

*The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition or to be a substitute for advice from your physician or other healthcare Professional.*



## The 3 Step Formula to Bounce Back Instantly During Difficult Times

**With Sonia Ricotti**

**Covid Hope:** My hope is that everyone comes to realize that we are all one. We're all the same. Everybody wants basically the same thing we all want to love and be loved.

**Doing Well Now:** I guess is when you look at it, see what's happening. I'll tell you what I believe is that we're having conversations or having conversations that we've never had before.

**Action Item:** I think the number one thing is especially now that a lot of people are feeling a lot of stress within their families, at home, financial, family situations, all that. I think the best advice I can give anyone right now is anytime you are in that state to bring yourself to the present moment because usually when we're stressed, we're worried about the future that may or may not happen.

### Three Points

1. Reprogram your conscious mind (becoming aware of your thoughts).
2. Reprogram your subconscious mind (uncover what your limiting beliefs are around that area of your life that isn't working).
3. Elevate your vibrational frequency to a state of love, peace, joy, and gratitude (which will make you feel good instantly).

**Speaker BIO:**

Sonia Ricotti is the CEO of Lead Out Loud Inc. which is a leading-edge transformational company helping people around the globe achieve boundless success in all areas of their lives. She is a leading expert in personal transformation and is known around the world as a “Bounce Back” expert. She is also the #1 bestselling author of *Unsinkable: How to Bounce Back Quickly When Life Knocks You Down*.

She has inspired millions around the world, sharing her breakthrough strategies (and programs) on how to overcome adversity, achieve financial abundance and extraordinary success; in fact, her inspirational video messages on YouTube have been viewed by well over 5 million people to date. She is also the Executive Producer of the popular feature film, *Unsinkable: The Secret to Bouncing Back*, Sonia believes in giving back and making a difference. Over the last few years, she has participated in several humanitarian trips to various developing countries, including Nicaragua, Guatemala, El Salvador, and Thailand.

---

**Dr. Stacy Thomas:** Hello, and welcome to the mindful world parenting summit. I'm your host, Dr. Stacy, and I am absolutely thrilled to be joined today by one of our favorites here at mindful world, Sonia Ricotti. Sonia is a leading expert in personal transformation and is known around the world as the best back experts.

She is also the number one bestselling author of *unsinkable. How to bounce back quickly*. When life knocks you down, she's inspired millions around the world, sharing her breakthrough strategies and programs on how to overcome adversity, achieve financial abundance, and extraordinary success. In fact, her inspirational videos and messages on YouTube have been viewed by well over 5 million people to date.

She's also the executive producer of the popular feature film. One of my favorites *unthinkable, the secret to bouncing back*. Sonia truly believes in giving back, and she's, in addition to all of this, has dedicated herself to making a difference and has been to Nicaragua, Guatemala, El Salvador, and Thailand on humanitarian trips.

To help so many, we are thrilled for her to join us today. She's here to talk to us about the three-step formula to bounce back instantly during difficult times. Welcome, Sonia, to the summit.

**Sonia Ricotti:** Hey.

**Dr. Stacy Thomas:** We are so glad you're here. My goodness. Now more than ever, we do need these tools and strategies to help us through what is arguably, one of the most difficult times this planet has ever been through.

And so why don't we get right into it? And three steps, tell us what is this three-step process, this formula to bouncing back.

**Sonia Ricotti:** It doesn't matter what you're going through in your life, whether it's something big or whether it's something small or maybe you're feeling stuck in your life or just what we're feeling right now with everything that's going on in North America and the world right now, you have so much more control over how you feel and how you experience what's going on in your life and in the world. And so that's why I really wanted to talk about these three steps. I find that a lot of people nowadays, whether you're reading it on Facebook, they're a lot of people are suffering.

A lot of people are in turmoil, and I get that, and that's human. We are all experiencing all different kinds of things, including myself. And before I even get into those three steps, one thing I do want to mention is whenever you're feeling something, whether it's sadness, anger, resentment, depression, whenever you're feeling these deep feelings, often we want to run away from them because they don't feel good. And what I always say is really feel into it and tap into those feelings because the best way to release them is feeling them.

