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Welcome welcome Welcome to Good day live We're live in the studio here in Los Angeles California I'm Michelle Murad If you're just tuning in for the very first time Welcome Welcome Welcome We are the feel good show here on Amazon along with my very good buddy Uh Kyle Hope you're having a good day If you're not hope we can help you out Happy Monday Yeah Happy Monday How was your weekend It was all right I guess we got the cameras all situated I today uh weekend was good I was I'm like yeah yeah Um got pulled over on the way in the way I I was I was going a little too fast going too fast Um Over here Thanks so much for uh you know helping a guy out Tell him you're on your way for your own talk show Yeah we were we got like we got into like a conversation like he was like so like so like how does this thing do on oil I was like why do you talk about it Because it is not that good We started talking about like you know what I'm gonna be late for work I gotta go give me a warning No I didn't tell him It was a talk show I didn't tell him it was a talk show We were like that Your shout out to the LAPD They're actually really friendly Um uh you know post to whatever everyone think in rap music Listen I love the police but I'm also a white woman Well there's I I mean I just say that because I have a different experience with them Hilarious No I'm not gonna lie to you Um He did see me driving and kind of like ran my plates and came up behind me before I did anything wrong Um But I did anything wrong So he pulled you over because you were too fast because you look like this It might have been first It was a lavender shirt I think he was like who does this guy think he is I'm the one who said Kyle can you wear your lavender Like that was the first time I ever got like a a note Yeah you got a production note I got a production note this morning She was like I was working on a media kit Well because we have a holiday coming up We do we have Valentine's week coming up We are inviting our very very special guests of all time here back at the studio um that are talking about love how they met Um And we're are going to be sponsoring up with some really great sponsors To not only gift uh our our awesome guests but to just enjoy the holiday because here at studio place we're all about love and sharing love It's gonna be a lot of love It's gonna be a lot of a lot of love Tell me about your weekend Uh Weekend was good Lots of football watched really good Lots of love Hilarious No Uh what was it Saturday Uh Nick and I went to like this like actor meet and greet thing and uh there was like everyone was from Harvard So as soon as I

opened my mouth I was like you know what I felt dumb you know And like I have a Bachelor of Science I went to a pretty good college Uh but like with Harvard they're just like looking at you like they like I went to yeah like before you even open your mouth they're just like whatever you say is gonna sound Trivial Trivial and Dumb That's not true I don't think everyone's like here's the funny part So at one point I said to you I was like I went to Harvard Harvard Law Oh yeah Who's that Oh Legally Blonde It's like oh I don't know I saw the movie once on T BS You don't have to see that movie more than once to know It was incredible It was the best movie ever more than 10 I haven't even seen legally blonde too That's so weird You saw red white and blue Legally blonde red white and blue or red white and blonde Excuse me Yeah that that makes more sense Um no So I'm really excited for Valentine's Day Um even though I'm like single as a dollar bill Ok I'm not gonna ask It was single as a dollar dollar bill are single Oh yeah because it's 1 to \$1 a single you know Oh my gosh I'm such a nerd Let us know where you're tuning in from We want to connect with you with the chat We got the chat up and running I want to see how your day is going how Monday's treating you and um how Valentine's is Yeah gonna happen for you OK So since you're single what does one do on Valentine's Day Uh You you you you gather all your single friends together and you make fun of and you make fun of everyone that's in a relationship Oh Yeah Yeah Yeah Let's be honest The single people are better No the people are happy We have a lot of amazing um single Uh Yeah And in relationships too OK Cool Listen I think you look here are some of our guest appearances coming up for the week We got Natasha Graziano the number one Forbes motivational speaker She has over 15 million followers followers on all her social media If you can say that reads two time Emmy award winning actress producer and model We got Adrian Ally Webb Allie and Adrian are both entrepreneurs Adrian is most known for his coaching business and all her credentials You just can't let them all cut get together They're the cutest together Yeah Yeah Yeah we got um she's the founder of the Dry Bar Squeeze Canopy and BQ um Eugenia Kina which we love She's supermodel activist and she's now um inspiring women to use their voice for comedy Our friend Kim Hale superstar dancer um awarded most influential dancer of 2022 She's inspiring millions of dancers of all ages Um And then we've got our good friends Zara Hadari and Krista Hope Um um uh Zara is you know a therapist and um and uh is an incredible artist and their love story is just so beautiful because uh I think they were both in relationships um that were both going sour and they

were uh really good friends And then those two friends then became lovers and now married I know that Yeah So it's really cool So um here's Valentine's Week on Good Day Live So we're really excited to be teaming up with some incredible sponsors um and um giving beautiful gifts to our beautiful guests Yeah What gifts do we get to say or no Um Not yet We're working on it We're working on it but just uh anticipate a really good show Lots of love lots of chocolates and um lots of red and pink I miss it Lots of chocolates I love that Do you like chocolate I love chocolate I I told you the other day I'm not a big chocolate person I'm like a cow person which is chocolate Why do you look at me like that What are you what are you doing It's like I don't like water I like sparkling water I like sparkling water only when my tummy's upset So you don't like chocolate I don't like chocolate that has milk in it I like dark chocolate but no milk chocolate No sugar added Oh no sugar That's that's what it has to be like coconut sugar like very very light Everything for me has to be super light OK How's that going Super light It doesn't say super light although my cars can be big They don't have to be super light What's up I wanna I wanna take you guys Uh So I have my dream car has always been to um take a station station Um and I have always wanted a G wagon Little Did I know how big these things actually are Let's take a peek I don't know if you can hear anything Do a black car Black is black isn't me You know I've always had a black car Really I've always had a red car That's interesting When your sixth or seventh car let's take another look at another car that I was looking at misogynistic but I mean it looks like a girl Yeah Yeah Yeah Yeah my face the way it ends on my face Here's another here's another experience Yeah I'm in love with that car Like uh just the way I sit behind it I'm like I could drive on the freeway with this thing Nobody would bug me The only thing was it was like how do you park this And then my next question was what's the gas mileage on How do you park Um I think you just uh you just hand the keys over to valet and then they park it for you Um Yeah so uh super super fun Um Let's talk about the Critic's Choice Award Let's take some peeks over at the Critic's Choice Award Um Look at the fashion I look at how beautiful everyone looks stunning stunning stunning Oh my gosh we love her so much Cate Blanchett won for best actress Um And then uh that's a good question I I'm I'm blanking but this is uh Michelle She looks incredible Also was a winner Everything everywhere all at once everything everywhere all at once No because I am everything everywhere all at once So like I don't have time to sit down for a second Um Looks like Pierce bro but he looks great Niecy Nash with her her lovely wife looking

