

N.Y.B.L. Podcast Ep 242 (Jeffrey Benton)

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung, and today I've got, oh my gosh, I've literally got a Jedi in the house. Are you intrigued? Well, you should be, because I've got Jeffrey Benton, who is the founder and CEO of Paragon Performance Evolution. I'm really bursting today because he does something called heart math, which is something I actually first heard of from my own personal coach who I've had a business coach who's literally one of my best friends for the last 15 years.

[00:00:49] So I've studied it myself and I'm so excited because he is a super master expert at this and [00:01:00] he owns a company called Paragon and he works with Fortune 500 companies, special forces, professional athletes, global first ladies, even astronauts. And he helps people by achieving coherent state through self regulation, increased awareness, thoughts, emotions, and he optimizes key brain functions, overall physiology.

[00:01:30] This is how you really will Start to heal yourself, achieve mastery of your emotions and achieve mastery over other people and achieve every really everything that you want, that true sense of well being, success, achievement in your [00:02:00] relationships, I mean, really everything that you want as far as leadership and communication.

[00:02:04] So this is. Really, probably one of the most important podcasts that you will have ever listened to or watched. So I'm so excited to have you here, Jeff. Thank you for spending the time with with me today.

[00:02:21] **Jeffery Benton:** Yeah, I'm honored to be here and. I really understood the impact of your work when we met and you invited me to your book signing, which is very exciting.

[00:02:35] And I sent the book, the invitation to the book signing to a good friend of mine, not even knowing what her story was specifically. She called me immediately and she said, you're not going to believe it. Rebecca saved my life. And she was going through a divorce. and was feeling helpless and the minute she went through one of your training programs it literally [00:03:00] changed everything and this is not a dramatic person but she literally said Rebecca changed my life so I was like okay this is this is beautiful stuff.

[00:03:11] **Rebecca Zung:** Yeah, thank you. And it was so funny because that particular friend of yours is somebody who I mean, and thousands and thousands of people who have gone, have gone through my training programs. And so the majority of them are around the world and I don't get to meet, but that particular friend, it was so, you know, you talk about synchronicity, you know, and, and, uh, certainly believe in that.

[00:03:40] That particular friend happens to live in the same town in which I live, and I had, you know, was out to dinner with my family a couple of years ago, and she recognized me from my YouTube videos [00:04:00] and come up to me and She said, Oh, my gosh, I know who you are, and she came up and said, May I hug you on behalf of the millions of people who don't get to hug you?

[00:04:13] And she actually had tears in her eyes, and she actually hugged me. And I remembered her because of that. And crazy is it that she ended up being a friend of yours as well. I mean, it was.

[00:04:29] **Jeffery Benton:** Yeah, she's an amazing soul, and she's doing really well now. She's thriving. I took a picture of her the other day and sent it to her boyfriend.

[00:04:38] She was like lit up, which I haven't seen in about three years. So that was beautiful.

[00:04:44] **Rebecca Zung:** So amazing. So amazing. I love to hear stories like that. Well, first of all, tell me what HeartMath is. What is that? Well,

[00:04:58] **Jeffery Benton:** so my [00:05:00] company's Paragon Performance Evolution, and we do high performance leadership, you know, training and a bunch of other things for, as you mentioned, amazing groups around the world, professional athletes, astronauts.

[00:05:11] Special Forces and HeartMath is one of the modalities that we actually incorporate into a lot of our teachings. HeartMath an institute that's been around almost 40 years now, and they study the relationship between the heart. And the brain and really the power of when we get into what they would call heart brain coherence.

[00:05:38] And so, you know, for a long time, we always thought the brain was the key to high performance, right? And the heart was more of this, like, metaphorical thing, especially in thousands of years of history, right? The heart

has been a representation of wisdom and love and all these beautiful things.
Bye.

[00:05:58] Through the work of heart [00:06:00] math, we're finding that the heart is actually our true, uh, portal to our superpowers. And just at a basic level, when we can influence, um, our heart, when we put energy on our heart, when we can change the rhythms of our heart, it sends different neural signals to the brain, which then allow for us to really Optimize key brain functions, you know, from the amygdala, the thalamus, the frontal cortex that really allow us to operate throughout the world.

