

## Just who IS Dr. Ella?

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Over the last thirty years, Sam has hosted and/or produced over two hundred and fifty TV projects, including a documentary, cable programs, commercials, corporate overviews, training videos, new technology introductions, and a music video which ran on VH-1.

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by Sam Kephart  
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### INTRODUCTION:

How does someone catch "lightning in a bottle?"

You can't really, but you can talk about the experience of it... and what it is like.

So is my challenge in even attempting to capture in words the power, insight, compassion, and grace of my good friend and mentor, Dr. Ella Ivshin. To put words on who she is both in and for the world is both insufficient and futile - like trying to take a snapshot of some amazing primordial force of Nature at work.

That photo will be representational, but not fully dimensional in expressing all the simultaneous energies at play.

So it is with Dr. Ella! She and her teachings must be EXPERIENCED... not just "studied" to gain their full benefit.

## Just who IS Dr. Ella?

The world we live in has become extremely complex and difficult to navigate. Dr. Ella is a perfect guide and harbor pilot to help your soul find its path to proper fulfillment and inner peace in a world gone seemingly mad.

### MY FIRST MEETING:

Dr. Ella and I first met under somewhat strange circumstances. We shared a mutual friend, Dale, but we did not have any prior knowledge of each other.

Dale had a very powerful background in the ultra high-end security business.

He was a former "inner circle" close-in bodyguard with the Secret Service for several Presidents of the United States and had served, with distinction, in the White House under three different Administrations. After he retired, Dale went on to teach at the college level in Los Angeles; I believe that's where he initially met Dr. Ella.

As for me, I had been in the corporate security business protecting many of the key executives for some of America's largest enterprises. Dale and I met socially at first, but eventually did business together after he retired and formed his own executive protection firm in San Diego.

In any event, about three and a half weeks after 9/11, Dale called me early one weekday morning and asked if I could attend a very private and special meeting of 23 of the world's top counter-terrorism experts, which was to be held in Huntington Beach a couple of hours later.

It was at this super secret meeting that I first saw Dr. Ella. She had been asked by Dale to sit in as an observer... as had I. Later in the morning, I was asked to address this group of experts on how to safely disseminate some of their critical security knowledge via a distance learning platform that I had just recently deployed globally.

Although the terror and counter-terror assessments that were being given by 23 experts were very compelling, I could not stop thinking about the dark haired woman with a heavy Russian accent seated near the back row.

After the formal meeting was over, I made a beeline to meet (interrogate) the person I've come to know as Dr. Ella.

After a few pleasantries, I blurted out, quietly, "You're an oracle, aren't you?" Note: This is NOT something anyone would or should normally say to another person after just meeting them.

Dr. Ella just smiled a Mona Lisa-type smile and deferred by saying, "What do you mean?"

That opened-up a very interesting conversation that never came to any conclusion that day; Dr. Ella simply would not answer my question.

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Notwithstanding her demurring on the topic of being an oracle, we agreed to meet in a couple of weeks for lunch in the Melrose District of West Los Angeles.

### MY QUESTION ANSWERED:

As scheduled a couple of weeks later, I drove from San Diego up to a restaurant where we agreed to meet. As I recall, we sat outside on the patio near by a fence. Dr. Ella was still being coy and deferring on answering my "oracle" question, which by now had become the unspoken "elephant in the room."

I could tell that this very powerful woman was still sizing me and my intentions up; she had no reason to disclose anything to me before some level of mutual understanding and trust was present. In retrospect, her reticence makes ALL the sense in the world.

I felt I was the one being interviewed...

We spoke about a wide range of topics, but particularly referencing spirituality and how we can exercise our power in the world through our individual gifts... if we can somehow focus on them.

During our lunch meeting, it became crystal clear to me that Dr. Ella was a profoundly deep and very wise person, both in the real world (she has three degrees) and in the invisible world. Along with her Ph.D., Dr. Ella has a Masters in Engineering which allows her to better explain how the "invisible" informs, empowers, and creates the "visible."

Most of our conversation that day surrounded my concerns for my future, my frustrations, and my aspirations, which I will not share here.

However, near the end of our lunch together, Dr. Ella finally admitted to me that she was, indeed, an "oracle" or what might otherwise be known as a mystic. She then hit me over the head with her brief retort, "Well, you are too, since it takes one to know one, see one, or so quickly recognize this ability in another."

I wasn't quite ready for her calling me out on this; it was discomfiting, to say the least. Yet, after some due reflection, her comment/challenge began to make some sense.

