Charlie Sandlan ([00:02](https://www.rev.com/transcript-editor/Edit?token=3pQnOtDLnW0nu6se653_8M9Ek7Gvca9_PYrRRHdLw2PDXP2fZq5iM-76_BTEEbukom0uiQjHdS8UuohIwCW-iF1yZVA&loadFrom=DocumentDeeplink&ts=2.43)):

I think that there are three important qualities that any serious actor, any creative artists should possess. The first, intellectual curiosity, you've got to educate yourself, you've got to feed yourself. You can't bring more to your art than what resides inside of you. The second is empathy towards human suffering. Actors are acrobats of the human heart, how much of the human condition can you relate to? How many shoes can you fill?

Charlie Sandlan ([00:28](https://www.rev.com/transcript-editor/Edit?token=0IaMnCjqNV2uQgw3Urz0QpVylN7B6Ramm0R3-mL7f0iw8tNlEf6xeza1cOoHked8zmFRbdgymnS4ci3_2mrnNFa856U&loadFrom=DocumentDeeplink&ts=28.6)):

And the third is developing a sound mind and body. How do you keep yourself from developing unhealthy patterns of behavior? How do you cultivate a compassionate voice? How do you curate self love within you? How do you take care of yourself after a deep, emotional day on set or in rehearsal working night after night, after night. Taking care of your body? We bring on today, my good friend, Reiki master and nutritionist, Laura Pensiero, who works with actors on this very subject. So put the phone back in your pocket, Creating Behavior starts now.

Charlie Sandlan ([01:38](https://www.rev.com/transcript-editor/Edit?token=Z0AHJolfie0v7dbwCFYszynaCXMYcHG1KQsufOVWFVC4r5ocjXoZN2y1HobsGrF64PF2J6P09GOP2hTEsjyuDGN5aM0&loadFrom=DocumentDeeplink&ts=98.71)):

Well, hello my fellow daydreamers. I'm excited about today's conversation that I get to share with you. I think it's very important. I don't know about you, but when I got out of school, I moved to New York city in 1993. Okay. I had just turned 23 years old, had never been to New York city before. And I showed up with a bag and moved in with one of my college friends. Got a job, waiting tables, bartending and spent the first year or so just trying to survive, just getting my life set.

Charlie Sandlan ([02:20](https://www.rev.com/transcript-editor/Edit?token=2DsIXSdEeslBGVsu5KkBx9WwSJS-SjvNrVHc3DlTuzo5e9Jg7pRn4xryO-t6Q0gnXc9KxN_drLuTv1etvww-KBnU7P4&loadFrom=DocumentDeeplink&ts=140.26)):

And I don't know if you guys can relate to this, you start working, you're working 30 hours a week, at least in order to pay your bills. You're working in the food industry. You got long shifts, you work in doubles, you're getting off at three, four o'clock in the morning. And then you go and have a beer, you hang out with your coworkers. And then maybe, I don't know, if someone breaks out an eight ball and you're doing, I want a Coke and then I don't know.

Charlie Sandlan ([02:49](https://www.rev.com/transcript-editor/Edit?token=QfS74TS-FL1oTTU5VgTvZjro1w8jZuR_69sC7q3JtFVRqcsssjWu-K2R4r4yZlcIWu9WWJ0w0-kKwcpj7gXwV7MYhkc&loadFrom=DocumentDeeplink&ts=169.58)):

And then you fuck somebody you shouldn't be fucking. And all of the sudden you start developing really unhealthy patterns of behavior, and you can get lost in that. And it actually keeps you from pursuing your career in any serious way. And I think that those of us that can learn from that, that can step back and say, "You know what? This is not working for me. I need to change." Those are the actors that have a really good shot.

Charlie Sandlan ([03:25](https://www.rev.com/transcript-editor/Edit?token=vj863XKP4Wvnvx0xzYVNuq0lfzS74yWyrzPEFPXy3PwEUFxwh5zlyBJuxYGai3TQObGT1gmrE7Odte4tlTw_-50oXe0&loadFrom=DocumentDeeplink&ts=205.6)):

I grew up embracing this cliche of the suffering artist. It's like, oh, you can only do really good work if you're fucked up. And I just looked at all of the artists that flamed out right in front of us and left an incredible body of work, whether that's Jim Morrison, Jimi Hendrix, Kurt Cobain. You see the tragedy of someone like Philip Seymour Hoffman dying on the floor from a heroin overdose or Heath Ledger dying in his bed, and you think, wow, man, they were really tortured.

Charlie Sandlan ([04:00](https://www.rev.com/transcript-editor/Edit?token=Xbpr7N4QRr2bbejwijdq0N8MvUmmPk4BQtXQdfqb4vQ62hZqiFaiLXEE_fvIZxuF0wJcEbJsxjgkkP324aMN3AMNYUo&loadFrom=DocumentDeeplink&ts=240.2)):

And I just don't think that that is how you have to live your life in order to do really good work. I think acting requires a hell of a lot from you. What you have to be able to pull from inside of you, what you have to risk. You're putting your soul on the line. And if you're lucky enough to be working at a high level, you're going to have to function from your rage, your heartbreak, your joy, still in this grief, shame.

Charlie Sandlan ([04:30](https://www.rev.com/transcript-editor/Edit?token=Z9dQPXPtB5RjF6XOlKIM5lWJFR5vOzcX6tUriPTfkpE9wQQ7aa9brEhsyaNSd4VaSQnIn7_clduo6edFPtm39NeTdLg&loadFrom=DocumentDeeplink&ts=270.67)):

You're going to have to come to terms with the parenting socialization, the education that you've had that have kept you restricted, over pressed. It's a lot of heavy lifting, but this is the job of the actor. And so when I bought the Maggie Flanigan Studio in 2012, from my mentor, I really wanted to offer a conservatory program that cared about wellness. And so I wanted a Reiki master. I wanted a nutritionist. I wanted to offer my students some tools that they could take with them, and that's how I found Laura.

Charlie Sandlan ([05:16](https://www.rev.com/transcript-editor/Edit?token=1IGWXaWd5xm6BEkfyyH4HCfIq7upigu56oqIrrbTcAvjbuHOheRQQyTatChGv2g_8bpwf7EBf5hyhWtoaNyB-n7fw20&loadFrom=DocumentDeeplink&ts=316.47)):

She is a Reiki master, a certified nutritionist for actors, and I just thought, this is serendipitous. And she's been working with my students now for a number of years and we're going to talk today about letting go of bad patterns. Letting go of those experiences while also setting intentions for yourself, goals. How do you work on yourself in a positive way? Personal healing.

Charlie Sandlan ([05:56](https://www.rev.com/transcript-editor/Edit?token=36xiD-tpGjKCTayn71u-JwIE9S1CYI83btPsG53LuiCFsaUNw7yy-M0s1RhFKjmckeIiSeuU8a-GnRf9BRxpbAohrRQ&loadFrom=DocumentDeeplink&ts=356.83)):

So I started off the conversation just asking about her own journey, how she came out of NYU at 21 years old, and the mistakes that she made starting out. And this is how we started. Laura Pensiero.

Laura Pensiero ([06:13](https://www.rev.com/transcript-editor/Edit?token=j2Mn0XYj-fe_NMeUJaPF9zU0yUq0hIzF8SORWekt7xt0eifD27vSMfpGMXWE4FvysCQZQe_K8iLyzsRTom0671NdO7E&loadFrom=DocumentDeeplink&ts=373.32)):

I think I had to learn that lesson the hard way of just not having the tools. Graduating from NYU, Tisch School of the Arts, sell other conservatory, that four-year program, I graduated in 2006 and they really didn't talk about wellness or mental health much at all. It was like, okay, do it on your own, go to therapy. Let go of the character when you're done working on it. Okay. Figure it out.

Laura Pensiero ([06:48](https://www.rev.com/transcript-editor/Edit?token=htOlfb_iaVDl-B3rNNcvcxsrMy7X4UbC0h9N0YrWwDNAWlCuJ_IJiguHykCCfKX3a_WTDxBd-iYAY3EM4qATrrCL2YI&loadFrom=DocumentDeeplink&ts=408.44)):

And so I did get caught up in that belief maybe in some way that, okay, well, I have to go through stuff, and you do. You need to live, your lived experiences is going to shape you and affect your art and you as a human being. But just like, I felt like I had to really almost destroy myself in a way and I got into this cycle of just really unhealthy behaviors of drinking, and drugs, and just eating, unhealthy eating habits and eating disorders.

Laura Pensiero ([07:23](https://www.rev.com/transcript-editor/Edit?token=K3gqxEanPEpr30JcP1cL1PghG4HEzOQkDdEhux5fM6plceB1FXm5McH1FAac-nB1dJcKvCcJ90Z1FMflCFoRdsB6wEc&loadFrom=DocumentDeeplink&ts=443.72)):

It was just really detrimental to me as a human and as an artist and it kept me from pursuing acting really professionally.