[00:06:33] And also HeartMath was one of the organizations on the cutting edge of really how emotions influence us and emotions can either renew our energy or deplete our energy. And do you want me to go into a little bit more about this? Yes,

[00:06:53] **Rebecca Zung:** please do. I'm so fascinated by this and I think that other people will be too, especially because [00:07:00] in our community, people are dealing with very, very emotional situations that are, you know, somebody who's either triggered by them or they are triggered by.

[00:07:12] So this is, you know, right up their alley.

[00:07:15] **Jeffery Benton:** Absolutely. As you and I even talked before we got onto the podcast, I mean, we do the work, right? And we're doing the tools and techniques and have awareness. And it I it is still heavy, right? And so I just want everybody to know like we're all in this together.

[00:07:32] And even though I teach this stuff every day, um, you know, it's, it's, um, you know, I'm going through this human experience. And so, yeah, so. You know, part of this path of self mastery and really dealing with narcissists is understanding that emotions can either renew or deplete us. And You know, a big part of this is first [00:08:00] having awareness of our thoughts and emotions, right?

[00:08:02] Without that, we can't change. But once we actually have awareness of our thoughts and emotions, then I'm going to share one of the tools, right, and techniques that we can utilize to shift into a more optimal state. So we've all experienced, um, you know, the anger, right? And how it burns a lot of extra energy.

[00:08:24] But it's actually these more subtle emotions that run behind the scenes like boredom, anxiety, frustration, that add up to bigger energy drains at the end of the day. And You know, I always talk about, like, even when we talk to kids, we always give the analogy, you know, when you floor the gas in your car, burns a lot of extra energy, but the subtle emotions are more like when you park your car, you turn off the ignition, but you forget to turn the lights off, your inner battery slowly gets drained, [00:09:00] and one of the most important things that science is showing us when we're experiencing these depleting emotions, over and over.

[00:09:07] It limits, uh, our ability to think, to communicate clearly and so forth. And also, if we're experiencing these depleting emotions, even these subtle emotions like anxiety ongoing, science is showing that, you know, we get sick, there's mental health challenges, and a lot of other challenges, right? And the reason it's important to have awareness of our emotions is.

[00:09:36] The way the brain works is we have 60 to 70, 000 thoughts a day. 90 percent of those thoughts are the same as the day before. The National Institute of Health just came out and recently said 70 to 80 percent of our thoughts are either harmful or negative. Right? And then 95 percent of our operating system is being [00:10:00] run by the subconscious.

[00:10:01] Right? So our actions, our behaviors, everything that makes us up, so much of it is being run by the subconscious. So if we actually do not have awareness of our thoughts and emotions, then it's Groundhog Day every day. And we're basically, um, recreating the past into a predictable future until we get conscious to change those thoughts and emotions.

[00:10:27] And so the good news is When we, when you can actually start to experience positive renewing emotions, it has an opposite effect on our physiology. So, when we're feeling renewing emotions, there's actually a cascade of 1, 400 beautiful changes in the body, including these magical chemicals like DHEA with the vitality hormone, which literally rebuild and heal our bodies.

[00:10:55] And so, but one of the keys. is it takes more [00:11:00] than just thinking positive thoughts to be able to really activate these emotions or to these biochemicals. You actually have to feel these emotions, recreate it. to have the full effect, um, of these chemicals.

[00:11:18] **Rebecca Zung:** So what's a renewing emotion? Like,

[00:11:21] **Jeffery Benton:** a renewing emotion could be joy.

[00:11:24] Um, you know, one of the most powerful that when they study it is gratitude. It unlocks parts of the brain that, that are beautiful. And, um, you know, even, Desmond Tutu and Jimmy Carter had an institute that studied the power of gratitude. And I was always fascinated because, you know, even though I look like the corporate type, I feel more like a mystic at heart.

