

# S01 - E47 - Rooted & Unwavering- Sep 27 - Hylke Faber & Lisa Haisha

**Presenter 00:01**

Steve, welcome to rooted and unwavering, a podcast and radio show which features leaders from all walks of life in conversations about courageous connectedness. How do we stay connected to our best selves, especially when we are challenged, what becomes possible when we truly stay committed to our own and others greatness also when we don't feel it. Join host Phil Faber, transformational coach, facilitator and award winning author of taming your crocodiles and his guests as they explore leadership greatness in today's episode of rooted and unwavering.

**Hylke Faber 00:41**

And hello. Welcome to root and unwavering episode 47 where we help leaders connect more deeply to their innate potential. I'm your host, Joko Faber, and I'm here today with a wonderful guest, Lisa. Hessa. Lisa, how are you today? Hi. I'm wonderful. Thank you. It's wonderful to have you if you're less just tuning in, welcome to rooted and unwavering. I'll say a little bit more about this podcast series, as we do in beginning of every root and unwavering podcast, and then we go more deeply into what we can learn from Lisa about connectedness. So I invite you just to stop and pause for a moment, wherever you are, wherever you're listening, and take a moment and ask yourself, how connected am I in this moment to what's truly important to me, not what I've been taught, not what the expectations that I may have on myself, which may be important to you, but maybe something a little deeper, like connect to something that's truly important to you. And when I do that, when we do that, we may often find ourselves going into a space of maybe stillness, some contemplation, and looking at our lives from a bigger vantage point and saying, What am I here for? And then you might ask, Well, I'm listening to a leadership podcast. What does it have to do with leadership? So as a leader, what I find is we are in this continuous tension, you could say, between wanting to do our best and wanting to make sure we are serving whatever is going on around us and staying true to ourselves. And how do we find a way to integrate those two things? Rudder unwavering is about helping us to basically remind ourselves Who do I want to be? How do I want to show up in this moment and in all the years of coaching, that simple question, Who do I want to be and how do I want to show up is the coaching question that I ask myself as my number one client all the time, all the time, how do I want to show up today? So today we are here with with Lisa. He. Lisa is one of those people. If I sat next to you on a plane, I know I would probably speak to you for the next six hours. So I'm, I'm happy we have at least an hour today to do so Lisa comes with us with tremendous experience, decades of coaching. And you could, I could say life discovery sees a person that enjoys defying labels and breaking boundaries wherever she goes. She's been working with executives, orphans, terrorists, she's even been kidnapped and many other things that we may hear about today. She's a mother, life coach, author, transformational speaker, and she has done speaking engagements and been in 60 countries across the world, from boardrooms to yours



to colleges to prisons. She is on a mission to unearth superpowers within others, guiding them to live with purpose and authenticity. With me, she says, expect the unexpected as I empower individuals to embrace their uniqueness and unleash their full potential. Being with Lisa as I sense we will discover today more of is a discovery and a journey in and of itself. So I'm very grateful to be here with you today, Lisa, and my first question in these conversations is always and therefore also today. Tell us about something you've learned about connectedness in your life and leadership. Tell us about that.

**Lisa Haisha 04:38**

I have traveled all over the world, over 60 countries, and I learned that we are all family. Everyone you meet is family. Eventually, I started traveling, looking for my soul family when I got off a plane, either in the airport or I get a hotel for a night. In the next day, if I'm at a cafe, I'll just look to see who I'm connected to. And it always happens like this, usually at the airport or at a cafe or something, I meet somebody or a group of people, a family. Once it was a Kuwaiti family. Another time it was a grandmother. Another time, it was a couple of people, friends, hairstylists and and then I say, Can I stay with you? I'm here for a few days. I want to live here. I want to, you know, really understand this culture. And I usually stay with people, and it is the best experience, because I've learned we're all so similar. People think we're so divided by culture and religion and politics, but really, do you sit down with someone eye to eye and break bread with them? You have so much more in common than you think. We're all human beings. First,

**Hylke Faber 05:57**

beautiful. So tell us about how you got into that attitude? It's for most people, maybe somewhat an unusual attitude, to go somewhere, strike up a conversation with people in a cafe and then ask to stay with them. That's quite unusual. So tell us a little bit about your life and how you have learned, how you got connected to that, that zest for connecting with yourself and with others. Tell us more about that.

**Lisa Haisha 06:28**

I was born under a Baghdad roof, is what I call it in San Diego, and my dad taught us to be afraid of everyone. Everyone's your enemy, every man out there. So we had to go to school, come home, we could go out one night a week, be home by 10 or 11. I sometimes we got when we were older, and it was always, be scared. Be scared. Be scared. So I was sick of that one time, because I came home and the street lights were on, and he got so mad at me when I was 16, and said, I'm sending you to an orphanage. I'm like, What are you talking about? I was baking a cake for a friend, you know, a few houses, you know, I was baking cake a few houses down for a mutual friend of ours at school. And it was like, six, seven or something like that, daylight savings. And he said, I won't tolerate any of this. It's a dangerous world. And blah, blah, blah. So I went to my room, and I was crying, going, what is an orphanage and all of that? And then I thought, what if he's the bad guy and he's not. I love my dad. He was just very strict, and he had five teenagers at the same time, so he had to be really strict. So I started sneaking out my window and or when I went out hitchhiking, and I'd only get in the car with people who were a Hell's Angels type, and if it was someone normal who came over, I wouldn't get in the car. I'd say, oh, no, I changed my mind. No, thank you. Then when somebody that was really



