

Welcome to this episode of Timely Topics, an educational program of Lotus Network. Lotus Network believes it's never too late to rediscover your potential and make the next chapter of your life the very best. And now here's your host.

Lisa Cook

Well, Hi, everybody for those that don't know me. I'm Lisa Cook, and I'd like to welcome you today to our timely topic featuring Lynn Hellerstein just a reminder. We are now offering closed captioning during our timely topic sessions. Just go to the bottom of the toolbar and look for the CC. Box, click on the CC. And another box will come up. Then click on, enable and you'll be able to see the closed captioning at the bottom of your screen

Before we begin Lynn's presentation. I want to tell you about our exciting upcoming events. I am truly so thrilled to tell you about our upcoming hybrid Signature Experience, and announce that we have secured Sheri Salada to be our keynote speaker. Sherry started out as a clerk at 7/11, then worked at the Oprah Winfrey Show for over 20 years, climbing up the ladder to executive producer for the final 5 years of the show. We feel so fortunate to have her so on Sunday morning, April 23rd Sheri will share her story of trials, transcendence, and transmission. She will help us reimagine our future, become worthy stewards of our lives, dream big and stir the pot of help. If you were with us in 2018 in Seawell Ballroom. You already know how amazing this event will be if you attend it virtually in 2021. When Maria Shriver was our keynote speaker. You understand the power of connection. If you'd like to jump on the bandwagon and either become a sponsor, put a table together, or just it, please reach out to us at connect now at www.lotusnetwork.org I promise you it's truly going to be an animated morning.

On Tuesday January the 24th At noon we will host another Let's Talk About It Virtual program. The theme is hope. What are you most hopeful for this year? What does it mean to be helpful? The beginning of the New Year's a wonderful time to hold an inspiring discussion as the things we hope for in 2023 join us to make New connections and share your hopes and wishes?

We are offering another opportunity to connect this time in person with our conversation. Salon, please join us on Saturday, January 21st, at the Koebel Library from 2 to 4 PM, free in-person salons are a safe, comfortable place, where small groups come together to share stories, listen and be listened to this is an informal talk between 2 or more people in Which news and ideas are exchanged.

Lastly, registration has opened for our next Rose Women's Hospital Connector Series Event. Our last one was on breast cancer, and it was so successful. This one will be on heart health, and it will be held on February 8th in person at Rose Women's Hospital to coincide with American Heart Month. In fact, we are co-partnering with American Heart Association, our goal will be to help you take control of your hard health and work towards a healthier future. Attendees will have a chance to hear from a leading panel of experts and learn about the latest cutting edge. Whole health approach to hard health. Our expert speakers will present the latest clinical information and scientific research while offering suggestions for better heart health, as well as providing dedicated time to answer questions from our audience. This is a limited opportunity. There's only space for 80 guests. So register as soon as you can.

Speaking of connecting, you've trusted us to bring you events and programming with engagement that inspires, educates and helps women of all ages rediscover their potential. By now you all should have received an email introducing you to our inaugural fundraising campaign. Please consider the friends of lotus network levels of support. With your essential

help we can continue our mission and sustain life enriching work. Lotus Network has been created to change lives for the better. The easiest way to support Lotus Network and become a part of our vital 2,023 circle of friends. Donor program. just to clarify this is a donor program only, as always, everyone is welcome, and we mean everyone. We deeply appreciate your desire to be a part of the lotus network.

Now onto our presentation Lynn Hellerstein is a developmental optometrist and co-owner of Hellerstein and Brenner Vision Center for more than 45 years Dr. Hellerstein has treated children and adults with learning and reading deficits, visual processing disorders or brain injuries. She has inspired thousands of individuals to improve their vision and enhance their school or work success, sports, performance, and confidence. An international system. Podcaster and author of 4 award-winning books, including the number one, Amazon, bestseller. Expand your vision. In addition, Dr. Hellerstein is an adjunct faculty member at 5 schools of optometry and past president of the College of Optometry and Vision Development. Dr. Hellerstein has worked closely with several nonprofit boards, including bonds, vision foundation a nonprofit started by Von Miller, which provides low-income students with eye care and fashionable corrective eyewear and another is the socket toum sock campaign which she is board chair of this nonprofit provides socks to those experience homelessness. Can you believe this? Resume her 2 beautiful adult daughters and 4 grandchildren fill her life with fun and joy? Dr. Hellerstein's mission is to inspire and empower people through their vision and visualization skills. So that they may see and experience their world through the lens of clarity, courage, and confidence. So, please. It's my pleasure now to welcome Dr. Hellerstein