[00:11:48] And, you know, Harvard Medical School. was probably in the 80s, went over and they studied these Tibetan monks and these monks were [00:12:00] doing things that were truly supernatural. And if I can remember right, um, part of their initiation is they'd be out in the freezing cold and they'd have to dry wet towels on their body and they would do it.

[00:12:14] And also they were producing These high frequency brainwaves, and I'm not sure we had a name for them back then, but So when we're in beta or high beta, it's, it's kind of like fight or flight, right? It's our stress response. And these Tibetan monks were actually generating even higher frequencies, but they were in this total state of stillness and calm.

[00:12:38] And what they found out is they now call it gamma brainwaves, but they were being able to do all these supernatural things and like, basically, you know, live to these crazy ages and do all this when they were generating gratitude, right? And within themselves, but what was even more [00:13:00] powerful is when they were, um, sending love and gratitude out to the world.

[00:13:06] And it is so powerful and we see it. all the time. So heart math actually has an inner balance device and it reads your heart rate variability through your earlobe and then it converts it into a coherent score. And so you can get a certain level of coherence, right? Through breathing and through activating positive renewing emotions.

[00:13:30] But then there's this point that it's really hard to get your score higher. Unless you can actually generate love and gratitude for something or somebody beyond yourself. Hmm. Yeah.

[00:13:45] **Rebecca Zung:** Amazing. Amazing. And where do you get this

[00:13:49] **Jeffery Benton:** device? You can get it at HeartMath. com and it's called the Inner Balance device.

[00:13:57] Amazing. Yeah.

[00:13:59] **Rebecca Zung:** [00:14:00] And how does it, so it just attaches to your earlobe?

[00:14:03] **Jeffery Benton:** Yeah, it attaches to your earlobe, and then you have an app on your phone, and it's basically reading heart rate variability, um, through your earlobe, and then it's converting it into what they call a coherent score. And, um, Heart rate variability, or HRV, has really become one of the gold standards of our physical and emotional resilience, and so heart rate variability is the time between each heartbeat.

[00:14:33] And, you know, in the past, they used to think you wanted the same amount of time between each heartbeat. That that was a healthy heart, but you actually want variation between each heartbeat. So you want 6 seconds to 9 seconds and so forth. And, um, you know, it's so powerful that even some of our clients, you know, with the military, that they're ordering thousands of like aura rings and they can [00:15:00] tell.

[00:15:01] When one of their or, you know, with the military, they can tell me whether soldiers going to get sick a few days before through HRV data and a few other metrics. So it's that powerful. So an aura

[00:15:14] **Rebecca Zung:** ring has it in there,

[00:15:15] **Jeffery Benton:** too. Yeah, an aura ring. You can measure HRV. Now, HeartMath has this special technology where it actually converts HRV into a coherent score.

[00:15:25] Oh, I see. I see. Yeah. Yeah, it's really powerful. And so, I mean, we can just jump into it is, um, you know, as As you and I talked, you know, like a month ago, when somebody is dealing with a narcissist, they're a lot of times on the defensive, right? And they're in this fight or flight state. So at that point, when we're in a stress response, our frontal [00:16:00] cortex gets limited, our prefrontal cortex, and it really limits our ability to think clearly, to problem solve, to communicate, to have empathy, to see somebody else's point of view.

[00:16:13] So even if, you know, when you're dealing with a narcissist, if you have the greatest strategy in the world, if you are still in this fight or flight, right, this high beta state, It's hard to show up right as your best self. And one of the things that I really love about the Paragon Teachings tools and techniques, including a lot of the HeartMath tools and techniques, is it literally helps you go from a, um, state of stress to a more optimal state within minutes.

[00:16:45] and in real time. And I love meditation. I love sound baths. I love all this stuff. But what's beautiful about what we're teaching is you can use it in the moment. And you know, that's why, you know, special forces are [00:17:00] learning this and ER doctors and astronauts, really the organizations that have team members that are in life or death situations.

[00:17:09] are prioritizing these coherence techniques over everything. And I just saw something, I saw the American Nurse Association voted it the number one intervention, uh, for nurses to use on the front line. And so, you know, again, just learning more about narcissists through, you know, reading your book and other things, you know, they are...