terrifying looking, I'd get in their car, and then I would interview them. I'd say, Why do you look the way you do? Why do you have this beaten up car? Why do you have tattoos? Why you know? Are you scraggly looking? Why don't you have money? You know? Why? Why? Why? Why? Why are you going to hurt me? My dad said that people like you. Is that true? Who are you? They all were my angels. I did it. Probably, I don't know, 567, times, and they all answered my questions, where do you want to go? I said, nowhere. I just wanted to meet you and try to understand who I'm supposed to be afraid of and why. And I think it started there, then when I moved to LA at 22 I met extraordinary men. I had my first two boyfriends were, like, really special. One was French, and he was moved here at 15 years old, and I met him at 22 and I was 26 and he said he's traveled all over the world, like 80 countries. By then, he was already composing for Spielberg, and he already made a million bucks. I'm like, You came here with 50 bucks, and now you're like, how did you do it? And he's he he said, Oh, you have to travel. I'm like, I've never traveled. And he's like, oh, let's go. And I'm like, where? He's like, where do you want to go? I'm like, Okay, let's go to Belize. And so we just booked a ticket. I go, What do you mean? You just book. You have to plan, you have to save up, you have to get the right luggage. He's like, No, you just go. And we, like, left in a couple of days, and we just winged everything. Didn't know anything that met people. And we did this then a number of times. And then I met somebody else who I was working for a restaurant, gorky's cafe and Russian brewery, this huge, the biggest restaurant in LA at the time, the first micro brewery that music and art all the time and changing. It was a thriving place with celebrities and intellectuals and just a beautiful place to hang out. And I was working there, and he said, Come with me to help get new mugs. And so I was supposed to go to Germany, Finland and Nepal. So. And and Russia, of course. And we went to those places. And every place we went, he just met people, like we were in a paddle boat in Nepal. He's like, Oh, where do you live? He goes, I love things. Let me let's go to your house. And he'd go there. Then he'd start fixing things, and, oh, let me get you this. Let me get you that. I'm like, we don't even know these people, you know. Then we're walking down an alley through restaurants, and then he says, Let's just walk in. And we walk in. He's a great cook. He has a restaurant, and he like, let me cook for you tonight. And we he bought stuff and started cooking their kitchen and gave special food to the guests. And I'm like, what? So I think I've had so many of those experiences during like 22 to 2627 and I thought this is the way look at how wonderful these people you don't have. You're not a stranger. A stranger is a friend you just have not met yet, or a family member you have just not met. And I didn't know that, right, right, right? So

**Hylke Faber 10:53**

thank you for sharing that. And I'm imagi. I can imagine somebody listening, thinking, that sounds great. Now, how do I take what Lisa's saying and apply that to how I lead, how I work on teams? How do I apply that in my daily life? Because people might think I am not it in this current situation that I am in, in a position, or I have to make some very different choices, to pack up and go to Belize, or, you know, whatever it is, right? So what have you learned from these experiences? Because I know you're a coach, and you work also with executives and boardrooms, what have you learned from these experiences that you then share with others or evoke in others

**Lisa Haisha 11:48**



you come into a meeting as a team, not with your ego, I teach something called imposters that live on the stage of your brain. And imposters come from in a situation that happened to you when you were a child, and it developed like this alter personality, and it could either sabotage you or be there for you, depending on if it's healthy or unhealthy. So and then I have them name it, frame it, and then tame it. So when you're in a meeting and you're like, Oh, that guy stole my idea, or I look bad, or my boss just put me down, and, you know, slammed my creativity, and I'm I don't know what to do, or you get your feelings hurt, or you're insulted, you look at that and go, Where's that coming from? And then you look at that part of your ego that is broken or fractured, and I have people name it. When did that? When did an incident happen to you, and who did it to you? Like you're dumb in seventh grade because you got an F and, you know, math, whatever it is, so your dad Bob called you dumb. So now this person's saying that's a stupid idea. You're going back to that situation of your dad in seventh grade, because it then builds up and builds up if you haven't healed it. So now you're like, I'm not dumb. And then you start causing problems. So it's about taming that part of you. And you have to work on that just like exercise. So then you would frame it. Oh, that's Bob. And then you do a positive affirmation about it, of who you really are, like, I am really smart, and I have creative ideas. And then you do exercises. I have, you know, so many exercises of mirror work, looking at yourself in the mirror and saying, I love you to yourself. Doing 10 deep breaths. Do you do 10 deep breaths every morning? You know, four, hold for eight, then release for four seconds and do that 10 times. Look in the mirror and say, I love you, and say your name 10 times until you really feel it. Looking into your soul, those two exercises alone will help transform you gratitude, you know, say three gratitudes in the morning, because it is a part of you that is broken that causes problems. If someone insults you or someone cheats you, even you have to look at it and go, huh. Why did I attract that into my life? Why would I allow someone to cheat me? Why would I allow someone to hurt my feelings or to reject me, because that's all you it's your vibration. Everything is vibration. So if you're vibrating, I'm a person that you could walk all over. I'm a person that shouldn't be respected, then people are going to show up and go, Okay, I'll I'll accept that that's who you are, and you're treated like that once you flip that and do this work, such simple work, but such challenging work, because it's like, oh, that's so stupid. That doesn't work. Oh, my God, give me a break. I'm not going to sit there and do that, but I swear, I've done this for over 20 years, and I have seen miracles happen. So many lives change. Change just by starting that tweak, because once they do that, they start noticing other things. Things start to bubble forward. It's just like writing a screenplay or a book. When you're writing them the rewrite, then you go, Oh, I just thought this was great. Now I'm seeing all these changes. Then you make those and read it. You're like, oh, change this. It gets smaller and smaller and smaller as you're fine tuning. And that's what you have to do with yourself, your instrument, especially your ego.

