

LA Unscripted | July 10th, 2023

From hot spots and hidden gems to lots of local flavors It's your guide to L A the unscripted way and tonight we're getting Zen Um Hello everyone and welcome to L A unscripted I'm Devin And if there's one thing we know about and so its spirituality yet we love to get in touch with our inner divine selves even at work And thankfully there are places like this to make your work life a more peaceful place I'm sure you've noticed a lot of workspaces nowadays especially here in L A They leave you with an impression here You get a reaction Oh that's so of course we have this one here and you'll notice we're surrounded by 7000 plants and trees right now And if you look around us at these desks the chairs the light fixtures the ceilings on the roof Here it was created with the intention to have that biophylic design and purpose to make you feel like you're in the outdoors that when you're here in the workplace on a day to day you're gonna get that well being experience So second home is the largest Creative campus here in L A it's not just a workspace Of course we have those amenities for people that work here But you probably saw that We also have an on site cafe This is also a venue space for people that want to host events So we actually have a whole wellness program here and we have everything from sound bath meditation um yoga reiki a whole list of classes that our members can go to work day If they're feeling a little stressed they can shut that laptop go do a guided meditation come back and feel refreshed and focused to kind of have a productive birthday that looks like an actual office Yeah So of course we have these 60 pods out here in this garden which used to be a parking lot before And a lot of these are companies that are operating for different uses where they can rent this by the hour by the day or by the week second home was originally founded in the UK So back in 2014 they started their first site scaled out to four locations went to Lisbon when one location there And then in 2019 right before the pandemic brought a location to here in the US Tell me about the choice of the name Second home Yeah So I I want you to imagine what it is When we refer to a second home it might be a cabin It might be your favorite uh weekend getaway Destination And that's really what this place is on my calls all the time People think I'm in Costa Rica or Tulum and other destinations And I have to convince them that I'm actually in a workplace What are the options for people to come in and explore second home So of course we have those members that are with us they're paying by the month they're coming into our space and those are our

members But if if this is something new to you and you just want to check it out we offer day passes to anyone So they have access to all the amenities and all the resources that we offer to our members here as well So calming here I mean definitely makes work seem a little less work Now if you really want to get in touch with your inner being then tarot is the way to go I got dared to do mine on camera But thankfully a beautiful spiritual guide named Letty made it easy Can you please wrap this one in your hands What is this for This is to remove negative energy Oh I can take a bath Can I have your permission to do your reading 100% I'm honored when I'm gonna do a reading I ask a person if they give me permission by me asking permission is asking their guiding angel that it is ok because we open another door to me The taro is not something that I play with I have a lot of respect Taro is a guidance that it help us to see and prevent things that we can We are not able to see and everybody would them differently I really like the way I was taught by my grandma And you said she was a shaman Yes She was my main my main guide as my main my main teacher Can you please shuffle them and then say your name There are 42 tarot cards and each one has a different meaning It seems that you're gonna be traveling this this year You're planning a trip I am I pick up in people's energy and they guide me and they tell me even that the card is saying one thing and that person has let's say that had someone who just passed away recently I can pick up on that and then also the cars they got But it shows that this year is gonna be his year because money co it's coming to him I've been doing this for more than 20 years I like to focus a lot and uh not too much about the past because the past is the past and we don't wanna focus on the past We would like to focus on the present and the positive thing that they come But it says that just have the conversation with her and then she can be more open and tell you more things OK I like her energy She's very attached to you And I learned that uh I can get people's energies by their name and then also with uh the guidance of my angels and then with their angel as well from my angel to your angel So now I'm very open to have readings over via zoom or via facetime And I love it be more connected because sometimes she feels a little bit distance from you really I love to give people uh first of all prevent prevent that we can prevent a lot of things that it can happen And then also to focus on the positive strengths and the positive things that we have at the end of the day he's gonna coming back to you and telling you or asking you for an advice because you're always there for them I really think that people would really need to connect it and believe in anything any religion that you have But if