[00:17:35] Constantly shifting, right, to keep you off balance. And if you have real tools and techniques to use in the present moment. Right. It is such a powerful advantage, right, to stay present. And so much of it is how do you change your focus to being completely aware of your own internal state versus [00:18:00] the external state, right?

[00:18:01] The narcissist, whatever is living outside of that. And, you know, one of the things we always share with our clients is that stress lives in the body. It doesn't live in the external circumstance. Right? Because a lot of times we can't change what's going on in the external, but we can always change our physiology to get into this more coherent state.

[00:18:27] So I'll, we'll walk you, we'll walk everybody through one of the quick coherence, because obviously, you know, you having your own experience is the strongest evidence of this working or, you know.

[00:18:41] **Rebecca Zung:** Right, so that you can control your emotional response to whatever the trigger is.

[00:18:48] **Jeffery Benton:** Exactly, right? Because our prefrontal cortex, which is, a lot of people call it the thinking part of the brain, it's actually, we have it much more developed than any other species, right?

[00:18:59] It [00:19:00] really gives us the ability to have foresight and all these other things. And when we're under stress, right? Or somebody's manipulating us or bullying us, right? We're in that stress response. We start to limit, um, our frontal cortex, right? Its ability to really perform at a higher level. But again, the beautiful thing is We can actually influence that state through these tools and techniques through the hard focus breathing, creating these renewing emotions, right?

[00:19:32] Also, you know, a lot of times it's hard to influence a thought with a thought, right? So what happens is we have this thinking, feeling, feeling, thinking loop. So if you're, let's say you're being bullied. by a narcissist, right? You have the thought of, um, whatever it is, like, you know, I'm not good enough, right?

[00:19:55] To handle, to deal with this person or, you know, I'm a victim. And then what [00:20:00] happens is you create an emotion that correlates with that. It could be sadness, anger, anxiety. And then the way it works is then your brain looks for another thought to correlate with that emotion. Right. And so this is how the looping happens over and over and over.

[00:20:20] And so even with the base techniques that we'll share today, you can start to break those patterns, right? Which is the most important part. And You can start to send different signals to the brain, and then also we have our clients then replace those existing thoughts with new thoughts that are actually going to serve them.

[00:20:43] And so, you know, we have clients go from every time you think about I'm a victim or I'm not going to get through this or whatever it is, it keeps deepening the neurological networks. around that, right? And so when you're in the subconscious, you're going to [00:21:00] default to those thoughts. So when

[00:21:02] **Rebecca Zung:** you first win, you know, they always win, they're, they're stronger.

[00:21:06] Everybody believes their lies.

[00:21:09] **Jeffery Benton:** Exactly. And that's all, that's all conditioning from the past. Right. Like our brain is just a record of the past. And so we go back. So, well, and so somebody on a workshop I led last week said, well, I'm focused on this, the future, and I have a lot of fear about this thing that's coming up.

[00:21:30] And I said, well, let's think about it. Why do you have fear? Right? Well, because the past 3 or 4 times that I did it, this happened. Right? So it's really that was he was conditioned by the past to then have that future thought. That future thought is not real, right? It's just he's that he was conditioned from past experiences to think like that.

[00:21:53] So when we start to have awareness of our thoughts and emotions. Right. That, [00:22:00] that is the, that is like monumental to start building new neurological networks. And then when we can shift our physiology right into

this more optimal state, and then it's really powerful when we can actually choose a new thought, right, to replace that existing thought.

[00:22:17] And then we start to create new neurological networks that really serve us. And every time we interrupt that pattern of being a victim or whatever, and we choose a new thought with a new emotion, that starts to become a reality. Because again, all we are is just these chemicals and thoughts, right? And we start to have awareness of our thoughts and emotions and that we can actually influence them.