**Hylke Faber** 15:24

Love this so that when you feel something's happening at work that you find challenging, what you're helping people to do, to do is to go inside and look and let me make sure I got this right. You first name it, you name the thing that is that the the old image, the

**Lisa Haisha** 15:49



old person, or you're at work, yeah, these are exercises to prevent, yeah, yes,

**Hylke Faber 15:53**

yes. And then you, you frame it, you frame it as in, you frame it as I got this right, like you, you're able to say, Well, that was my seven year old person that thought that I was dumb, or that was, you know, always had to be perfect, or whatever that person was, and then I tame it by making maybe a positive affirmation, or doing breathing or any other plethora of exercises. Is that what you're saying?

**Lisa Haisha 16:18**

Yeah, the frame it part is writing the declaration or affirmation, and I actually then say, Who do I want to be? You know, who do I want to step into the their energy source, their vibration, who do I really admire, and I like, literally frame it. Do you see that on the wall? Yeah, yeah. I have Oprah, I have Simone de Beauvoir, I have Gandhi, I have Herman. Hess anahiznin, yeah. So I literally frame so I look at them and say, Thank you. That's who I'm going to be today. And I have their books right here, and I'll read a passage from their book embody that energy and say, I want this aspect from Simone, this one from Gandhi, this part of Oprah. I like this part. You start creating yourself. So when you get into situations like that, you're not like, Ah, I'm so insulted, and I'm leaving and blah, blah, blah, you know you're this and name call, you just go, Oh, that's interesting. Thank you for sharing. Maybe you're right, then they're like, or you say, Oh, would you please repeat that? Say that again? Because then when they say it again, they feel a little uncomfortable, because the first time it's easy, second time, they're like, oh, wait, they're not reacting the way I thought. I can't push their buttons. If it's someone competing with you, oh, say that again. Oh, thank you for sharing. I'll look into that. Or maybe you're right, and they're like, it ends, I can't say anything

**Hylke Faber 17:46**

beautiful, beautiful. So you so how do you connect to those people that you admire? So you've got Simone de Beauvoir, you got Gandhi, you got Oprah, some other people Herman has on your wall. How do you how do you select those? How does one select the people that you actually want to be like?

**Lisa Haisha 18:14**

It's pretty easy, because it's who you admire. Like, when I read Herman, Hess books, I would just went, Oh, my God. I was like, 2627 you know, someone I was seeing at the time was reading all his books. So I started reading all his books, and I thought, This man is so brilliant. So I loved his writing style, and I loved how his mind thought, and I loved how he took his life experiences and molded them into some rich material that's serving generations. And I thought, Okay, I like that. When I grow up, I'm going to be a writer and write books that are going to shift people, and maybe even in, you know, 20, you know 70, 2080, someone's going to still be reading my books that I wrote back in 2020, or 2010 that's going to shift. Even one person's going to read it and say, Oh, my God, did you see this book? You know, like what I do right now, I gave my daughter his book, and Siddhartha, and so it's like this book will change your life. And I love that, and I love how Oprah could connect, which is what this is about with almost



anyone, if not anyone. She just has a way of putting someone in a chair and you are with her. That's what made her so special, because some people open up because I said, I trust her. I like her. She's got my back, and even if she write creates tough questions, they still go, Oh, she's coming from her heart. So I'll answer that, compared to someone else. So each one of them has something. Simone de Beauvoir really opened the doors to the woman intellectual. She opened the door to, you know, feminism and you know. Who are women, let's share our gifts. We're such rich entities that are being overlooked. So I love Oh, I love that. And now having a daughter, let's enrich you. This is who you are. And I read passages of that, you know, God love because I created a foundation whispers from children's hearts after traveling for five years to 15 orphanages and interviewing children of what makes you tick, what? How does it feel being here you know your parents were killed, or you know you're you were abandoned, or something happened. What is your story? I'm here to listen because I care. Someone cares about you. I'm looking at you in your eye, and I care, and I'm going to memorialize your words because other people care. Because I always say people don't care. They're bombing us. There's no I care. People care. That's politics. I'm going to look at you share your story. And they were so excited to do that, and that I got to that point because of Gandhi. Gandhi was with the people all the time. So that was my Gandhi. So I wrote these, who do I want to be? Let me start creating that. Then you start creating these pieces in you that start shifting. Then when you're around people, sometimes he says something about you is so different, you know?

**Hylke Faber 21:13**

Because beautiful. So yeah, so you do this work, and I'm imagining as you're as we're listening to you, think about, who do we admire and like who How could I take some of that energy, be in that energy, and then move from that place, and as you're saying, that then opens the door to all kinds of different adventures and ways of being and working with conflict and working with colleagues and working what's going on and informing choices what you do. So it's interesting how you speak very almost casually about oh, yeah, and then I went to orphanages, and you told me just before the show that you went to Iraq during the wars there, and you talk about that very sort of almost casually. And so what I'm curious about, Lisa is that was about those going through those orphanages. Where were you in your life when you made that decision to do that? How did you make that decision? And then what did you learn as you were going into it,

**Lisa Haisha 22:28**

I just quit acting. I hated the business side of acting, but I loved the creativity side, but it was several me too, stuff and just compromising who you are, left and right. And again, I was born under a Baghdad roof, so I I'm wired a certain way anyway, and if I did anything, it would my dad always said it's, you're going to put one foot in my grave, you know, if you because your behavior and actions affects everybody, all your cousins, everybody. So it's like, oh, that's the family that has that one person who did X. So I was very limited, even if I wanted to or not. I wasn't about to hurt my family, especially my dad. So I quit, and that was all I thought I was going to do. So I was sitting there eating my Doritos, watching TV, feeling sorry for myself, and Christian anaphora comes on and starts sharing the wars getting more intense, you know, in Iraq, and us is going in there. You know, Bush was going in there,