**Dr. Stacy Thomas:** Interesting.

**Sonia Ricotti:** do that all the time whenever I'm really feeling this feeling of sadness that's coming from somewhere, and I feel like crying instead of thinking, Oh, what can I do to make this go away? Let me go distract myself and watch some TV. I actually welcome it. And the reason I welcome it is ever since I've been doing this deep inner work, I feel things at a really deep level in one, no matter what it is, whether it's happiness, sadness, anger, everything, it used to be accentuated and exaggerated.

And that's okay. Whenever I'm feeling this, I give myself permission to feel it. And I'm the person who's always teaching people how to bounce back, how to feel good right away. And yet I sometimes get into these feelings depending on what's going on in the world or whether my dad is really sick, and we're not sure what's going to happen.

I allow myself to experience it cause I'm human. And so, I allow those feelings to really, I really go deep into those feelings and allow them to be released.

I'm actually happy. I'm crying as it's funny to be sad and happy at the same time, but I'm actually happy that I'm crying because that means I'm releasing whatever it is and honoring what I'm feeling in that moment and love it.

As soon as I cry it all out, all of a sudden, I'm okay, let's move on now. I feel better. And then it's really interesting. So, I want everyone to really honor your own feelings about what's going on. Don't make yourself wrong. If you're sad, you're angry, resentful of those you're human. And once you've experienced it and tap deep into those feelings, now let's move forward.

**Dr. Stacy Thomas:** Absolutely.

**Sonia Ricotti:** Let's move forward with power and strength and love and empathy and compassion and really move forward. So, you could be the best human being you can be. And project that into the world, and together, the world will be a better place.

**Dr. Stacy Thomas:** Absolutely as to, because it's about connection, connection to the truth, and our deepest humanity. I want to just highlight how important that point is. Because it is, we've been all deceived greatly into believing that strength is about not feeling. And that's where our power is. That's where the awareness is. And tell me, you coming to this, of being fully alive in every moment, even in the turmoil feeling, I have to think that this is part of what also allows you to experience the joy and the happiness and have that experience too.

**Sonia Ricotti:** Exactly. It's life, and it's most people when they're living their lives, they're always chasing that next great moment. They're looking for; they're not there. They're not loving life in this moment right now, and they're chasing that next moment that will make them feel good. And these three steps I'm about to share with you is it's not about let's put it this way. Most people are unhappy, and they have some happy moments.

**Dr. Stacy Thomas:** Okay.

**Sonia Ricotti:** So, they're unhappy generally, but then they buy a new house, they get a new car, they go see a movie. They go on vacation. They go out with friends, and they have happy moments, but generally, they're not happy. They're not content with life. There's something missing, or there's many reasons why they're not happy. I want to flip that over where you're always happy in life with some sad or unhappy moments, and those sad or unhappy moments are things that happen in life that we all go through. It's just part of life, and we deal with them, and we move forward. And we also appreciate all the things that are coming into our lives, the good, the bad, whatever it is to just love life, the way it is.

Anytime you're chasing another moment and say, I will be happy when you're removing yourself from living in the present moment right now. Removing yourself from the present moment right now, then you're not living life. You're living in your head. That's your living in your head because anytime you're feeling. You're thinking about the future, anytime you're focusing on the past, you're not living in the present moment, which means you're not living your life. You're living your life through thoughts.

So, you're worried about the future. You're upset about the past, whatever it is. You're not living life because your life is this moment right now. And so, these three steps are phenomenal steps to help you feel good right now. And not only that, but it will also help you manifest and achieve what you want in the future as well, while still loving your life right now.

**Dr. Stacy Thomas:** Interesting. Okay.

**Sonia Ricotti:** Exactly the way it is and exactly the way it isn't, and what's amazing is that life doesn't have to be perfect to be amazing. In fact, it's almost never perfect. So, if you're waiting for perfection to love life, then you're going to have a very long unhappy life. And so, it's really appreciating all you do have an understanding that if you speak to a hundred people and say, is your life perfect? I can assure you that probably two or three people would say yes, and 97 would say, I could have money, relationship could probably be better. Oh, I have my back pain. So, let you know. There's always something.