Charlie Sandlan ([07:33](https://www.rev.com/transcript-editor/Edit?token=165vV4WGoF4vLa_7ur26MZgoHlCCb1O2mMXurCsMk5mF5oS2KL-OnCJ4s1-MmBLWWL1AjSWX5OIT4QNzen57BTx06xc&loadFrom=DocumentDeeplink&ts=453.58)):

Shit, I did drugs and you go to any theater program, everybody's getting high or there's drinking, there's parties. There's just that lifestyle, after a show, you'd go out and drink. Where did it start to turn for you? Can you look back and go, "Oh yeah, it was really this time or this moment where things spiraled."?

Laura Pensiero ([07:55](https://www.rev.com/transcript-editor/Edit?token=Vr46g-FqKbVaiGGVvRGC8Qv7MS6Nb-3zkkPExSM-w-mNyWJ7Jv2KlxWLQZqL-ty3SqqBE0prKO0KxIbr5YirPLRgSH0&loadFrom=DocumentDeeplink&ts=475.32)):

Yeah. I think it was... Honestly, I had moved out to LA just right after I graduated in 2006 and it started to unravel for me pretty early on. I got into working at a restaurant, what actors do. And I ended up working at this fine dining restaurant that I loved. And I started as a hostess and I worked my way up to server, but I was really passionate about that kind of lifestyle... not the lifestyle, but just how fine dining is an art form in of itself.

Laura Pensiero ([08:31](https://www.rev.com/transcript-editor/Edit?token=ODJdcd8iujY83k5Vq_HJLsegTKDJsLSwRqYVv2ahj-sKhMaJpEQ0RjAKHyYVcEpzAK8k9zSk8K2IISaQs73xTMRBADQ&loadFrom=DocumentDeeplink&ts=511.67)):

And you're working with chefs that are really passionate about the food that they're plating and you're cultivating this experience for guests. So I really fell in love with that, but it distracted me and I was good at it too. And I excelled really quickly up this ladder of hospitality and making a lot of money. So I was able to almost distract myself by making good money, doing something that I was passionate about, but I let my art go in a lot of ways and that I felt very creatively stifled.

Laura Pensiero ([09:04](https://www.rev.com/transcript-editor/Edit?token=Xz2l5zQZZrUGgnafG-N0ZCdAEoS3GmaygZK0famEkl8xknDa-NT5ruSxRwPyB66w_p0Nf-Bl-QuyFiotk5JKlIJQhvs&loadFrom=DocumentDeeplink&ts=544.04)):

And so because of that, it was a slow unravel, I would say, but I started going out more, and then partying, and then getting into a group of people who are doing drugs. And it was like partying every night after work, and then sleeping all day. And then just slowly, but surely it really started to unravel. I ended up moving back to New York. I booked this film, Split, this writer, director Debra Kent Meyer. She's incredible.

Laura Pensiero ([09:32](https://www.rev.com/transcript-editor/Edit?token=_nytkWl3HOEUS2BC4cJKAF2UUTLWHrf0CmNh9qhqmUf3l835QAZGfiBFXoVyyDM46rx6SABFxf_XKhvrDTR8X1L8eCk&loadFrom=DocumentDeeplink&ts=572.3)):

It was really just serendipitous the way everything worked out. My lease was up with my apartment, the same time that we were shooting, and things just really fell in place for me to move back to New York. But during that time... When I moved back to New York, I was trying to like get back into it, but I just never really could. I never believed in myself as an actor. And that was a thing that I realized now what was really missing, it was like, there's all these other people doing this.

Laura Pensiero ([10:02](https://www.rev.com/transcript-editor/Edit?token=Vyh2F43RfsvEXgVXawWC3b9v6jSC_2TpuCXEq8WRK8ftMq2WTE3xmA3aS5e32PEO-BfXJoNB9nOGVCCxpif2QCL3hFs&loadFrom=DocumentDeeplink&ts=602.86)):

And I just didn't value myself as an artist at that time or that I had something to say that was important. So it really fully unraveled for me, I feel when I became a restaurant manager, because-

Charlie Sandlan ([10:17](https://www.rev.com/transcript-editor/Edit?token=FLxA-iZHqLFKJ3S7pWs2d-xadYXBbBpqi1DbU2aqLJiRCoDyiPImgNX5Ud1ZECJg28BHmorGhIWAs_odVqbRECoLTJY&loadFrom=DocumentDeeplink&ts=617.62)):

That is the worst fucking job that you could possibly have. It's thankless, you're pretty much on call 24/7 and you don't even make as much as the fucking waiters.

Laura Pensiero ([10:28](https://www.rev.com/transcript-editor/Edit?token=qIrtIXMeC6w9V3UBXt1W7bdJShghfbnAi2eR6RqSg-xR9CUga21pNRqLjKa3Q5prhxOVANC5kWiYhorGhe8OhBStN-U&loadFrom=DocumentDeeplink&ts=628.4)):

Exactly. And so it was one of those things that I was working for this company, and I was one of their top servers, and they kept asking me, manage, manage, manage. I was turning 30 and I was like, "Okay, I feel like I maybe want to open up my own restaurant. Maybe want to open up a bar. Let's just go for it. I'm not really doing anything else." And it was the worst and yet best experience of my life because it was so such a toxic environment.

Laura Pensiero ([10:56](https://www.rev.com/transcript-editor/Edit?token=g1MOK8W3dHpL1EBBDGIa9iK4HOj37G9fPijN6fxiPE1ggaNENPVGX5FCNB_Yen9nBgDY64ptxaW3w1TRy5_eWk40ME8&loadFrom=DocumentDeeplink&ts=656.15)):

I was so anxious, I was depressed. I would shake on my way into work. And I felt just overwhelmed with anxiety of the owners are coming down on you, your servers are coming down and you, the guests. And this was a restaurant on the upper West side, and if anyone knows anything about the upper West side, you cannot make those... I hate to say it. Maybe it was just this restaurant I worked at, but you could not make those guests happy. No matter what I did, they were never happy.

Laura Pensiero ([11:30](https://www.rev.com/transcript-editor/Edit?token=6bECuOUIDrbc6-HOhfrPMgFZn2tdlrlhPMBVqhpoRTGmtVerOQJX7z9OJeAeJu5AWfrQtT0PHp4Nsr5YekYeihB0bTs&loadFrom=DocumentDeeplink&ts=690.93)):

Long story short, it started to unravel and I was at such a low point in my life where I was doing a lot of drugs, drinking a lot, my eating disorder tendencies were coming back. I really was filled with a lot of self hatred and I got to Reiki healing. I kept hearing, y my friend Scott Reiki attuned, and then there were actually two Reiki masters at the restaurant that I worked at.

Laura Pensiero ([11:59](https://www.rev.com/transcript-editor/Edit?token=J0wOKyCi_u7eEbVaaSDx_RKcaPMgl8h_9Gx-ys88easAahXp6-vcXQQFCfsCDUZsa9EsuWj2BNE58MALS-TdIeiyv8o&loadFrom=DocumentDeeplink&ts=719.77)):

And so I kept hearing about Reiki and I was like, "Let's just go for it." And it was a transformational experience. It felt like every single cell in my body got reorganized. I felt connected to my heart center, and I hadn't felt that... Just a place of deep connection to self that I hadn't felt in a really, really long time. It was a beautiful experience. And at the end of that session, the Reiki master had me pull a rune. It's a form of divination.

Laura Pensiero ([12:33](https://www.rev.com/transcript-editor/Edit?token=VN9Bt0Ute_SkCfDlbpaBPRbkB36pfudlSLkSpzcW9Fl7w-C0efb3t-z-TGm-hcfjT0luUVF70oRxuCqjpqebnBF0__Q&loadFrom=DocumentDeeplink&ts=753.68)):

And the rune was the Dagaz rune, which means breakthrough dawn of a new day. And in the description it's basically was saying, "You're on the precipice of a major shift or change in your life." And that felt more real than anything I had felt in really long time.

Charlie Sandlan ([12:54](https://www.rev.com/transcript-editor/Edit?token=w9cX_7l8pRIEoVbaehkdJI0tdqRaYs5VhSjfWLumEmGZq9gg82gTUPyI2Rwu2ivxib42mX4HVAtZK4-seuJbHrK_YJs&loadFrom=DocumentDeeplink&ts=774.93)):

So then what happens? You go to this Reiki session, when you get there, your world rocked.

