



Dr. Irena: Okay. Beforehand I promised that I would bring on the illustrious Lion Goodman, my mentor in the coaching space about relationship improvement, by going into the way you can rewire your brain in a very fast and effective way. And I can attest to that personally. And um, I'm so thrilled to have Lion here with us today; he's taken time out of his busy schedule. So thank you so much Lion. Really appreciate that.

Lion Goodman: It's great to be here with you, Irena, I really appreciate being invited. Thank you.

Dr. Irena: Thank you! So like I said, Lion has an illustrious career and a huge story to tell. And boy, could he tell a story...Let me just introduce him to you and I need my glasses to read this because it's so...a lot and amazing. So Lion Goodman is the CEO of the Luminary Leadership Institute and he has 35 years of experience as an executive coach, counselor and healer. In 1984 he founded the Goodman group, an executive search and consulting firm, which served more than 250 companies and C suite executives during its 18 year history. He has coached business owners, coaches, technology executives and change agents around the world. Lion is also the creator of the clear beliefs process, a proprietary technology for shifting beliefs at the core of the psyche, which he has taught to hundreds of coaches and therapists internationally. He served as director of men's programs at the shift network where he created programs with more than 20,000 participants.

Dr. Irena: Lion has taught workshops and trainings across the US and Europe and his writings have been widely published and he is the author of four books, "Creating purpose", "Menlightenment", "The Narcissism Primer" and "Clear your Beliefs". Absolutely fabulous. Absolutely amazing. So thank you so much for being here again and like we said, you have a big story to tell. Uh, right now we have to maybe focus initially on what relationships mean. That relationships, as we know, are like the backbone of humanity and we are talking about relationships that can be changed easily and fast and safely. All kinds. The one with yourself, the one with the partner, life partner, spouse, siblings, parents, children, the whole world if you want.

Dr Irena: So, how did you get here? Why is this happening? How were you able to put this together, had this to do with the coaching before? Did something specific happen in your life? Lion, how did you get to be such an amazing coach and creator of the beliefs closet process?

Lion Goodman: Well, let's start with the fact that we are relational creatures, right? We are social animals and I always like to look to science and anthropology and history to try to understand who I am, who others are, how we got here. Like that's a great question, right? How the hell did we get here?

Dr. Irena: Right? Everybody would like to know that.



Lion Goodman: Yeah. So you have to study history and all the sciences too, to understand how we became who we are. And I've spent my life studying that, trying to understand myself. That was my first project and then how to understand others and then how to understand society. I was a weird kid. I was, um, I was kind of always observing. I didn't feel normal. I didn't feel like I belonged. Uh, I was, even though I had siblings, I didn't feel close to them. I didn't feel close to my parents, even our pets, I didn't feel close to our dogs. So I was isolated and alone. And, um, I thought if I could observe other people and figure them out, figure out like why they did what they did, then maybe I could duplicate that and I could be normal. And fortunately I never became normal.

Lion Goodman: So that's the core story. Uh, but it did spur me to study everything I could about people. And I studied, uh, psychology and I studied spirituality over my lifetime. I've taken more than a hundred trainings and workshops and I've been with therapists of all kinds. And it was my project. Now, I also had a career and you know, made money and did all those things. Cause I also was interested in money and business and success. So I had these two worlds, the outer world of money and businesses and success, which is a relationship-based thing, right? We can only, the only reason money is exchanged cause there's value exchanged and that requires two people, one of whom gets value. Right. And then I had my inner world, like trying to figure out myself and the world and the universe. So when my head hunting business went down the tubes with the .com bust, uh, I was freed up to begin doing what was really more heart for more purposeful work, which was coaching, and then eventually teaching. So that's how I got here, uh, through endless study of myself using myself as the subject of experiments of all kinds and, and then realizing, oh, there actually are tools that work that can actually transform people. And selves, and relationships and society.

Dr. Irena: Yeah. So that's kind of, if you're thinking about a child who feels weird and not part of any group, not even close to pets, that must've felt kind of strange. Not only strange to see that others have different relationships, but how does that feel for a child to not belong? That's probably not a really good feeling to be in. And then, you know, trying to emulate others or were you're just studying others to see what they were doing? And then saying, what if I can do this? Then I'll also belong. Or how did that figure, what kind of a person does that? You have to be very visionary to do that, right?