So, let me start with those three steps. How's that?

**Dr. Stacy Thomas:** Yeah, please, yes.

**Sonia Ricotti:** So, the first step that I was talking about is the importance of reprogramming your conscious mind. And what that means is really focusing on what you're thinking at any given moment, once you start thinking about your thoughts and actually paying attention to what you're thinking, you can completely transform your life. And I know that. I think it's Eckhart Tolle that says the first step to transformation is becoming aware of your thoughts.

**Dr. Stacy Thomas:** Absolutely.

**Sonia Ricotti:** So those thoughts when you're feeling sad, feeling stressed, you're feeling angry.

Whenever you're feeling those negative feelings, and you're not happy about it, you don't want to have those feelings, not only do you feel them and acknowledge them and release them, but actually start thinking about what are my thoughts around what I'm feeling right now in this moment.

What am I thinking? Cause what you're thinking in that moment is actually causing you to feel the way you do. Do we say it's what's going on in life? That's causing me to feel the way. No, I do. So, for instance, if my husband cheats on me and I'm really upset, and I'm crying, and someone says, why are you sad?

Why are you crying? The first instinct, the average regular person would say, right? It's because my husband cheated on me. That it's whatever's happening outside of us that these situations, that's why we feel that way. And that isn't true. That is not true. The reason you're feeling that way or the reason I am feeling that way is because I am thinking about what's happening, what has happened.

I made it mean something, and I started interpreting it a certain way and telling myself this story, that's making me really sad and angry, resentful, whatever those feelings are. And that's anything. Whether it's relationships, whether it's your financial situation, whether it's your health, whether it's your work, whatever it is, it's not making you happy. Ask yourself this question. What am I thinking right now? That is making me feel the way I do right now. And you'll be shocked at the story that you're telling yourself. If we spoke to ourselves, if we spoke to other people, the way we speak to ourselves, we would have no friends.

**Dr. Stacy Thomas:** Absolutely.

**Sonia Ricotti:** If we have anyone to talk to us the way we talk to ourselves. And so, it's fascinating. So, for instance, if this were an example and my husband cheated on me and in my mind, I'm thinking I can't believe he cheated on me. I just wasted 10 years of my life. He said that he loves me for the last 10 years. He loves me. He doesn't love me. He's never loved me. What am I going to do now? I'm not lovable. Oh, my goodness. If I get divorced, nobody's ever going to want me. I'm going to be alone the rest of my life. I'm going to be one of those women with 25 cats in the house. This is my life. Like you're telling yourself these crazy stories. No wonder I'm not feeling good. To become really keenly aware of what you're thinking and the story you're telling yourself about what's happening or what has happened immediately. That will determine once you start really thinking about that will allow you to change that story around yourself. Not as soon as you start asking this question.

What are the facts about what just happened? So, you could take out all the emotional garbage around it and focus on the actual facts. And then once you just focus on the actual facts and he doesn't love me, he's never loved me is not a fact. That's your interpretation based on the actions that he made or he did.

And so that's not a fact that's cause I don't know. Maybe he does love me. Just something happened or whatever. We don't know. A fact is something that everyone would agree on. So, act is if you had 10 people and you say, this is a fact, everyone would say, yes, that's true. So, a fact is, he has dark hair. A fact is that he cheated; that is a fact the person true, and you're accusing them.

But true. And that actually we know that the story you tell yourself around what happened there causing you to feel the way you do. And so that is really what you like, even if it's something simple like you're at work, and your boss yells at you, and you're miserable and upset about that.

And you don't like your work. You don't like your job. And all of a sudden that boss yelling at you, you immediately interpreted it a certain way. And you started telling yourself a story around it. And that story you're telling yourself is causing you to feel the way you do imagine if you just shifted that story. And told yourself a different story around that actually made you feel good in the end. It's still a story, but I wouldn't be making up a story that might as well make up a good one, so it makes you feel.