Laura Pensiero ([13:00](https://www.rev.com/transcript-editor/Edit?token=4TxF-TjoQ_2f9dPWAaHQ08En_AdvudfrZlbRyyzHkFes_4NllkSQ5lCGAswBY_JnJkLdH0XJK2EzxPt3OuyPKe7HdfM&loadFrom=DocumentDeeplink&ts=780.07)):

Yeah. I just knew I wanted more of this, so I kept going back getting Reiki healing. And the Reiki master is also a teacher, so I just got Reiki one attuned without really... so to become a practitioner. But a lot of Reiki one is about self care and self Reiki. So I was really just doing it at the time for my own personal healing. And then I just loved it and I felt there were major shifts. Reiki, it translates from Japanese to universal life energy, and it is just the laying of hands.

Laura Pensiero ([13:38](https://www.rev.com/transcript-editor/Edit?token=oyyz7G8axIVWItFxyOqUUHwgMpaOUIe5xp7TUxDEvrmEpu-0FHCUnQ5247ep1zOHUDirV4zjyE-NzILt0h-jHcxR7rU&loadFrom=DocumentDeeplink&ts=818.72)):

But it also transcends time and space, so you can work with the energy field as well. But Reiki one is just about, there's these 21 hand positions and you just place your hands on your body and breathe and connect. And it was such an incredible experience of me just doing this practice for my own self healing that I was like, "I want more." And I just kept on wanting more. And so I did Reiki two, and then just wanting more.

Laura Pensiero ([14:06](https://www.rev.com/transcript-editor/Edit?token=cCEdU4GPQP-GLfxapiomLa-gM_5ejVwIoYcBpX_aw582wlaVX3o3XHq_rpCxbq3PTP6S9e1YlPgyTaRBtOf2ufJWk48&loadFrom=DocumentDeeplink&ts=846.48)):

During this time I kept hearing in my head, just Reiki for actors kept coming up for me. And I knew then that I wanted to bridge these worlds of acting and healing work. Acting as a spiritual practice and I feel like as actors, you are healers in a way. And a lot of the work I was doing in the Reiki trainings of breathing, and visualization, and just connecting, and being present with your own body.

Laura Pensiero ([14:40](https://www.rev.com/transcript-editor/Edit?token=sz7Siu0bIc65HxaC8GYAfbpvIcGdnFLwqX8OkXrYZJDIw2QB7nPTm7M-x4MS75jRucV-_EdFmcnTpUjZXy7B_tTEJFM&loadFrom=DocumentDeeplink&ts=880.79)):

And then if you're doing a session with someone else, being really present with them and being open, and connected with what's going on in their bodies and in their energy. So there was a lot of just overlap between the practices and I just felt like I wanted to bring these worlds together more. And I felt like, wow, this Reiki stuff is a really useful tool to help ground, to help breathe, to help get back into the body. And this could be really beneficial for actors and artists.

Charlie Sandlan ([15:09](https://www.rev.com/transcript-editor/Edit?token=Dgs_5FBBV5Oaxh7Vy2tBpnzsoy9aAXhju2Xx_6N5aCmGRXOPBzVdFgs_z4hLzQ35MaT0VBPc8t5f7QGVfUVULR5U-DE&loadFrom=DocumentDeeplink&ts=909.4)):

How was it changing your life just day-to-day? What was it doing to you and what was it doing for you?

Laura Pensiero ([15:15](https://www.rev.com/transcript-editor/Edit?token=1Vr19U8vUTopEaNLGtszBOwOnTva7eozzkSaezF1NA6BOgg9bvQKg363Jb1Jkb3TIpBDVbT_RBrbSn7WXy8zPEeMSz4&loadFrom=DocumentDeeplink&ts=915.37)):

It was really opening me up, not only my heart center up, but my mind up. It was starting to change what I wanted. And I am that person that I was really pushing myself to make this restaurant management job work because I was like, "I don't want to quit." I'm like, "I'm not a quitter, I'm going to just push through, I'm going to make this thing fit." But it started to make me think, what am I trying to make fit here? What do I want?

Laura Pensiero ([15:42](https://www.rev.com/transcript-editor/Edit?token=C6v3zWJlsKJ7kVmwXOZhE5oFU3fv3bP89Cvkb77IcfaXD1lkoQdZaWlkUuayAqtCIhbc1DXYY3ktAo-PDRvS6-vpM3U&loadFrom=DocumentDeeplink&ts=942.78)):

I think for a lot of my life, it was like, what should I do? What is the right thing to do? Or what is the thing that would make my parents proud of me? Or what is the thing that would make other people like me. And for the first time I was like, "What is it that I want?" And that was a big shift that I didn't really have before, where I was empowering myself. And that felt so huge.

Laura Pensiero ([16:08](https://www.rev.com/transcript-editor/Edit?token=0DzXLwgOQTMg4VttsMBpgWD_4rgryXBhY2Y1frmcDAIGsmfiJKe1hds2Jw2LJDOzeLdGf5pT4Oju6-aLivrrefhk3K8&loadFrom=DocumentDeeplink&ts=968.07)):

But at the same time, it was interesting, so as I was getting into this healing work and doing this, my own work, my work at the restaurant, not that I was tanking, but things were just... I could almost just not do it anymore. It was almost unbearable being in this really toxic environment and I got let go. And it was the best thing that happened to me. It was the first job I ever got, let go of, so that on an ego level was like, "How did they fire me? That was an awful job and I should've quit."

Laura Pensiero ([16:46](https://www.rev.com/transcript-editor/Edit?token=QJVzKXEzVjdLLIcfnNHmW71xXY58D8xuN5ORbB9uDJHBxsMZIXVMpcXXKDMfQr91cXum-xpKZbdsaHxfqEiuZEuegx8&loadFrom=DocumentDeeplink&ts=1006.49)):

But once I got over that hump, it was like, wow, this needed to happen. This was a necessary shift that just needed to take place. And that made me really reevaluate how I was going to move forward. It made me want to take this, what was just a thing for my personal healing. And that started me on that path of thinking, wow, I really could maybe help other people. Maybe this is something.

Charlie Sandlan ([17:26](https://www.rev.com/transcript-editor/Edit?token=T7NuuvtaxHlIYNaWfdOCoqO1oeHh2AuCs4smsCezLS2vQ3j4c859pYk7C0p8QOs1ey6D0m2kCv9h0bKQo73YlbOTAws&loadFrom=DocumentDeeplink&ts=1046.36)):

I was having a conversation the other day with the artist, Swoon. I don't know if you know her, Caledonia Curry. She's one of the biggest street artists in the world. She's a phenomenal artist. She grew up in a very toxic home. She grew up, both of her parents were heroin addicts and she had just a lot of trauma in her young life. And so we were just talking about how addiction it is rooted to trauma, it is rooted to some childhood trauma in your life.

Charlie Sandlan ([17:58](https://www.rev.com/transcript-editor/Edit?token=uMwP-yJBZ5Mo63JA6zf5TYyP0xikhrRhIJ_Hb7KCUbjdj0rPqE48Cmr2kjc_6uC6REk_9lp1hZ_VBRJd_Hs7gaR5WT8&loadFrom=DocumentDeeplink&ts=1078.98)):

And you've got to reconcile and come to terms with the trauma in order to really heal yourself. And so what I find very interesting and certainly working with actors, and you know this, in the Meisner work, and they come into the studio, and they're working to process motion that they spend most of their lives repressing. So they're getting in touch with their rage and their heartbreak, their joy, their silliness, their grief, their shame, their humiliation, and all of these unconscious traumas.

Charlie Sandlan ([18:37](https://www.rev.com/transcript-editor/Edit?token=QsYMyfdkDsUZh_nV06rm_cBJkOhjSNYMXpYAx1VI8Eu9Py0thmai7ckDvNcJvpvuz47qpLhcS3otUSf38u9Hh0ImsVU&loadFrom=DocumentDeeplink&ts=1117.57)):

Whether it's abuse, sexual abuse, physical abuse, emotional abuse, and it can really do a number on them. And I guess I'm curious to what are your thoughts about that? About addressing the trauma, getting to the root of the shit that is actually causing all of the bad habits. The drinking, the self hate, the anxiety, all of these things that all of us in some form or another really deal with.

Laura Pensiero ([19:13](https://www.rev.com/transcript-editor/Edit?token=Hx7mjco5pG3KMpBKgMYgGwyqPw9Eua6TIyZtt9ntTZr6vYX7WSdX3EesEDVuijCBCFL42uBAZVUHrpOtC_dC5Fzb1gw&loadFrom=DocumentDeeplink&ts=1153.28)):

Yeah. This work is so powerful and that kind of what has led me from the Reiki also to the breathwork, is that breathwork is a very visceral, emotional experience. This two-stage pranayama breathing that I do facilitates an emotional release. So it's this cathartic experience and you're in a lot of ways resetting the central nervous system. You're shaking the central nervous system up and you're clearing out pain and trauma and grief that might be hiding in the body, in the psyche.