Dr. Lynn Hellerstein

Well, thanks to you, Lisa, and a whole crew at Lotus. I'm so excited to be here and see a lot of familiar faces, some that I haven't seen for a long, long time as well as new faces. So I'm going to jump in and share my story starting about 20 years ago. It was September 9, 2002, a beautiful day in Denver, you know. I was in my regular routine, getting up early, getting the kids ready for school, carpooling, going to the office, seeing patients, writing reports, but that day I had one special thing that I had scheduled added to the appointment at Rose hospital for my routine colonoscopy. You know, that's a fun thing we all get to do when we hit the Big 5. Oh, well, I remember vaguely waking up and hearing the doctors say, Lynn, we found a mass, a mass. I said, what do you mean? A massive tumor in my colon? And if that moment I knew that mass was going to change my health and my life forever, the next couple of months they spend getting more consultations, testing and finally, on November sixth I was scheduled for surgery to remove the right side of my colon my doctor said we were lucky we were able to get the entire tumor I don't think you'll need chemotherapy. 8 weeks you should be heal and it's good. His name.

Well, those 8 weeks started becoming weeks, months, and after several months I still wasn't doing well. During that time I became allergic to almost all foods. I was tested by a number of types of doctors, and they're pretty similar in finding I was allergic to the typical milk we gluten, but also to Turkey and I just couldn't even digest food, and that really became kind of my way of life. I couldn't digest life, so I said to turn elsewhere for some help. And my nutritionist recommended this book, the Second Brain, by Dr. Michael Kirsten, who is a physician, and he was writing about how your gut has a mind of its own. So this is 20 years ago, you know. Now there's a lot of research on. Got to Biome, and the importance of healthy guts and how it's really important in many, many diseases. But 20 years ago we were doing much about these issues.

And you know, there's neurons. It's estimated that 100 million neurons can control Good behavior independent of my brain. Oceans are influenced by nerves, I mean, think about it. Have you ever had butterflies in your tummy when you get nervous or anxious? And how are the thoughts and emotions affect my life? Health, and happiness, one of the things I learned was, I wasn't listening to my gut and our guts often speaks loudly to us. Our bodies, speaks loudly to us, but I never listened. I never heard about it.

I never thought I was intuitive. You know I lived the life of what I thought was perfectionism, but during this dark time in my life, no longer with the labels of doctors. Teacher, writer, speaker, mother, why, none of that even meant anything to me. I was in a really very dark place to really asking, Who am I? And what is my purpose in life? And I was struggling to reconnect physically, emotionally, and spiritually. My healing journey, I thought, was a fascinating one, and moving out of the darkness, I had to first decide to let go of the past, letting go is a very challenging thing for many people, especially need to do letting go of the ways of being letting go of my my my behaviors my thought Patterns and to be able to move forward. I needed really explore and look at the past as to what I could let go.

During this time I learned a couple really important lessons. The first lesson was about being the vulnerable, and you can hear. I I can hardly say the word vulnerable. I remember I was taking a professional personal development class, and one of the coaches had recommended that I take on being vulnerable, and I was furious. I thought, why would I take on weakness? It makes no sense to me, so you can see where I was 20 years ago. Not understanding the courage it takes. To be vulnerable to really reach down and be open and honest with myself and with others, to really be seen by myself. And be seen by others.

The other big lesson I learned was asking for help now. I don't know about you guys, but that was always a challenge for me. I was happy to be there for people. I was happy to help my family, my office, my friends, but it was so challenging for me to ask for help myself. As I started healing, and I was working with nutritionists, medical doctors, alternative care practitioners, and I was starting to make some breakthroughs which resulted in little miracles. Daily. Miracles happening which end up being big accomplishments and one of the first things that was helpful for me was, I needed to change my story. I was not my Colon, I was not my illness.

and how often do we, you know, label people? Oh, he's ADHD, or she's got dyslexia, or a person has some disease, and they live through the vision of the disease or the label, and often restrict what they think it can do because of the label, and so I had to change my story and learn that I much more than my illness, and during that time I created a new operating system. For myself.

And I eventually started using it for my patients. It really rocked my world and is now my life's work. What I created was a system called see it, say it, do it, visualize, declare, take action, and it seems like you need all 3 of those components. They don't have to be in that order, but if you leave out one of the components often, we don't really accomplish or get through what we're trying to get through, because when you do this, see it saved your process that's when we can get the cut off you know our transmission, or next Step in life and just a sidebar. I ended up writing a book about that.