**Dr. Stacy Thomas:** Okay.

**Sonia Ricotti:** The thing is, think about it. Let's say your boss yelled at you that day, and the truth is that's all you know is that they yelled at you and you work saying, I hate my boss, my boss doesn't like me. I'm not appreciated at work. I can't believe this is happening. I need to find another job. Why does this always happen to me? Whatever story you tell yourself, and then you don't feel good. What if you start thinking, I don't know why he yelled at me, but obviously, this is his issue. If he's yelling and he's got his own issues. And for all, that morning, his wife left him in a really bad place and him getting upset at you has nothing to do with you, and it doesn't make it right, but it really has nothing to do with you.

So, start making up stuff, his story up, you have a little more compassion and go, you know what, really bad day. It has nothing to do with me. Let's just let it go. Oh, look at that. I feel better already.

**Dr. Stacy Thomas:** Yeah.

**Sonia Ricotti:** And so that was just really starting to become aware of what you're thinking when you're not feeling good. And you'll be shocked at what you're thinking.

**Dr. Stacy Thomas:** Yes.

**Sonia Ricotti:** Switch it, change the story you're telling yourself.

**Dr. Stacy Thomas:** Absolutely. As a psychologist, I can fully endorse what you're saying. There's a lot of science behind everything that you've just shared.

**Sonia Ricotti:** Good, all right. And so the second step and the second step what's really great is especially during these difficult times where we're finding that everything is shut down and in some places, we have a lot more time on our hands in some cases, and you're not really sure what to do, and this is a perfect time to take stuff off that someday shelf.

It's a perfect time for reflection. It's a perfect time to fix quote-unquote. That area of your life that isn't working the way you want it to work. Whether it's your heart, your relationship, your career, money, health, all those things, and so the second step is reprogramming your subconscious mind.

So those areas of your life that are not working right now, that you would love to shift. Now is the best time to shift it because chances are you have more time for reflection. Even if you don't have time, make the time. Cause because it's important. Things are shifting just in general in the world right now. And this is your opportunity right now to live your greatest life. I know some, it feels like incredible turmoil right now, but this is turmoil just before massive transformation is happening. It's actually happening. As we speak right now, you, as an individual, can transform as well. And so whatever area of your life is not working right now, we will.

Chances are that you have limiting beliefs around that area of your life that isn't working. So, if you're complaining that you don't have enough money and that you're having trouble making ends meet, chances are that you have limiting beliefs around money. And the reason I'm saying that is because those limiting beliefs are at a subconscious level that you don't even know you have them. Those limiting beliefs are actually what's driving you to get that success or not get the success in that area in your life one way or the other, like its beliefs, in general, will determine whether you're successful or not successful in that area of your life. That's what I'm trying to say.

The negative limiting beliefs are what's sabotaging you from achieving that success. So, if there is that area of your life, career-wise, you've always wanted to start your own business. You always wanted to write that book. You always wanted to have extra income coming in all that in a spin on that someday shelf.

You never had time. Now it was a great time to take it off that Someday shelf, but in order to be successful and really manifest that in your life, you need to uncover what those limiting beliefs are that have been sabotaging your success in the first place. And so, what happens is, you for instance, if you are not manifesting the money that you want in your life and you would love to make more money and attract more money into your life, and it's not working, and it doesn't matter how hard you try it doesn't work.

You have limiting beliefs, and then you just need to figure out what those limiting beliefs are and really analyze. What your true beliefs are, and the best way to do that is how you talk about that area of your life. That isn't working, not only outwardly but in your mind.

**Dr. Stacy Thomas:** Okay. And so is that the situation can come up, as we start down that road with whatever journey that we're on, let's say its business. You mentioned finances and work. And is that something where you would ask people that give you feedback about it, or are you just paying attention? To what comes out of your mouth, as you say it like with that intention of, let me listen to what I'm saying.

**Sonia Ricotti:** And it's interesting cause it would be great if you could speak to your friends and they actually tell you, because that'll be really fast. But usually, that's not the case. Funnily enough, I've been doing this work for so long. That actually, when I speak to people, I can pick up limiting beliefs around money so quickly. And sometimes I say something, and sometimes I don't, it depends on who it is, but you can, if somebody really understands this really well, other people can pick that up if they know the work really well, generally speaking, it usually is you that has to do the deep inner work to understand what it is.