Laura Pensiero ([19:47](https://www.rev.com/transcript-editor/Edit?token=7rJnjVQ9x5rGcTE4o0dshJ7LXcyudIUDkSRpBqUGUO3ZepjOu5ZrpdK1ou92oDnfCt_M1ZQwC0gVlY32MrWSf-BN8C8&loadFrom=DocumentDeeplink&ts=1187.04)):

And with that emotions, memories, things come up. And as they come up, what I do as a guide and a facilitator of this work is just go back to holding all of yourself with more loving, compassionate energy. And a lot of it is an inner child healing work, where we're going, holding, like reparenting ourselves in a lot of way, because yeah, if there's anything that's, I guess, hidden that you're not aware of, that it's going to come out in really unexpected or inopportune times when you're acting.

Laura Pensiero ([20:25](https://www.rev.com/transcript-editor/Edit?token=K04r4aoSEiCmPws3dYsyqVKM5_7g4Ush2GhlTEyD5yQ4inZOuLFYRk7PpE2iOhmhXQr46TunmXFic6WNRXdCa7xZJXA&loadFrom=DocumentDeeplink&ts=1225.72)):

Part of the work I feel as actors and artists is to... the self-reflection and to really dive inward and go deep of all of yourself. And the parts that are uncomfortable, the parts of you that you don't want to really face, or go through, or accept that it is part of you. So it is a challenging part, but I think it is so necessary and just vital as on the journey. It's part of the work really, that self-awareness is a huge part of it.

Charlie Sandlan ([20:59](https://www.rev.com/transcript-editor/Edit?token=QP1mYnMP_k_LQ9oqUqfSjqPmmS5152KmS9Qv6lE94ZHQNP1mKXztk78P5u6VjxDF4k_P_PWbpLysb1Wj5OLgD6OTEFU&loadFrom=DocumentDeeplink&ts=1259.16)):

Well, and especially when actors are training themselves in a serious program, like whatever what you went through at NYU and what my students go through. They're living through in class, these deep human experiences, and then they leave, then class is over. And they're shaken to their core. They've experienced rage like they haven't experienced in their life or they've stood up for themselves in a way that they never have in their life.

Charlie Sandlan ([21:32](https://www.rev.com/transcript-editor/Edit?token=66FjdAbc19SKqi_MFs2-EE-99LEcFNrXEJJPBl6l5lf_SMhP39_dY7HojRhm2aM6-X-w1-2I8P0uu4yk-YGi6irGi00&loadFrom=DocumentDeeplink&ts=1292.7)):

Or they've been humiliated or embarrassed in the work and they don't know how to deal with it once they leave. So why do you think it's important for an actor to consider this kind of work? You said something about parenting, which I don't know what that means. And I do in some sense, but-

Laura Pensiero ([21:52](https://www.rev.com/transcript-editor/Edit?token=3XwezFJRlkoglj3_cipCxzXiLe4plQ6AOt4VRMIV63Zac3vxort_x3h3zLwZJHcMCkiuzcbR2YA70tNPZqwkTV1i1kc&loadFrom=DocumentDeeplink&ts=1312.51)):

The challenges that we have as adults, whether it be just in relationships or in life in general come from those childhood wounds, those childhood trauma. Maybe as a kid, we didn't receive something that we needed to receive, so as an adult, being able to almost talk to ourselves in a way in a loving and compassionate way and building that self trust with ourselves that, okay, I can take care of me. That I know what I need and I can provide and nourish myself. And that's really empowering.

Laura Pensiero ([22:25](https://www.rev.com/transcript-editor/Edit?token=KpY1qmdmfI7xA37C205z-luJlTvrYkmEl0SN7nU1OdPjRHdngt-xf2D1fNi5pgDZ6BYysVaj_0OCJv7G7k5vK3nRuHw&loadFrom=DocumentDeeplink&ts=1345.88)):

I feel like this work is just so beneficial for actors because it is a place to process. YAs you said, you're so raw, and open, and vulnerable, and you're shaken to your core when you crack your yourself, your vulnerability and you crack your heart open in a way that is necessary in acting. Being able to come back to the self and come back to your own energy, and get connected to your vibration. And it's really grounding.

Laura Pensiero ([22:59](https://www.rev.com/transcript-editor/Edit?token=NZdOH1d2ZUKzoEmk44AKj-QVhVXRiYoBw6VOk0-upfEXe7DSBJ5kHdb_ficfnU9CtiixZH5OhBDvAq60rJPhQ8jDGPc&loadFrom=DocumentDeeplink&ts=1379.6)):

So I think sometimes you get off set or there's cut and this really emotional scene, and there is that energy, that adrenaline is going or it can. You can get into really that place of anxiousness or adrenaline. And so this work just helps bring you back into your body and get back connected, and breathing, which is so important.

Charlie Sandlan ([23:22](https://www.rev.com/transcript-editor/Edit?token=fhGyrmpgu24fehHEsgvxE0OA-XhYTTleb-vFGuX2GHD9amiVphieaLLXkLZFVNeWmWlDqGIg4uOqq6YXvc0DVHdYatI&loadFrom=DocumentDeeplink&ts=1402.51)):

You said that you had this idea of Reiki for actors. What have you discovered? What are some interesting things that made you go, "Oh yeah. You know what? This is right. This is absolutely right."?

Laura Pensiero ([23:37](https://www.rev.com/transcript-editor/Edit?token=UF-Eryq4eXpNEQiqFDsA5bYopSHiTgRbS-sDBGqifSTaprSiFIp9brMlBCVJOf9i29peUjR7itpDANgWaZfIKBICjrc&loadFrom=DocumentDeeplink&ts=1417.55)):

Every group or every person I work with, it is just a new level of inspiration I get from seeing how open, but grounded and how those emotions are able to really flow seamlessly through them because of this work. And how it is a place where the students can just connect to not only themselves, but to each other and how community is so important. And I've seen just incredible shifts and changes in my students and my clients and it is really inspiring.

Laura Pensiero ([24:23](https://www.rev.com/transcript-editor/Edit?token=_55ZhIf41HzbjAn8cycioZ2ALbSCEHQ2_Oa0-pfa_p_DU-vg99wH6tuLI4wcVO6PQTUAPJugwKddr2fr4x3glm0GvZ8&loadFrom=DocumentDeeplink&ts=1463.24)):

Acting, it is challenging, it's demanding. And so, giving them the tools where they are able to sleep more or they're eating better, and they're connected to their heart center, and they're breathing, and they're grounded, it's really powerful. It's really powerful to witness that and to see that transformation happen. And it's exciting eating better.

Charlie Sandlan ([24:44](https://www.rev.com/transcript-editor/Edit?token=YlS_92CfWWFQIzBrUUSoeLjVsItwcnU-5iXIstPVp_bJmTGDeIZkNu4hDxBB6TcCu3Q8b2fGXtIXy0k5HCNEObC8Zx8&loadFrom=DocumentDeeplink&ts=1484.99)):

You said, eating better and you're also a nutritionist.

Laura Pensiero ([24:45](https://www.rev.com/transcript-editor/Edit?token=_wtzotB-JJlFq7RjINVjQg_MSQjg6Hh0Gq9SsdHZHmyAPDVmNVBbrO8T2gblRkcllFAO5guoQ2HZCfr_H5QM1MxshQA&loadFrom=DocumentDeeplink&ts=1485.72)):

Yeah. It happened all at once. After the 2016 election, so that week was a week for me personally. My boyfriend at the time, we were living together. We were supposed to be in Mexico visiting his family, but right before we left, he told me that he wanted to still date me, but be polyamorous. Anyways, I said-

Charlie Sandlan ([25:15](https://www.rev.com/transcript-editor/Edit?token=sS9DH2yWpRa3cvrEVqWKZgkkD9nEyAVgl-28QPNQMOeJN8JkY_DiCtfs75nqOD7ptO9XFG76sQYmLY6G_u636o06tJg&loadFrom=DocumentDeeplink&ts=1515.74)):

That doesn't seem like it's going to work out.

Laura Pensiero ([25:18](https://www.rev.com/transcript-editor/Edit?token=owvdjIZLGnaggFcbvXxlPBa0d6abyAeeWo_Cw73ar71skRbQ4ghUVrF7TTreppV2J_QsdPqneKCQtAvgvXkT13Jm5N0&loadFrom=DocumentDeeplink&ts=1518.43)):

Different things for different people, but that it really wasn't for me. So I said, "You go to Mexico, I'm staying here. When you get back, just pick up yourself," and that's it. That happened, and then the election happened and I was like... Which was obviously we know devastating. And the next day, I bought my domain name, I ordered a Reiki table and I was like, "This is it."

