



ACW Podcast Season II, Episode 3

■ **Robin:** Welcome to ACW podcast. Thank you for joining us. I am Robin Gabriel-Parson your host and our co-Host today is Dr. Gary Gabriel, our Life Science expert. Its always a pleasure to have Dr. Gabriel here sharing his knowledge. Now it's a new year everyone and we've been discussing the new you in a new year. Along with that, it's our second season. So we're excited about that. We have Dr. Gabriel here to share his expertise and his approach and methods that can help you become that new you in a new year. Our discussion is around tools, information resources that can help you really get rid of any self doubt you might be having when you speaking of stepping into that new you. When I say, new you I'm thinking about new attitude.

So that's what we're going to discuss today. We're going to talk about how we can help you and encourage you to really step into that new you and change your mind set when it comes to personal growth. Things that you might want to do in life that you haven't done and you feel like something's holding you back, it could be in your career. It could be in the workforce that could be in relationships. So that's our focus today so welcome Dr. Gabriel. Welcome back and Happy New Years.

◆ **Dr. Gabriel:** Happy New Year, Robin I'm glad to be here with you guys New Year, 2021 we're getting rid of a President. Yea and it's the first time I'm ever doing a yea, I'm getting rid of a president and I use the term president loosely. But here's the thing, it's a New Year forget about the politics right now. Really looking at "How do you focus on getting you better?" We are in the middle aspect of a pandemic. We're in the initial stages of vaccine roll out. Everybody get your vaccination is really important. You can't become a new you if you get infected with Covid. So make sure that you stay socially distanced right now. Wear your mask. Take your vaccinations. For the ones that have two doses, take both doses. Don't just take one of them take both of them, and there's going to be other medications coming out soon that will allow you to only take one vaccination. So I'm looking forward to that coming up, but in order for us to get back to a normal and for us to thrive, we also have to take care of this pandemic that we're currently under. That's the key thing...

■ **Robin:** Dr. Gabriel, I believe that most of us we're looking after ourselves, basically and practically each and every day, everyone's brushing their teeth... they're eating... they're showering... they're wearing warm clothes if it's cold, I'm so you're doing things, that's a given, but what I want to talk about today is the not so given.

What are we doing in reference to collecting information or tapping into inspirational speakers and people that are inspiring us to break down these barriers... break down these self doubts... and these insecurities we're having? That's why I really want to talk today, giving people some sense of encouragement, motivation, methods, approaches that we can help them build themselves psychologically, and intellectually. Like I say again, it's a given that we're going to take care of ourselves. We're going to eat... we're going to brush our teeth... we're going to do the things we do, but do we spend time with collecting information to help us look at life differently, from an intellectual and just as whole psychological stimulation. So my question to you is the importance of ridding



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ourselves, of self doubt... removing barriers... and releasing insecurities. Please elaborate on that.

◆ **Dr. Gabriel:** Well, to me, it's such a question that has a complexity to it, but everyone has to approach removing self doubt from wherever they are in life. I don't have a crystal ball, so I can't begin to look at everyone's personal situation and look at where they are. For some people, they want to be more outspoken... Some people want to be less shy. Some people want to be physically in shape. My point is that there's a whole range and all I can do is kind of give you like a generic foundation that you can build upon to look at removing things like self doubt. Also we don't know what people's personal situation is. Sometimes we live in situations where an environment, when we live around people that can perpetuate self doubt and negativity. So there is such a thing as "you are the company you keep you". If you keep negative people around, you're going to think negative. You are going to talk negative... You are going to act negatively.

So first thing you've got to do is, you've got to look at what's around you. What's around you? Sometimes it's not just people, it's your environment. Sometimes if you're living in an environment where it's unkept or untidy that can affect you emotionally, so you can have a sense of depression. A lot of times you may say "Well Gary, what are you talking about? You're probably talking about... well wait a minute, I don't have any money." Even your financial situation might put you in an aspect of self doubt. Some things you'll be able to do something about right away and some things just take time. The key is "On your path to remove self doubt is to first declare that you want to change. You can't just say I want to remove self doubt from my environment and you don't take the steps to start putting yourself in on a pathway to removing elements of self doubt around you. Then some aspects of self doubt or just simply our own chemistry. We did a show, maybe a week or so ago talking about depression. Then talking about chemical imbalance, sometimes there's no rational reason why they're self doubt. Sometimes it's might be just from a dietary standpoint. You're not getting enough sleep. You're not eating right. You're eating the wrong things and those things are processed into chemicals that affect mood and depression which can then lead to things like self doubt.