Quite a few years later, it was called C. It said, Do it, and when I was in the middle of writing my book I was in Chapter 5, which is, say it. I noticed that I had no stories, for I had lots of stories for steel. How people visualize, create athletes, use this all the time where they see themselves winning. They declare themselves a winner. They take the action steps, become

winner and big businesses use this where they have a new project, and they have a big drawing of a new building or a new facility, or a new you know, city. They see their vision, and then they have a mission statement. And why? What they're doing. And then they have action plans.

So it's really nothing new. But I tried to simplify it. One for me, as well as many of my patients in my practice are young kids, and I thought, Gosh! What if we started working with our young kids with this process? Because many of these kids might improve as we do vision therapy to improve their tracking and focusing. And it's teaming, but so often they still feel like they're stupid, or they're not good enough, or they can't be readers. And so that's how I see it. It's not established. But when I got to say it, it's like I realized that is not part of the process. I use it very much. I'm a great visualizer. Great Action, Taker, and I don't declare.

And so this was at a time where my youngest daughter, Becky, that's Becky in the picture on the right. Becky says to me, Mom, do you want to run a marathon. She met me for a walk, she said, run a Marathon with me, and I don't know about you guys. But when my adult kids asked me to be a part of their life, I jumped, and I just said Yes, and so we started planning for the Seattle Rock and roll Marathon, which was in June 2009, so I started. You know, the first thing I did was go to my computer, found pictures of people running a marathon. They always show that picture across the finish line in there. Yeah, yay. And they're always running. And they already have smiles on their faces.

And that's when I realized the Marathon was 26.2 miles. Yeah, there was a problem. I said yes to something. I had never even walked longer than 10 miles in my life. At one time, and so I could see it. I started making an action plan. Get new shoes. What are we gonna eat? How do I dress? How do I work out? But what was missing is the say it piece all I heard in that little voice in my head, and you might say, what little voice in my head that's the voice I'm talking about.

We all have these voices in our head, and sometimes we allow those voices to dominate our thoughts, and this voice is there to protect you. But sometimes it doesn't help you at all, because my little voice was saying, you'll never make the Marathon. Your feet are gonna hurt. Your needs are gonna hurt. There's not enough parties on the break you're never gonna do this Marathon and I don't know about you. If you ever get those negative thoughts in there.

But I'm a yes person right away, and then often it's like, Why did I say yes, when I question? And so. Yes, isn't always my integrity of what I mean.

And so I started playing with, well, if I'm writing this book, and I believe in this process, I need to find a way to create my declaration. So I said, All right, I'm a marathoner Now that wasn't very motivating to me. I don't know how that sounded to you, but it was like I'm a marathoner, you know. I'm not a marathon, you know, if I can't say something clearly it's not to be and I didn't believe I was a Marathon, or so I couldn't say it clearly, so I'm struggling with this well, I'm happy about walking the marathon I'm Not happy about doing it, you know. I could not find a decoration,

so one day I was trying to take a 10 mile walk and I'm on Yosemite in Colorado, walking there. It's a cold day in January, and I'm just walking with his voice dominating my thinking. And all of a sudden I heard a loud voice say, You're a marathoner, and I literally stopped, and I started looking like who just said that there were no cars on the road. There was nobody on the sidewalk with me, and then I realized that it came from within me and was shocked like at that time I finally realized every day in my life's marathon. Here are the kids going to work writing

reports, coming back and taking care of the kids. Keeping in the house, trying to stay fit every day was like a Marathon who says a Marathon has to be 26.2 miles, and when I would realize that I live, a marathon every day, and I'm successful at living it. I could really declare I'm a Marathoner, and I could declare it, and I could be in it.

And when we went to Seattle I picked up this little newspaper, and they had all these promotional articles about running the Marathon. I remember reading a little article by the psychologist, and he says the good news is 50% of this. Marathon is mental. The bad news is 50% of this. Marathon is mental, and in fact, most of a Marathon. Much of what we do. Sure you have to be halfway decent. Shake, good! It's the head game, and is not only seeing your specific, it's believing and saying something about it.

And so that story became my signature story. But more importantly, what it taught me was that I'd leave that part out and that's what I need to concentrate on myself. Development is declaring my intention and being clear about it and being honest about it, so that it all is an alignment. And this picture you'll see. It was 8 h, 24 min and 6 s. It took us, but actually the first hour was standing in line behind the 30,000 runners who went ahead of the walkers, and sure enough, Becky and I finished it. We walked while I was limping, but we had no energy to run over that finish line for the picture, because we knew where the cameras were

so that was a story. Of my Marathon, it was a great experience that I learned that I'll never do again.