Lion Goodman: Well, you have to be something different. Um, but that is one of the core fears of being a child, of being a human being, is that I don't belong. Because as social creatures, think of monkeys in the trees, or apes, you know, in the forest. Um, if you don't belong and you're getting pushed out of the troop, you're going to be dead before long because social creatures rely on each other to stay alive and to thrive. So this is a primitive fear and, and for good reason, because not belonging equals death. So at that core level, belonging is one of our deepest needs. And, and even when you're born, if your mother says, "Oh, I'm so glad



you're here. Welcome, I'll welcome you. You're just a little baby and you don't know everything, but we're going to be here, we're going to keep you safe and keep you nurtured and we're going to do everything we need to do to help you grow". And so you can become your own person. Like that'd be a really nice way to get welcomed into the world.

Lion Goodman: But it's rare. People don't know how to do that. They think, oh, this baby's just this thing that eventually will become a human being, you know? But it's actually a human being with full feelings and experiences. And so not belonging to the family is as dangerous as not belonging to the clique in junior high school. I was just talking to a new client, um, and he was saying he's felt this thing about not being right, being wrong, something wrong with him for his whole life. He's in his sixties and I suspected something. So I started asking him about history, right? Well, he said, I said, where are you in birth order? He said, well, it's complicated. (I knew that). And he's like..."the first child was a girl and she was born...she was, uh, she died at birth.

Lion Goodman: I came second and I'm the eldest of three, but there were four others that died in between". Oh Man. So I said, are you aware that babies feel what their mothers feel? He said, no, I'm working with psychologists and psychiatrists for decades. Right. But nobody told him this, that babies actually feel what their parents feel. So he was born into grief and sadness and then his mother was saying, well, that girl, you know, so he knew he wasn't the... he didn't win the prize. He was the poor substitute. So his whole life felt like there's something wrong with him, even though there's nothing wrong with him. He just got born into that circumstance with a depressed mother. And that went right into him as a fetus. And it went right into him as a child. So this is where we get our deepest programs from that interfere with our own life and with our relational lives. Because if somebody pokes that wound inside him, he gets angry. Right.

Dr. Irena: Oh, okay. That was his defense mechanism, to get angry?

Lion Goodman: Exactly. So that's his presenting problem, right? We all have a presenting problem. This is what's happening in my life that isn't working. But underneath that are these beliefs and experiences and programs that are causing those things to happen.

Dr. Irena: Yeah. But still, I'm still circling back to what you said. You kind of looked at this very scientifically, even as a young child, I mean it must be a special mind to do that, right? You did that, looking at it like almost objectively and scientifically dissecting of what's going on here and then trying to do the best out of that instead of just like, someone else would be just angry or withdrawn or hiding out or something, or be sad.

Lion Goodman: So what you're saying is, is I'm weird. (laughs)



Dr. Irena: (Laughs) Yes. And you know what, what we will share later on; what everybody will hear later on in this event, is that being weird apparently is a compliment. Well, I've been told the same thing. So...great minds think alike. We're in a good club, I think.

Lion Goodman: Well, it's been said that we're all orphans, that we're all born in families that we don't belong to. Right. Even though we're supposed to feel like we belong, you know, artist parents will have, will give birth to a kid who wants to be a lawyer and they'll think there's something, there's a really weird kid and lawyers will give birth to an artist or you know, who's a weird kid. So none of us really belong. We're all sort of trying to belong.

Dr. Irena: That's funny. I've never heard that before. And it's kind of interesting because the question to me is what parent would want to have the child to be completely different from them? Is that somebody who is not able to fulfill that in themselves and now tries to project it onto a child?

Lion Goodman: Well, that's a very good point. Because another primitive belief, a deep infrastructure, is that same equals good and different equals bad. So if you're different you could get pushed out of the group, right? There's something wrong with you. We get pushed out. You're not the same as us. This is the basis of tribalism, which we're still suffering from. Yes. Big Time. 15,000 years later. Um, and so, we push out the different ones so we can all be the same. 'Cause same is safe. Being different is dangerous. So if you're a different kid or you're different for any reason, you're scared that you're going to be ostracized and pushed out and therefore be dead. I mean it all comes down to that. Yeah.

Dr. Irena: Yeah. Like I said, my father, a very strong person obviously, wanted us children...and unfortunately it was two girls instead of a boy. I mean he has; I have a brother, his oldest son didn't have the intellectual capacity to become what he wanted him to become. So it was now transferred onto me as the older one of the two sisters and he wanted us to become what he couldn't, which was a doctor. Guess what? I became a doctor. My father is a lawyer; actually was. And um, it was definitely something that you have to go to university for and it's not like, "oh yeah, why don't you become an artist? I would totally support that". Cause I guess he didn't have that in him, or he wanted to make sure that I would be in a society where I would be accepted as doing something that is acceptable.