Laura Pensiero ([25:43](https://www.rev.com/transcript-editor/Edit?token=MT9JWPS-NLddQ4rqTSbQ52S2AZ09Q3wPp-LCpFPWKft0UnTkFhx9-dGbtLWLfKg8k_xaMsGa-a8OSJlywSs5To2J2JY&loadFrom=DocumentDeeplink&ts=1543.22)):

At the time though, I was still drinking, I wasn't sober yet, but it was this slow transition where I put it out there. I just told everyone I knew, "I'm doing complimentary Reiki healings, who wants to try it?" Tell your friends, tell everyone." So I did, I just started doing it. I really need to, if this is what I want to do, I want to really invest in me and my own personal healing first.

Laura Pensiero ([26:08](https://www.rev.com/transcript-editor/Edit?token=IeCOo6i49ylhSLdd3TapQRqMApIAS0c69kibOT9kx8-gsMOz_HQe7BaAUp8UaNSUxanUYPQ-BRmBqNLfKuBAb8oz5_0&loadFrom=DocumentDeeplink&ts=1568.73)):

And part of that was I decided to go to Institute for Integrative Nutrition to get my health coaching certification. And I had throughout my whole life been really interested in nutrition and I was a competitive swimmer in high school. From the age of like 12, I swam year round. It was like two hours in the morning, three hours in the afternoon, Monday through Friday, meets on the weekends.

Laura Pensiero ([26:33](https://www.rev.com/transcript-editor/Edit?token=WpINe59ATkxs-jmH53K-WygTvX7GtAmXVph8mhALQSofVyk7gNG_UKWgt4B152VgvSTHt19JSzMuBmtQi_453YSAoDU&loadFrom=DocumentDeeplink&ts=1593.83)):

It was a really intense practice that I had at a young age, so I got interested in nutrition, and breathing, and visualization from a very young age. So a lot of my passion in this really started when I was a swimmer. I'd always, from those years, been really passionate about nutrition and how it affects performance and affects the body, and how the necessity of it in performing.

Laura Pensiero ([26:59](https://www.rev.com/transcript-editor/Edit?token=Ly0TKWZCgaq1A9DlWurfERJhKmG_988v-ULKdKaPsDK6ebNP8fqNcVUXoQSyY8IqZrSATsuqQ-eES2zbmA7bLe7hPgM&loadFrom=DocumentDeeplink&ts=1619.41)):

I was like, "I'm going to do this health coaching program." And that's when I decided to also get my Reiki master. It was a year program, was in this program, and at the same time decided to get my Reiki master. I got my Reiki master with Lisa Levine at Maha Rose and I had a meeting with her, like an interview for it. And it was that day, April 22nd, 2017 that I made that commitment to myself that sobriety was something that I wanted long-term.

Laura Pensiero ([27:38](https://www.rev.com/transcript-editor/Edit?token=wHPSecChoapnclWQ1ovbNCwklOhX5PnylRQNUcQ8z3HUciC9sSMg954khwRkLcl2VIxIBjvVVJ5Mg7hfj88Lwr7_t00&loadFrom=DocumentDeeplink&ts=1658.46)):

I think I had already given up drinking a couple of weeks earlier, just like, "I need to clean up my act a little bit." But when I stopped drinking, I didn't really think it was long-term. It was this, "Okay, I'm going to just stop for now." And it was that day that was a really big day for me, realizing, okay, this is what I want to do. I was like, "I want to be of service and help people. And in order to do that, I need to take myself seriously, I need to believe in myself more.

Charlie Sandlan ([28:11](https://www.rev.com/transcript-editor/Edit?token=HJapxYsiMt5b9dXOxnZ4XoNPA7AO1sJ_PRDwVlU4UGAjd4bSFOToJwQu1s3DE8hO2tnl72f7_nVoDfk8Xhi-j7aiDyk&loadFrom=DocumentDeeplink&ts=1691.98)):

Did you consider yourself an alcoholic or just someone who just drank, and I know. I just don't want to fuckin drink anymore because I don't like how it makes me feel.

Laura Pensiero ([28:20](https://www.rev.com/transcript-editor/Edit?token=rftozeIjUESZXfgbhWvNGwCdZ2_qufxoUIJBGQgTZB7-E5zaAHYDT-cktq8Jn9eAByZOsOuWWMKyGYDFhwlwWJocavg&loadFrom=DocumentDeeplink&ts=1700.08)):

At beginning, I always thought, I'm not really an alcoholic. I could stop. I never drank at work. It never really affected my life, but it always, always, always somehow led to a lot of other unhealthy behaviors.

Charlie Sandlan ([28:36](https://www.rev.com/transcript-editor/Edit?token=JSzPohYqgBCuxmXX9Y56ht5JV5nQF4eN_ampjoGlSDMqEZUIOgj3miCqPsNbFl5dwbOA4Dr3jDvBLFBl6iLM70UB90s&loadFrom=DocumentDeeplink&ts=1716.64)):

Bad decisions.

Laura Pensiero ([28:38](https://www.rev.com/transcript-editor/Edit?token=W1v0gdS0znH7-wIq7ERYyA_pGKjFkMhCmRqApHDvZ7S29NSIra4MpfCD6mo3QoRArbgwlcNbAuxm-ngdaP3XXecUBAg&loadFrom=DocumentDeeplink&ts=1718.18)):

Yeah. So it's like, I wasn't going to do cocaine sober, it was because I was drinking alcohol. I wasn't going to sleep with this random person sober, I did it because I was on alcohol. Same thing with eating, I was never going to like eat an entire, I don't know, box of cookies sober, but drinking, I did. And I didn't like myself like that. It felt just... it was me, I did those things.

Laura Pensiero ([29:02](https://www.rev.com/transcript-editor/Edit?token=Z0Iv9NB-dBdTKQj0uh1R8cEMTKFvXoRMsF9V415YKjAF-UVGzR9QdwDoXS4kPJPMRXlGY2RFshxhW7esOLjtCHTQmMI&loadFrom=DocumentDeeplink&ts=1742.9)):

I had to take ownership of those choices I made when I was drinking, but it allowed me to be this person that I didn't like. So the longer I went without drinking, the more I realized how entangled I was with alcohol and unhealthy behaviors, and how I would say now I am an alcoholic. I would use that term now, but I didn't like to label myself at the beginning. I know so many people who have done AA and that program really worked for them.

Laura Pensiero ([29:37](https://www.rev.com/transcript-editor/Edit?token=dhHfAh2I1qS6Q1NbDVqqesT3phiy77FANE2DeyOCpu7rH2623bJWEfk1la8YRYhYRaxyUdazR2mpadHc6bnNJEhy_ic&loadFrom=DocumentDeeplink&ts=1777.45)):

I've been to a meeting, but I didn't go down that because the work I was doing with the health coaching, with Reiki, so much of that was my own personal program. There was a support network with Institute for Integrative Nutrition. I had a support network with my Reiki community. So I felt like I was lucky in a lot of ways. I had a lot of support.

Charlie Sandlan ([30:05](https://www.rev.com/transcript-editor/Edit?token=DyU67FiMoM-GOTQjUC2cEziA3YD64T7v6dxDDZSxDuIDN6_IiMk22Z0ryV5mFNcOYifs97Pb5qs7X6lWlPPR6zHu3tE&loadFrom=DocumentDeeplink&ts=1805.73)):

I think that most people, when they hear the word nutrition, they think diet, all of the limitations you've got to put on yourself, and I don't know. I just never found the word very appealing. In terms of creativity, in terms of just your overall ability to be able to get up and be productive, and sleep, and all of that, that I think an artist contends with, how important is what you put in your body? What have you learned about creativity and what you eat?

Laura Pensiero ([30:38](https://www.rev.com/transcript-editor/Edit?token=wfsH0HqUqGt97YZR4xUB2jRIfjg7pm7bDXUe_V8pYRu03jLB5GIguQ26Z0AnCIH_wh-gY58D8lpXe0em7ow9UglL1-k&loadFrom=DocumentDeeplink&ts=1838.29)):

It is those two things are really so connected because if you're eating food that doesn't make you feel good, that's going to cut you off. Just on a spiritual level, that's your belly, that's your creative center. If you're having digestive issues, that's going to block you from creative inspiration. It's going to take away from your mental focus. It's going to distract you from the work that needs to happen.

Laura Pensiero ([31:10](https://www.rev.com/transcript-editor/Edit?token=49CQwAaGarKdkHhXesgO-m-vp4oqZcMyc_6Jveprs6j6qXgJlsmiLEZ7yuzmKL93TWQdbR-oKEIMAUwHStNMmm2-q9E&loadFrom=DocumentDeeplink&ts=1870.36)):

My approach is, food as fuel, but that's going to look different for everyone. And it's really about getting you connected with what makes you feel good. And that I don't like to limit what people eat. I don't like diets and that's not my approach. My approach is more an intuitive way of eating, where, okay, how am I feeling when I eat this? Food journaling is part of, especially at the beginning of working with clients of really just, how do I feel not only physically, but how does this meal make me feel emotionally, spiritually, mentally?