absolutely stunning Oh my gosh I love her so much She was great in picky blinders Oh Yeah I didn't know she was in Peaky Blinders Yeah Um oh my gosh Yes Viola Davis did in incredible Um on the red card Frasier His speech was like tear jerker the man and the legend Angela Bassett Looking gorgeous Julia Roberts I mean hello What Ageless beauty Um who's your favorite dress My favorite dress like that one There we go My damper as anything And yes Andrew Garfield looks great Kate looks adorable She looks more and more like her mom every day It's kind of weird She's a great isn't she I mean she's only 40 Like what do you mean She's Kate has been around like 30 years Yeah She started when she was like 11 She still looks the same love this guy Um oh I can't see him That's ok Yeah Yeah Yeah No Um it was really it was fun to watch the Critic's Choice Award and to see all these people win incredible awards as well as they deserve I'm excited for my Critic's Choice Award Yeah Well would I get a Critic's Choice Award Best host No maybe best writing best acting II I posted a clip on my Instagram um of like my act Did you see that I saw that What was that Oh it was from a uh one of my first things I did out here in Los Angeles you guys gotta check this out right Michelle is playing like a dramatic character which I'm so not used to seeing and and he's like I love you and I was like why does it hurt so much I was like who who was that And you had brunette hair So it was long dark wavy hair I must have played it three times I swear It took me a minute I was like is that Michelle Because I'm one I'm not used to seeing you with brunette and two I'm not used to seeing you so emotional Like and and you see all the time What are you talking about No not really chippy happy emotional but like not like that I got a special shout out to uh uh coffee bean uh keeping me not only uh chipper and happy but uh full of excitement for our talk show There's a competition between creation and coffee bean with Michelle There's no competition I love them all They're like Children They're like Children They're like Children but dogs can't be no dogs can't be but coffee places can't be That thing drives me nuts when I like get it And I have to like oh yeah yeah Yeah they gotta figure that out There you go There you go Boom boom Um Yeah So thank you A special shout out to coffee bean I you know for me it's really funny My dad I told you this story a million times but for those that are tuning in my dad said no matter where I go and my people are gonna know my name and he said this to me when I was very very little And so at coffee bean I'm now known as the coffee bean girl Oh the one guy in the grove called you the coffee bean Yes When we were filming our segment mission on the street he was like coffee

bean girl And I was like Andy did you get that And then I was like I don't know how to respond So do you prefer coffee bean over Starbucks Then you do clear choice What about you Are you critics Um What's your uh coffee bean Why why coffee bean for you Can we can we honor coffee bean Coffee bean has been around for since the sixties here in Los Angeles California Yeah it 64 How do I know that I'm the coffee bean girl You're really doing your homework I listen I when I love something I will talk about it and I'll talk about it till the nth degree You're like 64 64 I think I think I could be wrong I stand before 1964 And then all the beans are here in Los Angeles in California Well not Los Angeles California Um And uh yeah what about you What makes coffee beans so great to you No it really is I mean Starbucks listen you're convenient I love you Uh I'll never forget you you know Um but coffee bean Not not not that I'm not throwing shade Just saying coffee bean is making a little bit better of a dirty Oh yes I was with Kyle once It was that one day It was like the like an epic day you and I hung out like it was just get to know get to know Kyle day And then we never after that I got to drive through coffee next to my place You do I do Oh yeah That's awesome That's awesome for you Um but so when Kyle and I like were getting to know each other better it was one day it was one epic day where you brought your dog I have my dog We had cold soup I had cold So you had hot soup Um and then you got a dirty um over at my coffee bean and I was so excited to introduce you to uh the people at coffee bean because I was like this is my friend Kyle He's my co-host and you were like they know you like Right Right Right Yeah we did We had like a getting to know each other kind of a day that was like seven months ago getting to know all about you No somebody is asking if you were reading Rainbow Were you on reading Rainbow Was I on reading Rainbow You know what I kind of look like that guy What do you know I was just thinking about this show last week Reading Rainbow Do you you know you know you don't know about reading Rainbow Ok You've seen Star Trek with Patrick Stewart the black guy with those with those weird sunglasses he did reading Rainbow Are you were you on reading Rainbow What's his name I think that's his name Philip Let us know where you're tuning in from We want to connect with you and see uh what you're up to and what kind of coffee do you like Starbucks or do you like coffee bean Levar Burton Yes Philip And uh no I am not Levar Burton Wish I was Everyone thinks you're like a bigger like not that you're not a big celebrity but everyone thinks that you are you know like somebody that you're not I know I know in our studio she's like I know she's like have we met before

And Kyle this is like Kyle's like grade school can I say this grade school crush And he was like uh uh uh uh no I just look like a lot of people Yeah I was like I looked up I was gonna say that he looked like uh what's the guy Idris Elba That's what I said No that's what I said Yeah it was like super it was very uncharacteristic of me Came off a little cocky I think I was like no you don't know me I just look like Idris Elba and I was like what am I doing What am I talking about Shut up Um And only because again Howie Mandel came up to me I have a lot of stars coming up to me thinking I'm Idris Elba We should do we should we should we should do a mic and Kai on the street And what does he look like to you People said it at the at the apparently like Burton Uh but at the at this Harvard meet and greet everyone was like you know who you look like I was like just say it Idris Elba Is that like I mean does that get to you after a while You're like yeah you know it was always a good thing to be compared to like one of the men that's been voted sexiest man alive Um It's always been good Listen every woman that comes in this studio does think that Kyle is the sexiest man alive so on and so forth Right And and and what I I I enjoyed it but at the same time I'm like well I'm in that business So it's kind of like I'm like I'm like making bandages man I'm in the acting world So like if I'm it but it's like making bandages But all of a sudden you find out band aid is out there already and you your product looks just like band aids does first aid or something Yeah like I'm first aid and everyone's like oh you know you look like Band aid and it's like I know So it's like comparing yourself to a band aid I'm comparing myself to like AAA brand name Yeah And uh so I'm not sure if that's gonna help or hurt me seems to be helping you when my hair was brown People used to say like you look like me to you look like a younger Mercy tome or you look like uh Meadow Soprano And I would get so bothered by that I don't know I just did because I always wanted to be R Witherspoon I don't know when you're little You wanna I know I look nothing like Reese Witherspoon either Sorry I didn't mean to tap you I'm like you were so close and our other our other set there was a little bit of space to say what we wanted But I like actually like I can also like look at you now I'm just like just like don't worry you don't have to look at I love the new set You know I was watching an episode last night from 0 21st Ok And oh no no I'm sorry October 31st What I was saying I was dressed Yeah Halloween And you were sitting there and you are so miserable I was miserable You were so miserable because we had like somebody from the chat was like who dressed these people No you didn't watch the clip then That's what it said in the clip you said you watched the