Lion Goodman: Yes. Well that is the parental desire to have their children's lives be better than their lives. And so whatever they think they're missing, they want their kid to do that. Right. So, oh, I didn't have this when I was a kid. Like some of my clients, their parents were beating on each other. Right. And so they said, I'm not going to do that to my kids. Then they ended up doing it in some other way. It comes out sideways because these influences come into us very early and we're...as much as we tried to not do that, almost everybody who's a parent that I know



has said there was that moment when I said, oh my God, it's my mother's words coming out. I turned into my mother

Dr. Irena: Guilty as charged...of something I didn't want to do because I didn't like it when she did it too...

Lion Goodman: Right, right. But they're programs and they'd come out, you know, at different times. So I was just going to say, I want to come back to the topic of relationships because that's what we're here for. Right. And I wanted to bring in that when we're in a relationship, especially an intimate relationship, all of our wounds are easily pokable by that other person and all of their wounds are easily pokable by us. Right? And so it's really easy to co-trigger each other. Um, and the wound can be anything that happened to you as a kid. Like if your father had a scowl, you know, and your partner has a moment where they're thinking and they're thinking like this (note: Lion mimics scowl), you're going to get triggered by that facial feature, even if it meant something completely different. Uh, if they raise their hand to scratch their... if your father beat you, that's a sign that you're about to be beat, right?

Lion Goodman: So we can easily trigger each other. And when we're triggered, the Amygdala, which are the threat detectors of about an inch into the brain on either side, they go off and now you're in fight or flight, freeze or fold. Those are the four. There's another one, flock. But, those are the four biggies for what happens when we need to respond to a danger. And so what happens then? As soon as you're in, in a amygdala response, we call it an "Amygdala Hijack", your Cortex, your thinking brain is offline because you're all about the survival, right? So you react however you were set up to react. Which strategy did you use? Do you go into fight; I'm going to pounce and kill that thing that's making me hurt? Or do you go into flight? I'm outta here. See Ya. Or you go into freeze or do you go into fold and just collapse? Right? So, and then of course that causes the other person to respond because when someone did that to them, when they started getting beaten on, they reacted in their way and then they react. And then that reaction causes this person to react and their action causes this person.... So this is how it happens. This is how triggers happen between two people. And the more intimate you are, the more opportunities there are to trigger each other.

Dr. Irena: Right, the more intimate you are, there is a lot more friction points because there are connection points. It's not that the other person is irrelevant. So everything that comes from them feels more relevant to oneself.

Lion Goodman: Right. You're more open, you're more vulnerable. Vulnerable means able to be hurt, right? So you know, hey, I'm open and vulnerable. You know all my secrets. You know me, you know, all my wounds and where they can be poked, oh, you're going to get hurt more. And so, so relationships, especially intimate, long-term relationships are tricky because you have to navigate all of these ins and outs and ups and downs and backs and forths and trigger and triggers. And



if you do it well, it can be fantastic. You have a great relationship, uh, and if you do it poorly, it can just be a down spiral of more and more misery. So, um, my wife, Carista and I are...we counsel couples and we couple counsel, um, and we counsel counselors. Um, so when we do couples work, you know, we're trying to help them navigate all of those, all of that tricky territory. There's quicksand and there's snakes, there's fuel, fire, fire pits, and uh, it takes a lot. But then when you do, it's marvelous.

Dr. Irena: It *is* marvelous. And I can attest to that myself, that's how I live right now, but it wasn't like this, you know, for many years it wasn't. I was constantly triggered by my past and he obviously by his, and then you separate out into those bubbles. But I did that because you don't want to get hurt anymore. You don't want to have the interaction and you don't want to have the friction points anymore. You don't want the contact anymore. And that's the bad thing. So what do you do when people come to you and you know, they say we need help. How do you start with them?

Lion Goodman: Uh, my wife and I have different approaches and when we combine those approaches, they really work. So I'll tell you mine and then I think you're interviewing her.

Dr. Irena: yes, yes. We look forward to that.