So anyways, 8 months later, after my illness, I was now back at work with a much healthier body. I was again working with a lot of nutritionists, doing a lot of work on eating what I could eat. Physically also, I never could have done this without the help of my doctors. My therapist, my office staff, my friends, my family, and many coaches.

You might recognize some people here on my list, and you might especially recognize Audrey, and I hope Audrey's here. I know she's supposed to be working, but I hope she's here because I want to acknowledge Audrey. She's kind of the one who got me into this whole thing when I was really ill, and I was alert to go to all the foods.

I remember one morning sitting at the kitchen table reading the newspaper that dates me when we had the different posts in the Rocky Mount News, and we would sit at the table and read the newspaper and I'd read the newspaper and I saw this little Ad. Needed subjects for lbs study irritable bowel syndrome and I thought, that's really weird, because most studies like this are for things like depression. Or you know, female kinds of issues, things that they're trying new drugs, diabetes. And I never saw anything on lbs because there were not really drugs for her mobile syndrome.

So I was interested so I called up. It was supposed to be this confidential number. I call up this number and I get a call back. This is Audrey. I know you from all your friends and buying all this in common. So much for the confidential call, and what Aggie was doing for her. Phd. Thesis. She was using meditations and relaxation. Cds to see the impact on a chronic illness. Since you happen to pick up your bowel syndrome, we listen to Cds twice a week, and then we keep a quality of life survey. And sure enough, at the end Audrey's theory was absolutely correct, and showed that meditation was all very helpful. Yeah, this chronic illness.

But what was interesting when I was done I was so amazed and feeling so much better. I thought I need to start making more of a practice of relaxation. I mean, I was a go! Go! Go get

it all done. How much could I do in a day person? And the thought of sitting and meditating, relaxing was like not there for me.

And so I said, I need to find the person who made these CDs because I'd like to get more CDs from her. So I go on hand, Dr. Google and Google, the person who was Dr. Sandela is actually the picture next to Audio, of course, this is where all the synchronicity starts again. Dr. Sandela is a patient at my office, and my daughter is teaching her daughter dance lessons. You know, Dr. Sandela could have been anywhere in the world, and here she is, right in our backyard. So I started working with their own method called Rim, releasing inner memories. I resonated with her work so much, because it was all about visualization in the body. You know my vision theory work that I've been doing for 45 years. Included, not only tracking, and teaming and focusing, but a lot of visualization, but often it's more just in the mind, and Dr. Sandela really into the whole body.

So I resonated and expanded what I was doing. The Dr. Sandela Was the first step of her program of teaching. I was in her first class, and I started taking the classes, and then I was done with that class. She said, I have a new class, I said. Well, I don't know. I'll be using it. Well, this will take you deeper.

So I ended up getting certified, enrichment, which I believe is one of the most intensive, hopeful deep. So improvement program that I've ever taken, and I've taken a lot of them. And so these are the people who really helped me get my life back together, and I am forever grateful for them.

And so I was truly given the gift of vision transmission, you know, 2002. I had this huge wake up call, and it was up to me to listen or not, and I'm so grateful that I listened. And out of that started recreating my life So that's my story of my recovery.

But the next step was, how can I experience the musical, the miracles of vision transformations to my vision? Therapy patients, and just a little bit about vision therapy as optometrists. We are looking at more than just glasses, and eye health, and those things are important. But we're looking at how fission develops. Just like a pediatrician would look at the whole body development we're looking at vision development. How well you're using both eyes together, tracking, focusing. Eye hand coordination, visual processing, understanding, all of these kinds of skills. And that's what my career has been for 45 years, and we've been getting great success.

But I've now seen even more opportunities to help many of my patients. So what I want to do is share 3 patients with you. And there's much more I have to do. Just choose 3. But it really shows vision transformation beyond 20/20 meters.

Betty was a wonderful, wonderful woman that I met in my first couple of years of practice about 40 years ago. Betty was in her seventies, and she was a beautiful artist. You can see this is one of her paintings that actually hangs in my house, and so Betty comes in. She always calls me honey. She goes, I, honey, I think you're the best side doctor, but don't give me new glasses. Prescription, I said, Well, why, Betty, I mean your eyes have changed, and you know, without your glasses you're seeing 2100. How do you do such beautiful work when you're blurry? And she says to me, Oh, honey, you just don't get it, do you? There is so much more beyond twenty-twenty. I need to see space and dark and light and texture, and when I want to describe all that she sees beyond 20/20, and she says your glasses just make me see way too clear and I thought there goes 8 years of college down the drain all my Optimistic training and learning what I'm supposed to do for patients and what the heck is she talking about? She is