[00:22:40] That's when we become the creators of our own world and really get on this path of self mastery.[00:23:00]

[00:23:57] One of the

[00:23:57] **Rebecca Zung:** things that you talked about [00:24:00] before was how you can actually start to influence what other people are going to think of you, like, cause I, you know, I always say people will think what you tell them to

[00:24:11] **Jeffery Benton:** think. Yeah, it is so powerful. So not only when we get out of the stress response, the coherent state, does it serve us one just from a physiological standpoint, right?

[00:24:25] So we start to create all these beautiful chemicals that actually heal our bodies versus beat us up. And then we're maximizing key brain functions. We're able to think more clearly, problem solve, communicate. But also what science is showing is When we get into this coherent state, we actually can start to influence others to get into a coherent state.

[00:24:49] And you know, our friends at HeartMath have done so many amazing studies, but one study they did, and I think it was in Silicon Valley with a tech company, and they had [00:25:00] 40 people and they broke them up into 10 groups of four. And in each group, three of the four people were trained how to get into a coherent state.

[00:25:10] And then the fourth person had no idea what was going on. And so when the three in the group that knew how to get in coherence were instructed to do it, the fourth, a high percentage of the time would get into a coherent state. And I mean, think about how powerful that is. Right. And so, and the way they did it is they were all wearing these, uh, inner balance devices to be able to measure the level of coherence.

[00:25:36] And so, you know, when I'm sharing this with clients, you know, especially if it's special forces or very analytical types, you know, they're like, oh, my God, Jeff, this is, this is whoop. Yes. Right. But once they actually start to change. their own physiology and start to feel better. Then they come back and give me stories of like, well, I was in the kitchen and, you know, I [00:26:00] was with, with my partner and our two kids and they were going haywire.

[00:26:05] And I just made the conscious choice. I started doing the hard focus breathing and I started sending love to my kids and my partner. And like within 30 seconds, Like, like they would say everything shifted and my kids got into this calm state and you know, my partner shifted and you know, we're always detecting each other's nervous systems and again, because the subconscious is running the show, you know, a lot of times that unspoken and unseen.

[00:26:35] is so much more powerful than anything we can say. And I mean, I have, you know, done it on planes with crying babies. We've done it with horses. I mean, we are all so connected and I love that science, quantum physics is catching up to that. Truly we are all connected and, you know, our thoughts and our emotions, all these things.

[00:26:59] have [00:27:00] energy to it. And like you said beautifully, I mean, we are just energy, right? At the core, at the atom, right? It's, it's literally just energy. You know, we think we're matter, but not to get on a tangent, but it's just. No,

[00:27:12] **Rebecca Zung:** but it's so true. And when you say that, and I want to just put this, you know, in a different way because that unspoken and unseen when.

[00:27:23] A narcissist or a person who is narcissistic can sense that a person is afraid or can sense that a person has that vulnerability, then they will still prey upon that and, and come to and, and, and seize that. Know, c well, uh, CSS in CE and SEES and also [00:28:00] S-E-I-Z-E. Yeah. In both, both, both. Uh, uh, way, uh, of putting it, you know, because I, I, I will say that.

[00:28:09] Um, then when that hole is closed, when, when you show up in a different way, when, when that energy level is different, when you, when you understand this coherence, um, Stuff when you, when you, when you show up, you know, my dad used to say, whatever you say, say with authority and people will believe you, you know, but what, what he was really saying is, you know, when your energy shifts and you're, you're showing up in a different way.

[00:28:49] And that narcissist then senses that that there's that that fear is no longer

[00:28:57] **Jeffery Benton:** there. Yes, [00:29:00] that it's that's very well said. And it's so important that you reiterated it. It's it's more than just thinking that you're powerful, right? Because the unseen, the unspoken, right? We're communicating so many other ways.

[00:29:14] So when we work with individuals that are dealing with narcissists. Right? And really severe, crazy situations. The moment they can actually feel the power versus just thinking it, we have seen things change almost overnight. Like it literally changes, right? In, in, in front of their eyes. And so, again, you know, and the beautiful thing is, The brain does not know the difference between the actual experience and a memory.