Lion Goodman: Yeah. So my interest always goes to what's the root cause? Uh, like for this man it was, it was the fact that he had an emotional response to his mother's sadness and uh, and also her talking about this other kid, right? So he made up that there was something wrong with him and there was evidence, you know, mother was unhappy, must be unhappy with him. Mother was talking about this other person. It wasn't him. So he came to the conclusion, this is called implicit memory. He came to the conclusion that there was something wrong with him. And so he had this big gaping wound and everything in life could poke that wound. Anything that hinted at that there was something wrong with him. And so my interest is always going to the core. What is the core belief? And then when I say belief, I mean the infrastructural program; it's often nonverbal.

Lion Goodman: What's running this machinery? And then my tech, with my technology, which you've experienced, we can actually go in and clear that technology, clear that belief, clear that program out so that it doesn't, it's not triggerable anymore. It's actually gone from the psyche. And my wife is, you know, is more of the couples counselor, you know, so takes a different approach. But together we're able to find the core of both the individual triggers and also the couples triggers. And we can point out, oh, this is the wound that's getting poked when he does that and this is the one that's getting poked when she does that and let's clear that out. So that's the approach and it works.



Dr. Irena: It does work. It really does work and it works fast. So how is this even possible that this works so fast? What are, do you know about the physiological background of this? How's this work in the brain? Because like you mentioned, that prefrontal Cortex, the neocortex is turning off when we get triggered, deeply triggered by something we might not even remember.

Lion Goodman: Well, we'd have to go into a deep discussion of physiology and psychology, developmental psychology. And I probably don't have time for that. So let me give you a kind of a brief overview. Even though I could, we could spend a couple of hours talking about that.

Dr. Irena: Very true. But yes, that'd be perfect. Thank you.

Lion Goodman: Um, so this is, this is my spiritual approach, right? It's not a physiological one. Even though I have a strong background in science, my view of the world in the universe is a more spiritual view than a scientific view. I respect science. I use science. It's a foundation to stand on, but it's not the end all be all. So from a spiritual perspective, you've heard this phrase, we're spiritual beings having a human experience, right? Yes. Yes. As spiritual beings, we're essentially gods and goddesses in our own universe. Now, our own universe is the universe of me, of my experience, of my thoughts, my feelings, my sensations. This is my universe and I'm creating it. Now you have your personal universe and you're creating that universe. So I can't reach over and start creating in your universe. That would be called domination. And it's a problem in relationships.

Lion Goodman: Um, but I certainly can take responsibility and control over my universe. And so my job is to find out what the machinery is doing, what's being triggered, and then clearing it out. Since I installed it, I get to clear it, I get to get rid of it. If I made it up, I can stop making it up. If I put a program in place or a strategy in place, I can change that strategy. There's many techniques we use to do that, but it's really waking the individual up to see that they are the creator. They're the one that took on the belief. Even if mom said, you're a stupid idiot and you'll never amount to anything that's indoctrination and the child takes it on and goes, I'm a stupid idiot. Will not ever amount to anything. That act of even taking it on just to be close to mom, just to agree with mom, because if she like, if I'm like her, she'll like me and then she won't throw me out to the wolves.

Lion Goodman: So this is deep programming, right? But if I took it on and I can take responsibility for taking it on, I can also take it off. If it's done to me, if I'm the victim of these things being done to me, I have no control over it cause I can't stop all those other people doing those things to me. So part of it is accepting responsibility and we do this through a process, not by just saying take responsibility. We take people through a process where they actually experience taking it on and creating it so that they can take it off and what we call discreate it.



Dr. Irena: Yeah. That's what exactly what I wanted to say because this is mind blowing. If you think about being the creator of your own universe. Like what? What do you mean? I'm creating my universe? No, this house is here. The weather is the way it is. Politics are the way they are. But even scientifically looking at this, it is my brain that interprets what's coming into the senses. Nobody else's. My brain with my programming and I can be happy about the weather getting warmer or I can be unhappy if like, you know, my son, who hates the heat, would say 78 degrees: I hate it. And I'm like, Oh, nice. Finally it's warmer. So that is the creation you're speaking of. It's not that you're saying, okay, I'm just magically making an apple appear in my hand or \$1 million overnight.