Laura Pensiero ([31:50](https://www.rev.com/transcript-editor/Edit?token=KpzsGL0ec5Z1pdLWlT63SYgbsbEj7YYOsT_OqisfgJV_B_6_UuxxVMhoZZaoQBsHbuOKG9J9-3EZkDNmqTD0QvTQJ84&loadFrom=DocumentDeeplink&ts=1910.34)):

And just by that reflection and self-awareness to what you're putting in your body and that mindfulness around food, you start to really understand what it is that your body needs and creating a plan that's going to work for you. That's going to be really personalized to how you feel when you eat certain foods. And we're all different and we have different... There's a basic calorie needs, fat needs, carbohydrate. There's basic needs that we need to meet.

Laura Pensiero ([32:20](https://www.rev.com/transcript-editor/Edit?token=Ch2kqxg2ArlETtcKzzJxUiDq3XIwEcwCoDZs2JSVzphs4SfA6Yr0BGcDQ8FzaZEk79qsJ5yjv-PnJyQGkUo0fPTqmAI&loadFrom=DocumentDeeplink&ts=1940.01)):

But within that, there's a lot of flexibility and there's a lot of... Even just within individuals, what vitamins we need, but what time of year it is. We have different needs based on the seasons. And I feel there's been that kind of idea of a one size fits all approach. You hear a lot of like, "Okay, this is the diet," or, "This is the way," where it's like, there is no one size fits all.

Laura Pensiero ([32:45](https://www.rev.com/transcript-editor/Edit?token=LbJ2WR6LSWyn_wWUvgUJQ8dRSyBSrpN3qN5Vs-ZAaWOXpmwo3HkU_inXrj00LPJplYrIkv3HxyxjBH3jid7qUey7JeM&loadFrom=DocumentDeeplink&ts=1965.62)):

And where we have to be flexible even like within the day, or the week, or the month, or the year, what we're eating and when we're eating it.

Charlie Sandlan ([32:53](https://www.rev.com/transcript-editor/Edit?token=rfgyAz1RCRxiG3Oc7TG9ATe9f5Jq2WCLxhyvkDm6W0lfOuJfr37heSl-heLG_I_NVqpI1SDPpsuuV8-wi_S3Daumn_0&loadFrom=DocumentDeeplink&ts=1973.82)):

Well, when we're eating it for sure. I know that for myself. But even just you eat the wrong foods, it really does fuck with you.

Laura Pensiero ([33:01](https://www.rev.com/transcript-editor/Edit?token=iuLdkd3n5MNRC28KNwv7BkkoyXola0c-y3NqcfABpSRDjJi8jOj-SAE1U-pjxb0Gy6urJEgXczLzIMU1aOBgPcUXTq4&loadFrom=DocumentDeeplink&ts=1981.19)):

Absolutely. And I think we are just a culture that is heavily over-caffeinated as well. And so that's a big one, especially with sleep. There are some people who, even that cup of coffee in the morning is going to affect their sleep at night. And if anyone comes to me who has trouble sleeping, which I think is a lot of people, sugar, and caffeine, and alcohol are huge, huge triggers. And it's really important too with these, because these substances, they're substances, they're drugs, they affect our brain as a chemical, as a drug does.

Laura Pensiero ([33:38](https://www.rev.com/transcript-editor/Edit?token=MCw5xTMrlYxd4D2TgH40X6N6PYBZ1FD8GrxEG44RKWTOFN3p7D0a2KRyWzKlXf5nmLJZWJGNle_FGKXi4WWjpRfWpDQ&loadFrom=DocumentDeeplink&ts=2018.81)):

So it's important to be aware of that also that if you are drinking, say five cups of coffee in the morning, don't just stop drinking coffee. That can have the same effect of like interrupting, disrupting your sleep and everything. So working with people really, moving slowly too which I think we as collectively like to move fast and like, okay, I want all the change all at once, but then there's burnout.

Laura Pensiero ([34:03](https://www.rev.com/transcript-editor/Edit?token=m1NiJVTffXtKIO1sviZwpF_oMMqY0roj3Ze_FUdHFXphUXNd0zeAhQW65Zxw3ULOL4ze9GS3f7qo_4hOIFEf4eBEVRk&loadFrom=DocumentDeeplink&ts=2043.31)):

So I really talk about making long... Like how are you going to make these long-lasting changes? And usually with when it comes to diet and implementing healthy habits, slow and steady is better for the long run.

Charlie Sandlan ([34:19](https://www.rev.com/transcript-editor/Edit?token=j2nAcU0ISxrBfLlt7YzG48AmmuhoWZiHAIzIBiZCkCpNAg8ZeG_BhkJhVaV1iD1Wm7sNb42ufj-bB1iFl2O6DqrzQSo&loadFrom=DocumentDeeplink&ts=2059.49)):

What are some healthy habits?

Laura Pensiero ([34:24](https://www.rev.com/transcript-editor/Edit?token=llPWGW26_98rR7KCXsKy0UxX3Xp09oYMgnTaFGBsV-zdFkIvNl1lEzGoBE03f5-JN1GtAwOylciF_f0nGu6XDG9O8WY&loadFrom=DocumentDeeplink&ts=2064.45)):

Some healthy habits are, I love journaling, morning pages, Julia Cameron, The Artist's Way she talks about just getting rid of the mental chatter and gunk in the morning, just free writing three pages. Gratitude lists, writing love letters to yourself. Healthy habits can be in so many different ways. I love just taking 10 minutes out of your day to dance. Just move your body in a way that feels really fun and exciting to you.

Laura Pensiero ([34:55](https://www.rev.com/transcript-editor/Edit?token=QVYHbTkiYjTHC6lnuNJ-UbBWKBhDixG1AizuJ0NvzMJP5BQapj-i0rUoOh0LBqfxbOtVAkoZOUVylnCUqPDYc8Uegr4&loadFrom=DocumentDeeplink&ts=2095.55)):

Get outside, go for a walk, do some meditating, do some deep breaths, do some breathwork, exercise. Being mindful around our meals. I know this is something that I struggle with even still of like having so much to do or putting a lot on my plate and then just eating on the go. Make that meal and experience for yourself. Food isn't just what we're eating, but how we're eating it, how we're consuming it.

Laura Pensiero ([35:31](https://www.rev.com/transcript-editor/Edit?token=V9rTNwo-E7fC_KsA_kUU8HFbdG6ZIG78z-luf_j-gIMd0vxljMepWd2o1HPdYIfdSoKL-xOP47QxPquSszYKVSfQp0A&loadFrom=DocumentDeeplink&ts=2131.01)):

And if we're just shoveling food in our mouth, we're not going to assimilate it as well as if we're mindful and we're chewing. It's like part of an experience that we're having. There's adding the element of like love into our food, our nourishment, because it is nourishment. So looking at it as a more holistic experience than just what I'm eating.

Charlie Sandlan ([35:57](https://www.rev.com/transcript-editor/Edit?token=rmDtRbeWgrptGQBk-9qbx_ZqpLzpRRnnexnucjm2wNZxXQuBQ3SPn6sj-krRLBJ_f1SDNQj7ExK9bbBuhXQ5pz8kqYI&loadFrom=DocumentDeeplink&ts=2157.06)):

How do you write a love letter to yourself?

Laura Pensiero ([36:04](https://www.rev.com/transcript-editor/Edit?token=xmbgExIl8KkiGo2yzqQyhkU_BPZR29MO7TgIUchkbs3cirs5sj0iUy6pggk8bg1CkZDK4Tf9bZihNmrCf28gemKoGYs&loadFrom=DocumentDeeplink&ts=2164.86)):

You just write whatever you need to hear in that moment. And it can be different every time, but just thanking yourself for being here and I don't know. It can look a lot of different ways, but it can be a central experience, it can be an intimate experience. And it should be an intimate experience, but really giving yourself that love and nourishment. I give that exercise a lot or writing a list of things that you love about yourself.

Laura Pensiero ([36:37](https://www.rev.com/transcript-editor/Edit?token=Y8CNPdv_mEEjmem2d5VUj9WvYKjAFT82fG9mIDMvTNZLutuGVw2-fMM0X4Ha8KpLG7pL6l7--SWcGo4P6wiS7wQax2c&loadFrom=DocumentDeeplink&ts=2197.58)):

Generally, there's a lot of resistance around it. It can bring up a lot of... and that's what I'm also getting at the work is like, we want to know where the resistance is. It's okay if there's resistance, it's okay if writing yourself a love letter makes you want to scream and get out, and it brings up maybe some pain or trauma. We want to see that, we want that to come up.