you don't have if you don't believe in yourself if you don't have that spiritually in you every day and if you're not really connected to yourself and believe in I don't know your God your angels anything that you really wanna believe in we're not really connected Don't push it too much because as much as you push her she's gonna be rebellious Like no I'm gonna do what I like Not what you guys like the energy moves Uh Every month I always suggest my clients and not do the your readings every week because nothing is gonna change Wait at least every two months every month not every week I continue giving your your heart and doing what you do because you're a great person Thank you OK And you shine the cards Don't lie That's why you got a book with Letty Although she probably already knows you're coming now Olivia Day to takes you inside the wonderful world of crystals and the spiritual energy and healing behind them Today I'm healing my chakras with Doctor Betty and her sound therapy Sound healing could be either tuning forks which is what I use in biofuel tuning You can also use sound bowls If you've been to a sound bath that's something that they use Again it's vibration For example the tune forks that I use are based on the Schumann Resonance which is the heartbeat of the universe When we put that sound it's coherent sound into the body then the body can then meet that sound and auto tune For example somebody who's had trauma or unprocessed emotions those can get stuck in the body They can cause physical pain but it can also cause anxiety PTSD and that's where sound therapy can help Hi I'm Doctor Betty the owner of Back Benders I am a chiropractor crystal and sound healer Back Benders is a bespoke Wellness space It's a clinic I've owned for about 12 going on 13 years now we offer chiropractic massage Pilates energy healing and a sound healing modality that I use called biophy tuning After um being in practice in so many bodies over you know the eight years at that time I started to feel that there was other things going on with the patients other than like a physical pain And so that prompted me into sort of seeking out different modalities such as the crystals the sound healing energy work So the AIC feels is a sister business of back benders And that came from trying to really help make patients in a more holistic way And when I learned more about crystals it just made a lot of sense for me and it resonated with me I tried to use them in my practice and I also use them with a sound because for example a quartz is basically an amplifier So if you take a sound such as a tuning fork and you put it against your body you'll be able to feel that resonance Not only is this relaxing but very helpful If you have sinus issues Did you feel when I was putting the

sound in Were there any parts where the sound was maybe more muted Yes for sure And some parts that it was louder Exactly So so now you see where the energy is flowing and not flowing I love that Yeah that's so cool Thank you Yeah you're welcome I mean I'm just going to say the only for that calls me is one that has food on it but you all knew that ok so much more still to get to in our spirituality special including two really cool massages and scripted from Second Home in the heart of Hollywood will be back in a few deep breaths from yoga to prayer to practicing mindfulness The term spiritual can take on different definitions Welcome back to scripted I'm being de from second home in Hollywood and we all know that taking a time out every now and then is good for everyone's health For me A massage usually does the trick But recently I was introduced to a unique treatment that made my job drop Literally here at Elian unscripted We love viewer suggestions and that's why we're here in Sherman Oaks and I want you guys to meet a viewer This is Amanda Hi Amanda Why do you like Ellie unscripted I think you guys are hilarious She likes it She likes it Tell us why you brought us to Kosher Spot today This is one of my best kept secrets in the valley for facials and I think you're gonna love it Kosher means energetic layers that surround your soul And that to me means that we work on a much deeper level than just physical but also on energy and mental health et cetera So we specialize in different types of massage The most unique is the buckle one where we go from inside of the mouth Also the guaca that's great for lymphatic drainage removing toxins has always kind of been something really important to you because it's our lymphatic system and we know that a stagnant lymph is what expedites aging So keeping it flowing is not only great for your health but your beauty as well I've worked in the beauty industry for over 20 years and because of my own chronic illness journey I became a health coach and now I like to implement health with beauty for all of my clients the holistic beauty coach We talk about holistic health as well as holistic beauty and really infusing the two I created Limp Lounge because I wanted to the public on how to take care of your lymph yourself So with educational videos products and daily tips people can learn how they can take their health into their own hands So clearly Amanda knows exactly what she's talking about in terms of lymphatic drainage So that's why we're here at Kosher and I'm so excited to get started So this part of the face is called buckle fat And that's why the name Buckle Facial comes from Actually honestly with this approach we're able to work on much more things than just the buckle fat but also the TMJ the different angles and double chin What are the results that