Lion Goodman: Right. That's exactly right. We can create inside our own personal universe because it's ours. We were the creator, but we can't create inside someone else's personal universe or we can't create in the social or physical universe except by using those principles and laws. So for example, if, if you said, I'd like to have an apple go ahead and create me an apple, I would say, well, okay, but I have to use the laws of the universe I'm in. So I'm going to go to the, I'm going to drive to the store using a car built by human beings with metals and plastics from the earth. And I'm going to exchange money, which is a belief system in which we think these green pieces of paper have value. And the person who has the apple will give me the apple for the money, but he didn't make the apple. The apple came from a tree that a farmer grew and brought it to on a truck to the store. So, so all of these physical and social conditions had to be met for me to even be able to get an apple, which is pre-created for me. I didn't have to create it and then bring it to you and say, here is an apple in your hand.

Lion Goodman: So I created the intention to please you. That's my universe. I agreed to your request. That's my universe. But then I had to go and use the social universe in the physical universe and the art of creation and those universes in order to satisfy you in the physical universe by creating an apple in your hand.

Dr. Irena: Right? And to actually implement that. So what do you say? Cause that's kind of funny. Now we're speaking of apples, which triggered a memory. My son said to his girlfriend, both are engineers; "Um, you know what? I'm just manifesting an apple". So where does the manifestation come in? And he says, "okay, let me just manifest an apple". And lo and behold, they were walking on campus. They both were doing the master's degree at this time. A guy comes up to him and says, Yo Dude, do you want an apple? He was floored. I mean, so the crazy thing is sometimes this works and I was wondering, well, how can you explain this scientifically? And I came up with the idea that we do have the ability, you know, in our minds, if we opened them up to kind of tap into what's going on, in the waves, in the universe, right? That's somebody was coming along, with an apple and wanted to get rid of it. So now connect to this person somehow, energetically like, Oh yeah, I'll be a recipient for your apple.



Lion Goodman: Yes, that's the magic of the world and the magic of the universe. And one explanation for this, and this comes out of Carl Jung's, uh, psychology. But you know, I think I'm an individual, right? So I'm, I'm this fingernail and you think you're an individual and this is you, this fingernails you, and this is the person that, you know, buying the camera and this is my wife and this is my child. (Note: Lion holds up his hand, fingers spread. The fingertips represent the different people, but you can see they're all connected by the palm)

Lion Goodman: Okay. Now underneath the conscious mind is the subconscious mind. And underneath the subconscious mind, sub just means below, it's like I'm not conscious of it, is the collective unconscious, which is what Carl Jung talked about. That's the collection of all of history and all of knowledge and all of experience that has certain principles, right? But we're all connected to it because the only reason we think we're an individuals, cause we've forgotten that we're connected. So that connected universe is what modern physics talks about. Entangled particles. And, and that's what the psychic phenomena people talk about, you know, being psychic or, and it's what it's the magic of coincidence, which Carl Jung studied and said coincidence comes when you're connected to that deep underpinning of the collective.

Dr. Irena: So would you say that the collective unconscious is based on matter, based on energy, which is equivalent as we know from Einstein's famous equation, is something we can tap in at will or is it just happening to us if we are allowing it to happen by just opening our mind and opening the angle of the lens of our way we're looking at stuff?

Lion Goodman: people have been studying this kind of esoteric understanding for thousands of years and there are many books written about how to manifest, how to create magic, how to, you know, work in the world and there's the physical world and people that say you've got to do it in the physical world. And it's, that's all we have is the physical, the mental and the God stuff is just BS. Thoughts are created by a brain, which is a physical object and it's all mathematical atoms, right? There is that point of view. There's other points of view, which is where I land, called panpsychism and that is where consciousness is actually primary and it manifests as matter. So the matter is was created by consciousness itself. Um, you call it God, spirit, doesn't matter what you want to call it. And the brain is more like a TV receiver that is getting signals all the time and it can tune into one or another of them. So I don't think we create consciousness, think we're born into it, that it's that we're part of it. And so that's how we're all connected. Whether you want to call it a higher dimension in physics or spirit that's nonphysical, that physics can't touch, take your pick of philosophy. But it makes sense to me.

Dr. Irena: It does. It does to me as well because I have experienced it myself. And if you know how people are experienced it yourself, you believe in that stuff, you see it. But there's also a correlation with physics, going into the fifth dimension,



which we won't go into here because the question is, so if we're all connected, how can that help us in improving our relationships? Whether it's an intimate partner where you know, this is kind of rubbing on each other all the time. Or it could be a colleague at work, a boss, how can we use this knowledge?

