

# Emily Fletcher

## Transforming Through Meditation

### PODCAST SHOWNOTES

Today on the show, I am making the commitment to start meditating. I've also made this commitment onstage to today's guest, Emily Fletcher. Emily is a Broadway star. She's been seen onstage in *Chicago*, *The Producers*, and *A Chorus Line*, among other shows, and today she joins us to share how meditation transformed her life and saved her career.

Emily spent nine years training in India and started the world's first online training platform for people wanting to learn meditation: [ZivaMIND](#) and the ZivaMIND meditation course. Her mission is to make meditation attractive and accessible for everyone. She's been featured in the *New York Times*, named one of the Top 100 Women in Wellness to Watch, and is regarded as one of the leading experts in meditation.

#### **I love the way you take on meditation: you're making it fun and cool. How did this happen?**

I believe we meditate to get good at life, not to get better at meditation. I was on Broadway for ten years, and it was the fulfillment of a lifelong dream, but when I arrived there it was the saddest I'd ever been. Ten years after being on Broadway, I began experiencing insomnia, going grey, and getting sick. A fellow cast member was nailing her job, so I asked what she was doing, and she told me she meditated. At one point, my performance became so bad that I thought I'd give it a try. I attended an Intro to Meditation talk, and after the first day meditating in class, I slept through the night for the first time in 18 months, and I have every night since. (And that was almost ten years ago!) Everything started getting better: I stopped getting sick & injured, stopped going grey, and started enjoying my job.

#### **Can meditation help with weight loss?**

When the body is stressed, it starts producing adrenaline and cortisol, which are acidic in nature and in turn cause inflammation, which is the basis of all disease according to [Ayurvedic](#) medicine.

When your body is stressed, it's preparing for catastrophe – it's in survival mode – so you don't have all of your physical and mental capabilities. When you start meditating, the adrenaline and cortisol go away, and the body starts flooding with bliss chemicals, which are alkaline in nature, helping to reduce inflammation and reverse body age. As we know, cortisol can also lead to belly fat; meditation is one of the most powerful ways to get rid of that.

#### **What dramatic transformations have you seen?**

I've had two women come to me after being diagnosed with cancer. They started meditating before treatment and both wrote to me and said they didn't fight their cancer, but rather they *experienced* their cancer. Both are now cancer-free, and while I'm not attributing their recovery solely to meditation (they were getting treatment), the meditation allowed them to heal and recover faster from the treatments.

#### **What's the big misconception around meditation?**

People think the point is to clear the mind or to give the mind a command to stop thinking. I'm on a mission to reframe that for people. What often happens is that people sit down in a chair and close their eyes and tell their brains to stop thinking – which is impossible! – so they feel they are failing and quit because they are judging themselves based on misinformation. But they are potentially robbing themselves of a lifetime of bliss and fulfillment. The mind thinks involuntarily, just as the heart beats involuntarily. Once

# Emily Fletcher

## Transforming Through Meditation

### PODCAST SHOWNOTES

you learn that thoughts are okay, the whole process becomes so much easier and more enjoyable.

#### **Learning meditation feels daunting. How hard is it?**

I think it feels daunting because people think it's a skill they should already have, but it's like any other skill that takes a bit of training and practice. ZivaMIND is 20 minutes a day of video training for eight consecutive days, by the end of which you have a practice to take with you for life. I recommend practicing for 15 minutes in the morning before breakfast or coffee, and then 15 minutes anytime in the mid-afternoon to recharge your brain and body. Through meditation, you give your body rest that's five times deeper than sleep, so you can spend your evening going to the gym, or making dinner, or spending quality time with your family instead of being stressed and exhausted.

#### **Stay and Play Versus Fight or Flight**

Your brain can be like a golden retriever puppy or a well-trained service animal. When you start meditating, you're training your brain to turn into a well-trained service animal, so it's helping you get where you want to go and facilitate you achieving your goals. Willpower is a muscle, and it can fatigue. If you're constantly in fight-or-flight mode, your body is directing you to eat and sleep with and fight everything you see (to stay alive at all costs). When you start meditating and you move into stay and play mode, you are not so worried about survival.

#### **What's one piece of health advice you're religious about that's not meditation?**

The simplest, easiest, and cheapest thing that's had an incredible impact on my body and mind is drinking a cup of hot water in the morning and then before meals when possible. The best analogy I have for this is washing dirty dishes with hot water; we use the hot water to wash all the gunk off of the dishes. The same thing can happen with hot water and digestion. In the morning, hot water wakes up your digestion system and makes it easier for your body to absorb the hydration. In addition to having improved skin, I eat more intuitively because the heat from the hot water brings the blood out of my brain and into my gut.

#### **Learn more about Emily Fletcher and ZivaMIND:**

Visit [ZivaMind.com/jj](http://ZivaMind.com/jj) for a special offer.

#### Listener's Question

*I know drinking warm lemon water in the morning is good for us. I also like to have green tea in the morning. Does having green tea with half a lemon in it provide the same benefit?*

Lemon juice can help your body improve glucose tolerance. And I love green tea because it contains antioxidants and EGCG, which can help improve insulin sensitivity. We always had decaffeinated iced green tea and water with fresh lemons and limes in it in our house when my kids were growing up. I think *absolutely* you can have a big mug of green tea with half a slice of lemon – try it and see how you feel throughout the day. Personally, I drink 32-64 oz. of green tea throughout the day, and I switch over to decaf later in the afternoon.

Please review us on [Stitcher](#) and [iTunes](#). And, if you haven't already, SUBSCRIBE!

As always, remember:

**You are worthy. Dare to live a life that matters.**

# Emily Fletcher

## Transforming Through Meditation

### PODCAST SHOWNOTES

---

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at [www.jjvirgin.com](http://www.jjvirgin.com).

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.