talking about vision more than what was predictable. I didn't understand what she was talking about then, but, boy, she started to open up my vision world! To what else is there beyond seeing clearly

patient Number 2 is Joey. Meet Joey Joyce was a 7 year old, who was identified as already being gifted by age 7. He had 3 eye muscle surgeries called strips pristine. Yeah. Patching for laziness. I call it Amblyopia. He wore very thick glasses, with bifocals, and at his last ophthalmology appointment his doctor said, Joey, you see 20/20. Your eyes look pretty straight. I think you're good to go Joey was not good to go. Joey wouldn't go to school. He hated to read, because he'd lose his place. The print was too small. Gave him a headache. He hated the right. This is Joey's handwriting. When we first saw him, Joey was really smart, and he was gonna put up with that kind of stuff, so he just wouldn't do his work. So it became a behavior problem.

We evaluated Joey, even though his eyes were pretty straight, they weren't totally aligned. But they looked cosmetically straight, and his prescription was okay. And he saw 20/20. He had promised tracking, focusing, coordinating eyes. I handled coordination and processing of what he was seeing. You know, how could you think twenty-twenty is the perfect vision and raise your hand if your vision doesn't think 20/20 is a perfect vision. Raise your hand How many you don't think we'll move on anyways. 20/20, most people think is perfect vision, and it's not. It's only one of 17 visual skills that you need for learning. And so here we do all this screening with kids and tell them, oh, you're always a perfect cap, twenty-twenty, Joey. Division, screening even with cross-site, because they had 20/20. And if that's all you're looking for on screening that's all you find, and you're missing. Some of the major vision problems.

Anyways. Joey then took vision therapy for about 6 months, and this is what is handwriting? Looked like after therapy, and we never really worked on the handwriting per se. We worked on his visual skills to be able to focus track and improve our hand coordination and the brilliance of Joey was, he says, my writer in me was squished. Now it's gotten bigger at 7 years old. This is his talk about an intention. Now it's gotten bigger. And he became a great student. You know. Got placed in the gifted classroom, and just took off and thrived in school. So just another example of 20/20 is not enough. There's more to the vision than just what might be predictable Right.

And let's look at this third patient. His name is Trevor. I met Trevor when he was 13 years old. He suffered a severe brain injury from a terrible accident. Fell off a motorbike. He was not expected to live, and then, when he lived they thought he'd be a vegetable, and then, you know, he passed that, and they thought, Well, you'll never get back to school, you're never reading them right. Well, they didn't know Trevor Trevor ended up recovering amazingly. Well. He was also gifted, and he ended up back in school. But you still had vision problems.

We could help them with a lot of the vision problems. You have double vision. You couldn't track. He had a significant visual field loss now, visual Field, if you you know, when you go to the eye, doctor, and they have an instrument where you put your head in and it's like a round bowl they say look at the light and push the button, when You, see a light in your purple vision. That's a visual field test, and if you were to close one eye and just look straight ahead, you know, you can see I can. I can notice my fingers. That's your visual. You do have a little blind spot here which represents your optic nerve, but overall you don't see it. Then, if you check your other eye, you know you should have a full visual field. Now after things like stroke or concussion, you might lose some of that visual film. It's a brain problem, if it didn't happen to the eyes directly it happened to the part of the brain with a vision, for that field takes place.

So what you're seeing on my slide is a picture, all of us light gray, with a little dark spot underneath the cross. That dark, dark spot represents the optic nerve, but this is a fairly normal visual field. Hey? Things should be by great. Here's 2 of Trevor's visual fields. They're not supposed to be black. Black C means he couldn't see. So Trevor lost almost all the vision in his lower field. So if you would look straight ahead and put your hands right in the center of your pupils, he could hardly see anything below that And most things to the right. So he was operating kind of with just this upper left and little lower left field. That's what he had left for his vision, and that's something we couldn't correct, because of the brain damage.

Well, that didn't stop Trevor. He became an excellent student. Graduated high school, went to a top engineering school, graduated at the top of the class, went to med school, graduated with honors, and landed a very premier Residency program. He had to make some additions, but he figured it out, and he was so motivated he did well in medical school he had to pass all of his lab work with patients.

He passed well, always great with Trevor, until several years ago, and I get this phone call, and I can hardly hear the voice. Doctor, and I could hardly hear my go, Trevor, is that you? Yeah, I would need your help. And it's Trevor. What happened, and he went on to tell me the story that you know he never could drive, because of this field loss. So he walked everywhere. He was walking across Swap with a green light, and some young gal. Rand the green, her red light, and hit him, resulting in another severe brain blade and brain injury. I mean it just crushed my heart. I can't imagine him and his family, and it flared up the vision. Problems really worsened them. But now we also had damage to a hand that affected him, being able to use like a scalpel and other instruments. It damaged some hearing and some other areas of his body.