and all this stuff. And they said, now they shut down the airport in Iraq, and there's an 18 hour bus ride from Jordan to Iraq, really, to the El Rashid Hotel, where all the journalists stay. And I was watching that, and they said it's very dangerous, because they're trying to kidnap Americans or rich tourists on this bus and for ransom. And I just sat there listening that I went, I want to be an actor. Isn't being like a journalist on the, you know, stage of war, like what Christian does. That's kind of acting. You're in the middle of it, but it's real life. And I said, That's what I can do. I could be a war reporter. And then I said, How do I do that? Because it sounds so exciting. What she was doing. She's in the war zone, she's here and there. And then I thought, I'm going to get on that bus and get kidnapped. Then I am going to be with them, and I'm going to have a story, and I'm going to change them from terrorist to a humanitarian for while I'm captured, I'm going to teach them what I know and ask them, Why do they do that? And they could connect to themselves, who is their true self, and that is not who they are, that it's not killing other people. I mean, it's just going to give them a whole lesson while, you know, I'm a hostage, and then we're going to come out of it, and they were going to apologize, and we're going to co write this book, then get on CNN, on Christian and, of course, show and talk about the experience. So this is. What

**Hylke Faber 25:00**

you're seeing while you're sitting on the couch eating the Doritos, watching Christian anapur, okay, yes. And

**Lisa Haisha 25:05**

then what happened? Because I was just so bored, going, I can't do anything else. I'm an actor, or just let me commit suicide. I don't want

**Hylke Faber 25:11**

to do so you were, you were an actor at the time. You were an actor at the time. Okay, yes, okay. And I just didn't,

**Lisa Haisha 25:17**

nothing interests me. And I just felt dead inside. I'm like, I don't want to do anything else. I'm going to just kill myself. I was just really not feeling I didn't think I was really going to do that, but that's the energy I had. I just didn't want to go out. So I told my dad, Dad, I want to go to Iraq. Will you take me there? I want to see where you grew up, your school. I want to understand you better. You're, you're, you've been so intense with us, and I want to understand your psychology. I want to understand Saddam. I want to understand everything. He said, Are you crazy? It's a war right now. We can't go to Iraq right now. I said, I want to understand my roots. You know, this is really a huge part of me. He said, No, you can't go, and I'm certainly not going. I said, Well, I'm going. And he said, You can't I said, Well, I am so i How old were you? I was 27 Okay, yep, okay, yeah. So I said, Okay, I'm going to just go. And I booked a ticket. And then I got connected to this group that goes there every two years, expatriates. And I said, When are you guys going? So I booked it when they were going. So I'd have people from all these different countries, Iraqi born, but that were going there to help bring peace to the country. So



they were all staying at the Al Rashid hotel, and then all the dignitaries are come there, because, you know, they have these big meetings to help create peace. So I said, I'm going to go, and I'm going to be part of that. So I got on the bus. I was the only female until I saw someone else, come on. There's one other girl who came, and I just went, like, what are you doing here? And this is it. And Jordan, you know, because we landed in Jordan, and then Jordan to Iraq. And then I said, You're staying in Jordan, right? She goes, No, I'm going to Iraq. I go, What do you mean? You're going to Iraq? She's like, Yeah, I'm going there. I said, why? She goes to kill myself. I go, What are you talking about? She's like, I don't, I can't be a goody, rocky girl. I can't do this. I can't I just don't fit in, and I can't hurt myself because it'll embarrass the whole family. So I'm gonna go over there to get killed on this bus. So she saw the same thing. I went, Oh, my God, I'm going there to get kidnapped. Why don't you join me? We'll get kidnapped together. We'll co write this book and do this. And then we bonded, and then we got on the bus together. So we both. She helped me, going, Oh, do you have that? Then I spilled it. She goes, Oh, you can't spill those. If someone finds out, we could get robbed. You know, we start doing this little skit thing, and oh, Salama Lake um. Oh, Salama Lake um, lakem salon. Next one, we got five chances. So number two, let's do a little more. And nobody heard us. Everyone was great. So then we got to the El Rashid hotel. And when every day I would go to the concierge desk. Can I meet with Saddam Hussein? I need to meet Saddam Hussein. They'd say, You're crazy. And Mary, I want to meet with Saddam, because everyone was in there in the lobby, some of his top people. So then we got to we got to be taken around. Then I, long story short, I got to meet Tariq Aziz, and I got to meet Taha Ramadan, the Vice President of Iraq. I went to the last big party that they have, and I beeline to his table, which is a big no no, especially for females. And I sat down when I saw someone get up, and I said, I need to talk to you. Why is Saddam doing this? Does Saddam have weapons of mass destruction? Is this happening? And can I meet with Uday and who say, you know Saddam's boys? Oh, no, no, you know, I said, No. I heard they were horrible. I heard they tortured people. I heard, you know, I listed everything. No, they're good boys, good universe. Then why can't I meet with them? Oh, we need your father's permission. I said, I'm older than 18. They said, it doesn't matter how old you are. So it went on and on. So I never got to meet Saddam, but I spent a month there. I went to sheep herders homes, and walked into their homes, and all of them are huge, you know, Saddam supporters. All they have is like worry beads and a little prayer rug and a TV with Saddam TV, 24/7 and their sheeps, and, you know, goats and chickens. And they said, we hate you. We hate Americans, but no one leaves our house without a gift. And they gave me worry beats so everybody, even if they weren't into you, were so kind. And I just felt, you know, this complicity with everyone. And I walked to the which area should I avoid? So we went to that area to find conflict and have something happen. So I have a story. You know, you can't have a story. Nothing happens. Nothing happened. So we left and ended up going to Jordan for three days before coming home. Then I get kidnapped by Bedouins. I went on a tour to Petra. Then someone said, Oh, I'm a tour guide. All. Take you there, and then took us up a mountain this way, and they said, that's the fake Petra. This is the real Petra. And then wouldn't let us come home. Kept us there for three days, but was very nice, but we cooked meals underground. And he's like, why are Americans like this? Why are you traveling alone? Why aren't you married? Why don't you have kids, why? And I'm doing the same thing to him. And there was five, this guy who had five wives and all their kids, and they came up one day. It was just fascinating. All I had was a little pareo and flip