[00:29:51] So if you're dealing with a narcissist, you can actually visualize yourself how you want to show up in power. And then as you [00:30:00] put the emotions with it over and over and over, when you're actually with that person, the narcissist, the next time, your body, that is what's going to be familiar to it. Does that make sense?

[00:30:12] You can actually... Like, not only the way our emotions drive us, not always in the best way, right, in the past, we can actually use that forward facing. So we work with professional athletes all the time to get them ready for big events. And maybe where they haven't performed their best, um, because they've gotten nervous, we have done this, we call it the prep technique.

[00:30:34] And we've done it hundreds of times where they visualize themselves in center court, but more importantly, they put the emotions to it. So that is what's going through the body, right? Because that is what's real. And again, the body, the body and brain does not know the difference between the actual experience and the memory.

[00:30:52] So if you can with a narcissist, yes. Just continue to feel the power and then put the emotions of gratitude [00:31:00] presence empowerment with it. That is just going to how you're going to show up and then watch what happens, right? With your interaction with that person again, because subconscious is running so much, they're going to detect something different and you might see an immediate shift in their behavior.

[00:31:17] **Rebecca Zung:** Yeah, I actually just had a one of my certification clients tell me that she tried this because she said, Oh, you, you always say

they're way more afraid of you than, than, than we are of them. So she said, I thought I would try it and just show up more powerfully and see what would happen. And she said, Oh my God, I was so surprised at how different he acted, you know, and so, yeah.

[00:31:42] So I wanted to ask you, why did you get into this work?

[00:31:47] **Jeffery Benton:** Yeah. So, you know, a couple reasons. One is I was always intrigued with high performers, you know, people like you, like what, what made the 1 percent right tick and [00:32:00] what they did. And so I, you know, I was an athlete. I worked in sports entertainment. My dad was actually a sports agent who represented a lot of pro, um, athletes and that.

[00:32:13] But I would say really the catalyst to take action was my own personal story. I, um, probably about 20 years ago, I was a senior executive, sports entertainment world. I had just moved to Denver to join a startup because my mom was not doing well. So I moved back to Denver and I looked really pretty on paper, but the reality is I was driven by fear, anxiety, anger, and this deep imposter syndrome.

[00:32:44] And really is the low point. My mom took her life and I hit rock bottom. And, um, at that point I just couldn't. hold up the external facade anymore. It was too painful. [00:33:00] And so I started to look for ways to just not some people have described it as spiritual journey. It really was. I just didn't want to feel the way I was feeling anymore.

[00:33:13] And so a friend of mine introduced me to some of the base techniques that you and I have talked about and I had nothing to lose. So I started doing them every day. And I remember waking up about three months later and I actually felt present I felt some joy. And I probably felt grateful for the first time in my life.

[00:33:34] And the reason this was new is I grew up with a single mother who was bipolar, a lot of ups and downs. We moved a lot. And I felt like if I ever going to feel a positive emotion that one, I'd be vulnerable because I was in a very adversarial. environment at all times. And two, that I didn't deserve it. And so when I actually felt it, I started crying.[00:34:00]

[00:34:00] And I could, I was just, I was proud of myself, right? And that journey I went on. I realized if I could go from totally disconnected to feeling joyful, grateful and all that anybody could, and so I was really inspired to work

with leaders and, you know, one, because I look and smell like the corporate type, you know, I'm like safe to that group.

[00:34:26] So I knew as I worked with these leaders. As they started to relate to themselves differently, they would relate to others differently and they would make better decisions for their teams, organizations, their communities, and humanity. And I also realized just we had a lot of fortune 500 clients at the time with my other company that the companies are the power brokers now, right?

[00:34:53] And they have the biggest influence on our environment, politics, health care, [00:35:00] education, and of the state of the world, it was like, how can I contribute in the most impactful way at the most expedited way? And that's why we really started with corporate leaders to make the changes. And then, you know, special, we just, all these other amazing groups from Cornell, you know, you know, all these other groups.

[00:35:23] Um, found us and you know, we've been just fortunate to change thousands of lives. Hmm. And, you know, you and I talked about this, but one of the side kind of benefits. That we saw is people were actually healing, uh, from, from a health standpoint also. And I'm careful saying that because everybody's on their own health journey.