We were devastated. He immediately came from Craig into therapy again, and he was making progress. But those of you who've ever suffered a concussion. Though, you don't bounce back in a day or a few days. You know fatigue is one of the major fat findings. He was very tired. He had so many things he was dealing with, and the medical system wanted him back. Now they need him as a resident 12 to 14 h a day, and they were very resistive in giving him accommodations.

Trevor's biggest problem was he could not read the computer, and everything was electronic medical records. And we found some. He was at different places, and he found some kinds of systems and computer setups that work for. And it was a struggle trying to get his other sites to give the adaptations, to be able to succeed well. This went on and on, and finally the Residency program said, you need another vision. Evaluation. Send them to a new doctor, and Trevor came back in tears. And he said, I'm done. The doctor told me I could never be a doctor And I said, "Why, you said you've lost too much visual field?" I said, let me see the fields. You just did. And he took those out, and I took out my visual fields from 20 years ago, which are these. And I said, What do you think Trevor? Does it look the same or terribly different? Cause they look almost the same, and they were, and it said, the only difference is the words out of Doctors Mouth saying that you couldn't do anything.

He didn't know Trevor was full of possibility, and what Trevor has created in his life and Trevor talked About his vision of being a physician was greater than his visual limitation. That's what kept him going, and drove him to Kenya. Continue on us. Journey.

So those are just 3 of the many, many, many miracles I'm blessed to experience with so many of my patients. But as I know I'm looking to be rich, I don't call it retirement. I will talk about rewiring. I am still very, very interested in getting more and more people to understand the impact of that vision and how to expand their vision. Both internally and externally.

So the question is, now, what for me? So that's when I wrote my fourth book called Expand your Vision, and I was blessed again with my book Coach, and some help that it ended up being a number one top seller and it's just great because the goal is if a person can see something inside of one of these stories of these folks and know that anything's possible when you're creating it.

That is my mission. Help people grow and learn. I've also decided another way to get the message out. Big time, I mean, that's when I started my podcast. It's been about a year now. And I've had so much fun interviewing a number of people. You'll recognize some. These are doctors, therapists, psychologists, social workers.

My youngest he's my little granddaughter, he was down in the bottom left here, Sierra, who just floored me. I talked to her about visualization, and she uses it all the time. She talks about how she spends time with her friends and stuff, and then we were laughing at something, and I said I think the most important thing about life is fun. What do you think? She says well, yes, fun but also Caring love and kindness, and that just gave me chills. Talk about creating her world at 7.

So the work we're talking about I've done this. Work with my little kids when they were 3 and 4, and visualization, and for fears and taking tests and preparing you know, for medical procedures. And so this type of work really can be done with, you know, age, appropriate modifications at any time, but I will tell you my real passion now is seeing the expansion of my family.

Some of you might know my 2 daughters, Becky and Annie and their husbands, and my great, wonderful 4 grandchildren, my love dearly! And watching them grow and expand their vision, and being able to offer them little tidbits of going beyond what's powerful I'm just thrilled to watch them and be a part of their lives, and most of you are grandparents. Knowing this, it is so different. Being a grandparent, then it is being apparent, because when you get to go home after a bad day and 2 you're not responsible for all their behaviors. But you get to see them in a whole different light.

And that's where I'm spending a lot of time and energy right now. So I want you to remember that our vision does not limit us. We limit our vision with our attitude, behavior, and practice, and I want you to close your eyes with just a second Breath, in and out. Allow yourself just to go to a very relaxing place. Please. And imagine. What would you do if you knew you would be outrageously successful? What would you do if you knew you would be outrageously successful? You can gently open your eyes, you have a piece of paper. Want to write down a few notes? You're certainly welcome to do that, but I challenge all of you.

Be open to miracles beyond the predictable. As you live a life of accomplishment Create a vision that's unlimited And sutor, using the See It Say it Do it process. So together we get to celebrate those Tedds, those transformations in our life.

Terry Rubin

Thank you. So much you were just riveting and I'm wanting to keep this conversation going a little bit longer. We have a few moments for some questions, and answers, and I hope that will be okay, that we can do that. It's great, sure. And so I was wanted by everybody. If you would like to ask Lynn, Dr. Lynn anything. Please put it in the chat.