Lion Goodman: There's a couple of really important ways that that can be used. The first is having compassion. If we're all connected, if we're all part of the same one thing, then your suffering is my suffering. Our sufferings are connected. And when you look at someone and you say, wow, just like me, this person is suffering. That brings up compassion. And compassion is the ability to feel what another's feeling and want to relieve it. Like, Oh, I'm sorry you're in pain. Let me see what can I do? Right? So the more we remember that we're all one being, we're all, you know, the being that's experiencing through my eyes to me is the same being that's experiencing you through your eyes. So if that's true, if that's, if we're one being, then you're suffering. I want to help your suffering. Just like I want to help my suffering.

Lion Goodman: So that's one way. Knowing that we're all connected can help the world. More compassion, more kindness. As the Dalai Lama says, kindness is my religion, the better world we'll create. Dr. Irena: I like that religion. Lion: Me Too. Um, and another way is to, uh, is to recognize, well, if we're, if there's only one being and we're just two individual pieces of it, I ought to be able to feel what you're feeling and know what you're knowing. And even if I can't feel it or know it, I could ask you and find out so that if we could open ourselves to each other and know what we're thinking and feeling, rather than just keeping it all inside here to make sure nobody rejects us, then that will create more communication and that will create more kindness and more compassion as well, and better things for the world. So these are, these are world changing shifts that I'm talking about. And that's what can happen when people recognize that, hey, we're all connected.

Dr. Irena: Yeah. That is the... you just mentioned a trigger word that's very big for couples that have trouble, which is communication, right? Communication. When communication breaks down because each one of them feels they have to be right, otherwise they're nothing. Is that also some kind of hidden core belief that you mentioned before?

Lion Goodman: Yes. Now I mentioned that triggers happen, right? Triggers always happen for every couple. It doesn't mean there's anything wrong with you, it's just how your brain is wired and your psyche is wired and your experience, your beliefs are wired, right? The question is how quickly can you repair, because stuff happens. How quickly can we come back to a loving place with each other? That's really what counts and that's what keeps couples together and thriving. So okay, I need five minutes, I'm going to go away. Then I come back and talk to you, but I got to get out of this limbic hijack and get in, get my cortex back online to even have the conversation. And like how many times have you tried



to argue with someone who's upset and give them logical reasons why they shouldn't be? That's a failure to begin with, right? So we sometimes need space in order to come back to a place where the cortex can come back online and we can think properly, and communicate. Because otherwise we're just two limbic systems going after each other.

Dr. Irena: Right? But that's the hardest part. Like once you're in that, in that limbic system, Amygdala overload, maybe you don't even know how to get out of there. What do you do then? I mean, how do people get started on learning how to do what they should do to get out of there and into a more rational mind?

Lion Goodman: All skills are built with study and practice. So what we do as couples counselors is we give people specific things to do at those moments. And whoever is a little more aware, when the two are triggered, they both have responsibility to remember to do that thing. So for example, I'll give you one from Carista, my world. Um, when she was a little girl, her grandmother used to say, what are we? And she put out her pinky and then Carista would say, pals. (Note: Lion is showing two pinkies interlacing). That was a very sweet ceremony between grandmother and granddaughter. And so she brought it to our relationship and she said, you know, when we're mad at each other, if you could just do this (holding out the pinky), I'll know that you're not my enemy. You're my friend. And that's the one of the first steps to get out of the Amygdala hijack is, oh, this is not my enemy.

Lion Goodman: It's my friend. Okay, go ahhh. Now it starts cooling down already. Um, and so that's a quick, easy, nonverbal ceremony. Another is of course touch. If you're upset and yelling at me, my Amygdala says, get away as quickly as possible. Do not, do not stop, just get the hell away. If I can remember that I care about you and I'm not triggered I can say what she really needs is a hug and I can just walk up and embrace you if that, that's the thing that works, if that's what you really need. And if when I do that to Carista, she just goes, ahhh, just gets limp. It just drops all the defensive brain activity. So we teach what we call the three nonverbal love languages and this is what a baby needs. When a baby's crying and upset, they need to be settled.

Lion Goodman: And so what do you do? You hold them, touch, physical. You look in their eyes and you say, it's okay honey, I'm here. You're okay. I've got you. You're safe. That's eye gazing and a soft voice, a sing-songy voice. That's what mothers do to babies to make them feel it's okay, I've got you. We're not, we're not enemies, we're friends. And so those are the three nonverbal love languages. It doesn't really matter what you say. You could be reading the encyclopedia. Flowers come in many different forms in different species. It's like one said, it's the tone of voice that basically means you're okay, I'm okay, life is safe and then the Amygdala can quiet down and then you can later begin a heavier conversation.



