

GDL Eden Sassoon

Good day Good day Welcome back I am Michelle Mira I'm Kyle Trueblood and we have Miss Edith Hello Hello Hello How are you I can't swear K I'm fabulous That's awesome I'm wonderful You want to swear I did I wanted to say and just fabulous because when you have those days you have to just let that energy out You do you know because you have to appreciate the good days as opposed to wallow in the bad days Right Right Right Yeah that is for sure Yeah Like when I have a bad day I literally just have to work out Do you do that Do you know me I love you So whether I have a good day or a bad day I wake up and my eyes open and I do gratitude and then I go straight to work out I do not think about it because the minute my brain gets involved it might switch some stuff up So no work out for me 49 I got to keep moving this body Incredible I love you I still think you're 12 But well I mean I want to say a little bit about you So you're an entrepreneur you're a philanthropist you're a slate TV host Um You're on the cover of focus magazine former OK former Beverly Hills housewife and of course the daughter of legendary Vidal Sa Soon who coined the iconic phrase If you don't look good we don't look good I love that You say it like that Yeah it's a different way of if you don't look good Oh how do you normally say They say if you don't look good we don't look good Ah How did I just say it if you don't look good Thank you like it Yeah but it's it's really cool and welcome to to always looking good See that's an interesting comment because and thank you for all that Those are like in the details But I'm really just me I'm really just me I'm really just the moments We share the communication We have the people out there that just I I'm at this stage in my life at 49 where all of that doesn't exist It's right now that we're here together and we're looking at each other's eyes that exists And so the past is the past and that's my story and I can sit in it or I can be present and really change that energy and shift it and make happen you know So yeah it's I I think growing up as Vida's daughter and having gone on the housewives which was really a huge experience of growth Um some something that someone like me never wants to do I honestly I was shocked I had no idea that because you see you met me yesterday and you were like wait that that doesn't make sense at all and and nor did it Um for me you know I can I'm a very strong person and yet going into a situation that is reality and six women who you know are full of let's just call they're actresses I'm not I'm very real So when that you're in that situation and things happen and you have to get bigger and deeper and

more intense I literally went back to my 12 year old girl and just shut down Yeah it was really difficult Um and unless you sort of want to sell your soul to the larger thing we call in this city I won't say it um have at it but it's not for me And so since then I've done a lot of work which I've always have Um and really just come to be comfortable in myself I think we have a high I think there's a high meter a high bar for judgment in this city And it is brutal to live with And so the more you put yourself out there and the more you do things that people have the opportunity to judge you if they're not taught and trained in ways where like I am you you are me we are one the stories and the details like everything you just read on that card and I appreciate it Of course that's not who I am So people get caught up in the details and you're so much more than that And I know that this didn't just happen overnight Like when did you start doing this work I really think when I and honestly when I was born I came into this world with the um understanding that there is a path for me and when you're not in alignment with that path you have to do the work right And you have to do it intensely And I've gone through I mean yes in the details of the story is on and on and on like we all have our story right So I think that being born and I don't think this is just me this is all of us We have start doing the work and then paying that forward because it's not about me It's not about you it's not about you it's about all of us right So what does that look like for everyone And it's hard for me to being raised like I was and my father was an incredibly humble giving generous kind came from nothing went into the you know has his own story So I was raised really incredibly well So I had a I had a choice there and of course we make our choices as we go along Um but I think that we're all born with this you have the opportunity to make those choices and to not just take up space because what are we all doing here Really What are we doing here And I asked that question and I and I have two Children and they're teenagers Thank you What's it like It's another mirror you know how we speak about marrying one another So at this point you have teenagers in your life and for the most part you wake up and you mirror yourself at that age and who you were and who you aren't and how you're at 49 and going through different stages in life and you know being a single parent they have their father um very much involved but navigating through that and having to mirror these teenagers um I either want to go back to the gym for another eight hours I just and then just sit and breathe and realize this that's their journey I brought them here to make their own choices It has nothing to do with me at all And then I you know how about it guys If you need me call me stop asking me