I can't speak for Dr. Ella, but I left this lunch meeting feeling very vital, very empowered and very optimistic. Dr. Ella and I agreed to stay in touch.

### PRIVATE SESSIONS:

That lunch meeting in the Melrose district was just the first of several meetings Dr. Ella and would have over the next two years... some in LA and some in San Diego. Suffice it to say that whenever we would meet, our conversations would reach the 50,000 foot level very quickly. I can't say I was her best student or client in terms of always taking

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her advice, ***but I can state with absolute certainty that her insights and advice were priceless and, in retrospect, spot-on!***

### THE INTERVENING YEARS:

By 2002 and throughout 2003, I became evermore disenchanted AND disillusioned with Southern California living. The costs (money, time, traffic, crime, freeloaders, incompetent government, high taxes, and paid parking) simply became too much. My wife and I decided to move to a small town somewhere that was family oriented. Since my wife, Sammie, was originally from South Dakota, we looked there and found the town of Spearfish, which is located in Western South Dakota along the northern edge of the Black Hills, about a hour north of Mt. Rushmore. We moved from Encinitas, California to Spearfish in January of 2004.

Spearfish is a great little family-friendly town (think a Mayberry-type town in an Aspen-like setting). Our eleven years here have been great for my wife and two daughters and their health, safety, and sanity. But terrible for me business-wise...

Dr. Ella and I continued to stay in touch intermittently, however, ***she has had to deal with several very tough blows to her personal life and health during these intervening years, which, if anything, have given her even more grace, compassion, and insights into our shared human condition***

### PRESENT DAY:

Not quite six weeks ago, my wife of almost 25 years (we had already passed our 27th anniversary of meeting and dating exclusively) asked to go for a walk in the park with our three miniature Daschunds; it didn't end well:(

Towards the end of our walk, my wife, Sammie, turned to me and said, "I think we should get a divorce. You know, it's probably the best thing for both of us." I was stunned and simply asked, "Why?" in response.

Sammie went on to say, "Well, while I have loved and respected you from time-to-time, I'm not 'in-love' with you and never have been. Also, I've never been physically attracted to you during our entire relationship."

WOW! Talk about being gob-smacked right in both the head and the heart... oh my!

My world and reality started spinning like a piece of cheap clothing inside the rinse cycle of a Maytag washer. I was beyond devastated; I had just been ambushed and caught completely unaware by my trusted life partner of 27 years.

Where could I go for succor and aid in such dire circumstances? My parents are both long since deceased and my brother and I are estranged for good reason.

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I immediately got in touch with Dr. Ella. I'm very grateful that I thought to reach out to her and that she was willing to deal with me urgently and under such a heavy set of emotional issues.

This was me at my worst... not best.

### CLARITY:

I won't go into the details of my divorce story; that's for another book some day. However, Dr. Ella REALLY helped me make sense of something that seemed so shocking, so painful, so unnecessary, and so lacking in compassion.

After asking some very good questions and probing about the situation and events that led up to Sammie's unilateral "divorce decree", Dr. Ella summed things up SO simply and elegantly when she told me, "Sammie's fantasy just destroyed your reality."

***Her words felt like a body blow to my solar plexus area... a very clear sign I was just given a major truth.***

Further, Dr. Ella told me that the underlying theme of what was causing me such exquisite pain was, "Sammie NEVER asked..." meaning that my wife and trusted life partner of 27 years had *never* once told me or intimated that she was contemplating a divorce. There was NEVER any request for counseling or deep conversations about "things not working out." There was no "off-ramp" offered emotionally for our long-term partnership, just 75 miles an hour into a brick wall, with no forgiveness nor interest in ANY type of effort at reconciling.

Needless to say, my world was, and still is to some degree, rocked by this clear betrayal of trust.

HOWEVER, Dr. Ella and her compassionate and deep insights have literally been a life and sanity saver for me. Dr. Ella is still guiding my process through this major life change. (I'm almost 65 and I never expected this curve to be thrown at me.)

### CONCLUSION:

This website and it's life-changing and life-affirming content are about YOU and your issues and possibilities... not about me.

I only share my story of Dr. Ella with you to offer you the reassurance that you will discover the renewed hope and practical advice you are seeking for some of life's most vexing issues (health, money, career, relationships, home, family, spirituality, etc.).

Dr. Ella is able to combine the best of an "Old Soul's" wisdom and insights with a tough and uncanny ability to see things as they are in the present real world, to tell the truth

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about what's so, and to assist her clients to empower themselves to gain the positive reality they chose to experience.

**Please, take advantage of her wisdom NOW; you'll be forever glad you did!**