Episode 63 Transcript

# How We Breathe Matters for a Vibrant Life with Deborah Rubin

**SUMMARY KEYWORDS**

breathing, breath, breathe, yoga, feel, people, connected, life, nose, deep, silence, carbon dioxide, journey, fearlessly, little bit, connects, curtains, clarity, living.

**SPEAKERS**

Janelle Anderson, Deborah Rubin

**Janelle Anderson**

Hello ladies, you are listening to Women Emerging Fearlessly. Did you know that four out of five women struggle with confidence and knowing who they are? This show is dedicated to helping women lead their lives with fearless confidence and to know how amazing they truly are. In this show, you will hear from women who are emerging fearlessly who have overcome many obstacles to pursue their dreams and passions. And they will inspire you and encourage you to stand up, step out and speak up. Be your authentic self and bring your true gifts to the world. My name is Janelle Anderson, and I am your host. If you enjoy this podcast, please leave a great review, and subscribe and share it with your friends. Enjoy the show!

**Janelle Anderson**

Well, hello, welcome everyone to Women Emerging Fearlessly, Janelle here, and I've got a great guest to share with you today, Deborah Marcy Rubin. And the topic today is How We Breathe Matters for Vibrant Life. So, a very different topic than what I think I've ever had on the podcast before about breathing, but it is super important. And so, I'm excited to have Deborah with me today. So, Deborah is a certified Buteyko Breathing Practitioner, Wellness Educator, Therapeutic Yoga Teacher and Meditation Instructor, and designer of the Clarity Process. She has created, owned, and operated several businesses and now is dedicated to educating people on the secret power of the breath. After numerous life changes, she designed the Clarity Process, an intimate exploration of your gifts and talents in alignment with your purpose and values. That's my kind of topic. For more than 47 years, yoga, breathing, and meditation have been an integral part of Deborah's lifestyle. And she is based in Vancouver, BC in Canada, but she works with clients around the world. So welcome to the show, Deborah.

**Deborah Rubin**

Oh, it's so great to be here. I'm in Victoria. I'm on Vancouver Island, in Victoria on Vancouver Island.

**Janelle Anderson**

Gotcha. Okay. Yeah, I've never been up there. But I've heard it's just beautiful.

**Deborah Rubin**

It is expensive.

**Janelle Anderson**

My aunt lives on Vashon Island off of Seattle, you know, across the sound.

**Deborah Rubin**

Wonderful, wonderful, beautiful. West Coast.

**Janelle Anderson**

Yeah. That's right. I'm excited to have you on and talk about this very important topic. I know, for me, I didn't really understand how important breathing was and breath until, I don't know, in recent, the last decade or so when I realized that most of my life, I had just been holding my breath, especially if I'm stressed. Now I really can, I can catch it. And I can stop and I just so value deep, deep breathing. But I am sure that you're going to teach us a lot more than what I know.

**Deborah Rubin**

You know, first of all, I have to say kudos to you for even catching the fact that you're not breathing in a way that needs some attention. Because most of us just go on and on and on. And it's there all the time. So really don't pay too much attention. And then when we all of a sudden, our awareness is brought to our breath just about the mechanism and how we can actually enhance our life, then it's a very interesting process of, you know, a self-awareness, a form of self-awareness. It's very important.

**Janelle Anderson**

Absolutely. I know I have come to value; how great it feels to take a deep breath and be aware of it and feel it and how it just calms everything down and brings you right into the present moment. And it just feels really good. I learned how to breathe when exercising from a trainer who taught me the proper way to breathe, and it made a big difference too. And you know, it's something like you said, we just we breathe all the time. Like it's automatic, but how often do we really sit and think about how important breath is and breathing and proper breathing and all of that good stuff.

**Deborah Rubin**

You can't really leave home without it.

**Janelle Anderson**

You can't, no, and if you stop doing it, you're in trouble. Kind of an important thing. But before we talk more in depth about breathing and some of the great stuff you want to share with us. I'm curious about what drew you to yoga for, you know, 47 years you've been involved in yoga. What drew you to yoga?

