



Video Transcript for Summer Healing Sessions: Week 1 - You Matter

Jada: All right you guys, let's get started. First of all, just want to say thank you, for joining me today. This is our first IG live, in regards to our summer healing sessions and I've been so inspired and moved by so many of you, who have gone to redtabletalk.com and have joined the conversation there and our community there. So, thank you so much and for supporting this campaign, I think it's really important for us to figure out how to take care of ourselves. And so, through the summer healing sessions, I just want to share with you a couple of ways that I've learned how to take care of myself. I'm just sharing with you some experiences and materials and exercises that I've done in my own personal self-journey. So here we go.

What this is, is just basically an online journey that we're going to do together, taking small steps towards self-love. Because my belief is that we can't really learn to love others and have the relationships that we really want until we learn to love ourselves and that takes time. Just so you know, that's a journey. It's a journey. I'm what, 47 now, and I want to tell you that this has been a long process for me, but as long as we stay on it, we learn more and more and it gets better as we go, as we go. So just know it's a journey. Life's a journey. So, we're going to be taking this journey together. We'll check back here, next Sunday for four Sundays straight at 5:00 PM Pacific Time. I'll introduce the theme of the week and provide some materials and some exercises and we're going to be using a book in particular that had a profound impact on my life.

You'll also be getting some weekly emails, with additional content and more activity suggestions. You good with that? Was that cool? All right, cool. I'm really excited to introduce to you this book called *Love Without Conditions*. This book has had a profound impact on my life. It's small and it's thin, but when I tell you it's some gems in here, it's some gems in here. So, if you want to, you could go to redtabletalk.com and you can order this book there, if you haven't already. This book has really taught me how to think about myself differently and how to think about others differently

and has improved my relationship with myself, as well as with others. We're going to introduce a chapter this week, that's called 'Love Without Conditions' and it's very simple. This chapter is six pages, six pages, and I promise you that if you take the time to read these six pages, it's going to open your mind up in a very different way.

This book really taught me to look at myself in the world very differently. I felt like because our theme this week is 'You Matter.' That's our theme this week, 'You Matter.' The first thing I think we have to do is really examine how to love ourselves unconditionally, because I think for a lot of us, from our time as children, many of us were conditioned to value ourselves, only when people responded to us positively. And that's something that we have to change. That's something that I had to learn for myself, that I had to change. We have to reverse this belief that we need others to respond to us in a certain way for us to love ourselves. I also had to learn to make the ability to love myself, not conditioned upon someone else's ability to love me. That I had to learn how to see myself and value myself through my lens and no one else's, because what we have to remember is that most people's lenses are cracked. Most people's

lenses are cracked, so they're not always going to see you as you are. But guess what? We can, we can see ourselves as we are and that's really our responsibility.

I'm not going to break down for you what unconditional love is, because I think once you read these six pages, you will decide for yourself what unconditional love is and the first practice of unconditional love is loving ourselves unconditionally? All right. So, here's some questions for the group for today. What are some of the negative messages we tell ourselves? Why is it so hard to release these negative narratives in our day to day lives? How do you think your life would change if you were able to forgive yourself and move into a space of unconditional love for yourself? So, I want you to dig on that for a little while. And I really want you to remember these questions, once you finished those six pages. It's only six! That's what I love about this summer session. I'm not trying to give you guys a whole bunch of reading and a whole bunch of work, but what I do want you to do, is not be afraid to ask yourself some difficult questions and to sit with those questions for a little while and I'm going

to give you some small activities. It's not going to take much out of your day. It's not, but if you work these activities, it's going to make a difference. I promise you that, because I've already worked them. This is what we're going to do this week. Here's the first activity down. This is after you read these six pages.

The first activity I want you to really do- and this is a tough one. This was a hard one for me. I had to list the moments in my life, that I could remember, that made me feel as if I didn't matter. I had to really sit there with that. I had to sit and list the moments in my life that I could remember. Things that people had said to me or events that had happened to me, that made me feel like I didn't matter. Then I had to think about, how that messaging is still imprinted in my psyche. I want you to think about that. I want you to think about things that have been said to you and events that have happened to you, that made you feel like you didn't matter. What is the messaging in your mind that is still imprinted? I really want you to sit with that. And then I want you to replace that negative messaging, with positive messaging. How are you going to change that messaging for yourself? So, each negative messaging, replace it with a positive message. If you have to put Post-its around your house, if you have to put Post-its in your car, whatever you need to do to keep reminding yourself of those positive messages, when those negative messages want to come in and dominate your thoughts, then you do that. If you have to write messages in ink on your arm, on your hands, on your fingers, whatever you need to do, to keep reminding yourself of the positive messaging to replace the negative messaging. Do it, because I'm going to tell you it's going to take repetition.

It takes repetition to break those habitual thoughts and it's okay. It's okay. That's part of the process. So that's the first step and that's the first activity. Not a lot. It takes like 30 minutes. Six pages to read, 30 minutes for an activity. That's an hour. An hour for this week. How about that? Not much. Everybody thinks it takes a lot of work to do some work and it does, but it doesn't necessarily have to take a whole lot of time. All right, cool. So, remember, Love Without Conditions, and it's by Paul Ferrini and this is a powerful book, I promise you. And look at it. We're going to read four chapters out of this book and we are going break down some activities and we are going do it together. You good with that? All right. You guys got any questions for me? Let's see.

Fan Question: What are you reading?

Jada: I'm reading- this is what we're reading, Love Without Conditions, by Paul Ferrini. That's what we're reading. We're going to do this together. "Love the challenge". Good. Let's do it.

Fan Question: "Hey Jada, I'm from around [inaudible 10:09], you are so motivated. Thank you."

Jada: Thank you. Thank you for being here. "Simply beautiful. I'm ready". I'm glad you're ready. Let's do this. We're going to do some self-love and some self-healing. What? Yes! That's what we're about to do right now.

Fan Question: "Can you adopt me?"

Jada: Talk to my kids. I don't know if you necessarily want me to adopt you, but we can definitely spend some time together at 5:00 PM. We could do that together for sure! "

Fan Comment: I was just talking about wellness and community with my B.F. F.

Jada: Yes, because wellness, let me tell you, that's where it's at. Wellness of the heart, wellness of the body, wellness of the mind, and we all need it. I'm on a continuous journey. We all need it. It's a thing that we should really be active in every day. Every day, we should be doing something, whether it's 10 minutes, whether it's 30 minutes, however much time you have.

This book Love Without Conditions is on audio too. If you want to listen to it in your car, or while you're taking a shower, however you want to do it, but just take some time to listen to things and read things that fill your spirit, and take time to think about what you're putting into your body. Take time to think about what you're doing to your body. Take time to think about what you're putting into your mind. That goes for what kind of music you're listening to, what television programs you're looking at, what kind of foods you're eating and we'll get into all that. We'll get into all that. Right now, Love Without Conditions, and our first chapter is going to be "Love Without

Conditions", and us making steps to try to learn to love ourselves. You all will get all the activities through the email, and at redtabletalk.com and like I said, you can get the book there too. I just want to say thank you for joining me guys. Thank you so much and I'll see you back here next Sunday, 5:00 PM. I love you guys. Mwah!