Healing Autoimmunity with Light & Sound Biofield Therapies Transcript

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Introduction to the summit and Dr. Schaffner

Welcome back, everybody to the reverse Autoimmune Disease Summit series. This is version 5.0. The healing the energy body. And I'm of course just delighted to bring a friend and colleague forward who has been a frequent guest on this series and always has something new and innovative to offer.

Doctor Christine Schaffner is a board certified naturopathic doctor who's helped thousands of people recover from chronic or complex illnesses through online summits.

Her Spectrum of Health podcast network of in the health clinics and renowned online programs. She goes beyond biological medicine, pulling from many systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

With her diverse skill set, Doctor Schaffner seeks to improve access, outcomes and speed of recovery for patients struggling with chronic, complex and mystery illnesses.

People travel from all around the world to reclaim their wellness using her ecosystem and train energy analysis. Clear blocks optimize flow methodology.

Welcome to the series and thank you so much for having me. I always enjoy our conversations. Are you too. And we're going to be talking about bio fields today.

So should we just start with a definite vision of that? Yeah, absolutely. And this is something that I, feel very much, student and my knowledge continues to evolve as my patients teach me.

And so I think as we're learning more and are more open to looking at, beyond our physical bodies in this way. And a mentor of mine is Doctor Beverly Rubin, and she is a biophysicist out of UC Berkeley.

And she came up with this terminology with a group of people in the 1990s to really put this into, PubMed, to make this more of a legitimate term that we can actually research and put science behind.

And so there are different, definitions floating around in biofuel. But I, I, I think of our bio field as it's this field of information and the energy that surrounds us.

And the more that I think about it, it's not just a field that emanates from us, but it's this bi directional field that that, you know, yes, we can go into the, you know, biophysics of our physiology and why we have a field that we can generate from our physical body.

What the biofield is and why it matters

But as my understanding and my personal experience deepens into this field of information and energy that surrounds us beyond our body, some people might call the ether or the unified field.

I believe this is a bridge to connect to that greater source of information that as we learn about and observe this and if we can really get into what we can talk about this coherent state, I think that's where we can really just tap into this abundant well of health and information and access that I, I think we so desperately need, for our bodies when we're sick and when we're not well.

And, you know, just I think it offers a lot of insight for healing, not only for, our ourselves individually, but for the collective right now. You know, Rupert Sheldrake talked about the morphogenetic field a long time ago in plant systems.

Right. And that information that is bidirectional. And so this is definitely not something new, but it's new in in what I love what you mentioned is that now we're able to access research on it, that we're pulling it out of view.

Pulling it into, you know, scientific field for people that need to be able to take, you know, taste, touch, smell and, and feel it, which is I think really that's important.

If we're going to have this make an impact on our medical practice. Right. Yeah. And I think that this information as you are very well in touch with, it's ancient wisdom. Right.

And kind of there's Renaissance right. And I think that there is almost this tipping point of us being open more collectively of embracing this part of ourselves, especially with, you know, the advent of all of the technology that surrounds us, because now it's not a far cry for people to understand.

There's invisible fields of information and energy that connect us right now through, you know, Wi-Fi, through cell phone technology, through, you know, all of this, you know, technology.

But for better or worse, you know that it also, I think is a bridge to be like, okay, well, if we're able to communicate in such a profound way through technology, why is it a far stretch that we can't, you know, look at our bodies and our ecosystem from this lens as well?

So it's exciting. It is exciting. And I think a lot more diverse groups of people, like from plant medicine communities who have access this field in a different way and a scientific community and this way, and then tribal civilizations and other ways and inks and modalities of medicine.

And the word you use this tipping point, I think, you know, with that many diverse groups coming to the same information, it can't help but make it that.

Yeah, yeah, yeah, definitely. And, you know, I think, I mean, as we're probably all very aware of the last few years and how that's just turned society and our healthcare system upside down, I think that on one, level where, you know, I'm an optimist, even though I know we're going through so much right now that we're I, really try to land on is that I know there there's such polarization right now.

But at the same time, I think most of us can connect whether whatever can't people's, sit on is that that we need a change. We need a new system that, systems need to be revisited.