clip Kyle No it was the clip of the show the show No no no I saw the clip of you If you saw the clip of our show and you said yes I sent it to you last night No it's not No I asked if you saw the clip I sent you on text from this show Oh the one with the blue shirt Yeah Yeah Yeah Yeah I saw that one also So the woman that was what catching on a lie Yes you did because you wouldn't know what I was talking about Well I forgot what you sent me You sent me a lot of stuff I I don't I really don't I mean yeah maybe I what do I send to you in my world It's a lot Oh ok All right Um so let us know where you're tuning in from Uh Freddie What's up Freddie How you doing Um we got the chat We want to connect with you guys and see what you uh oh yeah let's talk about Miss Universe since uh it's mostly men in the chat today Uh did you guys watch Miss Universe Um I know I am a fan of Miss Universe Let's let's take a look Their country's name Let's take a look Well let's take a look That's a great graphic you know No this is all for women This is women for women This is a woman's pageant for women I don't think there's any like like straight single men watching this What are you talking about it and watch it for business purposes He's not just turning and I know and he's not turning this on for pleasure and and and relaxation He's not he's not Can I speak for you No Can I He didn't do it There you go I know my man But he he likes the business He loves the business He lives the business Nonetheless Still the business Yeah Yeah His his brain is always like I I gotta tell you about our producer man This guy is great Uh He watches anything at 1.5 speed Like you know you can like kind of fast forward something you're not into Miss Universe Listen II I oh sorry go ahead Keep going I'm singing his praises over here Sorry I'm sorry I always sing his praises Go ahead I'm my man's praises over Go ahead Go ahead I'm sorry I I caught a back to back back to Sebastian and trying to stop looking at the molding pick a protein Um I forgot what I was gonna say We were talking to Andy about like how he's watching this Universe for business He listens at 1.5 speed which means his mind is moving very fast But now it's like the the flow is all messed up We we'll talk his praises again later No no Not me up Come on you're pisces you can go with the flow Your whole sign is a fish fish What Let's get back to Freddie here Freddie Blatt Not into it which is what we're talking about with Andy as well you know no single men single single straight straight straight not into it We have a very special guest coming up today Um is Tracy Terris licensed marriage family therapist to talk about uh the New Year and um anxiety and all that and how to uh continue to follow your uh your goals for the New Year Uh Let's pick a guard Our mothers were the same We

basically in the same industry our mothers Yes Your mom uh is a clinical psychologist and my mom um bless her heart Uh It was a clinical psychologist as well Yeah I'm really excited to see what uh Miss Tracy Terrace has to say to us today Ok let's pull a card Or are you what you were asking me something and I cut you off No you are you are running this episode Let me tell you I feel like I run every episode No no no no no You make my job very easy I think I do You just show up show up here I'm here for the laughs I'm here for the good time for the laughs and the good times Listen I'm here for the laughs and the good times too What what are we asking today Fred Do you wanna ask a question What do we got Ok I might go for uh what's in Fred Give us a question We'll pull a card What's in store What's in store for Uh and Kyle what's in store Release Ok 42 Am I letting you go Make you a little nervous Now You're like ok I mean hilarious Right Without delay cut the cords any unhealthy or toxic people places energy habits and beliefs Is it time to stand in your truth without cutting anyone down in the process meditate on this when you want to be the spiritual warrior with love honor and compassion Do you think I'm toxic to you Kyle No I don't think it's about us I think it's about our lives but I think that uh there may be like in my life I I know I've been mulling over uh not cutting some people off but just downplaying the time I spend uh with certain people is is becoming a factor at the moment You know you want to spend more time with me is what you're saying Correct Um It's all about you Michelle for sure You got it No no it's you know it's the comedic timing between the two of us We're like uh er or we're like the two old people that are like the two old Muppets that are watching the show like the two old Muppets like that are sitting next to each other and they're watching the show and they're just like no that'd be pretty cool to have like a Muppet on the show Like a like a muppet show as the show gets bigger Does Patrick Duffy do that You had Muppets at the guest at the host The came on the show Jim Henson went to my school Um Freddie says that the future is hard to predict It is true Um If you create your future though do you believe in that Creating your future I believe in creating my future Yeah I think it's uh the future is pretty uh complicated to quantify Uh but it's always gonna be hard to predict future here says it's hard to quantify What are you talking about Uh Well you're not gonna ever know the future right That's the point of the future to predict No I mean like uh I thought we were getting a question Oh Yeah Yeah Yeah Freddie do you have a question Fred with the shaman statement Apparently uh Kyle is tuning into his shaman to this morning You did when you were



probably I was calm when the pull me over I was just like I was like OK but come here let's talk I have no questions I love It's the it's the dot dot dot It's the ellipses for me The ellipses are just like uh I have no questions What are we buying on Amazon right now Last night I bought like a set of knives because I realized like when there's like \$10 and when anyone comes over there's like nothing I have nothing in my apartment It's just literally a pink couch a bed It's a beautiful apartment But like I don't have anything to Like the reason why I bought this is because I got chocolate and I froze it with it's like dark chocolate with coconut sugar in it and I put it in the freezer and sometimes late at night like if there's no food I like will cut a piece And the one knife thing I cut a piece and it broke No no no The knife has like a circle like a little semi moon in it I'm gonna take a picture of it and show it tomorrow It's hilarious So I invested in a a set of ceramic knives for \$10 last night Yeah Well I was watching our show I love our show You guys too Our show You can follow us on TV Just hit that follow button or go to Good underscore Day Live on Instagram Um Go to underscore Day Live on youtube We just updated that Um and uh tiktok Um and then Freddie started following thanks for following Freddie We appreciate it Um It's really nice to connect with you and see what you're up to listen We can you can pretend that you're Lavabo Oh Lord Ok No one no one remembers the show I mean I didn't watch it Yeah we can we can look it up but you know what we should do is we should do a split screen to see if Lavar looks like you or if you look up Yeah let's bring up let's bring up bring up Levar Um it is a nice name I wanted to call you Kyler for the longest time Kyler recent occurrence I was like Kyler I mean what the quarterback of the Arizona Cardinals That was his name is Kyler Kyler Murray Levar Burton Is that his name Burton It it sounds like a football player It does sound like a football player Lavar sounds like a like a linebacker or something He's like 2030 years older than you Let's get like reading Well he he's got the gray going You don't have that much gray Uh my mom's my mom's family grays out early So you told me you were doing this No here this let's see No you don't You look what are you talking about 100% Don't look like the same age This is this is Lamar reading Rainbow You guys all remember this show Can we pull this up It was on PBS Every preschool would play this It looks like Eric bigger doesn't it That does not look like Eric bigger a little bit actually I mean yeah I mean we're just getting let's see Oh it that's it That's it Not my not my facial structure Hang on Hold on let me let me get an older one here Let me go Yeah I still I still don't see it I still don't see it Oh he was on he was on the

