



Ruby Wax: And Now, The Good News... To The Future With Love Interview



Ruby Wax is a successful comedian, TV writer, bestselling books author, and performer for over 25 years with her own show on BBC Television. In the last 10 years Ruby got a master's degree in Mindfulness-Based Cognitive Therapy in Oxford University and was awarded an OBE in 2015 for her services to mental health. Get inspired by her sense of humor and keys on how to evolve and survive the future.

**TOP EMBODIMENT TIP:** Look at other people straight in the eye.

Frazzled: **A contemporary illness**

- It is a neurobiological word that means you're stressed about stress or anxious about anxiety.
- 400,000 years ago we needed stress to survive predators. We've evolved but we haven't yet learned how to deal with our own mind. It's as if we have a Ferrari but no one gave us the keys.
- **We always blame everything, but the bully isn't out there, it's in here inside of our minds.**

Mindfulness: **The greatest barometer to find out our inner status**

- When we regulate our emotions and when we are in the present moment the cortisol level drops.
- Amygdala - Insula: When we are aroused our amygdala gets activated and cortisol rises, but when we send the focus back to sense our bodily sensations, the insula activates and the cortisol drops. They can't both work at the same time.

Compassion: **Compassion is a virus, we can pass it to another**

- Start by feeling compassion to yourself and to the thoughts that are attacking you. Only then you can have compassion for somebody else. Fix yourself first and only then go try to fix the world.
- Through our "*neurol Wiff*" we can ripple these positive effects to the people around us and the planet.

Future: **What we give attention to it is what we become**

- We have to upgrade our minds and find ways to self-regulate, to have a sense of community, empathy.
- **Giving someone your attention and presence is the ultimate gift you can give somebody.**

Resources

- ❖ **Books:** *And Now For The Good News... To The Future With Love*
- ❖ **Website:** [Frazzledcafe.org](http://Frazzledcafe.org)



## Ruby Wax





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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

## ILAN STEPHANI

**Love and Rage Embodiment Training** [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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