. I'm not defeated and overwhelmed by what's happening.

Roger Moore: Absolutely. And you said something important there that none of these techniques or tools are about making the scariness go away or the anger hurt, fear, sadness, go away. It's acknowledging, oh, there's that hurt or that anger or whatever it might be, and I'm okay. And then once we get to that space and we've objectified and we separated from it, then we have power over it. And okay, we have choices, how are we going to handle this? How do we respond? And that's, as you said, very empowering to take on that, I'm okay.

Karen Wyatt: Yeah, definitely. I just feel like if caregivers just remembered those four simple words - right now I'm okay - and they could teach that maybe to the patients that they are caring for also, and use it together to remind each other, but right now we're okay, right now we're going to be okay.

Roger Moore: Yeah, yeah, I remember when my mom was passing and being there and I had taught her I'm okay. And you know, she started talking about something and then she looked at me and smiled, but I'm okay. And those last few days of her life when she was conscious were some of the happiest, most fun times. And we laughed and we joked and we went through photo albums and she told stories. And sometimes I could see that she was hurting. And, mom, do you need anything? No, it hurts, but I'm okay to continue on. Because as long as she stayed in that place, as long as she laughed and told stories, that it changed her whole, her whole trance state, it changed her from pain to joy.

Karen Wyatt: That's really beautiful. And I wanted to ask you about one last tool I think fits with all these other tools: ultimately, the need we have for self-forgiveness because no matter how hard we're trying to do our best and trying to make things go right and do better, there will always be things we need to forgive ourselves for. And I think that that's something we don't emphasize enough in our society. People don't even really understand how important it is to be able to have self-forgiveness.

Roger Moore: Well, one of the misconceptions that I hear from people is forgiveness means making a fairy tale, creating some story out of how it's okay that I did this, or it's okay that somebody did that to me or whatever. And to me, that's not at all what forgiveness is about. It's not okay that somebody is mean and cruel to somebody. It happened, they hurt them, they injured him physically, mentally, emotionally. Whatever they might have done, it happened. You know, my dad went through a period in his life where he was abusive and there was no way I was going to forgive him for that. It was not right, it was wrong. And then it really ticks me off when years later, when there was a sweet, gentle loving grandpa and great-grandpa, that was just this kind guy. And I was like, well, where were you when I was growing up? And those judgments I had about him and those stories that I kept replaying over and over and over and over about whatever he was going through at that point in time in his life, and the anger and the abusiveness, they were not happening in those times. In those moments, they happened 65 years ago, okay? They're not happening now in this moment, except for if I'm playing it in between my ears. So if I'm playing those movies over and over and over. So how I teach forgiveness

is... the first sentence is, I forgive myself for judging myself as... and then you have people just leave a blank line. I forget myself for judging myself as not good enough. I forget myself for judging myself as stupid, or I forgive myself for judging myself as cruel or whatever our judgments are. And we might have been cruel and it's not about making it okay that we're cruel. It's about stopping the judgment of it. Okay. What did I learn? And how can I be and do differently in the future? And the other one is: I forgive myself for judging blank as blank. I forgive myself for judging my dad as abusive. I forgive myself for judging somebody else for whatever they did. And again, it's not creating a different story about what they did. It's us stopping the judgment of it. We're told not to judge anyway, so let's stop judging it. Because it's really our judgments that kill us, that eat us, that create stress and anxiety. And when we stop judging it and just accept that it happened, it's not happening now in this moment. I am okay. So rather than focusing on all that horror or the trauma, why not focus on the beautiful day outside? The birds that are out there singing. I don't know if you can hear them but there's mocking birds out there in the patio singing away. To be able to find joy in that, versus traumas of 65 years ago. And when we can do that, then we can let go of those judgments. It's life changing. And I actually was able to develop a really good relationship with my dad. Once I let go of my judgments of him.

Karen Wyatt: Mmm wow. That's just so powerful. And it makes sense. That kind of completes the picture. Because we can forgive ourselves. Yes. We want to have gratitude and we want to find joy and we want to get out of our negativity. But sometimes we won't be able to and then we need to forgive ourselves for that. For judging ourselves. For not being able to be perfect every day.

Roger Moore: Yeah. Yeah. I forgive myself for judging myself as being less than my best self.

Karen Wyatt: Yeah. That's so powerful.

Roger Moore: Yeah.

Karen Wyatt: Well I want to remind everyone, I have a copy of your book here, *Becoming the Greatest Expression of You* by Roger Moore. Not the actor.

Roger Moore: James Bond

Karen Wyatt: James Bond. Yeah. And so I guess we can direct people to your website Roger, if they wanted to get in touch with you or work with you.

Roger Moore: Yes. They can go to Palm Desert Hypnosis or Hypnosis Health Info. The book, they can go to either one of those and they'll find it, Or there's a web page called greatestexpressionbooks.com. Or they can just simply go to Amazon and search *Becoming the Greatest Expression of You* and it will come up there. So there's a number of ways they can access it, but it's out there.

Karen Wyatt: Well, it's a really helpful book and it's practical in that there's so many good tools in it that you teach us how to use. And like I said, I've been using your best self and "right now I'm okay" tools for several years and they've made a huge difference. So I was really excited to learn more tools from the book. So thanks for writing it and thank you for talking to me about it today, Roger.

Roger Moore: I love talking with you and it's exciting for me to be able to talk about the book and share it. So thank you.

Karen Wyatt: Well, you're very welcome and I'm assuming there will be another time we'll get together.

Roger Moore: Yeah, same here.

Karen Wyatt: Alright, take care.

Roger Moore: Thank you. You too.