for my I'm kidding the bank A lot of work It's a lot of work But you know it's all it's it's all the same sort of good work bad work indifferent Right It's work It's it's what we give it's what we choose to do It's I always think of it What is the reason It's more I'm here for this I'm here for this I'm here to give I'm here to listen to other people's stories and to just kind of be present and give joy And that's why I love that that the two of you do this and you are I sat here yesterday I was watching him like they brought you I could sit there all day and just laugh and feel the calm and the presence and the energy and I appreciate it Thank you for saying stop talking for like a five minute I can go on and on and on We got a clip of you My mom that would be me with makeup I love V This is what we do because I was like this is exactly how it should be and I'm doing the right thing and it's slow and oh my God this is a really hard thing for me What's coming up right now 47 years of like fear and being single and even when I was in a relationship you know with someone but not really It is Is this Rosalinda Oh my goodness Yes it is beautiful How are you Good How are you I was talking to I'm so no you just beat you What do you mean We've been talking every day Almost everybody is welcoming It's just a nice safe place to you Know just hang out and shop while you're hanging out because all the hosts on TV from the beginning I believe I've been following way TV since January this year And um you know you know it's crazy because we can see you guys on V but you guys can't see us and and like you said about me with all your heart and even producer Andy before he even rebuild his face And I wish the whole world was like this like this community that Sway TV and all those amazing live streamers have on Amazon And like I said I never knew about the live streams up until I clicked That TV was the very first live I love your ability to be so authentic and and and all the moments I mean I've only I've only met you for two days but like even seeing like some of the clips of the stuff that you've done I'm like this woman is so authentic What what books are you reading Are you writing a book No no because this is thank you This goes back to being present So I think about writing a book and I think God that's gonna take me back to 49 years of places I don't want to go It's been a long haul to get here and be here now and I appreciate all those moments and they happened on a lot and I can't tell you how like they fill my soul But and when I read a book so I'll read a book I'll pick it up as to where it's supposed to open to I did that too and let that flow through me and let that sit because I can't read front to back and think that like my brain is gonna hold on to that information It just won't So I yesterday I actually have these books

everywhere and when I see the title the information whether I can read it or not it doesn't necessarily need to go through my brain It's in my energetic field And so I have a ton of books I'm gonna see Hey and he's right in front of me Can we talk about those two cute boys over there Uh Sure they're gonna be on shortly We'll talk about talk about them Um Don't do what I do guys I think just do what I say Um So we got these cards the other day Uh I felt like my soul was just like just have her pull on I don't I don't mind doing this right Call a card love cards You're taking me there I'm gonna uh uh I don't have my glasses aren't they inspiration board If I'm ever feeling down or bored I spend time creating a vision board to place in my home I fill it with quotes pictures and desires that bring me inspiration and joy I like that Yeah I feel like you're inspiring me I'm like you should write a book I'm like coming up with all these ideas for you even though they're like hey and that's what I wanted to do for you where Mary was let's do it Let's create history Well fun fun daily moments Or don't know they're over there somewhere Yeah I mean so I know you're and then a lot of the times you say that and I think you know just just stop just stop because I can't have a conversation necessarily that is surface It's really hard So I tend to go really deep and some people with you guys of course but out there in that world and I and I don't choose to change myself I'd much rather be alone or not spend time with those people But yeah I noticed that recently where like I would meet someone and I would always want that person to be my best friend I'm like my dog I literally like my dog and I'm like oh my gosh they're so amazing I can't wait to hang out with them again and then I'll spend time with them and I'll be like oh man you know if like that like it's and then I remember talking to my mom about it and she'd be like you know not everyone is meant to be a starring person in your life Right There are extra day players They're really just lessons each one of them are a lesson and you can kind of continue to go move on because it's just energy right To take the lesson and leave and people Oh no that's my friend No no no It's literally a lesson Get over it And it's unfortunate but we as a culture we hold on to let it go Right That's part of this and flow through in other cultures they celebrate and they like burn or let them travel down the wall water with the flow the energy So I I which is could be considered oh she's tough She'll turn off really quickly No I'm flowing through that moment to my next and and he looks so young I look so great I could give you his name when you're ready physically and your energy as well Like you just I mean sure Yeah I have my moments I mean I have my moments and I'm in a very empowering moment right now and