And for instance, I'm going to give you a perfect example. You're standing on a street corner, and somebody shows up with a Lamborghini with the windows down, and it's a fancy-schmancy car, and you're standing at the corner. What comes up in your mind at that moment? For some people, it'll be, and this was me many years ago. And just so everyone knows, I used to be \$124,000 in debt, and I actually lost my home due to foreclosure. And so, I know what it's like to be in serious financial difficulty. And I also know how to completely shift through these three steps and actually managed to build a multimillion-dollar business.

So, I've been on both sets. So, this actually really works. So, you see this car in the past. My thought in my mind would be, Oh, look at this fancy-schmancy car. Look at Mr. Rich guy. Oh, look, he thinks he's so great. Don't even acknowledge him. Don't even look at him, whatever. Yeah. It's our whatever.

And now, when I see someone with a fancy car, it's a totally different story in my mind. What goes on in my mind is, that's a really nice car. I wonder what that guy who's driving that car actually does for a living and what he won in order to be able to afford a car like that. I love to talk to that person just out of curiosity, and it's a totally different conversation.

Whereas before, I didn't like rich people. I just felt this resentment like you're rich, I'm not, I'm losing my house. Why do you drive a fancy car? When I can't even pay my mortgage? This is not fair, right? I had these limiting beliefs that rich people were bad. Rich people were other people. I will never be rich, never be a millionaire.

I will never have access to money. I always have to work so hard to make money, and all these are the beliefs coming up for me. And the more you have these negative beliefs around money, and everyone has different beliefs, but once you start uncovering them and realize the negative story and how you feel. Feel about people who have money about being sold to. That's another thing people hate being sold to, and they think it's bad when someone's selling them.

Something is actually limiting beliefs around money, like money you sold to was bad. Doesn't mean anything except what you choose to make it. Yeah. I know for me, when I sell my programs, I'm selling transformation. You're transformed through my programs, and we're going to say, sorry for that great stuff.

But yet, if somebody has limiting beliefs, it's like, why is she selling me something. It's because you have limiting beliefs around money and chances of problems with money right now covering what those limiting beliefs are. You're shifting them into positive, powerful, empowering beliefs. Shifting it to positive, empowering beliefs, then your thinking is different. And once you start thinking differently, you start taking different actions.

**Dr. Stacy Thomas:** Yeah.

**Sonia Ricotti:** That action will determine what direction you go. And so, the limiting beliefs also, it makes you take action or not take action, but usually, the action or not taking action is negative.

And it does not take you in the direction of actually making money. If you believe I will never be rich, I will never be financially free. All those things, chances are, you're not going to go take action to build a new business because it'll never work.

**Dr. Stacy Thomas:** Absolutely.

**Sonia Ricotti:** Save money. Get this. Money flows easily freely and from everywhere. Over and over again, I actually have a nice office. It's true. It does. And you believe that then you start all of a sudden thinking in different ways that all of a sudden they're getting ideas about how you can manifest more money into your life and start taking action towards that because you will actually free what that is, and start going in that direction and taking different action because you have different beliefs, your beliefs will determine what action you take. What action you take will determine what results you will get.

**Dr. Stacy Thomas:** Absolutely. This is the thing that makes human beings so magical. Really, is that what we believe? We create the world that we live in based on our beliefs and our beliefs come from the past, often our past experience, but there's so many experiences that are available to us.

So, what I see here from your example is, as you've approached the cars like this experience is available to me actually. All right. Let me find out more about this experience through this person. And I'm attracted to this. Let me follow that. As opposed to the other mindset that I hear is this experience will never be available to me, so I'm rejecting this.

**Sonia Ricotti:** That's exactly it. And the difference between how I used to think and how I think today are day and night, and the amount of financial abundance that comes into my life the week before and now are also day and night.

**Dr. Stacy Thomas:** Yeah, sure.

**Sonia Ricotti:** A solid correlation between what you think and what you believe and what results you get, period.

**Dr. Stacy Thomas:** And the difference between wants and belief. It's we might want something, but we may not believe. It's just to emphasize it's the actual belief that's important. Not just the ones everybody wants.