flops and a little tank top that, because I wasn't prepared, they go, that's where you go to the bathroom. That's what you do to clean your teeth, that's where. And they said, You need to experience this. We're sick of Americans coming here not knowing who we are. So Oh, wow, amazing stories. I have so many of those that I feel when you trust your gut or when you're not afraid, because I wasn't afraid at all. Then they again, when I was talking about in the office with energy or vibration, then they match that. But if I was a scared person, something might have happened.

**Hylke Faber 31:07**

Thank you for this. We're going to take a break in a moment after the break, I want to learn a little bit more from you about how do you choose, how you show up, especially when the stakes are high, like, how do you choose? How you show up when the stakes are high, when you know, because I heard you saying, like, I want to be kidnapped. So it's like, okay, so there's the stakes are kind of low, because I want to be kidnapped. This is kind of almost a game. Tell us after the break more about how do you choose? How do you show up, especially when the stakes are high? Because that's a situation I think many leaders are in a lot of the time, like I need to make sure we hit this goal. I make sure that our team gets these opportunities. I want to make sure that whatever that is, we're going to take a short break. You're listening to Ruth and unwavering. Lovely guest today is Lisa hesia. She's been delighting us and me, it with a sense of adventure and sense of confidence and courage to explore our sameness. See you after the break.

32:14

You are listening to rooted and unwavering presented by growth Leaders Network, the leadership team and culture development company. If you would like to learn more about working on connectedness for yourself, your team or organization, please contact growth leaders network on LinkedIn, and now back to the show.

**Hylke Faber 32:39**

So welcome back. Welcome back to rooting and wavering. We've been learning from Lisa about sameness and learning that people actually underneath it all are very much more like us than they're not, and what happens when we open ourselves in a way that invites the adventure invites the conversation. Invites the connection. Lisa, tell us a bit more about how do you choose and work, how you show up, especially when the stakes are high. Tell us about that.

**Lisa Haisha 33:15**

Again, when you do that, I guess at that time, I didn't have some of the tools I have today, so maybe I'll talk about today. If you're if the stakes are high, you have to know who you are, what your values are, and what you're willing to give up. So you have to be strong in your sense of self and know who you're going to meet, and be able to match their energy and their vibration so they could see eye to eye with you, and if you are matching, there's a complicity there, and there's a safeness that they will feel without knowing why, then you'll be treated differently. I've seen this so many times. Can



**Hylke Faber** 34:01

you give an example of that? Can you give an example of that?

**Lisa Haisha** 34:05

Yes, I worked in Chowchilla women's prison. It was for lifers, and I was doing this four day workshop with a group of people, and my last person on the last day was the bully of the prison. She's been in there for over 20 years, and she's never getting out. And everyone tried to work with her, and she was just mean and angry and insulting and everything. So when I got her, you know, she just sat there, you know, what do you what do you got? You know, what do you think you've got? For me, there's nothing you could teach me. I said, Why are you here? And she said, Because you get points, you know, you get a reward if you show up and continue with therapy. So she's doing it just for a pack of cigarettes or whatever. And I said, Okay. And I just looked at her, instead of doing the questions that they gave us, you know, work on it this way and that way. And I just looked at her, did eye gazing, just stared and took a breath looking at her, and then I inched my chair all the way up to hers, until our. Legs are like this, and I'm like this with her looking in her eyes. And I said, Do you know what your problem is? And then she's like, and then I started talking to her at that level that you have the devil inside you, and this is why. And she's like, I'm like, You can't talk to me like that. I said, Yes, I can. And then, you know? And I talked to her at that level of who she was. I got angry, and I got ugly with her, the way she is with people. And then all of a sudden she started breaking down. And at the end of our conversation, she was crying and said, Lisa, you blazed my soul. And I said, You just gave me the name of my business, Soul blazing. And I don't want to get into all the details, because it's extensive, but it was these moments of connection when she tried to bully and I matched it or upped her. And she's never had that before, because you're trained as a therapist or a coach to just listen and keep calm. And I just, you know you want to amp up. I'm all in. And I got this close to her, and she's just like, whoa. She's not afraid of me at all. And she goes, I hate your stupid briefcase. When we were done, she had like, there's nothing in it. I just did this to look smart and important with you. Then she laughed, and then we broke the ice even more. And then she I told her, this is what you do. Instead of being the bully, be the angel. And I gave her affirmations, kind of name it, frame it, claim it. Who Who made you this way? Why did you do the crimes you did? It was always self protection about all three were husbands that she killed. Who? Who were meth addicts trying to kill her, you know, but you know, bad environment, see, like attracts like. So she kept bringing in the same person. I said, you could change who you are. Here's what happened to your first incident. Now let's name it, claim it. Now do affirmations. Who do you want to be? Who do you want to be like? Who do you admire? And now let's create your steps that you're going to do every day within six months on a pay phone. She raised 75,000 for battered women. She became the angel of that prison, and the people started calling me, what did you do to her? What did you do to her? She keeps looking at her paper, and she's like, and I'm like, Oh, it's so blazing. They're like, what is that? I'm like, ask Bella, you know. So I started playing, what is soul blazing, you know? And it's igniting fire within you to do something good. You know? It's like, Who do you want to be? Ignite it. And once you know who you want to be and what your mission is, you could ignite it. If you don't know, you're just floundering and you're afraid of everybody. Like I was on a I was in Prague going someplace, and I jumped on the train, and then the train started moving, and as I was walking



down the aisle, then I kind of fell into old woman's lap, like she was like 85 or something, because I was supposed to sit across from her, and I fell into her lap. And most people would go, Oh my God, and freak out. And I just looked at her, and I hugged her a big hug, and I said, Grandma, oh my god, grandma. And I fell out of my, you know, got out of my chair and sat across from her, and I just smiled at her, and then she just started, like, lit up, like I was her, like this ever happened. She unlocks her necklace, unclips it, and puts it in my hand and holds my hand. And we do this till the next stop that she gets off on, and then she gets off, and I look at her through the window, and we look at each other. We'll never see each other again. Don't know each other's name. Now I have her necklace, and we are connected. That is opening up instead of, Oh, I'm sorry, you know,