My point is that you've got to sit down first and do an inventory and survey your environment. Survey, the people that you're around. Survey, what your current health goals are. Survey, how you are treating your health today, and what should you be changing concerning your health? That's the first step to start to look at removing issues of self doubt.

Don't think about it from a standpoint of wait a minute I can't remove self doubt. I don't make enough money. I don't have the right job. I'm not affiliated with the right family, or I live in the wrong part of the country. It is very easy to look at all the reasons there are self doubt. One of the most amazing things when you look at people that are incarcerated. Some people who are incarcerated can be in a



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six by nine cell, but yet educate themselves and become lawyers and philosophers and read books, because it's a mindset. Removing self doubt is a mindset and once you get that mindset, you start making changes in your environment... in your people... what you put in your body... everything changes every direction you look at changes when you have the desire to remove self doubt. So that's my recommendation for people.

■ **Robin:** That's interesting what you brought up. The example you share with someone who's in prison in a cell and the whole focus is mind. It really starts with your mind, so I appreciate that now. Is the analogy between personal growth and self care. Because to me I think it's all just one aspect. So let's elaborate on that in reference to personal growth and self-care, because we really want our audience to understand it's a new year. It's a new you! Let's do something different. It starts with that personal growth. Everybody has to personally take responsibility, for growing within their minds: physically, mentally and spiritually. So the analogy between personal growth and self-care, can you elaborate on that for us?

◆ **Dr. Gabriel:** Well to me, the two are one in the same two are connected. Self-care is a subcategory of personal growth. Personal growth goes back and lean on to the answer I gave a moment ago. "Everything about you changes when you decide to change." The way you walk... the way you talk... What you eat...? Who you hang around? What you do? What time you go to bed? What time you get up in the morning? What you do? How long you exercise? What type of exercise? What type of people you talk to? What type of books you read? The type of music you listen to? What type of art you look at? Everything about you changes, when you decide that personal growth is what you're trying to achieve.

Here's the thing, I don't want to come off and have it sound, like "Oh personal growth is an easy thing. Very good Gary, I will start my personal growth program in the next fifteen minutes." It just doesn't work like that right. You don't snap your fingers and all of a sudden you're personally growing. I think what happens in people lives is that everybody has what I call precipice moments. Everybody have moments that can cause you like an inflection point. It can cause you to change a direction or change and angle on the way you're going through your journey in life. Once you hit that angle, you say to yourself, "Listen, you don't have to tell me I have to eat better. I'll start to eat better. I'll start to learn what it takes to eat better. You don't have to tell me. I don't need to hang around negative people and be around conversations that go nowhere, that have no substance... they have nothing to build upon and have no connection." I automatically realize that I'll need to change that direction.

The way you start personally growing is you have to start exposing yourself to different worlds, of different environments. One of the things that I think is really important is the ability to read, and read different books and read different walks in life and where people are coming from. A wonderful thing that we have is the Internet. You can you, can Google different stories and different testimonials and



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look at how people have overcome challenges and difficult situations, and those things can inspire you to change. My point is find yourself an exposure point. The exposure point you may not find it through a Google search or through a book. It may be a person that you see and you say "Well that person looks like they really got it together. Let me find out what they're doing and how they're doing what they're doing. Let me find out what their belief system is." A lot of times, its just becoming an interviewer and when I'm meaning by becoming an interviewer. If you see a direction, an honorable direction and I want to make sure I qualify that you see an honorable direction upon which you want to travel investigate it interview it. Find out why is it? Why does it exist? Why is it successful? Find out what are the elements that you would like the mimic or copy? Those are the building blocks of finding the things that you can use to put you on a path. The key thing is you don't have to copy something exactly. Find what works for you. Extract the things that you can use that are positive to move you in a positive direction. That's how you start looking at changing your purpose.