Laura Pensiero ([37:01](https://www.rev.com/transcript-editor/Edit?token=vjKwYpzNbtKtEHu9STaBFgNVpsrxyh8_3QzE3E8U-SBS7seuvdn-lSPZRXjbxQkJv7sABVvF-sdAvfJWTKOBfnxpd8Y&loadFrom=DocumentDeeplink&ts=2221.03)):

We want to start to see where that pain and trauma is, and it probably is from a childhood rune or from an awful breakup, and there might need to be continued healing in that area. So it's important to see what areas need love and healing. I believe fully in this work and I believe fully in my self facilitating this work. And I never felt that when I was an actor. I never had that drive, that passion that I have for this work.

Laura Pensiero ([37:36](https://www.rev.com/transcript-editor/Edit?token=h0_p4ZP3wd8_O4Do5NHp7thzlI4680nk46ioVjsxe2OrLV9tr_v_YHLCXxIlmUsrQ0zxs9Z4-m-UV0GmRfQVu5Qy02o&loadFrom=DocumentDeeplink&ts=2256.09)):

It was always really hard for me to like reach out or put myself out there or do anything business-related. It was an impossibility. But with this work, I want to put myself out there because I know how valuable the work is. So that's something that I realized is so important, is really valuing yourself and valuing what it is you have to offer the world and other people.

Charlie Sandlan ([38:03](https://www.rev.com/transcript-editor/Edit?token=ljR5_0XiqTKsEEA9PdRREO_uGkV9Sy-iBo4pV7Hk7vcHuSpokt0H1_E7Rhr-kECH49FyjXwLw97y7h8xjTJdCEjWf2M&loadFrom=DocumentDeeplink&ts=2283.3)):

Our community, it's overlooked in the destruction that this pandemic has brought, but studios like mine and any kind of arts training that puts people in a room together, it's been absolutely decimated. Well, how have you adapted in the last six months to just keep yourself working, and viable, and how have you survive?

Laura Pensiero ([38:30](https://www.rev.com/transcript-editor/Edit?token=MMpYCMb6L2sc20d6VcsfCshmyQk72ew3vEIRhA6y5ojsJMyVbCck9vWeG9HleSYFoDh5DtN0Zucu2QHpVOugg9KiJ6Y&loadFrom=DocumentDeeplink&ts=2310.2)):

It was, again, I feel like just out of a necessity. When everything shut down, I was 100% out of work, everything closed. So it was out of that necessity of financial necessity, but also out of just a necessity for me to keep myself grounded during this time, but also to offer this work to people that really, really needed it. I always resisted doing the work virtually because I just felt the in-person connection is so powerful.

Charlie Sandlan ([39:10](https://www.rev.com/transcript-editor/Edit?token=1-3gjFz8OSmcRGoyoj_qlxbohLbFkv7Httt3GezqNFlx7ip_mmSKBFfKxHLsunP1PnjsN8AipfuONTpUVw5_zOaNyyI&loadFrom=DocumentDeeplink&ts=2350.35)):

I felt the same way doing Meisner's work on Zoom. I'm just like, "Fuck it. The integrity of the work is just going to go right down the toilet." And then you realize, well, no, actually. That's not true. Certainly, I'm able to teach online now. How do you do a Reiki session on the Zoom call?

Laura Pensiero ([39:32](https://www.rev.com/transcript-editor/Edit?token=31h-xcrXhF0LQNP3GomjCy475yCVhOBmpBbKt-DMPk33Kua1mhgZkatcXQzyD3afpcf1_rQF6yzAXa_eALDJUZNBBrU&loadFrom=DocumentDeeplink&ts=2372.03)):

I do a combination of breathwork and Reiki. We do some meditation as well, and that, it was a really challenge. That first Zoom session I had.

Charlie Sandlan ([39:45](https://www.rev.com/transcript-editor/Edit?token=TG9aTislk6vVTClUbhV4OSvcWEQwZ-lx4zXYYwVkCs_PFcPj2jAYPkM-J1Z-NtLHczTlepnE_UHpbXmJHeFtNPCAO7U&loadFrom=DocumentDeeplink&ts=2385.81)):

Was a shit show?

Laura Pensiero ([39:49](https://www.rev.com/transcript-editor/Edit?token=A-7amXsTvBwgqu5iZfJtCzsywHGEM63uIf1RUJM0Ecpyyj4EkFutahiDjxHjJrOaqP5elG_2tSTLDghPTxD9smQyb8g&loadFrom=DocumentDeeplink&ts=2389.72)):

Everything went wrong, but it was also a really amazing reminder to myself that, oh yeah, well, you actually learn and grow the most through our mistakes because-

Charlie Sandlan ([39:59](https://www.rev.com/transcript-editor/Edit?token=R5HDGp_08sfN7Cjg5DEaB6Q7VIP3mn3GwLLqlyVM46-UtKn172LzzGMhKRn_UVoMPXOyElvkppAFii-jmek7-aNWmUY&loadFrom=DocumentDeeplink&ts=2399.78)):

What went wrong?

Laura Pensiero ([40:01](https://www.rev.com/transcript-editor/Edit?token=gFbX8Gw7nm59KRXcqwCQ0nt9Srb9RwgXvQx_9-F42PwzVy_APVxbTS_LiYw5UnKDAJA_jmAi50777bkowEqeIFZssMI&loadFrom=DocumentDeeplink&ts=2401.36)):

Okay. I had done some troubleshooting before, but I got really thrown into it because of everything closing and the pandemic and needing to really adjust really quickly. I don't know, I didn't have the chat button up, so people were trying to contact me, but couldn't so they had to unmute and there was music playing. And then I was lowering the volume on the computer, but I had to lower it on Spotify, so people couldn't hear me.

Laura Pensiero ([40:26](https://www.rev.com/transcript-editor/Edit?token=Cr9v2vheipr4IuLnwWKcADUoY9ytKJHbpCEuuxyisSl0g0Blx9gbLjHryK2FuAlvTbcXTWADnlz7hbneZnpeP2fV_uA&loadFrom=DocumentDeeplink&ts=2426.12)):

It was just a disaster. It was a disaster, but I was like, "Okay. I learned more from that one horrible failure than I did in every subsequent session."

Charlie Sandlan ([40:39](https://www.rev.com/transcript-editor/Edit?token=DsFBI3zNIR3glaNN2R_v_-iCBG1pT4RV6y0iznieLfgtV3gUI96yDrTD_zxxumZLN_OnrNsKGwwRSDwYtzJ0WTznyEA&loadFrom=DocumentDeeplink&ts=2439.02)):

I tell my students all the time, that's how you learn. That's where the discoveries are. You got to put yourself out there, you got to let yourself fail. How do you compensate for the inability to put your hands on somebody?

Laura Pensiero ([40:55](https://www.rev.com/transcript-editor/Edit?token=MbG1Q8yuVxaDFcugwWtWf8f7kHzx2yw7grgqh04ZOa4gcaV34tBAwVnJVAiDWVsWkHOVaWj1PYxkDF-NL3ofxlvI4xU&loadFrom=DocumentDeeplink&ts=2455.29)):

The woo woo part of Reiki is that it does transcend time and space, so there is distance work that happens. So as a Reiki facilitator practitioner, I am that just conduit of that universal life energy, this healing energy. So I visualize in every class or if I'm working with someone privately, I visualize us just being in-person. I visualize my hands just place on them and that energy and that healing going to the exact same spots that would, if we were in-person.

Laura Pensiero ([41:30](https://www.rev.com/transcript-editor/Edit?token=JM0_lWqiVbT19X85ylCYZQ7xwiqivh1KCcUL_QKQCr0USVgKxn7qfs586LRICSATsByN7Ny9SnSIDLB-7kR5sRh9Uu4&loadFrom=DocumentDeeplink&ts=2490.79)):

And the same thing with the... That was the biggest challenge of, I really thrive off of the group energy, and being in the room with a group and picking up on how everyone's doing and feeling and connecting in that way, I love it so much. And now I'm on Zoom and there's just little boxes that I'm looking at. That was a big challenge, but it really opened up my intuition.

Laura Pensiero ([41:58](https://www.rev.com/transcript-editor/Edit?token=ftnkFJ5G_HB_akX1klaE5SbQ3jEp32SxkqkqkxOj0xlxerhvxNMcCR0PTsAZJUZXkvcFDq4zWnXm1DR-bagsa2N7kjU&loadFrom=DocumentDeeplink&ts=2518.37)):

I've had to stretch my intuition and connect on a way that it's just more challenging for me. Working in person feels very easeful. I do it with ease, and so now I'm really stretched to connect on a way that isn't as tangible. But that's been really powerful. I feel like it's been powerful for my intuition, it's been powerful for my imagination. Essentially, I'm doing imagination work where I'm just visualizing every person that's on the call and also visualizing their response to the work and what I'm saying.