**Deborah Rubin**

Well, you know, it was innocence, and it was almost like if you believe in, you know, a higher, higher directive or Natural Law or whatever, something beyond yourself, it was the innocence that just took me to a yoga class one day a friend said, I think you'll really like this and I went there, and I just like, I have never, never looked back. It was like I something just a light went on. And I just felt like I was home. And so, after that, you know, I just kept going and going, and it became a teacher and Yoga has been, I just get chills thinking about yoga has been a part of my life for all those years since 1973. It's like and I, you know, when I came to yoga, it was more like physical I wanted, there was in the word yoga, I think, I feel is that when somebody thinks about the word yoga, right now, it's got all that exercise, and it's out there. But there's some underpinning that if somebody is considering doing yoga, there's actually something deeper, that's attracting, yes, the physical part of it's absolutely amazing. But there's so many other layers to it, that our internal sense, our intuitive sense, our self, that deeper part of ourselves, connects to it at whatever level we're at, at that particular point in life. Because I've just been growing and growing and growing and growing on all the different levels, because they're all, they're all one and they're all separate. And it's all connected. And so, it's been a lifelong journey that I keep exploring, and that's what just keeps me here.

**Janelle Anderson**

Wow, that, you know, I was afraid to do yoga for many years, because I'm a Christian in the Christian world. And that's in some in some circles, not all of them. But in some circles, yoga is poo pooed. It's, you know, it's an Eastern religion. And it's dangerous if you go there. But the first time I tried it, I was, I think it was when I was working for the Women's Center here at Virginia Tech. And we had like, a staff day. And we went to the local yoga studio and did restorative yoga.

**Deborah Rubin**

Oh, beautiful.

**Janelle Anderson**

And I just felt oh my gosh, it was so relaxing, and so peaceful and just felt so fabulous, that I was like, how could this be anything wrong, be with you know, anything be wrong with doing this. I went to another yoga class, I think on campus, kind of more of a, it was actually beyond my ability, because I had never done yoga before and they did a whole like flow. Then I decided to start learning a little bit about it more for the physical strength and flexibility and balance and stretching, and all of that, and I you know, I don't, I don't get into all the spiritual aspects as far as like, you know, the names of it, or whatever, because I, I like to tune in to my faith with what I believe when I'm in that space. And that's what I think I've grown to really love about yoga is that it connects body with spirit, with emotion, like you're a whole person, right, and those moves in those poses, and just tuning in to what your body is doing. becoming really, really aware of it has helped me a lot because I as a survivor of a lot of trauma in my younger years I, I was I have been disconnected from my body and my emotions for a long, long time. And that was one thing that helped me to start really just connecting back into a whole person. If that makes sense.

**Deborah Rubin**

Yes, yes. And I love what you say. And as you came, you came with a mindset and then you realize that there's so much more to it. And, you know, we all come from our own background. And that's our comfort zone. But there are things like I said, that's beyond that, that we can all embrace and take advantage of if we relate to it, if we don't relate to it, we don't, we don't do it, but you you're able to see that there weren't any boundaries and you applied what you got out of the yoga to how that made you feel. And it enhances your connection with your, your beliefs, your divine, whatever, you know, whatever, whatever it is for you. And it goes beyond religion, it goes beyond philosophy, it goes beyond anything. Because when you go beyond, beyond, beyond, beyond there is nothing but totality, which is we're all connected to that intelligence. And that intelligence doesn't say, you're green, you're blue, you're white. It doesn't say that.

**Janelle Anderson**

No, not at all. Yeah. Yeah, I think that that was a big aha moment, I think for me and also just not live in fear of things that we don't understand. You know, yeah. Yeah, I've come to a place for me, it's like I feel very grounded in my faith and I'm not, what's the word, threatened by somebody else's or something that other people from other faiths can also take advantage of. I feel that God's created everything for all of us to enjoy.

**Deborah Rubin**

And we have the luxury of having our community and our beliefs that fit in with us. And we celebrate that.

**Janelle Anderson**

Yeah, that's definitely true. Awesome. So why focus on breathing? Tell us about that.