Then the self-care part is a subcategory that becomes a part of it. You'll automatically start investing into self-care as you look at changing your own personal purpose in your personal growth. What I also find, and I'm just telling you about my own self, and so for me, I love. I love vocabulary. I often times I have an app and I'll try to learn a new word each day. Then I'll try to learn the word in the sentence and say: "okay, I'm going to incorporate that word in my in my daily speak." That to me is an element of personal growth and change. Find something small. Don't try to do it all one day. You change over time. Find a small thing and stay consistent with it... if it's health... if it's working out... if all you can do is five pushups. Do five pushups a day. Then that five pushups will go to ten and that ten will go to 20, and 20 will go to 40. Find something small and stay consistent with it. We're using pushups as an example. You'd be surprised how the discipline of doing five pushups a day can then bring out the element, the very element of discipline. Then you start looking at where am I undisciplined in other parts of my life? Then you take that same element of discipline that started out with those pushups that will say: "Hey, I'm not going to eat pineapple upside down cheese cake anymore. That same discipline, would transfer to you stop eating cheesecake and then that discipline will go into something else. I want to call a friend every week. Then that discipline will go somewhere else. You know what I'm going to show up on my job on time or I'm a going to contribute in a meeting on my job. You see how, when you start with one small thing and it then virals into other parts of your life and that's how you start to do personal growth.

■**Robin:** Yes, yes I appreciate that, and I love the step-by-step approach. It's not easy. Take one little step at a time, Self-care is really about taking care of ourselves to enable us to feel healthy happier calmer and to have a good and strong physical and emotional well being. I can't imagine people going through life, well I guess I can imagine: People do go through life and never really evolve, never really find that place. When you're in



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your twenties, twenties is that learning time. Thirties is that learning time. Forties, fifties and sometimes people never really tap into their full grown self. So I appreciate that.

Please elaborate on the importance of and you said it, you answered the question but feeding our minds with information that motivates an encourage us to make us confident because a lot of people are not confident. It may be easy for you and I to say: "Okay, I'm going to take this personal growth journey. Each day I'm going to focus on it, but it really has to do with building a level of confidence. I know for me, I'm not going to speak for everybody else, my thing is information that motivates and encourages us to be confident. Is there anything in particular, you can recommend like a book? I know, I like listening to and tapping into different philosophies in reference to being inspiring and how other people think in reference to personal growth. What type of books would you recommend or information?

◆ **Dr. Gabriel:** Since I'm into life science and health and stuff, to me knowledge is confidence. You kind of have to find the things that first feed you and feed your spirit. So for me, what feeds my spirit is knowledge of how the human body works, knowledge of nutrition and physically how the body works. That's the thing that kind of feeds me. What's going to feed people will be right for each one of us individually. So you kind of have to find the thing that feeds you. I always say, "Do an inventory... if it's music, then allow music to feed you. If it's art, then allow art to feed you, any one of those things. If its reading books and intellectual things, I tend to be more science based, So I try to really seek out those things to kind of feed me. I understand that there's a broad range of books and philosophers out there, and I tell people find if there's a philosopher that speaks to you then stay there, because that's a source of inspiration. Find out where your talents are and where your passions are. Find out the type of environments and people in situations you want to be around. Seek those things out. Then once you seek those things out, you can be inspired by many things.

For me, if it's really more literature, I shift significantly. I'm into this whole social justice thing. I'm into this whole thing, and I spend a lot of time looking at authors like James Baldwin. I read through a lot of his work because a lot of what he talks about back then is pertinent to what we're going through today. But it also gives me inspiration for how I should move through today. That's my inspiration. I don't want to give you something as me and you're like. Oh well, I'm not getting anything from this. To me, do an inventory of what you gravitate to and from a positivity standpoint. I always like the start with self, before you look to others, look to having a strong body in a strong mind and then it will allow you to sponge in and bring in things that will inspire you. So that's kind of like my answer to your question. I know it's not a direct answer, but I like to give people a scaffold to build upon on themselves first starting with your mind and your body and then grow out to the rest of the world.



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■ **Robin:** When people have like limited perspectives, is it possible for a person to reach a point of burnout within their life and the next thing you know they're triggering this lack of self awareness?