people see when they start doing like lymphatic drainage massage either with a facial or at home One of the first things they would notice is deep because we move the lymph very effectively and the stuck fluid that's in there they just move down the neck Also clear skin because acne or a disease sometimes caused by lymph stagnation Also it's like a Botox alternative So if you have muscles that are very tense for example here they become more relaxed and even the guaca tool different massage tools it promotes again the better circulation So what did you think of It was 10 out of 10 It was so amazing I mean her you know her hands are in my mouth or whatever but she found like knots in my jaw and I know it's probably in my head but I feel like whatever lymph nodes I had I feel like they've been great Thank you so much for sharing this with me You never know how bad you need a job massage until you get a job massage OK Still to come more massages and what does your or look like L A in scripted from Second Home will be right back Welcome back to scripted from Second Home in the heart of Hollywood And we are talking all things spiritual today right now Olivia Day Beto the answers the question hey what is your or look like when someone mentions an aura they're talking about the unseen spiritual energy that surrounds every living being special old vintage camera equipment that can actually read your electromagnetic output or your energy field You could just be in one color you could be in many colors we see up to 13 colors in the aura spectrum And then there's variations on those colors that we'll see results can be you know very positive based on certain shades of the colors And then there can also be more negative results or blockages or challenges that might be happening Why would someone want to go get their aura red and see the energies that they're putting out when you know the energy around you It helps you to be able to kind of shift your intentions in a different way How does it work So how does the camera and everything capture these energies during the process Which is um so it's a really cool analog film process A lot of it is not seen that's measuring the atmosphere and things around you Then there's some actual equipment that we have to set up on the person's lap that interconnects with their body to read their vibrational output There was one pregnant woman who came in and her aura was just completely purple Violet everywhere It's usually violet is accompanied with some other energies as well And so I was telling her wow you don't see somebody just in violet She started just crying and then she said you know I'm pregnant And months ago I chose the name Violet for my daughter I'm pregnant with a girl Her name is going to be violet It was just

like just a really profound moment I mean I gotta say that photography was kind of cool All right From colors now to sounds How about a massage That's also a sound bath Hi Welcome to Burke Williams I'm so excited Oh you're not as excited as I am Bill and Teresa Armor are actually the founders of Burke Williams They're still our owners We're not a franchise It's a family owned company We have 11 locations in California We have 18 treatment rooms on average per location and most of them are well over 10 to 15,000 square feet and we do massages facials nail care Follow me this way we go right through these doors here right here is your locker So you can go ahead and put everything on here There's some slippers there everything in here and then I'll meet you outside when you're ready Fantastic Enjoy Thank you So tell me exactly how the tranquility massage works So we use Nepalese bowls They're hand crafted by artisans in Nepal and every one of our treatment rooms has their own set of bowls that are actually tuned and they're tuned to work together and they're actually placed on the body at different times during the treatment So you're getting this integration of sound and hands on therapy and vibration through your whole body that moves the subtle fluid in your body and actually takes your brain back to that relaxed and kind of zen out state and just allowing that just allowing the reins to kind of bring you into your body This is a place to really escape And what that does is set apart the quality of the experience that you get here and whatever you get here you can't get everywhere else I loved it Thank you so much You know sometimes the best medicine is to just go outside and take a deep breath And if you need a garden we found a way to rent one All right So I'm here in Highland Park California and there's a garden here somewhere I'm not sure I'm in the right place Hi Hi Welcome to Greenstone sanctuary Secret Garden What a cool door What are healing gardens So healing gardens is essentially a community of these private beautiful gem gardens all over L A and we are expanding nationwide People come here to do have dates in the garden have yoga meditation in the garden Everyone's stuck at home working and I'm sure people get sick of looking at the same four walls all the time So they can literally bring their laptop here You've got Wi Fi and they can spend the whole day in nature and work Yeah Here all those beautiful birds around It's very distressing for the eyes to look around at different textures of the garden How in the world did you get this idea Uh So both uh me and my co-founder we were going through anxiety issues and we were fixing it by coming to gardens like these Uh we saw the same issue uh happening to a lot of other people in tech Uh So we were like oh let's help

others People find wellness through nature through gardening And that's where the idea came from We thought it was a problem around wellness that only we face But clearly it's you know people love these gems It's a problem for us when people don't want to leave these beautiful places This is Jasmine She's one of our baby chickens They call them disco chickens I want feathers on my feet How did you guys get involved in healing gardens We're looking for a way to offer our space to the public And Rishi and Abby came here scouting for a gardening class You wanted to share your garden But yet you didn't have the means in terms of like insurance and things like that So we now have insurance and have the tech that makes it available for people to book the garden and they also provide the ability for us to get paid We created this to fight climate change and to enable wellness for people Why does this help climate change The goal is to make gardeners more money And the thought is if gardeners have more money they will plant more trees they will grow these more beautiful gardens will create an economy around it and that will fight climate change and that is all the time we have for tonight Thank you so much for joining us and thanks to Second home What a wonderful place to spend the day working We'll see you next time everyone Good night