

## GDL Zahra

Good Day Live I'm Michelle Murad along with Yes Kyle Trud and a lovely Zara Hadari Yes be here Oh my God I feel like I'm visiting my family I love you guys I love you guys Thank you for having me You look gorgeous Lucas talking two supermodels are sitting there I'm just getting the lights from you guys It's a reflection of you all the love all the love Have you been Wonderful wonderful great to be here for wellness Wednesday Yeah Well we have a uh stop the bleeding book Let's uh Yeah what we have here I'm excited to share the book with your audience and you guys Um I just want this book to be everybody in everybody's home What's it about It's about what's happening in the world You know there's too much going on outside that we cannot control And this book is my gift to the world to help people gain some very very basic skills to manage the crisis that is outside first internally and then that energy is contagious and it will be transferred to everybody else outside Yeah How many people talk about that in that way Yeah Deal with the external and the internal Yeah because we cannot control like you know what's happening outside We could only manage our own well being and how we react and over react and respond to anything and everything So this book is my gift after helping people for 15 years to come up with a solution You don't need to drive to see me You don't need to you know make an appointment to see me You just pick it up and read anything you want any chapter anywhere I love that Yes Uh Listen I have been very open and honest with the past couple of weeks For me it has been so incredibly challenging So I just wanted to start off by saying thank you for being somebody to reach out to because I don't think I would be as I mean I'm I'm not calm right now but get through it And I think it's important to acknowledge your feelings acknowledge where you're at and to have somebody that you can trust and share And so thank you for being that for me to clarify Michelle is always well we perceive her to be always happy but Michelle is a tough days as well and Miss Zara has been there for her uh behind the scenes and uh I'm really happy about this uh family family affair But what an honor And uh Michelle you myself we all are human being that uh we've been forced to you know come on you got you have to be OK Stop crying stop it stop it But you can't stop the bleeding by just putting a band aid You know we need to see what is happening down there What is what is in your heart that is making you feel sad and you want to cry and you want to fall apart It's not like because you are too sensitive It's not like because it's all

about you You're a drama queen You know we've been told those words oh my God are you doing this again I mean but you know it's it's just human needs and and and we need to handle what's going on and really have a community or people family friends professionals to help us to gain the confidence we need so we could help ourselves when the professionals are not around And honestly that's all we've been doing some deep breathing some repenting some inner child healing some prayers meditation journaling It's a combination of it's like a Disneyland It's like I mean when you see no no it's not like one thing we do Like yes I I will say the first time that I had a session I was not ready for it So I think um for a lot of people that might be going through trauma or have experienced trauma to give themselves grace and when they're ready the teacher appears or you know the book appears you know like it's I just had when it was my mom's birthday I all my inner voice was like reach out to Zara and luckily you were you were there and you picked up And um so I mean it's it's not easy work but I know that I'm supposed to go through it and I know by going through it I can help others I can be my best self and um live the best life that I'm mental ill The um in in our society in American society males are constantly just telling themselves tough I can deal with it I got it and they shove it down they suppress it and we just go to work and it's fine Do you find that males are coming to you a lot because of a book like this You know what uh to be honest with you my prayer was this book will go to anybody's hands that needs to be healed And I have males females older adult um 18 years old age is just a number because um it's just after COVID I think we all woke up to see how life is so fragile and how we really cannot manage outside crisis Who knew you know everything is gonna be shut down for almost you know two years So I think after COVID my my clients my my family my friends myself uh I wrote the book during COVID because I realized life is so precious And I need to understand what I could provide for myself because as a therapist I mean Michelle you myself we are human and and I have days that I'm just in the ground crying and II I get myself up one minute at a time you know and it's journaling It's all in the book mindfulness meditation walking moving my body listening to good music and just acknowledging my own discomfort at that moment that's rep parenting is because as a man or a woman it doesn't matter our caregivers my mom your mom I'm not judging anybody because they knew what they knew and we are here to just embrace the change and be the change And II I tell my clients you know what it's ok for you to fall apart but it's not ok for you to wait for people to come put you back together