◆ **Dr. Gabriel:** Well I'll say, Absolutely! If you reach a point of burnout, you're no longer looking at things from an objective standpoint. We have a lens, and all of us tend to look at everything from an objective side and a subjective side, and there's a balance somewhere in between. When you have different parts of your life that may stress us to the point of burnout that means that you have imbalance. If you're burnt out, you're imbalanced. When you're imbalanced, you cannot look at things objectively and you cannot really grow. So your point is very well taken on the importance of making sure that you are living life in balance as much as you can. None of us are perfect. We all are not going to be living in a perfect subjective, objective state that has balanced to it all the time. It is just impossible. Things happen in life. You grow up, you have bills, you have family, you've got all kinds of things that can that can skew your perspective. But this whole concept of burnout is a concept that I think comes from the lack of understanding the importance of doing self-care on a daily basis. When I say self-care, again I'm not talking about anything super elaborate. Sometimes self-care is finding a place where you can be quiet with yourself. Just be quiet! Don't look at the news. Don't talk to your friends. Just go find the spot where you can just sit back, find your favorite book or not, and just take in a sense of quietness. Sometimes having a sense of quietness can settle the mind.

The other thing that I do is I have a therapist and my therapist has taught me this thing called the *Authentic Self*. In realizing the *Authentic Self*, we have to look at every situation that we are confronted with. In every situation that we are confronted with is its goal that is to drive you from being your *Authentic Self*. Now you're saying: "Well, what is the *Authentic Self*?" The *Authentic Self* is simply having a sense that you're alive... that you're doing fine... and that you have the potential to change things for the better. It's just having that sense that hey, you didn't die, nothing happened to you, it's you just being grateful for being and having a sense of being grateful to be alive. So let's call the *Authentic Self*: Imagine yourself, on a bus and you are the bus driver. That bus driver is called the *Authentic Self* and you're driving a bus route and on that bus route different things get on that bus. Different people can catch the bus, they pay their fare and they sit down in their seat. So imagine that one of the people that will get on the bus that person's name is *Doubt*. Imagine another person getting on the bus that person's name is *Jealousy*. Imagine another person that get on the bus is named *Worry*. Imagine another person is getting on the bus and that person name is *Anger*. Imagine all these different negative riders on the bus and you are the bus driver. Your name is *Authentic Self*, and you are just happy to be and exist. Imagine you're, driving down a street called Happy Street, that's your street. *Doubt* wants you to pull over because you don't think you going to get that job. Then *Anger* wants you to pull over because Anger says that person says something nasty to you and you'll never talk to that person again. *Jealousy* has



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you wants you to pull over, because why did you talk to that person? You didn't talk to me. So do you see what I'm saying? When we drive we are living as human beings, our *Authentic Selves* we come into this this life un-realizing the magnanimous and wonderful aspects of just living and being above ground. Imagine that you have all kinds of things that are trying to pull you off of your route of happiness. What you have to do as a bus driver is you have to stay on your route and there are times when you might be angry or you might be jealous. So here's what I suggest people do. I suggest you not ignore those things, but call them out. In other words, when you are angry, say that you're angry but don't stay in anger. Spend that time thinking, that you know what? I'm thankful that God made me... that I'm alive and I can move forward. I have another day to get it right and then be encouraged by the fact that you can live in those positive places rather than letting *Doubt* or *Anger* take control of you.

Now how do you do that? One of the exercises to do is a deep breathing exercise. When you are literally up against something tense or an argument or discussion or sense of doubt, find a quiet place. Then, as you sit in that quiet place, just close your eyes and get a sense of air coming through your nose going down your throat into your lungs. Feel your lungs expanding and slowly let that air out. As you slowly let that air out you sit there and think about the magnificence that you have the opportunity to breathe air. That you have the opportunity that you have been made... that you are a whole person and you, have the opportunity to fix whatever is bothering you at that point in time. Spend about two three minutes, just slow breathing and realizing that you are a special person and that you can have a better and a brighter day tomorrow or the day after that or whenever that brighter day comes. Know that day is coming. Know that you're not finished and you're not out for the count. That's what's I call the *Authentic Self*. The *Authentic Self* is supercharging your positivity about you. Knowing that that you're not put on Earth by accident and that you have a purpose in life and that situation you're going through that can be fixed. You may not have an answer for it right then and there, but the *Authentic Self* says to you, breathe in that air that defines the positive person that you are. Then stay in that quietness. You'd be surprised that those few minutes of quietness, how it will redirect your own aggression and then you can just go and face any situation.