**Hylke Faber 38:23**  
right?

**Lisa Haisha 38:24**

You follow me. I'm irritated. It's just we're both in the flow. And again, how you show up is how other people show up.

**Hylke Faber 38:33**

I'm I'm really struck by this story of you with Bella, was her name, or Bella is her name in the prison where you Yeah, you said, what we're learned as coaches is to be empathetic and open, understanding and calm, and instead, what you chose to do with her was to match her, or to match the thing within her. Now what I'm curious about is, how do you do that without hurting somebody, or maybe that's even the wrong framing. I'm curious about that because I am. I'm like thinking this. It makes total sense, in a way, right? The grandmother thing is, is probably a little easier practice to do than the Bella practice that you've just shared with us. But like, can you? Can you tell us a little bit about how you might do that at a in a work situation that's maybe a little less extreme, and what you do in a situation like that where you know part of you might think, okay, yeah, I want to meet them, but I don't want to hurt them. How do you do that?

**Lisa Haisha 39:47**

Well, you could do something that throws them off, like when they're yelling. This is silly, but I was on a movie set. And I was a creative producer, and this new producer came on and fired the director, and fired the other producer, and the person who created the whole project put it together. They ran out of money, needed money, and this guy was crazy. He was, you know, gone. He was somebody that got hit by a car and Call Larry Parker and I get you \$2 million he like, Call Larry Parker and got \$2 million and came in. It was a low budget film, and everyone was afraid of him because he was so mean, and he'll just fire you. And then he said, we're having a meeting, and all this stuff. Then he's like, you, you're an asshole because of this and that, and you did this and blah, blah, blah, blah, blah. Then Lisa, you know, and then he just stood up. But what do you have to say? And I just stood up and I said, Hi, my name is Lisa Haitian. I'm an alcoholic, and it all started when I was working on this film project years ago, and this guy came, and I told the story of what was happening and everything that happened prior



to him coming in and him coming in, everyone started cracking up, then he started laughing. Goes, everyone's fired, but you, I'm keeping you. And it was like, I didn't fall into okay, this is what happened. And my part was, or this person is bad, I'll agree with you. I'll go on your side and put down my colleagues. It was just, it's so absurd, what's happening? So I went to the absurd. I didn't plan it. It just came out of me. Practice it just when you're in the moment, things come to you when you do this all the time. And you know, he still gave me my credit and I finished it. I could tame him and show him how to work with people, because I did that so you could change it, or if someone's yelling at you, you could say, you know, excuse me, can I bring you into the other room? And then you say, you don't talk to me like that in front of other people? And you know, you could have a conversation. There's so many different ways, depending on who you are and who they are. It's the the chemistry. So once you start training yourself, you'll know the right direction to go in.

**Hylke Faber 42:04**

It sounds to me like the underlying principle here, Lisa is to stay really grounded in yourself and not alter yourself or your core just because somebody else is doing some shenanigans. Yeah. So basically saying, like, my husband, who is African American, sometimes teaches me like, no, no, we're not doing that. No, no, no, we're not doing that. Or just like, as you were saying, calling things for what they are, like Lisa or Bella, Bella. I see it is a very strong statement. I see the devil in you like I and so what? What motivated you to say that to her? Because that's a very strong statement to say, the

**Lisa Haisha 42:51**

devil incarnate. And she was six foot two, shaved head, bulging biceps, with a snake coiled, tattooed, coiled around her neck, down her arms. Whoever came in, she bullied them and make them fear her. And everyone was scared. Oh, my God, even my person said, you don't you know. My counselor who brought me there said you don't have to work with no, I want the challenge. Let me. Let me take on. And I There are guards around, so I had a little security doing that, but still, she could have walked me one right there. You know, they don't care and but she saw, Lisa sees something in me that nobody else sees. I've been having therapy for over 20 years, but she gets me, you know, something in her when I matched her and I didn't fear her, then she could trust me. I'm one of I'm with her. I'm not the other person who's maybe was brought up completely differently from her. She grew up, you know, in a poor neighborhood, didn't have money, and her father this, and her mom that. So maybe I'm just this rich, white kid that had everything, and all sudden we became one. Oh, we're the same. We're the same, and that's where the connection comes in, you know, I even did that in my marriage, you know, when we would have conflicts, you know, rah, rah, you did this. No, you did that. It's then. So we came up with names again, Soul blazing of Who are your imposters, and we found five or six in each of us. It's kind of like multiple personalities. Yeah. So when he's like, rar I'm like, I didn't invite you. I invited, you know, this other person I invited, you know, I had a nickname for each character where, you know, like, sugar D was the nice guy invited sugary, not monster D, you know, so, yeah, yeah. So then he's like, oh, okay, I'm sorry. I'm sorry. And he could correct himself. He's like, Okay, let me take a breath. Then he's like, Okay, this is what I want to do. Blah, blah, blah, blah, blah. And then if we had a stronger situation, I'm like, I don't know how to tell him about this, or how to approach him, then we had,