**Deborah Rubin**

As I open my mouth and take a big gasp of air. Breathing is a foundation. We cannot live without our breath. We would, if we didn't have our breath, we would not be here. We can be without water for a time, we can you know, without food without, but we cannot be without our breath. And so, when you really think about it, every breath that you take, has a deeper role than we really are connected to. There's the chemistry of the breath, what it's doing in the body, there's subtle levels of the breath, there is the mechanics of how to do the breath. There's how to actually do it, I mean, mechanics in terms of where you do you know, how you breathe. And then what are the specific exercises, the cadence of it, there's so many aspects of the breath that can help us with our emotions can help us with our, our physical part of our body, if we have ailments, like for instance, if we've got asthma, or if we've got sleep issues, if we've got depression, if anxiety or stress, or if we just want to improve our athletic ability, our breath is connected to everything, everything. So how we breathe really matters. Because if we're breathing in a way that doesn't give us as much in terms of the chemistry of the body, that our body could be more efficient, then then we should look at how can I just switch that so that I am more, I'm more, I want to use the word productive. My breathing is more beneficial for me. And if we don't, if we don't know that, then how do we have the ability even make the decision to change that. So, education is really important. Even if it's one or two points, you know that about that like breathing through the nose, in and out through the nose is really, really crucial. Because the nose has over 30 different jobs. And the mouth has only three. Talking, eating, and drinking. Right? Not necessarily breathing, I mean, sometimes we breathe through our mouth, because it's, you know what I just did, and I'm talking and I'm breathing through my mouth, so the mouth has got some of the breath. But on an ongoing basis, we want to breathe through the nose so that we can gain all the benefits that the nose brings us that's going to affect and enhance our health.

**Janelle Anderson**

Wow, that is fascinating. So, what are all the jobs of the nose?

**Deborah Rubin**

Well, one is going to the breath in the air, and it warms the air it moistens the air, it sterilizes the air, and the nose actually is connected with the diaphragm. Your mouth is connected to the upper chest. So, when we breathe into our mouth, we're probably breathing more shallow. And the chest kind of goes up and out. And we're breathing in. And that is connected to the sympathetic nervous system, which is the fight or the flight or, you know, get up and go and which is nothing wrong, we want that. But we want everything in balance. And then if we breathe into our nose, it goes down into more of the lower what goes down into the lower lungs, which are more rich with blood and circulation. So up here, it's less, up here it's much more efficient change of the gases. So, we breathe in the oxygen. And then that goes into the blood, into the hemoglobin, and it sails along. But people may say, oh I've got really good oxygenation and they've got an oximeter. And so, I've got 90% - 99% oxygenation, you can have the oxygen in your blood, but you got to get the oxygen out of the blood into the tissues and cells the organs and the brain. Well how do you do that? You do that by our friend which has been given a real bad rap for a long time, carbon dioxide.

**Janelle Anderson**

Wow, yeah.

**Deborah Rubin**

Carbon Dioxide actually opens the door to the molecule, the oxygen molecules and says, okay, you can come out of the blood now. Go on, out into your armpits and your lungs. And it goes okay, I'm going to go and do my job. If there's no carbon dioxide there, the blood just hangs on to, the oxygen just hangs on to the hemoglobin molecule more. So, oxygen doesn't all, it doesn't all (?). But to be really efficient, we want to open the door so that the oxygen molecule can get out of the blood and into where it needs to go. And it's carbon dioxide that does that. If I didn't,

**Janelle Anderson**

I didn't know that carbon dioxide had a good job to do.

**Deborah Rubin**

Yeah. So, when we have that desire to take a breath, that desire is actually carbon dioxide. It's not oxygen, it's not like oh, I need more oxygen, it's carbon dioxide that's coming from the brain and talking to the diaphragm and the, there are receptors in the body, and it's going, you need to take a breath. You need to take a breath, and then you take a breath. But if you're always taking a breath, if you're always taking a breath, you could be over-breathing out that carbon dioxide. So, we, that means we've got a very low tolerance to carbon dioxide. So, we want to keep breathing, want to keep breathing. But when we have a better relationship with carbon dioxide, that same amount, if you have a good tolerance, it's like, you know, there's just normal breathing. But if you have a low tolerance, you just want to keep breathing. And so that's over breathing. It's over breathing, we don't need to over breathe.

**Janelle Anderson**

Do you mean like breathing more rapidly?

**Deborah Rubin**

Rapidly and more, or is not, is not necessarily good? It's more like less is more with this. Less breath.