I wanna give you the tools that you are bleeding you are bleeding in your own blood but you gonna wipe the blood you gotta clean up and you gotta go outside and blossom and and and that's my that's my message and that's what I want to make sure everybody understand that they're not alone And there are tools in this book that could help anybody So if I'm hearing this right it's like you want to become aware of the bleeding within yourself because once you have the awareness then it's now you can take care of it definitely consciousness awareness acknowledgement and then making basic choices like nurturing your inner child that needs help because sometimes we could be just really really really tired We just need to take a nap Sometimes we are just very lonely We just need a friend and sometimes we're hungry We forgot to eat I mean I have a client calling me I think this is it this is it this is it I'm like OK what is it Oh I'm like when was the last time you ate Oh I don't remember Did you have too much coffee today Oh I did Did you you know basic I'm talking about basic That's what in the book I'm talking about you know and and my approach is holistic healing mind body spirit what you eat what you do what you read all of that makes the best version of you for you Nobody is competing with anybody We are just competing with ourselves So when you when we are having a bad day instead of judging when your best friend calls you say Michelle I'm having a bad day Kyle I'm having a bad day I'm a loser You know what II I messed up again You wouldn't say yes you are a loser You messed up again I can't believe you You would just say no no no no no no no no Don't be so hard on yourself It's OK You're gonna be OK I see you I love you You know that's all What is that that we're so it's so much easier to take care of a friend and talk so nicely to a friend But we don't the inner talk is not even close to that because unfortunately we are not trained how to do that We've been I as a therapist did not do any inner child healing with my clients because I wasn't aware of it So when I learned about it that how almost every adult clients I have is having bleeding issues from childhood And I'm just gonna bring my own story when I was born for two days My own mother didn't want to hold me or feed me because I was a girl So I came to the world with sense of we don't want her So the sense of I'm not good enough was installed in me for a while And that's a long story I don't want to get into it But what I want to say is when we know we don't blame others we start taking inventory What can I do at this very present moment September 21st 2022 to make sure this life is a gift for me and others So we just come back to right now We get ourselves together We have a conversation in the mirror It's gonna be OK I love you I see you and I

understand what you need right now So basic basic conversation with ourselves with ourselves and it's funny how we can't even it's very hard to have basic conversations with ourselves I mean yeah I have a little bit of trouble with it Especially with males I think it's a little bit harder We're so we fix a lot of things We try to fix everything but externally nothing internally because you've been told Don't talk about it Yeah Don't talk about it Be tough to get ready to take care of the next problem Yeah Yeah Wow that's really good And I I heard you mention uh you reached an 18 year old an 18 year old you reached a teenager you reach all ages all ages all no no no Oh yeah You know what Because at the end of the day Kyle Age is just a number at the end of the day inside every single of us is a wounded child that needs to be heard and loved and noticed and and it doesn't matter He's 22 or he's 91 if nobody listens to their pain like she she called me and she was having a tough day It was her mom's birthday I couldn't I could have said you know what Go go get yourself a cake and get over it I mean are you kidding me See you can't do that So she just needed someone to hear her Her heart is sad and and and a voice to say I see the sadness and I care about your sadness and let's see what we can do to help you right now So we brainstorm I did ask her Actually I asked you I think it was Monday or maybe Friday I was like uh how are you feeling You're like I'm not OK I was like oh wow what are you gonna do about it And you were like I'm gonna surround myself with good people I'm gonna feel my feels was that from Zara Uh I mean it was in the process of like just being open and honest because my thing has always been with the show and and I say this every day this is the feel good show But I never ever ever want anyone to think that I am faking it or not being my true authentic self When I'm in the studio I feel so in alignment and so like this is my purpose and this is what I was meant to do but I had not only my mom's birthday who I lost this past year but a friend of mine passed away the day before So it was a lot to take in a lot to die just and I was not OK I mean I was um and I'm still not 100% yet but I'm getting better every day We talked about affirmations and like looking at yourself like even putting a picture of like a picture of you as a kid in the mirror and talking to that child and just saying yeah like I wasn't ok but I'm gonna get better every day And I think you know switching up my nutrition like not drinking coffee going to like some some macha maybe um because I was having some intense panic attacks like even driving here even though it brought me it brings me so much joy to be here but it was just I was by myself and I'm in the car and like all the thoughts start just like flooding me