And I feel that in my heart, I very much feel that this what we're going to have a conversation about today is very much, I think, the future of medicine that bridging this, you know, information and bringing this into the mainstream understanding of how we're wired and how we work, I think is the exciting part, again, that we have this opportunity to just, you know, forge this whole new way of, healing our bodies.

You know, so accessing bio field, through light sound. I just did an interview with Jonathan Goldman on sound. Yeah, sound. And, let's talk a little bit about light.

Yeah, absolutely. So, you know, light and sound again. Light, sound frequency, all of these things, I think are the future of medicine. And again, they're not, you know, new, they're old, but maybe we have new technologies to implement them in.

So, when we think about the bio field, I talked about this, you know, field of information and energy that surrounds us. So it's electromagnetic in nature, but we also have what we call bio photon emissions.

And this is the work from Doctor Fritz Albert Park who really studied this. And he, really looked at that. We are, beings of light. And again, this is ancient wisdom that was just able to be measured, that we have this low light emissions that our cells, emit.

And, you know, what he found is that actually our, you know, from our DNA that we can not only have this,

information and the language of proteins, but it's also the language of light that is a communication, network in the body.

And so bio photons can be emitted through, light, and they can travel through this network in the body. And I love the work of also, Doctor James Ashman.

And he uses the term, what we call living matrix. And I, I really have tried to understand and evolve my knowledge about this understanding about this tissue continuum from our nucleus to skin to our field.

Light, biophotons, and coherent cellular communication

We are this kind of, you know, not these disparate, separate, you know, compartments that we learn in anatomy school. Like the arteries are red and the veins right on the limb for green.

And, you know, but, you know, all of this is good. You know, I think to have an understanding of, you know, the structures in the body, but more and more in living tissue, there is no separation, there's connection.

And so I think light is a very important, you know, way that we can communicate, you know, on top of biochemical reactions, there are light reactions.

And again, perhaps study that, that it's kind of this Goldilocks, kind of mammal window that we don't want to have too much light or too little light in our cells.

And there is this idea of coherence. And this is kind of a line to organize light that can be admitted. And he studied a cancer cells that they were basically, leaking light.

And then in autoimmune or, you know, I guess, you know, it's always evolving, but in, the model of an ass multiple sclerosis, which can be viewed as an autoimmune disease, that there was too much light in the cells.

So it's kind of looking at that balance of having, you know, a coherent light emissions out of the body. And so I think about when people are going through an illness, one of the ways that we can help do to support their body is to add coherent light to their physical body, to restore communication, just like we would if we had, like a B12 deficiency or, you know, vitamin B1 deficiency or vitamin C deficiency or these nutritional deficiencies.

I think there's this whole other way to look at, potentially having coherent light deficiencies and body. So what's an application modality for measuring the Goldilocks that, that, that coherent amount and then delivering it.

Yeah. You know, I think a lot of us have to use our clinical insight to kind of, you know, think about how, you know, our patients or, you know, physiology is maladaptive.

And then using tools, you know, through either photo bio modulation or photodynamic therapy, which I'm happy to share more of, you know, my my goal and my wish in my career is that we can have more, tools within the clinical model that we can actually measure light to other patients, you know?

And, Prince Albert had a photo photomultiplier in his lab to be able to measure light coming from a cells. The closest thing that we have that I'm aware of at this time, Doctor Beverly Rubin introduced me to, a camera called the bio.

Well, that a Russian, scientist, doctor Conrad Cobb came up with, and it's using gas discharge visualization. So it's looking at the light emissions from the hands and basically making an out through a, mathematical at algorithm, basically creating a bio field picture of that patient.

And so that is one way to look at light in the body. But again, I'm super passionate and excited about is how more of these tools can be accessible. And these, you know, there's a lot of bio resonance tools out there, different, you know, energy medicine equipment.

But I think, the more that we can really focus in this idea of coherent light emissions being emanated from the body, I think that's going to just be a whole other, you know, way in lens to look at the body.

Because again, when we're looking at, you know, I want to describe again for bio modulation, photodynamic therapy. But one principle I just want to share that I haven't, stated that I think could also kind of gel this idea together is that I've been, through my journey.