Today Show Oh yeah maybe Anyway Anyway back to uh back to back to back to you babe back to you to you to you Phil and Freddie Great Love the follow Thanks for tuning in from We want to see where you're connecting with us from because we're all about not only uh two amazing people talking about random stuff we also have really cool guests Um What what am I what Oh Yeah Yeah Yeah Yeah I know Well I'm like looking at the chat I know but I'm looking at the chat and I'm looking at the camera like if you want you know what you could do is put a whole like thing right here so I can just read it right there He's still giving the ellipses Fred um Los Angeles Freddie You're in Los Angeles Freddie What's with the ellipses Are you a writer I feel like he's a writer He's he's for the dramatic causes Los Angeles Like that's how I feel when you put the dots I like how we both did it like Los Angeles Los Angeles There we go Now we can now I don't have to look to the right I can look there we are There we go Finally this is a moving set This is also live here in LA A So um let us know again where you're tuning in from and um what you what you're buying on um on Amazon uh too much Um Freddie is filled with a I love Philip to Austin here Austin Texas Shout out to Texas to get down there My cousin lives in a bigger in Texas I did not mean it in a nasty way Just saying that just put that right out Yeah like things are bigger bigger in Texas There is a song Oh My exes live in Texas I don't know if it's a Dolly Parton song I don't think it is Is it Well every time they say everything's bigger in Texas all I can think of is cake Like they're just giving bigger slices of cake than usual What do you mean I don't know when everyone's like oh everything's bigger in Texas I'm like all right I'll go get a OK So that song is by George Strait straight straight Uh a country singer country singer I love asking who is that I live under a rock like this guy didn't know who Lily Tomlin was or by face I did by name a little shaky now I'm not Oh man that smells like pungent all that And like my fifth grade bathroom in elementary school special Shout out to Natasha Our favorite producer keeping things rocking and rolling Here in the studio and Mr Andy Waldman Texas is nice Yes and we got Miss Tracy in the building Hey Tracy is now coming back Uh this is our second time on the show We're really excited to talk about all things Uh you know she's a licensed marriage family therapist So we're gonna be talking about the New Year how to like handle anxiety and you know stay true to your New Year's resolution and how we can uh move forward She also has an incredible book out um which you too can uh get um which is really great And um Yeah Yeah Yeah Yeah Everything family oriented I like it I dig it It's it's the time of year where

you're really thinking about family You just got through Thanksgiving and Christmas probably had a few blowouts over the dinner table and now you're like you're kind of thinking about it mulling over the conversations No not with me No no no But you know that's the American way You know we go to Thanksgiving we go to Christmas The uncle says something weird It's always it's always an uncle Uncles have a bad rap I don't know what that is I'm an uncle It's like a couple of kids and I'm like thinking to myself oh my God I'm an uncle now I gotta I gotta rap the the good fight you know Well I will say that I was uh I woke up at my parents' house and I overheard my dad talking to my uncle and my uncle was saying things I was like what is he talking about Like I was like he was asking questions about my personal life And I like remember getting mad at my dad I was like dad can you not share my personal life He's like Michelle you share your personal life on a daily talk show Shut me out Like where do the parents draw the line Like I told you something in confidentiality Now you're sharing it with both your sisters and your brother Well no they're gonna tell their kids Not 12 people know I didn't ask you to tell Oh social media There you go Yeah Listen I don't put that much information out on social media other than the things that I'm doing Not like my dating life or anything like that Uh Why I don't believe in that I I never you know like I never believe that Oh wait so you keep your dating life private on social media social media the public life Keep your daily life All right I got a talk show It's different when it's not You got 19 questions last week about my dating life Like super happy and I was I was intrigued I was happy to be back in the studio All right All right All right You're single Like a dollar bill We get it we get it we get it we get it Yeah Yeah You didn't get it at first a dollar bill It can we pull another card I feel like and like release you You're not going anywhere Ok My cos can't go anywhere anywhere Um I'll be honest Michelle Kyle I wanted to not like this show I came with cynicism but you won me over Phil Phil I got a little chill I got a little chill I really did No it's not I'm not even being not I'm not putting you on Kyle is very charming Philip If you can't tell he's got he's got the charm Ask us a question Phil how we'll pull a card for you We love you Now you're part of the family Now you're part of the family You are part of the family Make sure you tune in daily because we are a daily talk show and we talk about all things ridiculous and um things important too We we do go we go deep and then we go right back to shallow waters We all we cover it all We love Sebastian man He really has to be on the show and he will because we are in Los Angeles and the of it all Yeah All right OK So uh pull it uh uh

na na na na you ever go to the you go to the baby What is it There we go  
Friendship gotta have the high hand gotta blow on the fingers That's how you  
do it 17 Um You're good sports and it helps that Michelle is gorgeous and  
has an infectious laugh Oh that's very sweet Thanks Philip I appreciate you  
You don't laugh now You're laughing That's true though I don't I appreciate it  
Thank you for saying that a new ally positive support community and  
camaraderie I love you Love you too Michelle meditate when you want more  
harmony and peace in your community also used to draw new alliances and  
friends A new person My producers were trying to teach me They're like hi  
you're such a transactional person because like you know they like to go  
places every single day and they like you want to come and I'm like we do  
we're on a mission This show is not just we have big plans for this it's not  
just you know we're not just here on Amazon We have other shows that are  
in the pipeline This is what I'm like who's gonna be there What do you mean  
Who's gonna be there They're like let's go out and I'm like but who's gonna  
be there And they're like we don't know who's gonna be there We just go  
because we go Wait What Boring No no no no no 00 sorry I think the  
caffeine's kicking It's all good No Uh man So yes they're always like oh let's  
go somewhere I'm like oh who's going And the producers are like why are  
you So transactional just make relationships kind people love you talk to  
them get to know them And I'm like I'm all right But now I'm seeing the  
value the value of the relationships because as my dear friend I'm from  
Jersey What do you want from me It's like what do you want Yeah There you  
go Your network is your network I think he's not the only one that says that  
But you know we love Randy over here the creator of that thing But using it  
well prosper you can get on Amazon is the best \$12 you'll ever spend I think  
it's a little more than that But you know you know what I mean Anyway um  
we were at the back of that book the other day He's right on it That guy Yeah  
Yeah Mr Mr I feel like I feel like Walmart Card needs to be pulled Yeah Tell  
me about love I wanna know about love Oh by that measure I'm flat broke  
No Philip You just joined our show We are your network flat broke Oh no no  
no no no You know us now you know you're you're part of you're part of the  
crew You're wealthy You you're welcome You you're wealthy and you're  
welcome No But like when you think about our friends make you feel rich  
Yeah It's the people you surround yourself with Like if you had no friends  
and you had \$10 million what are you gonna do with that 10 mil buy a buy a  
car with no but think about it Think about it What what are you gonna do  
You know with no friends with no friends by yourself You gonna show it to