- Dr. Irena: Yes. I think that is a very important message for everybody to hear that it doesn't have to be Yakking, Yakking, yakking until you're blue in the face. Or the other person cannot even listen because they're not in the space of listening. Talk to them, but non verbally.
- Lion Goodman: Alright. Yeah that, that talking and processing is basically useless. It's it, it won't go anywhere. I won't have any good results, it'll just piss off both partners.
- Dr. Irena: You'll have to wait for the neocortex to come online to then really talk about what was going on and obviously the calmer you are, the more receptive the other person will be. The less you're coming from a space of being attacked to now having to counter attack or you know, the more you can open up and say, hey, that really hurt me. The other person is now allowed to say, I am sorry, I didn't mean to do that. Then it's so much easier because yes, there's always stuff that comes up that kind of, whether it's from the past, whether it's something in the present that triggers our people, that you know how to handle this. It's a really important skill, and I love what you said, everything comes by learning a skill and then practicing it.
- Lion Goodman: Yeah. It takes years to develop a habit. Babies learn, crawl before they walk, and then walking takes a while, and they fall down a lot and they just get up and they try it again and, and so what we have is this belief that somehow we're supposed to know how to walk. We're supposed to know how to feed ourselves. And babies look around and say, "wow, mom, dad and other siblings, they know how to feed themselves. They know how to walk and talk and, and I don't. And so there must be something wrong with me". That's another common belief that people come up with. But the fact is that, you know, if a baby, if I knew my baby was thinking that, I'd say, oh no, honey, you're a baby. It's okay that you don't know how, because you're going to learn.
- Lion Goodman: And that's one of the wonderful things about living is you get to learn new skills and they all come with study and practice. So you'll study, you practice, I'll help you. I'm going to be there every step of the way and you're going to get you to learn how to walk. You're gonna learn how to talk. It's like if we knew that as babies, it would just be like, oh, okay, I can just be a baby. Like Oh, I can let go, I can lay down. So that's called secure attachment and you know, good, good mothers know how to make their babies feel secure so they can relax, let down and sleep and rest and recover for the next day of excitement.
- Dr. Irena: Like you mentioned before, it's, you know, the babies feel what the mother is thinking or what the mother is feeling. So even if they can't understand your language of saying "no, you're fine, I'll take care of you". They will feel the energy coming from you. That's how I felt with mine. I was like, babies, you're just here to be loved on. That's all you need and when you cry there is always a reason. So I was completely adamantly opposed to saying no to babies, duh,



came from my father again. You know, babies have to be put aside and let scream, let them scream so their lungs get strong. How stupid is that?

Lion Goodman: Yeah, there's a lot of stupid child rearing advice out there and much of it came from uh, Dr Spock who wrote a child and baby care back in the late forties I think. And the philosophy then was very similar. Like, you know, don't respond to the babies crying because they have to learn that they're not in charge. Well this is very good if you're raising sheep, you know, but human beings, it's not really good for, because we need to be secure. Once a child feels secure, then they can go out and explore the world. They get interested in the world because they can always run back to mom and feel secure. That's what secure attachment does for us is it gives us the willingness to go out and explore and create. When you're insecure and you're in a frightened state or an anxious state, it's very hard to go out in the world and be, be someone or be or find out who you are. So that security is core to who we are, who we believe we are, and who we can become.

Dr. Irena: So what happens if somebody did not get that belief instilled in them, did not have the security, they'd not have the nurturing and everything to know that they can be somebody and explore and be safe doing that? What can they do? Even if they're, you know, like 60 years old or 50 and 40 there is still chance for them?

Lion Goodman: Fortunately, the brain is a plastic medium. It has a name, called neuroplasticity. This science is only 20 years old. That actually the brain will rewire itself based on your thinking and your experiencing and your activity right now. It takes time to rewire the brain. But the answer is yes, it can be rewired. So how you do that by creating secure attachment in your relationship, learning how to do that. And then what happens is the brain goes, oh, I'm not on alert all the time. I am secure and this person does love me. They're not mad at me. They apologize when they hurt me. They care about me. And that over time will actually reorganize the brain. What was at one time, anxious, frightened, withdrawing, escalating, or whatever the strategy was from childhood. It can rewire. So it happens moment by moment, practice by practice, incident by incident. So you know, if the usual way of responding to a cry, waaah, was like, stop crying! You know, then then it's like, now I'm going to be afraid of expressing myself. And I expressed myself, I'm afraid. And you go, wow, I really hear you. It's like, oh, someone cares. That's so core to our feelings. Once we're there, anything's possible.