I've been also studying the work. Doctor Joe Dispenza and I really loved his approach and kind of, you know, how he's powering research, to his, you know, what he's seen in his community.

And one of the things he said when I was at a lecture that has just really, really stuck with me. And I think that's why we have to look at these bio therapies, is that he said to change matter with matter takes time.

And I think we're I think that's what we do in the functional medicine world. And when we're doing it, we do a great job with it. We have really great matter to matter of tools.

But I know in my heart I get frustrated at sometimes how long it can be to recover a patient. But he says when we understand the field and when we change actually the field.

So think about it changing in the bio field, we change matters to this idea. If we can change the way our body communicates from a, bio field or biophysics, lens, kind of.

It's almost the, the, the organization above the biochemical model, then we can change matter more quickly. And that, I think, is where, you know, I know we are not to put words in your mouth, but I think we're both open to the most of them, both open to people.

You know, having these profound feelings that are outside of this matter and not our model. And so I think when we think about how do we support our patients, bringing not only awareness to their bio field, but bringing tools to help support their, their field.

This is where we can see, patients get better faster. And and that's where I think, again, light sound frequency has the opportunity to do so just to kind of give a, you know, just a narrative to understand.

Why were we talking about this to I think that, I don't know if you resonate with that statement, but it's it's a statement that is just really sat with me and has guided me since I've heard it.

Yes, absolutely. And, you know, this is, a place where it comes back to IRA data with the the five different layers of us, where we go from the grossest, you know, matter of the physical body to the energy, to the emotional, to the wisdom and spiritual.

And, you know, we get into those subtler layers when we're shifting things there, then that impacts the physical body in such a, a more dramatic way than if we're holding on to a lot of trauma mindset issues, you know, then that's also influencing our physical structure.

So, you know, this work must be done in these other layers. And so I love I love this conversation. It's so important. Yeah. And no, I, I totally agree.

And I, you know, kind of bringing it back to kind of this idea of light in the body. So there's two ways, I think, that I'm aware of at this point of how we can look at, applications of light in the clinical model.

There is a tool of what we call photo bio modulation. And then there's also a technique that I use. My app is called photodynamic therapy. And again I talked about bio photon and light emission.

This idea that we communicate with light in the body. And then there's this also this idea that we actually, are wired to receive light in the body. So we have different parts of our, cellular machinery and our, you know, especially in

our mitochondria that are called chroma force.

And they again, not only respond to electrons and different, you know, cofactors of different nutrients, but also to different wavelengths of light. And so when we think about the electromagnetic spectrum, the visible range of light that we often can see in the non visible to from UV to infrared, every light and wavelength of light rather has a biochemical impact in our physiology.

And so when we think about the bio modulation we often often think about red light. Right. So red light is very widespread right now. They're red light bands. There's red light.

You know, different units that you can, hang on your wall. There's combinations of red and infrared. So it's all about when you think about, photo by modulation.

So you think about what is that wavelength of light, what kind of chroma for effect will it have. And then also the depth of penetration and how deep it can get into the body.

So there's a lot of different, combinations of red with infrared and another range of infrared. You know, near mid and far can go deeper into the body.

So for instance, I work with a company named Weber and they are named after, Doctor Weber, who's a German medical doctor who's Brian. And, I have a couple of different devices in his, in his, toolkit in my office, and one is a helmet, and it's a red and infra red light helmet.

And so the infrared actually is strong enough that it can go through the skull and it can get into the brain, and so can have another whole mechanism of action in the brain.

So it's not only kind of being surrounded by the light, but again, and you know, topically where are you going to put it so it can get into the tissue that you're targeting.

And so, the stain on the Weber kind of thinking about photodiode modulation. So we have the helmet, they have a watch that I really love that has laser light that actually applied on the radial artery.

So you're getting, red, yellow, blue and green on the wrist. And you're essentially getting those different wavelengths of light. I kind of, I really simply tell patients that, you know, getting bio photons in their blood.

And so we think about red, you know, having a, a really profound effect on the mitochondria helping with ATP and metabolic water, helping with circulation.

Blue is actually a really great anti-microbial. And the anti-viral and the, the cerebral there, those blue light masks for helping with acne.