everyone around me It doesn't matter I'll have friends in the G wagon after I get the G wagon I'll make friends because of the G wagon Yeah Yeah Yeah Yeah Yeah Yeah Those are not the friends you want We can we talk to this one about her mindset I know that's not true She's gonna school you when she gets on You know she knows that she's like that's toxic behavior Ok It's not toxic Get out of here Uh I have friends that have a G wagon Ok Tell me about love Love for 2023 Love Love is for the way you look I feel like I need to get another one It says meditate Yeah You wanna have love Yes Start meditating Hilarious Give a give a go at me Avoid bad company You know with the dots around it Very dramatic Whoa What is that Jealousy That's the card for love Who who can you read about You know what Let me pull a card You really good at this fan out for me Are you are you picking for love What are you picking for I got friendship You got like release jealousy Burn your house down like Oh my God that's not a good sign It's not you're not getting good cars I'll tell you that I don't know what's going on over there Wait wait Can I tell you before Can I tell you that I'm so happy I didn't get the Mercedes over the weekend What happens didn't I tell you Oh I was carrying all my stuff as long as this is why I have the car that I still have Um and I was carrying my 32 ounces of my glowing green smoothie and it went all over the inside of the car I'm sure the I don't have my Mercedes quite yet which is why you guys going to Vegas anytime soon Blow on your fingers Wait what wait what what does it say You gotta get a hot hand is divine Feminine Oh Kyle I think you're doing pretty well in that department right now What does it say Number six number six I feel like it's my birthday because like I don't know we're opening up like cards and you keep asking for them Oh Yeah Yeah Yeah Asking you shall receive That was a really bad It was it was not that good Divine feminine Divine feminine is because I was just joking You know I was in like two minutes She may be mad I don't know The divine feminine is receptive creative and pathetic and emotional In her highest aspect She represents collaboration nurturing sharing birthing of course inclusiveness and vulnerability and perfect harmony with the world around her Drawing this card can indicate that more of the divine feminine energy is required for you to for your current situation of relationship to thrive This card can also represent the mother sister relationships and powerful relationships with women That's like me I have a lot of powerful relationships You do you have a lot of female friends I uh you know if you're still talking to that person I don't know how you do it Like I don't know how she would do it for me Like I just it's it's a lot it's like it's like if you have a

best friend that's a female for like 10 plus years it's you're just like you know what I mean I don't know my friend Dre who's gonna be coming on the show I think this week and helping me do a live stream at open closet here in Santa Monica California Um uh She was saying you know Michelle I have a friend that like I never once wanted to date or date or anything and we've been friends for like 10 plus years I was like yeah but like he must like you on some capacity I don't know I have a couple actually when Harry met Sally I have a couple of friends out there that are just friends that are girls I mean can we ask Tracy this She would know Yeah But I mean like I people come out of the woodwork all the time saying like men and women can't be friends and it's like what experiences did you have I think they can be friends I just I I just think you so sour to it I don't know It's just like I mean I'm cool with it but like I don't know maybe that's an old way of thinking uh caveat men and women can be friends But I think when it gets like too close like when you guys are like oh we're best of friends I he's my number one It's like now you're bordering on like I think that might be like a romantic love Like if he's like your number one friend But like what do you say What did he say Oh Fred Fred what did you say This is a PG show now everyone can see now everyone can see that you got deleted He said avoid bad company company not us What did he say And Tony started following just to see the sauce that's happening right now Thank you You alive Tony's alive So oh my gosh That show Rest in peace R IP I know I was so sad that that show ended Well they recently like a year ago came out with the answer to how it ended Uh Joe Rogan had a bit on that female friends of guys Oh interesting Yeah Like I I didn't see that Um But we are big fans of Joe Rogan here at the studio We're you know on the show I don't I don't see anything wrong with it It can go too far But I think for the most part I don't know here here's here's my thing If you're say OK say you and I were dating and you you have a ton of girlfriends right Which is cool Which is cool But I'm like yo babe I don't say babe you say babe yo babe you wanna hang out and you're like oh actually I promised so and so that I'd hang out I'd be like oh what I thought that's never gonna happen When does a friend ever dating or like the friend the friend of a friend never takes precedent over over over a guy or girl The friend Never What if the friend had like an emotional like thing and she needs you because I I had that in a in a in a situation when my friend uh lost his friend and I uh but you did it over the phone No I I take responsibility for this on the one year anniversary I made plans to hang out with my friends and I told them the relationship like why did I do that It was bad It was a bad idea Or

like he just lost his friend So wasn't like thinking I was I was just like I'll be there Let's do something that's understandable I mean in a way I would say like maybe bring your significant other to meet the friend that's the of the other sex so that you can like you can help them feel you know like they should if anything I would want who I'm dating Yeah Like they could hang out without me like my girlfriend and my friend that's a girl could become best friends Oh that'd be great Yeah Look you want you want your girlfriend to be like best friends with your girlfriend Oh that's cool That's for sure Yeah Yeah Yeah for sure Uh Phil what did Joe say about uh female friends of guys I would love to know Let us know I think he was on the other side of this uh debate I think he was like guys and girls can't be friends because the guy I think a lot of people are like well the guy in it for like a reason he's just waiting around which happens all the time I'm not gonna say it doesn't happen There's a lot of betas out there that are just like sitting around waiting for the beta Like he's like there's an alpha who's the girl's dating and he's gonna be it You know what I mean Like wait you know watch that's like kind of like watching the girl you wanna be with be with another guy and you're fine with it because you just wait that's a holly weight It's a holly it's not these inside jokes Make sure you follow hit that follow button and you follow us on at Good underscore Day Live on Instagram and at Good underscore Day Live on uh youtube We're also on tiktok Um and you can follow me myself on um on all the socials too at a at a at Michelle a Murad Um and you can follow Mr Kyle Trueblood at Kyle dot T under Kyle underscore dot T underscore dot t if you want no biggie I'm gonna contradict myself though I do It has hit me weird sometimes where I I remember I was in college I was in college and my my girlfriend had no no no not a lot of friends I didn't care about him but there was a guy who was clearly there So like he was just waiting around He was highly waiting and uh I was aware of it but I didn't care I was like I was like wait around like whatever So it doesn't bother you if the girl has a lot of guy friends If the here's where like an insecurity could kick in where it's like listen the girl chose you believe in her and trust her decisions She's with you So don't worry about her guy friends Yeah she might have a few of those guy friends on the back burner in case you mess up So guess what Don't mess up I love that Maybe she is keeping them on the side in case you mess up I wish they probably are Don't mess up What do you wanna do At least you can see them because regardless she has backups I mean whether you see them or not she's got backups Do you like that She's like uh which that she's like keeping it like

open and honest that she has like all these guy friends Yeah I mean if you hide them now now we we have if you hide a guy friend that's weird that now we're in now we're in like shark water shark shark water dangerous territories This is awesome I love learning about this and we're gonna be talking about love Uh This is one of our favorite topics here on the show Uh but we're also excited to talk to Miss Tracy what she has to say about this Yeah I love we loved having her on so much that we invited her back for a second appearance Um Do you have any questions for her today Um I'm gonna save those because I wanna I wanna get get her on I'm really like Freddie What did you say I get Tracy on Don't go anywhere We'll be right back after this So here is our Jari Unbox it you wanna get it charged up you use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you wanna use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit and uh we are gonna take a look at the this works What's this This works Vaca vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going you can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on it's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port



here Ah Amazing if this works You know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car The Jakey can also be your backup power source for you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability So here is our Jackie and Box it you wanna get it charged up you use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works that car vacuum Awesome Very cool And we could even take a look at Tabi used it and uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on It's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Welcome Welcome back to Good Day Live If you're just tuning in I'm Michelle Murad along with my dear buddy and we have the lovely Tracy Terry Welcome to the show Welcome back to the show Happy New Year Happy New Year Happy New Year Um Lacy Tracy Tracy is a licensed marriage family therapist She is also this amazing author of this amazing book Um What is the title of this book It's Many Voices One Truth um which is an excellent excellent read Um And we invited you back to be on this show to talk about New Year's resolutions how to stay focused on them and um to manage