**Janelle Anderson**

Interesting. And as you're talking about it, I'm finding myself wanting to just deep breathe.

**Deborah Rubin**

Okay, well, that's another good point. Because a lot of people feel that deep breathing, you think ah, take a deep breath. Right, shoulders up into the upper chest, open mouth, progressive is sympathetic, right breath is into the nose, take it down into the lower lungs, and that's deep, deep into the lower lungs, deep, expand out the rib, lower rib cage, let the belly relax and, and have a little bit of movement there. So that's sort of where the deep, take a deep breath is, when next time somebody says that deep breath, go, Shut your mouth.

**Janelle Anderson**

Yeah. Breathing deeply into your lower lungs. Oh, it feels really good.

**Deborah Rubin**

And that's the parasympathetic nervous system, the rest, digest, the healing, the cooling the settling down. And so, we feel more relaxed, and we feel like we've got more ability to be calm, cool, and collected.

**Janelle Anderson**

I always do that before I get ready to speak or you know, do something where I'm a little nervous. And I find myself shallowly, rapidly breathing, I'll stop and take deep breaths and just hold it and let it out slowly, and it just calms all that nerves.

**Deborah Rubin**

Yeah, yeah. Yeah. So, the breath is pretty phenomenal. When you think about it. It can energize us It can bring us down in terms of our, the anxiety or when we're speaking or anything like that, we can we have tools, that we don't have to go anywhere for it's right there at the end of our nose.

**Janelle Anderson**

Yeah, yeah. How about that.

**Deborah Rubin**

It's right there underneath our nose. Actually, we have holes in our head, which is funny.

**Janelle Anderson**

How about that? We have all the equipment we need. Tell me a little bit about your, tell us a little bit about your Clarity Process.

**Deborah Rubin**

Well, that was, that was, I have made. I'm a journeyer. I guess, you know if you look at the archetypes, I'm a pioneer. So, I'm always, I have throughout my life is I have followed the voice. And so, when something's done, it's done. And I go, Okay, I guess I'm onto something new. And I listened because of that. I've always landed on my feet. And there are times when I've kind of been unsure about that whole journey. And years ago, I thought I you know, I've made so many changes, I should write a book, then I felt no, I think I need to go through some more experiences because I am not mature enough in that area. So, I started on this journey of well, I think I've got words of wisdom about change. And you know, taking into my experience and my experience with the yoga and the local yoga philosophy and just my life experience. I feel I've got a lot to share. And then I was living in Toronto and I was driving back. I was driving back because I actually am from BC that's my home where I was born where I was brought up and I was living on a mountaintop for like a year and a half, just you know, I'm cutting the story down, living on a mountaintop. And I was I realized that experience at the beginning, I thought, Oh, I'm here because there's something huge, I'm about to address. I just knew it. And all my fears came raging out. And it took me months and months and months to get to a place where I could even look out a window, because I was facing the ocean on this side, and facing the forest on this side. And every night, I'd locked the curtains. I couldn't look out; I couldn't look up. And I could look up this way. It was nice, expensive, and, but I couldn't look out into the dark. And I would just go into fear. And I thought, oh my gosh, there's something here, I can't look at a window. I would, I went, the curtains had a little bit of a gap. I went looking for what I could pin the curtains close with. And I had paper clips. So, every night. Like, this is really weird, Deborah. People are going, yeah, sure it is. But by the time I left, I could actually not draw the curtains and I could walk out onto the deck and be with the forest in the nighttime. I worked through a lot at that. But in that was, yeah, so and then I went on to it, you know, to just living my life. And then but I did, I freed myself of some deep longing was not back that I freed myself, I lightened the lock that it was having on me. Because I, I feel that those things that we were burdened with, when we were very, very young that landed in our nervous system that took us away from our true self. And that's why the jewel for me it's the journey, the human journey, is that we all have something. I don't think anybody is get scot free. Unless you're like me and you don't care. But it's like we're all working that through. It took me many decades to get it. I was working on but to get it, to get it. And I feel like I took a big chunk out of that. That was paralyzing me from realizing my dreams. Yeah, so I was doing some research because I was wanting to write this book. And so, I was doing my research and I was asking questions. And people would say, Wow, that's really phenomenal. And they get an aha, they get an aha from the questions. And it's just like, the two of us going through this journey together. And, and I, I can intuitively, you know, see things feel things, ask questions, because we kind of go on a journey. And then they get it. They get it and they go away. And then we meet a little bit later. So that one person said, Oh, my goodness, you've given me something. I'm a coach, and I take people through these processes and you've given me in one session, what I take people through a number, right? And they she said you got something here and I said, Oh, wow. I mean, at that point, I hadn't even thought of the Clarity Process. And I thought, Okay, and so I just kept going and going and doing more and doing more research and doing more research in about 110 people later just realized, you know, I kept morphing it and changing it. And it grew into the Clarity Process.