So yeah when Kyle asked me how are you doing I was like um honest I'm not today I'm not OK But that doesn't mean that later I won't be and then 20 minutes from now even better So I just think one thing that I'm learning to do is to not put a band aid on anything to feel everything I need to feel to not distract me totally but to like feel the pain that I have been blessed with because I know every event is a learning lesson and that I can understand more people and connect with more people because people have lost and they lose parents and I lost mine way too young But like I I was able to connect with an incredible person the other day who now I told you about who has this incredible breast cancer awareness event So it just yeah So thank you for being you know the incredible therapist that you are But also like putting out this book so that those that can't get in touch with you they have the resources and the tools to you know have that and and a guidebook on how to well I love this wipe the bleeding and then move on What does it stand up wipe the bleeding emotionally emotionally self sufficient in a way Is that right Yeah Yeah because I just want to add one thing to um what you said then I want to answer what you Kyle said I love that Uh you come to this studio because this is your purpose And as a therapist as a coach as someone that loves to help people My one of the biggest goals I have with my clients to create together What is your mission What makes your heart sing If you could write your own right You know life a story What would you write What would what would be do what would you be doing What is your purpose What is your mission So when we get up and regardless this is my purpose it doesn't matter what happened to me in the morning it doesn't matter what happened to me 20 minutes ago when I am here and I pray that my voice be used to heal others This is me I could be sitting here and doing this for 10.5 hours and forget about my other appointments Because I am in the flow of being who I supposed to be So you are so blessed you both are so blessed for being in a mission in the in the assignment that you are supposed to be today That's why you come up to the studio and you light up and it's not fake It's very true So that's that that says you're on the right path You just have a little bleeding that needs to be fixed and it will be fixed And you are doing great and talking about being self sufficient Yeah because as a child when I was born nobody wanted to feed me for two days My mom didn't want to look at me I needed someone to come and love me and nurture me and all that But you know what Now I know when I'm hungry I know when I feel unloved I know when I'm tired So you and I and everybody else the whole purpose is become your own wise loving parent take care of your own

basic needs and what is a basic need we all have as a human to be seen to be loved to be understood not by others by ourselves First it comes from us So that's the message that I have with this book and Wellness Wednesday I'm going to come to it because I think that's why this whole thing was about honestly Wellness Wednesdays II I've been just thinking about it for the last few minutes It's all about being well internally and and how could we do that fast because in a fast paced life back to back meetings and text messages come social media we get those messages emails you know all these unwanted scenarios that we don't want How can we do that So if you don't we're gonna just do a very basic deep breathing together and that could calm everybody down Whoever is watching us and you guys along and our audience please Yeah Um and you can do at home if you're not driving hopefully not if you are not driving So sit very comfortable sit very comfortable put your hands on your knees and then we gonna do two big inhales from our nose close your eyes If you feel comfortable if not you know keep it open it's up to you big inhale through your nose big open mouth Excel big and help to your nose Big open mouth Excel Now I would like you guys to gently open your eyes and I need you to put one of your fingers in one side of your nose and we're gonna do a big inhale with both nose and we're gonna excel from one So I'm gonna do a big inhale Excel big in hell except from the left big in hell Exhale Now we're gonna let cover our hands and be in hell big open mouth Excel gently open your eyes So I feel a lot more calm I don't know if you guys do but this is honestly brain this is the body this is not just Zara talking We are calming the nervous system down by just doing that We could do that in our car before each meeting after a fight after we are feeling you know lonely grief All of that This what is that technique Um It just it just attracts your mind to what is really matter right now So you can stay very focused and makes you feel like you're in power you're in charge You could actually manage this so you could manage the crisis that you're getting from the text later You know what I mean Yeah Yeah Yeah So basic basic Yeah Thank you for coming back on my pleasure our pleasure Um You can get stuff the bleeding on Amazon um your emotional rescue and we just wanna thank Zara for being here and being so lovely being part of our wellness Wednesdays and Tulsi And why am I blinking I like I think you put the calming of my brain I couldn't even think I'm sorry Rebecca Blanking because my brain was tired for a second Um Wherever you are whatever you're doing and hope you find the good in your day and may you spread that good to whoever you see on your day have a

beautiful day and we'll see you all tomorrow Thank you Thank you for  
having me Thank you