anxiety in the New Year Because I know for me um you know there's so much pressure on like wanting to start the New Year off like on the right foot and to accomplish all of our goals Can you talk to us about how we can stay in alignment with what we have decided for our New Year Yeah Um There's lots of different ways but one of my favorite ways to talk about has to do with the fact that we are mind body and spirit So if you stay in alignment with yourself then you'll have a better chance of staying in alignment with your goals And so taking care of each aspect of yourself your mind you know intellectually speaking what are you filling your mind with on the television or in the movies What are you filling your mind with in reading the things that you pay attention to your body Are you taking care of your body and your spirit What are what spiritual aspects of yourself I mean because that's your life force your spirit And so being in alignment with those things within yourself is a good place to start so that you are in alignment with your goals So uh most of us aren't So which is why I have a job I'm telling you Yeah And I'm I'm there too Uh with the aren't But and we're trying it's it's it's a process but my question is uh like how what are the telltale signs that like you're not aligned How would I know Oh I'm not that's not I'm I'm a little off here Yeah Frustration with yourself and with um other people it's different for everyone but sometimes just feeling an impatient uh feeling a little ill at ease or off off put or or something like that and it's a good time to go and reflect Instead of looking out there at you know him or her or this organization or that situation ask yourself what have I been thinking about Because all the goals are something that you would probably work or do behaviorally Everything starts in your thoughts even how your body is showing up it all starts in your thoughts That's so true Yeah you find yourself like in this an anxious mood But if you trace back to for two hours you've been thinking about a bunch of stuff that now has ended you up here right Yeah Yeah because we yeah we have three levels of consciousness We have uh our conscious mind our subconscious mind and our unconscious mind So some so did you have a question before I go on or is that the ego that's that's aspects of the personality and just different parts of your personality But I'm I'm talking about like thoughts and you know some psychologists will say we use subconscious and unconscious synonymously synonymously But um I believe that there is a midway point in between you know and I call it the conscious subconscious and unconscious So consciously we're all sitting here talking to each other and our conscious mind is at play But subconsciously we may be able to hear the traffic outside

or the sound of the lights or whatever is going on here in the studio but we're not attending to it but there is a little bit of awareness of it or you might be thinking about what you have to do after this Yeah And then unconsciously no one knows what's in there Oh yeah like the deep seated stuff right from when we were little Yeah but the unconscious is always um tending toward making you aware of what's in there So it's trying it's protecting us like talk because I know for me my word of 2023 is alignment because I'm not really big on New Year's resolutions I'm more about like picking a word for the year So I'm not so part of myself So it's alignment and is this alignment from my head to my toes Like what am I do every day Is it an alignment Like what am I eating What am I putting out there Like even what I'm wearing Like oh I have lipstick on my teeth lipstick on my teeth We are alive Look I put lip gloss on having you on is an alignment for the show obviously Um But it's interesting because I wasn't in alignment for uh before the New Year started I was getting really really sick and I guess it's my subconscious trying to warn my conscientious unconscious Ok Yeah OK So it's like um your subconscious or unconscious is basically like playing a role to weed out the negativity or find it So you don't get hurt is is both both just it It's about being aware of who you are and where you are And so your unconscious mind will um tell you things or show you things either via your behaviors things you didn't mean to say or dreams touch a base on things You didn't mean to say whenever you say something and you go oh my gosh Why did I say that or I have no idea Yeah I had no II I did not mean to say that you kind of did You just don't know that you did you know II I think the unconscious is always tending toward health and wholeness and you can't have health or wholeness about truth that I love that so much Yeah a baseline of where you're at so that you can get to where you need to be You have to get the truth to know where you're really at Yeah Yeah And so that's your unconscious minds job Very cool So what your word for 2023 did you pick it you said unstoppable And I was like don't that's I I'm judging that You know what You should stop me huh But if you're unstoppable how are you gonna have time for yourself Well nothing else can stop me I can stop myself I liked it I still like it actually stick with unstoppable What have you found I know you can't like give us too much information about your patience But like have you seen a collective um theme for for like the past like couple of months of people going into the New Year Like what has there been like uh you know uh just like a general consensus of people feeling the same way Yeah If I were to really think about that I would have to say um there's been

a collective outpour of what's probably been stored up over the last two years You know we've been dealing with COVID and what not And there's been these little peaks and valleys of oh is it over or now we can come out and stuff and then we have these huge flare ups and you know things like that And so when we're all collectively going through something as one what we tend to do is um kind of bury the little things that's going on because there's just bigger fish to fry Basically there's just bigger things to deal with So people will bury things and not really you know deal with it just to give a personal example I've avoided COVID for like three years I mean my husband has had it twice I've slept in the same bed with him for days and before he knew he had it and he'd isolate after and I never got it in the last couple of months Just in our place We've been doing some uh a little bit of renovation at our home and it's like if you've ever lived in a house that's being renovated and there's all these boxes everywhere and it's just really really stressful and then plus it's been raining and I haven't been able to get out and run And so I believe my immunity plummeted and I'd forgotten to take my vitamins because I'm like really good at vitamins and exercise and I just have too much going on And so it all caught up to me and I ended up getting it You got COVID I got COVID too It was before Christmas Yeah me too That's so strange Me too I wasn't able to go home to the east uh east coast Well not that's not home anymore but like go visit my family Um and I too was like avoiding like avoiding it like no other um it was really good with like the mask and all that and I think because I wasn't in alignment and I was doing things that weren't bringing me joy My true North my true center Um my immunity was shot I was afraid to drive on the freeway I was like getting so much anxiety and then I just got super sick Yeah that's that's a clue too Like when you start feeling things that you don't normally feel like if you're not typically an anxious person or typically you know withdrawing from people that's a sign that something's off somewhere within your alignment And so if you can ask yourself some questions and figure it out and do what you need to do to get back in alignment it's probably going to be the best thing for you What kind of questions should we be asking ourselves Well one of the first questions is let's say you're feeling anxious you know what am I thinking about that's causing this anxiety Is there anything going on in my life that I need to deal with or that I am dealing with But it's causing me anxiety and if that's the answer then figure out what you need to do to address that But if there isn't anything going on then it's something that you're thinking about You might have to sit down and get quiet with yourself