You've had a couple of comments, and one the last person Claudia just said. I think you'd been a miracle in so many people's lives, Lynn, and I can tell that you haven't. Thank you. So thank

you so very much, I mean, for sharing such pivotal stories and your own personal story of transformation, which is what we really like about you.

I'm gonna ask. So Claudia is just asked, can you tell us more about Rim and Ka? That would have been one of my questions.

Dr. Lynn Hellerstein

Releasing inner memories is really a combination of like a body. There's different kinds of treatments. I'm not this college is all. But it's creating imagery and making sure you're in alignment with the body. And so, for example, if let's say and I'll give an example of a friend of mine who's really stressed and was really uptight and most of the time people would say, You know what's the matter? What can I do to help you rim is a totally different system. We are looking at body sensing.

So when they said, I am so upset I go now, gently close your eyes and involve some breathing relaxation, and just tell me where in your body you are either getting sensation or tightness. And she said, All my stomach, and we all know often when we get stressed, it could be your summer. It could be a show or it could be your fist on. People. Show their emotions in different parts of the body.

So we're speaking to the body, not the intellectual, reasoning mind. You know, we all can say you shouldn't be anxious. You should just calm down. We all do that. Does that work? Always, acknowledging seeing it, and then going underneath it is what's helpful.

So I said to her, Really, what do you notice? And she was on her hand, on your belly. She says, Oh, man, it's so tight! I said. Well describe the size and shape of what you're noticing. But it's really hard, and it's about so big, and it's black. I think it's a bowling ball. Go, really. Hmm! And check it, you know. Is it hard everywhere? Are there any holes in the bowling ball trying to be wise, Guy? Of course, and she goes. It's what just happened now, as soon as you said holes, the holes came in the ball, and it just all went away. I said, Well, what do you notice? Goes? I don't know. I'm not so tight there anymore. Now we have an opportunity to talk about what's up.

Okay. Now, these sessions can be very intense, and you know that I've actually had a podcast with Dr. Deb Sandela. It'll be published in the next few weeks, and she describes more about it. She's actually working with teachers and psychologists and schools with the kids coming back to school with so much stress, trying to help.

Teachers have a few tools like breathing like going to a safe space and taking your test from a safe space. speaking to your body. Oh, body, what are you trying? You know, and you can make it fun. And with kids they riot all right. You've guys right now up here, you know, and so it can be very fun. It's very impactful. I still find it very. Useful, resource, but we use little, I call it rim lights, just little 2 min.

I'll give you a quick example. One of us gets optometry interns. Fourth year, students from several schools of optometry, and we had a student. It was a female. She was about 6, 2 very big women. These kids scared the daylights out there. So here's his big woman coming in. The kids are scared, and she's scared to death of the kids. And she couldn't do the exam. And we were busy, and we had patience. And I said, Come on in. We need to spend a minute. And literally it was 5 min. Breathe that goes with stress. Go to your safe place and that safe place could be in the mountains. It could be on the beach, could be wherever it once was. And I said,

I want you just to go back into the room and examine from your safe space. That's it. Nothing more. We didn't have time to do anything more

so she breathed, went in there, and did a pretty good job. Okay. I thought that was it, I thought, Hey, that's cool. She comes back. The next day, she said. I need to talk to you. It says what's up? She said, I finally had the courage to call my mother and talk to her about all the years of stuff that's been going on, and I've been holding in, no I didn't coach on that. I didn't even know about that.

But when you can help somebody get to a place where they're safe and breathing, and what they can, they're aware. And what comes up, what's open. These miracles in my life?

I think it happened, because once I got knocked down healthwise, and I couldn't function, I couldn't work. I couldn't drive. I felt my brain was injured. I became aware of all the synchronicities and things that were in the universe giving me clues, and ideas and support, and we have to get out of our busy, busy monkey mine. You are able to see something noticeable.

Terry Rubin

That's right. I think that this kind of leads into the next question that was asked, which is, you know, we can make goals, and we can make action plans for the New Years. But how do we keep them?

Dr. Lynn Hellerstein

Well, that's a really great question this time of year. Goals are really different from intentions. You know. Research on goals is, if you go to especially go to the gym and by the end of week one already started seeing the attendance. Everybody I'm going to get in shape and go to the gym and buy it, and in a week one person is already falling away.

Goals are very difficult for people to keep what we create our intentions or declarations, a way of being so. What I create every day, in Roberta. If she's on that, knows that because we have a small group of us that every morning we create our day or intentions, and we call it started when a friend of ours was ill and in for cancer, Colon treatment, and we were there to you know be supportive and now we continue on creating our day.