Laura Pensiero ([42:38](https://www.rev.com/transcript-editor/Edit?token=f8ecLXpPKiUV0GwGwQrPtJnsNrIziQdiTDnppYTPuIUZ2XGGxBHIz1Cip1rxmIQUBjk7TEOMXfjxXoWV0ZDktOgoixI&loadFrom=DocumentDeeplink&ts=2558.82)):

So I'm almost responding to imaginary people because I like to have a structure. Every night, every class is a different theme, so I have a structure of what I want to do and say, and the songs that I pick are all part of that response that I want to evoke from the class. But then within that, it's a lot of just improvisation. For instance, tonight is breathwork and Reiki for support. Tomorrow is breathwork and Reiki for feminine energy.

Laura Pensiero ([43:10](https://www.rev.com/transcript-editor/Edit?token=A49kwwY5xqJEHl1yYW3a2WQzKWLDUa3lgS1m73776jpGSdxkVLNsaX5-0UZ8gZAgM_NyqZ4H7JUuuf4T8v2J_iDUIqA&loadFrom=DocumentDeeplink&ts=2590.73)):

Each class I have, I talk about something a little bit different. Sometimes I reference something that I've read, or a quote. The way I guide is indirect response to that theme that I'm working on. But sometimes, I'm surprised by what I feel called to say, but it is a very intuitive process. But that's taken a while for me to get in that flow because I'm not receiving any feedback in the moment.

Laura Pensiero ([43:40](https://www.rev.com/transcript-editor/Edit?token=X8mNnAltSIAw9yJKrIIco13qRQzuldP3wdhyu3Vm1704C0c2nmEfTT3oS9R1PFef5h7i5l18GwbLMUcqLfuYsPI2uLg&loadFrom=DocumentDeeplink&ts=2620.14)):

I'm just using my senses, and my intuition, and I guess my own imagination of what is happening in that space and responding based off of that.

Charlie Sandlan ([43:52](https://www.rev.com/transcript-editor/Edit?token=djag9Nnt5J238A8reWcDibGjUIoPvPFUt_orfwi03BvtO7HX5weo807bfj1TuuPVqfpgHdeHTsdRYsOAV4Rn4C2UPAY&loadFrom=DocumentDeeplink&ts=2632.82)):

I know for a fact that there are people listening to this that maybe don't believe in themselves the way you said that you struggled with that, have anxiety, deal with self hate. So I'm curious now you've been doing this work for how many years?

Laura Pensiero ([44:12](https://www.rev.com/transcript-editor/Edit?token=o0isYfWki6l8CK7nRxSLLYMBP0Y2AGse1X_KRwC4UfJ76EONA5MUl6SMMhuwJxpRHrx939ZSzXRipa9v8Opk7G5Oxj4&loadFrom=DocumentDeeplink&ts=2652.99)):

About four years. Yeah.

Charlie Sandlan ([44:15](https://www.rev.com/transcript-editor/Edit?token=3ty00c46KQTresQT0jILCwpKk977jSFeMlKzLVYdipkFsaJcZa_gxMvBfYmE6ZrB4mTERQcI3o5euumuejP2y1tkJSA&loadFrom=DocumentDeeplink&ts=2655.25)):

What's your relationship now to yourself and that inner monologue now versus five, six, seven years ago?

Laura Pensiero ([44:24](https://www.rev.com/transcript-editor/Edit?token=RbyoGpCoGKzQcmtt3OlUF_D5IDbOLd-pzrrqOT7vyw_tWzkD2QG4kufr9fUu1HmGxtZrFEOaLfo4QFKjB2kyFWqhBV4&loadFrom=DocumentDeeplink&ts=2664.79)):

Oh my. It really is night and day. I have some perfectionist tendencies. I'm really hard on myself. I want to always work towards being better, doing better. But I do so now with a really loving voice, a compassionate voice. And it's been a new level of needing to relearn some of these things during the pandemic, which it makes sense anytime we experience a trauma or a crisis are a lot of our, these negative thoughts, these limiting beliefs come.

Laura Pensiero ([45:05](https://www.rev.com/transcript-editor/Edit?token=CdJjHGb6hUeUE7zpsg4ewUFB6KW47cCDhsdt02CKG9CYXvCjG70Cjk6grXGIaUquxFPmUjcgw1_j5ymbbhvDmwXGU5w&loadFrom=DocumentDeeplink&ts=2705.48)):

But it is, I daily write a list of things I love about myself. I'm constantly trying to cultivate more compassion with myself. And some days, it doesn't work fully and I just... And even creating that compassion when I do have those negative thoughts. So if I am like, "God damn it, Laura. Why did you do this?" Or whatever it may be, you need to do more, whatever that voice says. I even approach that voice with compassion.

Laura Pensiero ([45:34](https://www.rev.com/transcript-editor/Edit?token=2Mrbl3xF7p3adTZGKgadjbo7TBymGc6C4lgQxkcIx9SzceMMZMvXN8n_rvCa5ruXxfYSOkXM095fVb4mDANzhipB4qQ&loadFrom=DocumentDeeplink&ts=2734.56)):

Like oh, that's just that part of me that does want to be better and does want to help more people, or reach more people, or do more for not only my immediate world, but also for community. Our personal healing is completely contingent on the health and wellness of the community and the society that we live in. So doing the inner work and doing the outer work necessary to create a healthy society because our personal healing can only take us so far if we live in a toxic culture, which we do live in.

Laura Pensiero ([46:11](https://www.rev.com/transcript-editor/Edit?token=jOSbkGExHxS14P6pRtfvJi-RtyY-0nW6LaBRaTf_an7eex5v-LO-FBHFX2eIeQ394x8mTW5jKkKQ1coXiAuoU__YMu4&loadFrom=DocumentDeeplink&ts=2771.13)):

Being able to be malleable, being able to let go of expectations while still setting intentions, while still working hard towards what it is that you want and you're passionate about. And that when you do that, things evolve, things shift. I wouldn't be here if it wasn't for that whole journey I took. I did, I kept moving forward, I kept putting myself out there, I kept finding ways to move forward and finding different things to be passionate about, and that it will evolve.

Laura Pensiero ([46:50](https://www.rev.com/transcript-editor/Edit?token=Xyz6uP3lnS8nbifmgtHKhJBtWis0rG3QTWJYc67G1Qfts3cw2p_UDccAgExLzHBi3Ilp3u8aE2mVN7LrvfXELYqSuCI&loadFrom=DocumentDeeplink&ts=2810.18)):

It probably won't look like you had thought of it to or planned it to, but you might be completely surprised. It might blow your mind open. It sure has for me. I never would've thought I would be doing this, but I am so, so incredibly passionate about this work. And I love teaching, and I love connecting in this way. And it is also part of that initial passion I had, which was to change the world.

Laura Pensiero ([47:23](https://www.rev.com/transcript-editor/Edit?token=TGg9sMZFT6kB9EF04ZTmBjRQuyD0dEL2B-1ZiDf7HG2jM8H2MzuuGT3ccRcrmDIu0rUuN7iwivGXMWck_8Q13gdXhQw&loadFrom=DocumentDeeplink&ts=2843.73)):

I wanted to open people's minds and spirits up. I wanted to help people deepen their emotional life. And I'm doing all of those things, I feel in a more direct way than I was able to do as an actor. So this actually feels like a better fit because I'm getting into the source of opening people's minds, and hearts, and spirits up directly.

Charlie Sandlan ([47:49](https://www.rev.com/transcript-editor/Edit?token=JCKs_GiN9fVtWkS9phJnY0Q2EvQQXrUHAozMnhBLK6vJsbKIphnhl76e4kkrbZwsfPksswsk-ixo3gcNH7CGnzqkqfc&loadFrom=DocumentDeeplink&ts=2869.55)):

Well, I think we need more people in the world like Laura Pensiero. What a wonderful human being. You can check out her work at https://www.pensierohealingarts.com My fellow daydreamers, thank you for sticking around and keeping phone in your pocket. You can subscribe to the show wherever you get your podcasts. You can, if you've got a few seconds, review it on iTunes, that will mean a hell of a lot to me.

Charlie Sandlan ([48:11](https://www.rev.com/transcript-editor/Edit?token=E4Jtuq3hzt82bSkp0kLaK4RjYqJMOULUqweRXZqBF8N9EKHd9eS4Gyh18gdKWZxmxAeI5hrmRPqPrzFO2n2u8Sk6fE0&loadFrom=DocumentDeeplink&ts=2891.04)):

You can go to my website, https://www.creatingbehaviorpodcast.com for the links and content to every episode. You can book a private session with me. You can leave me a message. You can follow me on Instagram @creatingbehavior, @maggieflaniganstudio. Lawrence Trailer, thank you for the music. My friends, cultivate some self love, curate some healthy habits. Play full out with yourself and don't ever settle for your second best. My name is Charlie Sandlan. Peace.