each of us had a character of Dr Haisha. And you know, he was Doctor of him. So I text him and say, I need an appointment. With, you know, Dr Aaronson, you know, he'd say, like, okay, when? And I said, you know, sooner the better. And then I would call him, then that's confidential, you know, client, therapist, you know, privacy. So I'd call him and say, I'm married. This is what my husband's like. And I have this issue, this happened, and I know he's going to freak out. How do I address it where he doesn't feel unsafe or he doesn't feel how do I talk to him about that so he understands my perspective, because this is a big deal. Then he'd say, oh, huh. And then he'd give me advice, and then it puts him in the power seat, gives me advice of how to deal with him. And then later, you know, we talk it through, once we're done, then I call them, like, half hour later, hey, I want to see you. I want to talk to you about something. Can we carve out an hour maybe just go have dinner or something, I have something important to share. And then you'd say, Oh sure. When you know CS, I know what's going on, we're getting along. So it's like, and then when we have our meeting, he's like, okay, cool. And I'm like, great. If I didn't do that, we would have fought maybe not talk for a couple of days, maybe this, you know, drama, drama, drama, and that we found to be so much fun. And to this day, we've been doing it for like, 1213, years. We have not crossed the line of, remember when we did that? Remember how we do that? We never talk about it because it's private. We don't even know the other person did it, and he's done it to me many times, anytime he goes, I need to talk to you about about parenting, a difference of parenting. He wants this. I want that. So he calls Dr. He listen. I need to have this conversation. We disagree on this. How do I get her to see my side? Then I say, Well, her side is really, actually the right side. But then we talk about then we come to a conclusion, because I'm not the wife being you can't tell me how to parent. I know best. I'm a therapist helping him. I'm on his team. And then resolve, resolve, resolve, no. So much of our issues just were no issues anymore. So,

**Hylke Faber 46:57**

so basically, as I understand this. What you do is you take yourself out of your current positions, and you design some other positions. You can have some other roles. You can have and relate to each other from that role like it's it's switching chairs. I'm thinking, imagine sitting in a chair like, this is the husband that this is the wife chair. Okay, now let's go not sit in those chairs. Let's so it sit in the therapist chair and the client chair, and just do like that. I think that's a that's a visual we can do in a work setting. I can imagine doing this as you're having an argument with each other. Okay, now let's take, I'm thinking, inspired by you. Let's take two different chairs. Let's talk. Let's have our two mentors talk to each other about what they would advise us, about how to advise us who are in this conflict. So that could be one or or whatever there what I'm getting from this also, Lisa is working with the energy directly, not cowering or becoming afraid of it. What's like, Oh no, this is what's here with Lisa. This is what's here. This is how I see you do. This is how I see you do. Is this who you want to be? Is what I ask you, what I, what I, what I'm sort of learning how I would translate what you did with, with, with Bella. Um, does that resonate? Yes, exactly, right. Yeah, yeah. So matching, matching that. So, yeah, I can, I can imagine this plane ride if we were going from LA to New York for six hours to doing this like for six hours, and we're almost at the at the hour point, which means we're going to the to the last bit of this conversation. What do you want to say to people who may be listening to the who are listening to this and may be thinking, yeah, yeah, yeah, yeah. But Lisa, can afford to be so free and so herself, and



match this energy and say, as it is, because she's not part of a corporate hierarchy, you know, she doesn't have to worry about getting fired tomorrow, or, you know, her team thinking that she's off, like, like, basically off, like, she loses pole position. What would you say to a person who is in that place of I would like to, but I am a little worried about the consequences.

**Lisa Haisha 49:34**

I've worked with hundreds of people, and a lot of them were exactly who you're describing, and it's worked beautifully for them, because you're not when you act in this way, when you actually bring in, it's really bring in your higher self. And when you do this work, especially not just you know, oh, I'm going to do it tomorrow without doing this work, you really have to go, who are my impostors? What characters were created? Me based on the boons I've had, and go do that deep work. And I have a book out called Soul blazing that you could go get and learn some in a website that I'm sure you're going to promote. But all these tools, they really help. So once you get out of your ego and you start living, you know, breathing, thinking and feeling like who you want to be like, and you practice being that person. Nothing really matters. You're not going to get fired if you confront someone, because your energy isn't going to be one that is ugly, that someone's going to take offense by your energy is going to match whoever it is you are, where they're going to go, oh, you know, I'm the idiot. You know, they're going to think it, whether they say it or not, they're going to, you'll come together because you're, you're matching them. And when you match someone, that's when you build a bond. If you go out on a first date, if you're both, oh, I want red white. Oh, me too. That's a connection. Ding, ding, ding, Oh, I love, you know, bike riding on me too. Ding, ding, ding, I like meat. I'm a vegetarian. Oh, I don't know if this is going to work. I'm not. I don't like this person so much. They kill animals. Oh, I don't like this person. They're like one of those woo, woo people. You know, automatically, you're building the connection when you practice this so it will work, you won't get fired. I worked with top people in the film business. I worked with a lot of actors. I worked on sets with actors as the life coach for the actors that were going through, you know, drama at this time in their life, while they still had to perform, and lots of acting out and but how you do it is what matters. Do make a mistake, how you apologize? You know, it's just being humble, not letting your ego go, not needing to be right, but wanting to be happy, and it's a big difference.