Photobiomodulation and photodynamic therapy

So that can also help with, you know, our immune system's ability to clear infection. And yellow, we like to call, liquid sunshine because it can help with serotonin production.

Vitamin D, synthesis in the body. So it can help people feel, you know, a lot of, it can be a mood. Uplifting, light, green can also help with oxygenation of the tissues.

So it has an effect on hemoglobin and the ability for us to carry oxygen and our red blood cells. So you can kind of just again, get, you know, targeted exposure to this coherent light.

Again, the sun, you know, provides all of these spectrums of light. You know, again, we need to be, of course, careful, you know, where we are with sun exposure.

But, you know, nature provides a lot of this. But when we're thinking about creating a therapeutic target, we can have these biohacking tools. So, you know, the application of light is photo biomarker elation.

And then there's another term that Doctor Weber taught me called photodynamic therapy. And there are different substances that we can ingest physically, either orally, topically or through intravenous methods that actually are photosensitive.

And they can be taken up into our tissues, into our cells, and then prime those cells to be basically, that substance gets photo activated in the tissue that it is to have an even stronger effect.

So, one really common example is methylene blue, which is a pigment that we're using. It's available through compounding pharmacies. It's also available through supplements and, you know, on the internet.

But I caution that you get a really good source of methylene blue if you're gonna decide to do it. It can be compounded or intravenous. And methylene blue has some really amazing effects.

And on its own, it can help be an electron donor and can help with mitochondria energy. It crosses the blood brain barrier can be, a neutropenic. It can be a mood enhancing, it's really good for blood flow and circulation.

Also, anti-malaria antiviral. It kind of does everything. It's a pain to see in a lot of ways. But again, this photo of activated by red light. So you could ingest methylene blue.

And you can increase and increase or amplification in methylene blue by pairing it with that red light. So that's that idea of photodynamic therapy. So photodynamic therapy is used in the office in that way.

In cancer I don't treat cancer. But there is kind of an application and oncology where you can actually use these photos sensitized or some with the different light for, an apoptotic effect.

And Doctor Robert has really, really amazing case studies with using photodynamic therapy in cancer is so, so those are the tools that I use. You know, again, there's lots of different things constantly coming out on the market field.

Again, you know, just a few years ago, this kind of idea exploded. And again, innovation and, you know, capitalism, we have a lot of different tools of that are at our fingertips for everyone's budget.

But yeah, I think, just because of what we're at, Amazon search and you come in totally, totally I think with what we're up against with just like all the stress we're under in our body that, you know, adding links, you know, to our bodies can be really great tool.

Yeah. So what about the clinical applications of sound? Yeah. Sound is, rather profound. I mean, I, I love sound within my own, experience. I think sound has been a really amazing tool.

And I think about sound in the same way. I think about light again through, Doctor James Ashton's work. And then there is a, there was a, researcher out of UCLA.

I always forget his name, but he actually studied this, sounds that cells and met and he actually studied like, you know, a six cell versus a healthy cell and kind of actually was able to record the sound of the sounds that they emitted and kind of like light.

There's more of like a, in a healthy cell, a coherent harmonic sound with them. And the cells are in a healthy range. And then when the cells are dying or cancer cells, it's more incoherent, dissonant, screeching.

So there's this idea of we communicate with light, but also, bio phonons is the term. And so I think that's just a really wonderful way of kind of thinking about another way that we can communicate.

So this idea of adding coherent sound that the body can help with communication. And then there's this other idea that, you know, not only in the physical tissues but in the field.

And I know we both know the work of biofuel tuning. And Eileen McKissick, who's been a thought leader of kind of looking at how, trauma can get, trapped in our own bio field.

And she uses tuning forks to actually find where there is, dissonant sounds. So kind of that, it basically when there's trauma in the field, it's basically there's a sound, paired with that trauma in one way, to kind of clear it from the field is adding coherent harmonic, you know, sound to help clear that out and not just talk about it, but just get physically kind of, you know, almost smooth it over, if you will, and release it from the field.

And then that can have a profound physical effect on, you know, any, I mean, almost or chronic illness or acute almost or just even mental health. So I think about sound in that way, and the way that I use it in my office is there is, my good friend Kelly Kennedy introduced me to, this gentleman, Rasmus Becker Carlson, and he is Austrian, and he studied with Doctor Unimodal for 20 years.