**Sonia Ricotti:** Yeah.

**Dr. Stacy Thomas:** That's the whole different thing,

**Sonia Ricotti:** Oprah or, I can't remember who, that said, you don't manifest what you want. You manifest what you believe.

**Dr. Stacy Thomas:** Totally.

**Sonia Ricotti:** That's a powerful statement. I'm going to say it again. You don't manifest what you want. You manifest what you believe. If something is not working in your life right now. One area, whether it's relationships and you're having trouble finding your soulmate, whether you don't have the career that you want, you don't have the financial abundance that you want, even your health. Your health, you start shifting how you think about your health. There have been studies, countless studies. You can actually heal yourself by shifting this and what about, and so the mind is so powerful on so many levels.

**Dr. Stacy Thomas:** It is, and we're just starting to understand it, but this is, I would say, yes, there's tons of science. I'm a health psychologist and would specialize in my body connection, and this is a thing. This is the truth. So, we program your conscious mind. We program your subconscious mind by covering these limiting beliefs that are keeping us stuck, keeping us where we are. And then what's the third step was the third thing you need to work on.

**Sonia Ricotti:** What's really interesting is that by mastering the first and second step, the third step immediately comes into play. So, the third step is elevating your vibrational frequency to a state of love, peace, joy, and gratitude. Love, peace, joy, and gratitude. Once you get yourself into those states, the highest vibrational frequency state, if you're able to get yourself to that state, everything will fall into place.

The turmoils gone, the constant negative chatter in your mind is gone. All of a sudden, things that were so difficult before and you felt everything was very cloudy and foggy and you couldn't see two feet in front of you because there was so much turmoil going on in your mind. All of a sudden, everything clears.

And then once everything clears. Guess what you start seeing the answers, the solutions, everything to your current situation, it's clear, but when you have so much turmoil going on in your mind, it's hard to turn off your mind, right? And so, if you can get yourself to a state of love, peace, joy, and gratitude, that means you're in a beautiful, peaceful state.

And that is when you can connect to your higher self and get the answers that you require. We spend so much time asking friends and family for advice. What should I do? The truth is you

have all the answers inside of you. You could still ask them, but keep in mind that those answers they give you is based on their experiences and their beliefs. Their shoes have nothing to do with you, you have the answers for yourself. So, to get yourself to a state of love, peace, joy, and gratitude, the highest vibrational frequency states that will immediately help you bounce back very quickly. Cause one, no matter what, you feel good being in those states anyway.

So just that is a big plus. And if you master the first and second steps, you will be on your way to mastering that third step because all of a sudden, now you have positive thoughts, you've shifted all those negative thoughts, your limiting beliefs or positive, empowering beliefs. So immediately you're in a different state, to begin with, but that third step to really push it forward.

There are different things you can do. Meditation is really one of the best amazing ways of doing that is getting yourself to a deep, peaceful calming mind. Just getting yourself to that ultimate state of relaxation and peace immediately makes you feel good. Stepping out into nature, being close to nature, is phenomenal as well.

Gratitude journal. Oh, my goodness. Anytime that I have had a bad day for whatever reason, I remember when my mom was really sick. She ended up passing away. It was a tough time for me, and I would always go to my gratitude journal, and I would call it 50 shades of gratitude, and it applies as always to write down 50 things that you're grateful for.

And do you know how hard that is when you're going through a tough time? It's really hard. You are getting to things like I'm grateful that I can breathe. I'm grateful that I have fresh drinking water. I'm grateful that I got money in the bank account. I have it. You'd start. And then, once I started getting deeper and deeper, and then I am grateful.

That I had my mom for as long as I did. Grateful for having my brother in my life. I'm grateful that I get to do something that I absolutely love to do. We were around the world. I'm Britain, all of a sudden, I'm like, I feel really good. Immediately shifted everything.

**Dr. Stacy Thomas:** Yes.

**Sonia Ricotti:** Gratitude journal is wonderful. Go to gratitude. Gratitude. Gratitude. Yes. So powerful.

**Dr. Stacy Thomas:** Yeah.

**Sonia Ricotti:** When we get to those States and get yourself there, just everything in life feels good. You're thinking great things. You're you. You shift your interpretation of what's going on in

your life. You've shifted your limiting beliefs, and now you've shifted them into power, empowering positive beliefs, and you're getting yourself to a state of love, peace, joy, and gratitude. That's amazing.