Again, you may not have the answer for a situation, but you'll have the calmness to know that "Hey you know what? Let's talk the situation out... number one ... number two. I'm just going to share with you how I was feeling at the time the situation happened". You can tell a person that you were angry. To me, speaking that stuff out on naming that demon called *Anger*, you are calling that thing out. By calling it out, you're not trying to hide it. People don't realize that your stress hormones, your cortisol levels, your epinephrine levels increase when you bottle up anxiety and you don't express it. The very nature of speaking something can release something biologically. So, that's why I think it's very, very important that on the self-care side, you find a spot of quietness. You understand that in that quiet you don't dwell on. What's trying to pull you off of your route. Remember



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what I said that on your route, you are your *Authentic Self*, and that *Authentic Self* is happiness. You want to stay on the route of happiness. You are the bus driver for happiness, and there are things that are constantly trying to pull you off that route. You purpose that nothing will pull you off the route and that's why you want to stay in a state of calmness. That is your strength for keeping things from pulling you off of your route of happiness. So I just want to share that, because that's something I use. I use that when I'm not being treated kindly. When I'm being treated unfairly, or I have anger, or I have jealousy issues. I have to come into a quiet space and re-center myself in order to move on. So thank you.

■ **Robin:** Thank you for that. Thank you for that audience. I hope you all taking this in. This is some really good information. Dr. Gabriel we always appreciate when you come, because you bring so much valuable information and things that we can apply every day, so I appreciate that. I want everyone to understand you deserve to feel and be the best that you can mentally, physically, and spiritually. You are worth it. Dr. Gabriel, there's something I want to bring up and I have to bring it up because again, this is a part of our personal growth self-care and we want to get people tools and resources they can use. Now one of your resources. Again, I have to share with my audience. I use Ja'bodi. You are chief scientist of Jabodi, which is a resource that can help you with a lot of what you just said. It is something that you use for your body, but it also helps with that whole self-care personal growth. People would be amazed at how just taking an aroma therapy shea butter and rub it in your hand and put it to your nose and breathing it and putting you in that place that you just describe of peace. So share with our audience about your Ja'bodi approach to self-care as well.

◆ **Dr. Gabriel:** Yeah when we started the company that was one of the reasons we started the company. We looked at this combination of aromatherapy, and skin health and combined it into a series of products. That's really the first phase of what Ja'bodi Skin Therapeutics is. We are a company that understand this whole aspect of self-care and personal growth. We understand that there are elements that are tools that you need to use and can aid you on that journey. We think that the Ja'bodi Skin Therapeutics line and products are aids. They are aids in your personal growth, their aids and self care, and you get the added benefits of skin health from the anti-inflammatory small molecules that we have in our formulations. We are developing it across a whole line of different life activities. So we want every bathroom experience to be like a spa experience and that goes back to something I was eluding to a moment ago, that quiet space. Your bathroom time can be quiet time. Why not have a quiet time that includes a aromatherapy that can elicit the stimulation of peaceful hormones, and decreasing those stress hormones. the your nor epinephrine's and your cortisol. Why can't you have an environment that allows you to refocus and rededicate and repurpose yourself in the span of a quiet time? So that's why we came up with Ja'bodi. We want Ja'bodi to be a list of aids and tools for personal care. We wanted to be a series of aids and tools for connection between people, whether it is couples or partners. We want it to be that aromatherapy part and the skin health part, and that's why we develop these products. We have a whole line of



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products that we currently have. We have a whole set of products that we're developing for late spring and for summer that will stay along that theme. and we believe that that self care through skincare is a subset of personal care and personal growth, because in that peace time and in that quiet time you can refocus yourself on how you dedicate yourself as a human being, that's what we're about.

■ **Robin:** the audience. I hope you have taken all that in. Thank you. So much Dr. Gabriel for coming and sharing all of that amazing information with us. If you would like to get in touch with Dr. Gabriel, please share with our audience your website o ways that people can connect with you. If they have any questions.

◆ **Dr. Gabriel:** Well they can connect with me through our website. It's at a www.jabodibody.com or you can email me directly at: gary@ba-bodi.com Those are two ways you can and you can also get to me through our website by simply just going to the "Talk to Us" page.

■ **Robin:** Until next time. We hope you guys enjoy it. Our discussion today will have another discussion on personal growth. We want to bring you different methods and approaches to help tap into that new you in the New Year and hope that new you will involve into something a part of your lifestyle. So until then, next time, thank you again. Dr. Gabriel joining us today. Everyone, as I always say, "Live Life with Intention, Purpose and Love". Until next time, Thank you.

Note: For more information about Dr. Gary Gabriel – Achieving Personal Growth please visit www.jabodibody.com, or gary@ja-bodi.com

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