[00:35:47] And, you know, some people healed, some didn't. And, but I do, I always mention that to expand our consciousness of what's possible. And, you know, we saw people with [00:36:00] chronic pain, autoimmune disease and others, you know, diseases where they've been struggling for years and years and years. And then within a short time, they were completely healed.

[00:36:11] And a lot of the principles that we talked about before is, you know, one, they had to believe it. Right? That they were going to get healed. No different than you have to believe that you are empowered. And most importantly, they felt it, right? And they were able to change their biochemicals. And so they went from, you know, adrenaline and cortisol and these things that tear down the body, right?

[00:36:36] Because the cells, it takes so much energy and they fought through it. And then they were able to be determined to feel the gratitude, to feel the joy and all that. even when they didn't want to. And then when they started to do that, created the DHEA and all these beautiful chemicals. And it was so beautiful to see all these amazing souls heal from that.[00:37:00]

[00:37:00] **Rebecca Zung:** Well, thank you for sharing that. What, what a vulnerable, beautiful story, first of all. And second of all, I, I want to say, you know, I truly believe that when somebody so close to us dies, that they become a powerful spiritual soul on the other side for us. And I just felt, um, goosebumps on the, on just now, which I felt actually, when you told me about this, when we met for coffee.

[00:37:33] So I truly believe that your mother is, uh, an, um, an angel who is cheering you on, on the other side. And I. I mean, I think that they become so much more powerful for us on the other side and look at what she has helped you build as a result. I mean, really, and how many lives have been transformed as a [00:38:00] result of that.

[00:38:02] Thank you. So, yeah. I mean, so, I mean, there's a quote from, uh, Elizabeth Gilbert that says something like, I've never seen any transformation, uh, that didn't happen as a result of somebody that just got tired of wallowing around in their own bullshit or something like that. I,

[00:38:25] **Jeffery Benton:** I agree. I mean, I think, you know, we.

[00:38:30] We bring these groups together. We work with senior leadership teams and a lot of times they just have us bring the teams together to share and be vulnerable. And even though they're dealing with each other every day, multiple times a day, you know, like it's, they've got the mask on and they're hiding.

[00:38:47] And when they actually hear that their colleagues are going through the same challenges and they're vulnerable about it, it creates. this deeper connection, like we're all having this human experience. And, you know, Carl Young said, I think he said, [00:39:00] you can't get to the light without going through your darkness, right?

[00:39:05] It's like we're all in it together and I mean, I know I feel like a totally different person than I did even 10 years ago and there's been, you know, with everything going on in the world, there's been some weekends where I've just locked myself into my place and meditated and read, cried and, you know, just trying to support those around me.

[00:39:25] So we are so all of it in together, you know, in it together. And, um, yeah. Yeah, I just think I know it's we all hear it, but I think it's important to reiterate that because so many people feel so alone and really like this next pandemic is going to be in the form of a mental health crisis, or it already is.

[00:39:46] Uh,

[00:39:46] **Rebecca Zung:** well, yeah. I mean, I definitely think so too. Um, so I just want to, before we go, because I know we're running a little bit longer than we normally do, but I want to [00:40:00] have you walk us through what does it look like to do one of your

[00:40:06] **Jeffery Benton:** meditations. Yeah, I would love it. So we're gonna do quick coherence, and so we're gonna incorporate the heart-focused breathing, and then we're gonna, um, incorporate a positive, we're renewing emotion, and so

[00:40:18] **Rebecca Zung:** maybe we don't do like a, a super long one.

[00:40:21] Maybe just like a, a a minute or two, just a minute, because Yeah, yeah. Just we're here. Yeah.

[00:40:27] **Jeffery Benton:** So what, what's a, what's a renewing emotion for you that's easy to go to? For me, it's going to pets and, uh, and, uh, a dog that I owned. So yeah,

[00:40:38] **Rebecca Zung:** for me, I always think about when I was holding my babies, like when I, when they were little and I was like, you know, rocking them and like being so close to them, you know, and yeah, to me, that was like pure love.