**Dr. Stacy Thomas:** Absolutely. All of what you talked about, there's so much science around these resiliency practices. So, what I love about this is that it's not like you do that like for a week. This becomes a lifestyle, right? So that you use your term on unsinkable, you literally become unsinkable. You're living in this higher state.

And what many people will talk about is living in the flow of life. You're no longer in resistance to life, which is really what stress is, how stress comes up is when things are tough, let me be awake and aware, and I'm grounded in gratitude and joy for this moment even though my heart is breaking.

It's part of my human journey.

**Sonia Ricotti:** Exactly.

**Dr. Stacy Thomas:** Yeah.

**Sonia Ricotti:** I'm gonna, what's really interesting. I discovered this a couple of years ago for the time; no people were talking about meditation. I do meditate, and I realized there was something else that actually brings me to a place of peace too. And I never knew that until I started it.

And so, it's just like meditating, if not even better for me personally. And for all of you watching, try different things and see what makes you feel good and gets you to that state of peace for me, it's painting.

**Dr. Stacy Thomas:** Yeah.

**Sonia Ricotti:** And so, what's interesting is when we're going through difficult times, and we're trying to find the solutions, figure out what to do.

It's all that left-brain of working really hard and trying to figure out the solutions. And then as soon as I start painting, it just shifts to the creator of the mind and all of a sudden focusing on this and this even a break.

**Dr. Stacy Thomas:** yes.

**Sonia Ricotti:** Your left side of the brain. All of a sudden, the whole trying to figure out the solution is gone and focused on.

Do I want to paint that hard blue, or do I repeat that heart red? And you should try this. Oh, my God. That looks so beautiful. All of a sudden, I realized the first time I painted something after about an hour after I finished, I literally did not know where I was or what time it was. Time had gone by so quickly. So calm.

**Dr. Stacy Thomas:** Yes.

**Sonia Ricotti:** At first. And then I tried to analyze it, and I realized it's the whole left brain, Brain thing.

**Dr. Stacy Thomas:** God. Yeah. It's the state of the brain when we're in that meditative state. It's the kind of a trance that you're in. You're very present. And this is where all the best ideas come from.

It's, where were we? It opens us up to really knowing true. So, I would say that these are all. There's so many different ways to come into that state of presence. And what you said before. I want to highlight, I can say as a psychologist, and you know this too, as a transformative leader yourself, we all have the answer, and it always comes out of that.

Brain states that we have access to that we can put ourselves in, and it comes from the quiet and dimming of all of this noise—and trying to manage the world through our minds as opposed to being in that present and listening. So, thank you for that. And you absolutely have captured these three things that I would absolutely endorse as being the things that we can all be working on.

So, I'm feeling really blessed that you put this out into the world

and, I just, there's some questions that I'm really interested in getting your feedback on. It's just about this time and your perspective on it. Certainly, it started as a pandemic now, really a lot of social turmoil also coming out of this right now.

It feels like we are in the midst of a global paradigm shift, a transformative moment. And I'm curious to know what it is that you hope will emerge for humanity as we evolve through this really a pivotal time.

**Sonia Ricotti:** I think this has been a long time coming. It is an awakening on the planet right now.

Everything from the pandemic where all of a sudden, we were in deep fear and eventually it will become a new normal really paying attention to this. It's quite fascinating. Yes. Giving people the time to actually start to reflect and go inside really going deep within, and the transformation is happening as we speak and with the black lives matter and the situation right now, and going forward, it's.

More transformation. There's no coincidence that we had two back to back, major events happening. This is actually as painful as it is also very exciting at the same time because I do believe that things are changing for the better

Like we're going through this dark tunnel and those lights at the end of that tunnel, we're getting there, and we need it to get there for so long. And it just took so much time. And I just feel like this was the catalyst, get us to where we want to go and where we will be going as humanity as a whole, getting to that place of that beautiful, bright light of transformation and awakening.

**Dr. Stacy Thomas:** What is your hope that, how do you hope humanity will emerge into that light? What's that? Do you have a hope for what that will look like?