**Janelle Anderson**

Wow, that's a fantastic story, just that you did the work yourself and came up with something that works for you and then try it out on other people. So, is it a series of questions?

**Deborah Rubin**

Yeah, and it's not something you fill out online or anything because I feel it's so easy to escape the question. I don't know if I like that answer. Okay. So, it's between the two of us exploring, right, exploring and in feeling and, and just tapping into and, and bringing, it's not like we're trying to look for the negative. It's more like, more about where's the, where's the juice? Where's the good stuff, so you can move forward with a sense of direction or feeling like you're really connected to that. Yeah.

**Janelle Anderson**

It kind of reminds me of something. I was at a class a year or so ago. Amanda Burke, I don't know if you've ever, or Blake, Amanda Blake. She's a neuroscientist. Anyway, it was a class for coaches on neuroscience and she was teaching, and she talked about surfacing the invisibles. Like bringing up things to the surface. Yeah, that are inside that are invisible. So, I do that a lot.

**Deborah Rubin**

Yeah. And that's just the beauty of what a coach does. A coach is somebody who has had the experience and can tap into that.

**Janelle Anderson**

Yeah, because it's often hard for us to do that on our own. Because we avoid, we're used to avoiding or we just don't see it, too close to it.

**Deborah Rubin**

That's why the paper thing doesn't work.

**Janelle Anderson**

No, no, it's so easy to just avoid that. But if you ask a few questions and it kind of surfaces those invisibles for you, brings them up, kind of out of that hidden place in the subconscious. And you're like, Oh, wait, let me look at this, you know?

**Deborah Rubin**

And sometimes it's like, I just don't know, I just don't know. And then we would dig in, and then it would kind of filter up.

**Janelle Anderson**

That happens a lot when I'm coaching someone who says I don't know. But if you just sit with it and let them kind of process and think and dig down deeper, and just sort of let those things come up. Not rush through it. Let it sort of come up to the surface, then that is super powerful.

**Deborah Rubin**

There is that silence that allows just some time to feel. Connect. Yeah, that's beautiful.

**Janelle Anderson**

Silence is golden. Remember that song? I was at my toning conditioning class last night. And she was playing that song during this stretching time. Silence is golden, golden and

**Deborah Rubin**

Oh, beautiful.

**Janelle Anderson**

Going way back.

**Deborah Rubin**

Way back.

**Janelle Anderson**

You all didn't know you're gonna hear me sing today, did you? Yeah, but I was just, you know, I was stretching and relaxing. And then that song came on. And I just really like, yes silence. Silence is something we either, you know, a lot of people don't like to sit in silence because it makes them nervous. Because they're not used to getting in touch with that deeper place. You know, when they, like my husband likes to have TV on all the time, or radio or something always going. I'm like don't you just like to sit in the silence a little bit? And he's like, no, because all this stuff distracts me. That's the point, right?

**Deborah Rubin**

Yeah, that's right. He'll get there. The silence is so rich and blissful.

**Janelle Anderson**

It is. It really is. It gives you that chance to breathe. And kind of get to know yourself.

**Deborah Rubin**

Yeah. Yeah, there's a lot to know.

**Janelle Anderson**

There is a lot to know.

**Deborah Rubin**

It's like, oh God.

**Janelle Anderson**

I like silence. I often sit in silence and just think, meditate, pray, whatever.

**Deborah Rubin**

Yeah, yeah.

**Janelle Anderson**

Just let go. Listen to that little, small, sweet voice inside.