My day is My creation is my excellent health, fun, connection, miracles, and loving kindness. Gnr giving and receiving and seeing how the group changed. Their intentions depending on the day I added inspiration to my day today.

But it starts you off in the way of being so. If you have a tough day, how do you deal with that day with loving kindness? How do you deal with that day of connection? I want to connect, even though this may be some tough conversations. So instead of setting necessarily the goal reception, intention that ends up resulting in you being able to set goals

Terry Rubin

Yeah, wow, I mean, right now, I'm thinking you exemplify what being a Lotus Lady is all about what Lotus Network is all about. Thank you.

If you could not have said it better or more, I you've had a lot of thank yous in the chat, and you'll have to go and look, and people who said helped their daughter, and you made a big

difference, and she's getting married, she's married, or she's getting married, and just so Many positives.

I want to ask a question about. I talked to you a little bit about this before, but I kind of want to do this in public. What about this in this day and age, for children and for us adults of technology? And screen time, and I mean, look, Ron, we're on zoom. This is fabulous. We get to connect, but there's a lot of technology that has impacted our Cs. It? Has it impacted our visualization? What's what's going on with technology and all that?

Dr. Lynn Hellerstein

Sure. Yeah, that's a great question, Terry. And you know, could be a whole hour discussion technology, especially Zoom. I know it really saved my life and saved a lot of us and connection, and was so important.

But I think we all know technology, especially kids with screens, is really a problem. I watch my own grandkids, I'm babysitting them in Seattle right now. And when I give them the screen I have to pay the consequences. When it's done, I get that little half hour and I need to do something, and then they're like terrorists after it.

And there's a lot of research looking and changing behaviors that I've read, especially teens on screens for too long. Hmm. Their brain starts looking like the brains of addicts, so what we're doing to them is brain, wise, social, wise. It's great to be on zoom, but it is really different than given. How about this, and really playing outdoors with people.

I will say technology has been a boon to our industry. When the 2020 pandemic came and everybody was forced on screens. The screens are too high. People have neck problems, the screens are too intense, too long. People have iphones.

So we saw so many. We were actually in an emergency. My office was considering emergency medical people. One person was at home working. If they broke their glasses, lost their contacts, they needed help. 2 with all the screens. People had so many complaints and we're giving special coatings and tints and lenses to help relax our vision. You know most glasses are set for distance or for reading and computers are at all different funny places and so we've had a real look. Different kinds of prescriptions, creative prescriptions to help function more comfortably.

So the technologies made my therapy my vision therapy. A lot of fun. We've got virtual reality in 3D. And all these cool things to use. I don't know if it's made any better, but when you can make it more fun, the world functions better but we're very concerned. I know you have seen.

I have a little list on what's appropriate. Screen, time for age, throw it out doesn't even work anymore. Because kids in kindergarten you remember my kindergartener was on zoom in 2020, and here's the picture of the first day. Okay, and and and she actually hacked Microsoft Soft in the first week and got called by her mom and the computer. So you know, this whole time in the pandemic has been a lesson for us.

And yes, I think you know, we're not going to stop technology. It's really important. But we need to be preventive. And teach kids our Craig Nippenberg talks about. He's a social worker who works with a lot of kids. He talks about teaching kids how to be digitally smart and save. And that's what we have to do.

Terry Rubin

Hmm, okay, thank you. We are gonna run out of time. But we certainly are not running out of interest and questions, and wanting to connect with you.

Thank you. You are just a treasure, and you have brought so much that we will take away from this conversation, and if I mean I'm feeling like I'm wanting to See it, Say it, Do it. I can just really have some things in mind, and I'm wanting to practice.

On behalf of all of the Lotus Network. Thank you so much for being here and saying yes to becoming a timely topic speaker, and we'll never forget this, Lynn. Thank you so much. I want to thank everybody for being here. I want to thank the audience for coming in and participating.

Thank you all so very much and just check out Lynn's Timely Topic web page. There's more things that you can press on and see some of the podcasts and talks at Lin's given.

so just to remind you, there's an overtime talk about expanding your vision. It's at noon with Janis Pluss on January the seventeenth, and there'll be a link. There'll be a zoom link for this, and you can join the conversation so we can further this conversation if you would like. These Let's Talk About It ones are just so incredible because we have, we pause for a minute and could go into a little bit more debt. Our handle on Instagram is Lotus Network Org, and if on Facebook, it's at lotus network org.

So, all of you. Thank you. I hope you will walk away with something of a treasure from today and from Dr. Lynn, Hellerstein, and just thank you for being a part of us. Stay safe out there, and please stay connected to us. We adore you all so much. Thank you very much.