**Sonia Ricotti:** Yeah. And my hope is that everyone comes to realize that we are all one. We're all the same. Everybody wants basically the same thing we all want to love and be loved.

**Dr. Stacy Thomas:** Ain't that the truth, it really comes down to that.

**Sonia Ricotti:** It really is. It's an illusion that we're different. When I look at you are a mirror. And I know that as time goes on, people will be way more connected, and there will be a much deeper understanding that we really are levels that we never understood before.

**Dr. Stacy Thomas:** Thank you for that. I share the same hope. What are we really doing right now that makes you feel hopeful about the future?

**Sonia Ricotti:** What do you think we are or what I am. We as a collective, I guess is when you look at it, see what's happening. I'll tell you what I believe is that we're having conversations or having conversations that we've never had before.

Things are really different now. And no matter what, there was no turning back. Pain just happened. It just continues to change as we speak. So, I do believe that is the positive thing going forward that we're doing right now. I know for myself; I'm having conversations I've never had before. It's so liberating on so many levels.

I feel really good about it.

**Dr. Stacy Thomas:** Good. Good. Now, if you've shared so much already, but if there was just one thing, like one thing that you would love our viewers to action today that you think would make the biggest difference for themselves and their families, what would that be?

**Sonia Ricotti:** I think the number one thing is especially now that a lot of people are feeling a lot of stress. Within their families at home, financial, family situations, all that. I think the best advice I can give anyone right now is anytime you are in that state to bring yourself to the present moment because usually when we're stressed, we're worried about the future that may or may not happen. Can you imagine if you're getting all stressed out over something that could possibly happen, especially if it's financial? I'm going to lose my home.

**Sonia Ricotti:** I'm not, whatever it is. And then, in the end, it doesn't even happen. And all the stuff, the next day you win a lottery, and now you're a millionaire, and they're like, we spent all that time worrying for nothing. The thing is, this is any time you're not feeling good. Bring yourself to the present moment because the present moment is your life.

Anytime you're not feeling good. Anytime you're feeling stressed, angry, sad, nervous, fearful. It's because you're worrying about the future, or you were focusing based on what happened in the past, and those are just thoughts. Your thoughts are causing you to feel the way you do. As soon as you bring yourself into this present moment and ask yourself this question, what problems do I have right now?

Right this second.

The second, as you're watching this, you don't have to pause unless you're getting attacked by a bear right now, like right now, or then you've got a problem. But right this day, bring yourself to this moment because it's your life. Everything else is a thought. So right now, if there's one advice I would give is just bring yourself to this present moment and get out of that whole thought process of the future and the past. Stop that. Bring yourself to this moment, and you'll immediately feel much better.

**Dr. Stacy Thomas:** Okay. I highlight that. Thank you so much, Sonia. This has been incredible. So incredible. Thank you so much for all the work that you do. Thank you so much for joining us and for everything that you contribute and continue to contribute to help us create a more mindful world.

**Sonia Ricotti:** Thank you so much. And I want to mention one thing. Anybody that wants to see the unsinkable movie? Make sure it's out there for free right now at [unsinkablemovie.com](http://unsinkablemovie.com).

**Dr. Stacy Thomas:** Thank you for reminding me and for all the other things that you offer. My goodness. Cause I know that people are going to want to be in touch with you and because you have so many great resources out in the world, what's the best way.

**Sonia Ricotti:** I would say just at my site at [soniaricotti.com](http://soniaricotti.com).

**Dr. Stacy Thomas:** Okay.

**Sonia Ricotti:** I've got all kinds of cool free stuff. So, you love it.

**Dr. Stacy Thomas:** Listen, there's a lot of people with time on their hands, watching Netflix, whatever unsinkable, the secret to bouncing back. I love that movie so much. You get so real in that. I highly recommend it. Sonia, again, thank you so much for joining us and sharing all that you have to offer. I know people will take tremendous value from this time.

**Sonia Ricotti:** Thank you so much.

**Dr. Stacy Thomas:** Okay, take care

**Sonia Ricotti:** Bye.

**Dr. Stacy Thomas:** Bye.