[00:40:51] Beautiful.

[00:40:52] **Jeffery Benton:** All right, we'll do, we'll do a, uh, a, uh, expedited version. And then if any of your, uh, community wants a recording, [00:41:00] we'll, we'll figure out how to get that to them.

[00:41:02] **Rebecca Zung:** Yeah. And so, I mean, and just to remind everybody, it's just sort of like connect yourself to something that, you know, brings you like a, a, a beautiful emotion, a beautiful thought of joy or, or.

[00:41:17] gratitude or a place that you loved or a thing that you loved or, um, it's just, uh, you know, just even holding something that brings you joy.

[00:41:29] **Jeffery Benton:** Yeah. Yeah. Beautiful. Okay. So just everybody get comfortable, close your eyes and just start to take some smooth, easy inhales

and smooth, easy exhales, and just feel your body relax a little bit more with each exhale.

[00:41:56] Now, just count to five on your inhales, [00:42:00] count to five on your exhales, or find a count that's comfortable to you.

[00:42:21] And on each inhale, breathe into your heart area, your chest area, as if it's the only place the breath can go. And on each exhale, breathe from your heart or chest area, as if it's the only place the breath can come from.

[00:42:55] And as you continue to breathe in and out of your heart. Just do your best to [00:43:00] connect with a positive, renewing emotion,

[00:43:29] and just see if you can increase that feeling a little bit more.

[00:43:50] Your heart, just take notice of your body, and just see if you feel a deeper level of calm, peace, coherence within[00:44:00]

[00:44:03] it. And as you breathe in and out of your heart, maybe feeling a deeper level of calm, peace, coherence. This is the state in which the body heals and regenerates itself. And also where we optimize keybrains. And

[00:44:25] when you're ready, you can open your eyes.

[00:44:30] **Rebecca Zung:** So beautiful, even just for a minute like that. I feel so much better already.

[00:44:36] **Jeffery Benton:** Yeah, it's so amazing, like, we've seen, um, there's been studies where they've taught, um, SWAT team members and first responders. How to get out of a stress response that used to last many hours to just a few minutes that literally saves their

[00:44:53] **Rebecca Zung:** lives.

[00:44:54] Yeah, already feel better. You know, I mean, just to [00:45:00] raise your vibrational level like that, it's just absolutely amazing. So I, I really do highly recommend this and, you know, he and I are going to be doing some more things together and I just think that you're absolutely incredible and We will definitely be dropping links to all of his stuff.

[00:45:23] So where can people find out more about you?

[00:45:27] **Jeffery Benton:** Um, our, our website is [www, uh, performance Paragon. com](http://www.performanceparagon.com). So that's probably the best place.

[00:45:35] **Rebecca Zung:** Okay. And, um, is there any social media links or anything like that?

[00:45:39] **Jeffery Benton:** Oh man, we're working on social media. I think we've got eight followers on Instagram. I think on Instagram, it's called Paragon House.

[00:45:48] And then on LinkedIn, it's Paragon Performance Evolution. LinkedIn's probably the best place because we're starting to create weekly content that, um, has been well received and around self [00:46:00] regulating and intuition and, and all these other superpowers that every one of us has.

[00:46:06] **Rebecca Zung:** Okay, well, this has been absolutely amazing and I hope all of you found transformation with this.

[00:46:16] I, you are absolutely, uh, just incredible and, and doing amazing things in the world. So I know that everybody. found this, um, you know, transformative. And I hope that you guys go back and re listen to this and go check out this stuff on his website and look for more stuff that we're going to be doing together because this is so healing for anybody who's, well, just anybody in the world, but especially anybody who's dealing with a high conflict or narcissistic personality.

[00:46:52] So thank you so much. Right. It's an

[00:46:54] **Jeffery Benton:** honor. It's an honor to be on. I'm excited for future collaborations. So thank

[00:46:59] **Rebecca Zung:** [00:47:00] you. Thank you so much.