**Hylke Faber 51:52**

Highly recommend this book, Soul blazing, if you haven't read it. Highly recommend this book, Soul blazing, just to get into the practices. Check out Lisa Haish website as well about soul blazing. Look, look for that. Think about as I'm thinking about what you're said today. We've had so many episodes working with different people in in Ruther, unwavering, all inspiring us in different ways. And what's very different here, what you're teaching as Lisa is, what's very different here is to match the energy, to be unafraid of the energy and to match it. Now I'm also hearing there's humility in that, which is not just go out, rah, rah, rah. I think you are an idiot, or I think you're no, no. What I'm hearing you say is become aware of the diminutive personalities that you have created in yourself, imposters that break your flow with what's true but break the flow with the other. And then ask yourself, Is this who I want to be? And ask, and then make an affirmation of who you want to be, and then show up as that person, but don't



show up as the imposter. So that as you're thinking, thinking about or saying that it, it strikes me that it's that's big work. That's big work because it's so easy to get into and to stay into the imposter personality while thinking you're actually soul blazing, and soul blazing requires you to blaze, to blaze. Why did you choose I love the word Blaze. Maybe that we end and there say more about what is the word blazing? Why don't you choose that word?

**Lisa Haisha 53:37**

Because of Bella, she said, Lisa, you blazed my soul and I went, you just gave me the my work. I'm a Soul Blazer. I'm not a life coach. And

**Hylke Faber 53:46**

what did that mean to you when she said blazing to you because

**Lisa Haisha 53:50**

she felt she's had therapy for 25 years, like daily in prison and the jails and this and that she's been in the system forever, she said not one person got to her. She's still the same. If anything got worse. And something that I said to her by coming up to her, close to her eyes, and I said a lot of things to her that I'm not sharing here. I said a lot of things just, boom, boom, this is your problem. Bom, bom, bom. And she was like, because I she it was the truth. And she saw, I saw her, and still was sitting there accepting her and loving her, going, I love you. I'm here with you. You are, you are not your mistakes. You are not your actions of what happened. You could change right now and become a completely different person. And when I mirrored her and got in her face, she thought, Oh, I'm I'm like her. We're not separate, we're the same. But if I didn't mirror the anger and the ugliness she would have, I would have just been another therapist to her.

**Hylke Faber 54:54**

If I do things

**Lisa Haisha 54:55**

really going deep inside your heart and soul, who am I? And who can I be? And that's what hit her. I don't have forever. I don't have to bully. I'll be safe if I don't bully. People won't hurt me because everyone hurts me, so I'm going to hurt them before they hurt me, and keep pushing everyone away make them fear me, so nobody will hurt me like the husbands did and my parents and, you know, on and on and on. So you go ahead. I just I hit her core. You hit

**Hylke Faber 55:26**

her core. And in a way, I'm hearing you have her become aware of her imposter, yeah, so she can make a different choice. Yes, as well. I do see still another minute on this. I just have to ask this, because part of me is like, Yeah, but I don't I'm not here to rescue or fix people. People need to get to their own conclusion. So how do you work with that? Or maybe that's my imposter. I don't know.



**Lisa Haisha 55:58**

You don't have to fix people, and that's a great thing. You just said to end this, because you're right. People have to fix themselves. You could give them the tools, or, you know, in the dark, give them a flashlight. This is the road you should take, you know, or just make it an option, because I said you're here for life. You're never getting out. So get used to this. This is your world, and it's huge. I live in Sherman Oaks. It's like Sherman Oaks there. It's like a whole city. I never knew that before. I said, this is where you live, so just get used to it. These are your neighbors. Enjoy. Step into it, because the more you fight, you're never going to be happy. You're going to die the same person you were that got you in here. At least make it more fun for you, you know. And she could hear that I

**Hylke Faber 56:42**

see you extending a blazing I see you extending a blazing invitation, not like a cuddly invitation, but a blazing invitation, like, Ah, I see you. I see you, and you matter. And you matter

**Lisa Haisha 56:58**

someone. One person sees you, you could shift your whole life. If

**Hylke Faber 57:04**

one person sees you, can shift your own life. What, what a treasure to sit with you. I hope that I'm I can be in a train with you sometime, fall on my lap, or something else will happen. I love what you said today. So many learnings and so many nuggets, few core takeaways I have. One is be aware of your own imposters, and don't stay there. Go to Who do you want to be and make it a deliberate practice to embody that. However you do that, however you do that. And it sounds like to me from Lisa, do it daily. Do it all the time. This is not an autopilot situation like make it the practice when you meet difficult energies, difficult situations that are so called difficult, because maybe your imposters are calling it difficult. Meet it directly. And what I'm getting from you, Lisa, is trust that you have it within you as your higher self to meet it directly, whether it means like embracing the grandmother in the train on the way to Prague, or saying to Bella, I see the devil in you or anything else, or you don't treat me like this, and I love and accept You at the same time being the blazing invitation. Lisa, final word is to you before I close, anything else you want to say,

**Lisa Haisha 58:28**

just thank you for having me on. You're a treasure, and I enjoy you. I enjoy this experience very much. And thank you for being a blessing in the world.

**Hylke Faber 58:40**

Igualmente. Thank you so much, Lisa. Thank you all for listening. Everyone listening and everybody not listening is a blessing in this world. All 8 billion plus of us doesn't matter who you vote for in November five or what if you didn't vote, that's fine too. It is basically about choosing who you want to be. Make your own choices. Make your own choices. We have been listening to Lisa hesia, who is a soul blazing being and coach and mother and speaker and writer and trained passenger. And whatever way you





meet her, you'll find that out. And I think her invitation is to be soul blazers. Read her book, Soul blazing, visit her website. And if you like this kind of conversation, learning about staying rooted and becoming more rooted in your own seat, in your own two shoes, subscribe to this podcast. Rooted and wavering, where we have these conversations very regularly. This was episode 47 of root and unwavering. Thank you so much for listening. This is where we help leaders connect more deeply to their N A potential. I'm your host, hylkel Faber, and see you next time you.

**Presenter 1:00:00**

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