**Deborah Rubin**

Yes, yes. Yes, yes. And the yoga really benefits that. There's a nice symbiosis with the movement. And moving in that place of silence. That's what yoga really is. It's the silence and dynamism together. You can be in a pose; you can be in a static pose and holding it and part of you is just active. Knowing you can feel the blood, you can feel that the toning, you can feel the intensity of the pose. And then part of within that, and within the other part of the body, the other part of body could just be in a place of ease. So, the two are together, or it's the two in one, even when you're in an intense pose, the whole body is finding that silence in the pose. That's, that's what yoga is. It's that silence and dynamism that reside together.

**Janelle Anderson**

Yeah, with the breathing because that's really important.

**Deborah Rubin**

And then when you're in that place, then the breathing is soft.

**Janelle Anderson**

And then connecting to everything is connected. There's a yoga teacher, I follow on YouTube, and he's really good about teaching you what you, what muscle you should be tuned into and what it should feel like and how the connection to the joint or whatever. And the way he explains it is you make that just a slight adjustment to what he's saying it makes all the difference in the world and that just even that awareness of parts of your body that that just a huge new thing for me.

**Deborah Rubin**

We're so lucky are we to have. I mean, the COVID for me has been actually pretty phenomenal. Thank you, thank you, thank you. In one way, you know, in one way, it's a whole new world to myself and other people, and I'm probably meeting people who I wouldn't have met and like you. I would not have met you. Yeah. And it's like, yeah, so it's, I have seen it as being a whole. It's a whole new thing because I shifted to an online business. And like everybody else, you know, we had, we really had to pivot.

**Janelle Anderson**

Right. We did, and just kind of the slowing down and being more connected to the people you live with being more connected to yourself. Yeah, it's been good, I think in that way for all of society, really. So, tell us a little bit about your business.

**Deborah Rubin**

Okay. So, I am relatively new to Victoria and so I was here, making a foothold in Victoria, by going out to companies and meeting women through women's groups and things like that. And then this happened. And I had really wanted to go online but felt that it was better to start and get to get grounded myself in Victoria. And then COVID came in, and I switched immediately to go online. And it was like, that's really where I wanted to be. However, people were saying, Oh, it's really hard to get online. You know, it's like, the world is out there. And I'm like, No, that won't be a problem. So. Love naivete. So, I built my website, and you know, started teaching yoga online and doing the breathing webinars and courses and the Clarity Process. And so, in learning, and it's just been amazing, learning all the different technologies, and I'm doing videos that I put up on YouTube, and just I'm playing at this point, because I don't quite know what it's all about yet. And I'm still, I've always been sort of with social media. Because it was like it was going, Oh, this is gonna be a time sucker. I really don't want to do it, and it's like, well, I guess you got to do it. So, I'm learning about social media, and I'm learning about, you know, how to get out there. So, it's been an interesting journey. That was year one and year two, I'm just the same thing. And I feel like now I'm moving up another level of understanding of have you know, the business and you know how to do how to do the videos in a way that's going to be more enticing for people in that. It's just, I love it, I just love it. It's awesome.

**Janelle Anderson**

And so, you have an offer for everybody listening that they can grab. How We Breathe Matters online workshop.

**Deborah Rubin**

Yes, it's a, I'm calling it online workshop, because I didn't want to call it a webinar, because I kind of felt that webinars were getting into that formulaic thing of, you get a little bit of information, and then you get a sales pitch. And this is more like you get a lot of information and a little announcement. Because I want people to walk away, because if they're not interested in going any further, at least they've got something. So, I call it an online live workshop. And it's How We Breathe Matters. It's a one hour and it gives you a really, I go over some of the things that I just mentioned earlier about the breathing and give you a little bit more understanding and an experience of why you would want to breathe through your nose and consider breathing and consider carbon dioxide and stuff. So, when you leave, you've got a really nice understanding. And then if you want, if you feel like you want to up your game with your athletic ability, or you've got asthma or you've got sleep issues, or you've got anxiety or something or there's stress in your life, then we can go on with there's a five-week course. So then, and then there's the Clarity Process, somebody can just, right now I've got a special on. So, if you want a special, just go to my website.