and a pen and piece of paper maybe say a few prayers maybe do some reflection and then write write down what comes to you because it will be revealed If you ask like you said earlier asking it will be revealed you just have to you know take that quiet time with yourself and let it come out So um my word for 2023 is unstoppable There's like a level of intention in that How does intention play a role in uh your process of better in your mind Oh it is the one of the most important things because intention means that this is what I intend to do And if you're thinking about what you intend to do either subconsciously or unconsciously you're going to be drawn drawn to situations and that bring that up for you Like interestingly enough Uh I I believe I'm here today because do you remember my assistant Emily last week on Friday She said Tell Turkey needs to get you some more in studio stuff because I've been doing podcasts and just like online and zooms and re stream and all of that just just Friday and then I texted it to him and he was like sure And then you guys contacted him Isn't that crazy how that worked really fast for you Wow I love that Gotta be gotta be open I mean it's not magical thinking or anything It's just what are you thinking about like your own thoughts And what is it you intend to do for your life Because then things will open up or you'll choose behaviors that make that happen for you Opportunities will present itself I have a question about you You say you want to do something but your actions are different from what you're saying what's going on there You probably don't really want to do it You probably think you want to do it or you want to do it but you don't feel worthy of it or you don't feel you have So what you really really think and believe will manifest itself and the choice is interesting So when you say you're like I don't want this anymore but your actions are not aligning with it It's because you don't feel worthy enough sometimes or you don't not really not want it or however because it's somehow fulfilling a like a purpose Yeah And it may be that that's what you're used to you know um it's like a certain level of comfort Yeah There's a there's a thing um in psychology called recapitulation and recapitulation and it just doing it's doing is recapitulating your life So like if what you're used to if you grew up with you know chaos and oh interesting you know heated arguments of course you're not going to want that and you're going to say I don't I don't want that But but because it's so ingrained in you you want you end up choosing you don't want it It's just familiar Yeah It's familiar and you end up and you end up choosing that Sandra Bullock said something I know she's not a therapist but she said if something is familiar sometimes it's not good Like sometimes it's actually

the it's worse for you you have to choose different or opposite You know So then so how do you feel So you know with people that are like dating someone and they're like you feel like home to me is that dangerous Thinking It could be but it's not necessarily dangerous It could be that you feel safe with this person and this person is accepting of you But if you're not used to that you're if you're not aware that you're not used to that and you're not thinking about that you'll probably do something to to check that up or to like yeah sabotage it because there's there's another um part of that is whatever Whenever we're in relationship we're producing um chemicals like neurochemicals oxytocin serotonin dopamine and everything like that And then when we're in chaotic relationships or if that's what we're used to we produce cortisol or the fight or flight ones like cortisol is the stress It's the stress one the stress of anxiety So when you're when you're addicted to it you'll seek out It's like your body seeking out something that's going to give you Yeah It's a high because I love caffeine I was talking to my best girlfriend the other day and we were talking about like um we're talking about relationships and she goes uh I was saying like uh I I believe when you meet someone and they're fireworks or you feel like a spark it's things are gonna go down in flames or you're gonna learn a lesson right I said to her I think honestly this is just me thinking out loud that I think when you find someone that is good for you you feel at ease and it's she was like I mean boring and I was like no no no no no But it's funny that like that's how our brain is Like we're just like there's no story to it It just feels like like good like it just feels like comfortable Although I know that has it's like negative side effects too about being comfortable But um yeah I think you're supposed to be at ease but for somebody who who's addicted to like the stress hormone or like constantly like being let's go let's go go go go They want they attract some somebody who will make them feel like that sometimes or even if they don't attract someone who makes them feel like that they'll start doing things just to feel like that in the relationship to create that in the relationship So this is pretty profound No one's ever put it that way before but it's like so true You just can't it's it's undeniable for the people that are addicted to cortisol in loving relationships What do they do What ask me that again So the people that are addicted to cortisol are not the common agents of like chemicals like Oxytocin Uh What are the people you know they probably know that like oh when I'm in a relationship I kind of have this spider flight thing How do they then proceed to get out of that or Yeah Yeah Yeah Awareness is is the first key to that because most of us live our lives on

automatic pilot and just going from stressful situation to stressful situation And if you cortisol is one of those things that you can feel it in your gut or you know your heart racing or whatever So one of the ways that you can get out of that is first being aware that that's happening in your relationship and then calm yourself like engage in a practice of prayer or meditation silence and solitude whenever you can I mean that like meditation is such a helpful tool for the brain when you it's kind of like going to the gym and working out when you pray and when you meditate and they they have all kinds of research about this It it sets your brain on a different course So you're producing some of the more calming you know agents neurochemistry you know and then engaging in things within your relationship that will promote Oxytocin Like you know like some of the times I'll have my uh couples doing these exercising uh like gazing like where they just sit and look into each other's eyes I love that and they always laugh like at first but it's a real exercise You know it's a real so that you're connecting and you're creating that Oxytocin And another exercise I have them do is where they put their foreheads together And in fact this yeah this is kind of like a directive Like if you're gonna talk about something big or something that's you know sure to you know cause a little stress you you close your eyes and you put your foreheads together and you breathe in each other's sense and you hold hands and and what that does is it calms both parties brains and gets you more produces Oxytocin and gets you more in a place and a space to be able to communicate with one another from a more loving Yeah you can you can't do that at the beginning of the show Just put your four heads together every time before like for for the longest time I was like Kyle we gotta like do like a handshake or like a group hug before we start He's like I don't go I don't start until 11 20 because I'm so I I he's the calming agent and I'm the the energy I'm I'm the 10 Sorry I keep tapping you I'm the one who's the cortisol and he's the one who's was the Dom which is this is why it works on the show So we'll have to do like the forehead thing I was thinking it's gonna be freezing and no I I um I think that's gonna be so useful for people out They they are like it's gonna look funny when people are in relationships and like you know what let's touch foreheads Come here You could do that with your Children too Oh that so sweet I love that Yeah So engaging in things engaging in things like that to counteract that cortisol It's like with meditation Sorry I cut you off So what have you found when people uh are putting their foreheads together and they're holding hands and they're about to share like some very explosive news How have they not been like

explosively reacting to it Like do they exclusively react or are they just taking it in No when I when I have them do that in my office sometimes one or both will cry But you see this you see this like you will see the relaxing of their shoulders you'll see a leaning in like some couples start off holding hands and then they end up hugging and finishing the exercise It's really really cute It's really and then sometimes you have such a great job I I was telling Andy like I said you know I like because my mom was a clinical psychologist and his mom was a clinical psychologist or she is sorry she's my mom passed Um But uh it's really interesting I gravitate towards people like you like healers and people that uh teach and um and practices that can help better ourselves and our mind and our body and our soul I mean also like gravitate towards some like ridiculous comments too But um this is really really really awesome Yeah that's good that you do that because your mom was a healing energy in your life And so a healthy way to grieve is to figure out how do I maintain that not necessarily replace her But if you're gravitating toward healing people then it'll help you with your grieving process to be able to integrate it as part of your life instead of living in that grief for the rest of your life Yeah That's great Mhm That I did I did I did He's such a good friend He's very supportive and very uh overprotective I'm very overprotective Um No this is interesting though because it's like uh I think the meditative purpose is to realize that you're not your thoughts Like you can have his thoughts are gonna happen to you I know when people are like I'm gonna think now it's like no thoughts kind of happen to you It's a channel you can kind of like browse but you can't turn off So you gotta kind of have to understand that like ok just that's a weird thought and allow it to like kind of pass by but not like identify with it Yeah Yeah And you can choose your thoughts You can choose like if you're choosing the thought that's causing distress or stress You can stop that thought and choose something else Choose to think about like like you guys were talking about goals earlier and we were talking about how you have to think of you know what you're thinking of like think about what you want because anything that that you think about a lot will end up showing up in your life You know I mean I was thinking about the G wagon I was like I'm gonna sit back and talk about this one called The Manifestation Station Mill That's true What about the Selena and Kate Uh Oh Yeah Yeah Yeah Yeah Well so this is so this place is very magical for me because um I ever since I was really really little I always wanted my own talk show and then uh I came here for a different reason and then uh Andy and I like teamed up with creative powers