Dr. Irena: Yes. And the brain will go to that because that's what the brain is made for, to have you survive in the best way possible. So if there's a better option than having to say, nobody wants me, I can't do anything; if there's a better option, it will go there because he will want to do that. So would you say though that there are certain relationships that are not salvageable?



- Lion Goodman: Oh yes. There are toxic relationships that are bad for you. Just like there's toxic foods and chemicals that are bad for you. And not all relationships are survivable and relationships aren't for everyone. So, um, so if you're being hurt repeatedly and the person doesn't care, leave the relationship, that's really the only thing. The only strategy left. Because trying to change them, if they don't, you can't make someone care. I write a lot about narcissism. And a narcissist is someone who's self focused, right? At the extreme it's like, I don't care about you. You're just a tool in my universe. If I hurt you, that's your problem. So that's the extreme of narcissism. If you're in a relationship with someone like that who does not care, you can't change their care. If someone gets, Oh my God, I've hurt you and I care that I did, there's hope, so that's okay. That's a differentiator.
- Dr. Irena: So what could people do if they're in the place where they actually do care. They may even say, yeah, we still love each other, but there are issues to overcome. What could they do if they see you now and then see Carista later (here on the summit) and say, gosh, this is exactly what I needed. What could they do?
- Lion Goodman: Well, they can take one of our courses. We have a couple of recorded programs that are available at www.confusedaboutlove.com. One is called "confused about love, how to create a passionate and secure relationship". It's a great course. It's not very much money and it gives you all the basics that we're talking about. There's another course called "healing narcissism and codependency". Narcissism and codependency are kind of opposite ends of the spectrum. They attract each other because the narcissist thinks that they're the most important person in the world and the codependent thinks (pointing at the narcissist) they're the most important person in the world. So they get attracted to each other quite often. So if that's a pattern, then we also have that course. We also do couples counseling with people around the world. We do intensive retreats with couples two, three or four days, um, that, that's really like the rotor rooter of relationships. Um, and then we both work independently one-on-one, with individuals.
- Dr. Irena: So would you say "confusedaboutlove.com" is the place to go to find all of this, or is there another way? Is there an email or anything or rather that website "confused about love dot com"
- Lion Goodman: well, there's a contact form on that website. So feel free to use that. Um, if people are interested in my work, "Liongoodman.com" kind of leads you to all of my trainings and programs and, and uh, advice for the world. So, uh, those are two good websites to go to. And if you're a therapist or a healer or a coach or a doctor who wants to learn my methodologies, you can go to "clearbeliefs.com" that's my training program called the "clear beliefs coach training", which is a 12 week program that's very intense and a certified



program. You (Irena) became a certified coach in these methodologies and you can tell what the course is like for you.

Dr. Irena: Yes, absolutely. I can totally corroborate that. This is an amazing program for coaches or healers. It doesn't matter what you are. If you want to coach people and want to help them from the ground up to really change their core beliefs and rewire their brain, this works and it works fast. It's absolutely astounding and it doesn't matter how old you are and it doesn't matter how old your clients are. There's always something you can dig up and change and release and revamp and rewire and come out on top like it's amazing stuff that has happened. We have seen many, many testimonials to that fact and I'm one of them. I can attest to the fact too that I've been able to go back into my past and relieve these things that might trigger me still and there's always more to work on. But this is a course I could highly, highly, highly recommend. And for everybody else, yes, "confusedaboutlove.com", I checked it out, it looks extremely promising and I just, you know, could endorse these two people with everything. I mean Lion Goodman and Carista Luminare, they're an amazing power couple know exactly what they're talking about, and have amazing success as well. So I'm totally happy to say to everybody: go there, you'll will not regret it.

Lion Goodman: Thank you, Irena.

Dr. Irena: Well thank you, Lion, to be on here for us and to do this with us and let people know about this groundbreaking work that I feel should be an educational piece for everybody going forward. And I hope that at one point that will be part of the curriculum in any kind of school starting very early and going all the way up to...until people really get it and know that relationships, like you said, we're relational people, know what they can do to make, in the end, the world a better place. So thank you so much for being here.

Lion Goodman: It's been a pleasure to be here and I look forward to more contact.