**Janelle Anderson**

And all of that will be in the show notes, course, depending on when this podcast actually airs or whatever. So, we will have your website there and they can go grab the workshop and see what else you have going on.

**Deborah Rubin**

Now the workshop is like, the workshop and the course, I give, if you miss it, I'll be giving it again.

**Janelle Anderson**

Okay, cool, so they can find out when the next one is. Awesome. Well, that's fantastic. Thank you for coming on the show today. This has been very enlightening and educational, all about learning a lot more about yoga and about the breath, your Clarity Process and even just your journey, you know your story, how you came to really overcome that fear. It's has been really inspiring. I always like to share stories of women that have overcome things and are emerging fearlessly now.

**Deborah Rubin**

Yes, that's the whole thing, isn't it? There's a fearmonger around every corner.

**Janelle Anderson**

What one more like golden nugget of wisdom would you like to leave with my, leave with my audience today?

**Deborah Rubin**

I would say that whole thing of breathing through your nose is really, really, really important. Because it connects you to yourself. And it also has so many, so many benefits that you want to keep referring back to your nose.

**Janelle Anderson**

Your nose knows, right?

**Deborah Rubin**

Your nose knows. So, I would say from that standpoint, that just keep thinking about your breath, because your breath can even tell you if you're well or not. It can tell you if you're, I mean, because there's shift sides during the day, you know, it's just, it's something amazing that we need to know more about.

**Janelle Anderson**

It really is and you know, the breath is life.

**Deborah Rubin**

It is life, it's, just think every cell, every single cell in your body is enhanced by your breath.

**Janelle Anderson**

Yeah. And of course, you know, as a Christian, I always think of the creation story, you know, God breathed into Adam, and he became a living soul and breath in the Bible to correlates to spirit. And it means, it's often symbolizing spirit and life.

**Deborah Rubin**

Yeah, yes. Yeah. And it's so interesting how we, we kind of we've had it for so long, we don't really think about it. But when you stop to think about it, it's really kind of hard to comprehend the importance of it. Because if you didn't have it, that's not a good story. Not a good ending.

**Janelle Anderson**

Well, your story here would be over.

**Deborah Rubin**

Oh, and I did, I've made it, make a request that maybe if people want to see how I do stuff, they go to my, they go to my YouTube channel or they look me up on Facebook, Deborah Marcia Rubin, or on Instagram, I just got on Instagram, or LinkedIn or anything. Engage with me. I'd love that. You know, if you have, if you have a question, feel free to yeah, feel free to connect with me.

**Deborah Rubin**

Definitely. Give me your links to your social media. And we'll put that in the show notes as well. And also, those of you that are in my Facebook group, which is Women Emerging Fearlessly, come join that group. Deborah is a member of our group and she will come in there sometimes and do these videos that are fabulous, demonstrating different cool moves. Like I did one with her one day, we just were kind of dancing in this really flowy way. And it just made me happy. You're so much fun. So, I definitely invite you to join me there as well. And Deborah and her various platforms where she is found. So, thank you so much for coming today. Deborah, we've really, I've really enjoyed this conversation.

**Deborah Rubin**

And I really did, too. I mean, you are amazing. I just, I hit it off with you. When I saw you in that collaboration group, I want to get to know her. You stood out like a light.

**Janelle Anderson**

We've been getting to know each other, and it's been really delightful. So, all right. Well, I'll talk to you soon, Deborah. And thank you again for coming.

**Deborah Rubin**

Thank you. And thank you out there and I hope you have a super, super day and a super life and you just you take care of yourself.

**Janelle Anderson**

Yes, amen. So, with that, ladies, until next time, be confident, be real and be you and don't forget to breathe.

**Janelle Anderson**

I hope you enjoyed that episode and got a lot out of it that will help you on your journey to becoming fearlessly confident. If you would like to know how to work with me, to help you to become fearlessly competent. Just email me Janelle at emerging life coaching.com you can also go to my website. There's lots of great resources on there, including a free mini course called Be confident, be real, be you it's a three-video course with downloadable action guides that will definitely help you to get on this journey to becoming fearlessly confident. My website is emerginglifecoaching.com Thanks for listening and until next time, be fearless, be confident and be you.