and uh beings that uh that are and uh started talking about having a daily talk show And uh my friend my good friend Dr was supposed to come to a show that I was already working on called Dream On But Kyle like came in instead of D Dra because D Dra couldn't come in because she got and Kyle was sitting across from me he was sitting in the chair and he goes I think I'm supposed to be a host just as we're having a random conversation And then but a but a moon we have a TV show and a talk show which ends up working out So like we have to be careful what we say here because then they happen Um What about the other one where we had Selena And let's get into that Yeah Yeah Yeah Yeah Yeah Yeah Yeah Let's get into that So it was just like things that I would just say just would like instantly happen Um And so uh like working with certain brands um that I really love and appreciate but we had uh uh Selena Ring and Kayla Crawford on their two comedians very very very talented women and they were sitting on the set and they were saying um uh what they wanted to have happen they wanted their uh show that they had just just filmed and produced to get picked up and they got a phone call literally from a producer after seeing them on this show to have them come in a meeting It was like this manifestation ask and you shall receive Right Right Yeah Yeah Yeah We have we have the footage I was like do we get a cut of that I was just getting no I'm spending too much time with you That's what that means Every time you want to come to this who's gonna be there for what Now you've changed a little bit I'm coming around the around the bed you're more open you you start you know new things are happening for some people You meet some people So so uh we we had this whole debate before you came on about men and women being friends Do you deal with any of this in your practice Uh Good question you know infidelity Uh She started out as a friend I thought she was a friend She's not anymore These are ugly stories but they happen like we're all we're all terrified of them So like have you worked through this process before Through the process of infidelity From one of them being a friend a supposed friend No not I haven't had that experience of you know someone I've worked I've worked with couples who have experience in fidelity but I have not to my recollection worked with anyone where that person he'd been unfaithful with was a friend unless they didn't tell me that aspect of the story I mean there there could be I don't really ask a lot about the other person It's about the person Yeah Um So do you think men and women can be friends I do think that men and women can be friends depending on the maturity level But what you guys were talking about earlier with regards to I mean what I

heard you say was um you guys are talking about you know whether um if a if there's a man and woman if they're friends and then a significant other comes along if that best friend relationship can still be what it is with that significant other Yeah And and I think there has to be a shift in priorities in order for because a best friend relationship is different from an intimate partner relationship And your best friend relationship shouldn't be experiencing the same kind of connection as your intimate because the the person that's your partner will feel insecure eventually Maybe not at first maybe at all And it can be disheartening Like if you were the best friend like I had an um and a situation like that personally this was before I was married and I was really good friends with a guy friend of mine And you know once a month we would meet for breakfast and just talk about what's going on and then he started dating and I hadn't heard from him in a while and I called and said hey let's uh meet up at you know the black cow in Montrose and you know have some breakfast and he was like oh well oh no but ii I understood but I was really really sad but I let go of it because you know on some level I knew I mean I was much younger but on some level I knew that he was right and things like that And so you have to you have to be willing to shift Yeah You know would you like would you shift your situations if a significant other wants me She's like oh she makes me uncomfortable I'm not sure about her All right Yeah Like we'll see what we can do If there's nothing we can do it's gonna have to go we'll see what we can do You all having dinner together I mean kind of it's like actually I've been on the other side of it where like I was friends with a girl she started dating a guy and the guy was like uh who is this guy Like like you just you just friends with this person And we were like yeah we're friends And so what we would do is I would just grab a date We go on a double date Oh so you can still be friends with the person Yeah Like you can like and you almost exemplify like hey loving relationship loving relationship friends like you see it in practice and so it really helps the other person Um but I think the biggest point was just that like my friend who was in the relationship went out of their way to help their significant other It wasn't just like no accept what I'm doing No no no no no I'm with you on that I but I for me like my my biggest thing was a friend of mine Um and uh he he's gay but like he whenever he got into a relationship I was always felt like I was pushed to the side and I always got that like yes a relationship takes precedence But like I was there before and I'll be there after So I kind of felt like Yeah Yeah Yeah Yeah Yeah It's still there No no no I have hope for him I love him very much He knows who he is Um but I felt

like I felt like it was I wasn't valued as a friend and I felt like whoever he was dating always like it just it just went above and I I don't know if that's different in same sex couples with friendships because I don't know that the dynamic I obviously I mean I don't know it's interesting for a person it depends on the per person and purpose Um but yeah like I just for me it really bugged me the wrong way again It's it's like the effort You just want to see the effort whether whatever happens like the fact that he picked up the phone and explained it to you meant more than just like never answer it Yeah Yeah because there are people who would do that Yeah A good friend Yeah So I think it's more about like just making the effort whether or not you continue the friendship but just be like hey like you explain yourself or you try or whatever But he didn't it didn't sound like uh this guy was like trying He was kind of just like stepping out of the door like hey I'm in a relationship See you later It was more like yeah like this person's uh not available on this day or this day Can you do it And I'm like oh yeah Oh yeah Yeah You know like but you know I'm it's interesting uh I believe we attract uh people in our lives to heal certain parts of ourselves And I was very much that person like it was always about like the guy like always about the boyfriends and I disregarded one of my best friends or like I would talk to her all the time about the guy and she's like do I not like am I not here Are you not like am I not this body presence Like we gotta talk about this guy Sam Forever I love talking about that guy I love talking about that guy because no I Yes sometimes Yeah I do Right Yeah He's not watching this show Well he might who knows Oh no Go tell me this is this is it Tracy We got to have you back on You're absolutely delightful and um come back Yes we'd love to have you come back Uh This is your camera over here Plug away of what you would whatever you want to say and how people can get in contact with you Hi my name is Tracy Terris and you can get in contact with me at Tracy dot com and join my email Subscription list or I'm also on Instagram at Tracy and my private practice is on Instagram at healing the mind and spirit and you can buy my book on Amazon dot com or Barnes and Noble dot com Yes Thank you so much Tracy What a great way to start this year off in a fresh wonderful way Um Many voices when truth is available on Amazon it's a great read Make sure make sure you buy that Check out Tracy she's absolutely phenomenal and wherever you are in your day wherever you are in the world I hope you find the good in it and spread it to whomever you may and we'll see you guys tomorrow Have a great day Bye guys Let's win That was wonderful That was amazing Thank you so much

for having you know it attraction Good morning and love with the greatest  
scarce and is in her I want to be the