setting boundaries And I think what an incredible that I got to time that I got to learn this lesson where I'm at but I haven't set these boundaries thus far And it's happening literally in this week two week time frame And so my energy is becoming fierce and alive and strong and getting back into I was I said to I was feeling I was stale my energy was stale and I'm talking maybe since my studios and everything closed COVID So for a while and I just was figuring it out and now it's like watch out it's back um setting my boundaries really sort of letting these cog webs in my brain because the brain isn't necessarily my friend It's trying to protect me Yeah Right We're always like looking out for what's going wrong It's too hard it's too hard It's too much So I have to like understand that you know and who am I I am not my brain I am not my emotions Those are things we need to flow through I am in the moment in between which is difficult if you can Uh is that you I like it the moment in between all these moments that we live So to grasp that some people have a difficult difficult time But um and so that moment in between is what it's stillness it's joy it's peace it's nothing It's everything you want to take a minute I just need to see a library at No I'm trying to get rid of everything too and live less than in the moment So I'll you know maybe I'll just give you all my books Well I do you I am single red flag You wanna play that I am the best single person ever That red flag OK Kyle Yes ma'am You know how this game works for those of you who are watching at home you too can play along Um Basically uh we're gonna pull a red flag and we're gonna decide whether or not it would be somebody that you would date or uh red flag It be like No thanks Ok here we go I want you to doctor them up a little bit just to make them controversial This one says they're fiercely loyal But what about what if they're fiercely loyal from the first date Like almost jealous and insecure no red flag from the first from the very first date But what if you see like my brain works like this But what if you had that same connection with that person And you're like I want to be loyal with this person right away Is that a red flag on both sides No I mean well that's sort of a you you're holding on to one another is where you're at That's like two people jumping and maybe two red flags jumping to make a to make a white flag Codependency Thank you That was the word I was looking for the whole time Yeah that's probably what that was Why did you pick out like 20 affectionate gives great massages I mean these are not red flags You need a green flag tickets every concert You know what You guys we should write our own box of red flags Do you give us a to do it together What Oh God And I should I get I can't get into my judgmental mind I don't want to be that

person Pretend to be somebody else for not just for that are real real Housewives And you're one of one of you're one of those characters who are they potentially Well red flag is you know going to dinner and the minute you drink over two drinks you're not there with me anymore You're doing your own thing So pay the bill and I'm out and usually I would actually pay the bill So this is me center set my boundaries Um And you know in the past like whatever we don't have to get into that today Um That's a red flag I think in the past I let men I didn't give men the opportunity to be a man Now what is that can go deeper What is a man to in this day and age back in the day Men you know they really were caretakers and took care of things and dinner was a thing and opening your door and all that right But that doesn't well losing my dad I had to step into being my own father my own and getting a divorce my own husband I was the man And so I never let a man be a man So now I'm like OK we're gonna work this out and yeah so and taking back that feminine energy because I'm I'm strong I'm intense Um So it gets a little difficult in my dating life You're a lioness Yeah this Yeah you know what I'm gonna just rock you get two more two more you wanna pick up I need to make there's so many red flags with men but I cannot be um ok the cell phone if you're if you're at dinner with me or we're doing something and you're checking your cell phone and not present I mean that what it's come to not being present if you're drinking too much and you're not present you're checking your yourself and you're not present then I really want nothing to do with you I need this connection this this energy Um and that's just a huge red flag on a date I mean if we go into deeper you know guilty of the phone don't do it don't do it It's only because it's only because of uh I'm so passionate about the show and like every time So then you know what Go to the one you have to pee and go to the bathroom take your phone with You don't do it because right Do unto others be that mirror that you want I do have a red flag I have one real life flag I'm uh I match with the girl and she goes oh you look like my ex I was like that's a it's a toy Well did she start Ok so so yes that's difficult But did she go into the relationship and start talking about him So that's like a half a red flag because when a man or a woman starts talking about their ex in detail That's a red flag Yeah Said that it could be like she has a type No in in commenting and you probably look like her ex So it's not really like she's I just took it as a red flag and left But did you did that do that soon I didn't close the door I didn't open it necessarily either He's like putting around sort of No not right now Burning man and my friend came on the show I don't know what that is Well she has intuition She is your

friend Maybe you should We're like works OK We'll see I'm a good matchmaker too You you have good energy We're gonna we're gonna oh This is fun Oh It was other people not me Oh my God And then my producer brain is like can we can we just have him go on a date and then film part of it But that a whole another show that show you want to do it And Kyle go on dates and watch in like two years We end up together No Oh my God I love you guys Thank you for just being here Thank you for being on I I we don't have much of our time but I want to ask you I know you're in the moment What's next for you Do you know like I know we're in the moment Well I hope that you know I'll be here more with you guys and I and just giving that love and really just letting taking that to whatever opens Awesome Well thank you for being part of our our show today and our journey We love you I'm a huge fan of it Like you just are a rare breed Um Eden for those of you that don't know you can you plug where they can check my Instagram at Eden Sassoon SAS soon And if you don't we don't look good You do you get it next time you go if you don't look good like I'm doing it by myself and Shane