And he Doctor Martin for people who don't recall, he's the water guy. So he studied water crystals and how water really responds to content. And, you know, basically, very simplistically, if you have a healing intent, there's beautiful crystalline structures in the water.

If you have a negative intent, it's kind of the water, you know, looks, you know, like I'd imagine. And so, you know, we when we think about vibration, which is sound, it can affect water.

And if anyone wants to Google kind of their initials. So I love the, the Nordic somatics, you know, where somatics is this? I think Hans suddenly I think is his name.

I could be, you know, mis misinterpreting his name, but he invented somatics and this idea of studying vibration on matter. So just thinking about different sound, waves, which are measured in hertz, and how that can create different shapes and matter.

So when you think about it, when we're, we're very much water, right? So we when we're applying sound to our water bodies, we can actually I believe that our body communicates with light and sound and is part of the casino.

I think these patterns can actually have a positive effect in our physiology. And so Rasmus is brilliant. And he came up with a technology that's called Sound of Souls.

So he, you measure, we do this in the office and we measure your heart rate variability. And then the, computer program, has different types of sounds.

And, we basically can convert your heart rate variability to music and then see how your heart rate variability changes and it increases your parasympathetic tone while you're listening to, you know, that sound.

It also has a light application. So it's sound and light. And so it's almost like I, I think about it. It's like you're you're tuning your auto, tuning your own field with the music of your heart.

You know. So it's really, you know, beautiful and, you know, life is complicated and health is complicated. But there are these simple principles in a lot of ways.

And I think it comes back to, you know, the more that we can really, you know, open our heart and get to know, state of coherence with our heart, rhythm that has a really profound impact on our, on our bio field, our physiology, our well-being.

And I think this, this technology has really illustrated that for me.

Sound, vibration, and tuning the field

It's beautiful when I talk to, Jonathan Goldman and his wife, they were just talking about in their research that they made uncomplicated a lot of the 40 years of sound therapy research that they've done and come up with the basic hum, and doing just like conscious humming, which is a funny, an exercise called primary, that it comes out of yoga and on your Veda and, and I thought, wow, you know, it's so amazing that this is free medicine, you know, really tuned into our own voices, you know?

Yeah. And I think there's that, you know, the nature of humans to innovate. There are all these truths that I'm sharing. But of course, they're either everything that I've shared, a tool there is, you know, an inherent, you know, free access, you know, within all of us, right?

Within nature, within ourselves. You know, the, as you said, the breath, the, our ability to tone and create music, from within, you know, we're getting, you know, inexpensive instruments to, you know, you know, use, I mean, there are sound baths that are often in many communities, those bowls aren't inexpensive, but you can go to a song that experience that, that, I've had some profound shifts in my own, being and also in my patients, you know, just, being in, you know, a community.

So, you know, a field of community and, you know, these different, ranges of sound, and people can have a, you know, really feel like they're, you know, not only in a parasympathetic state, but a relief, clears and facilitates, I think, shifting the, the energy out of their field.

Yeah. Yeah. It's really important, you know, because we share the field and as we do it for ourselves and then it's assisting in others that are in the field.

So this is it has a ripple effect. Yeah. And I think, you know, we think about our individual nature, obviously, especially when we're going through a chronic illness and, another kind of, you know, a strong impression that was made with any, you know, over the last year is, I went to Joe's out, and I was invited to speak, and I'm one of the speakers I was listening to.

He was a are he is a on, Capitol Hill doing a lot of public policy, studying a lot about health. And he was poring over mortality data, and he found that the number one defining factor in his research for health was not access to the most expensive medicine, but was actually community.

And he went through this whole lecture about community. And I feel that especially as we're come out of this, like isolation and this kind of really, you know, this really devastating time for many people that the more that you learn, and the meaning of the, impact of community, but also, as you mentioned, the collective field, it's almost like I feel like especially in our practice, we can't leave that out of the equation anymore.

You know, we do retreats and I've started to do a few, and I feel like it's amazing how fast people shift. Yeah, it's a collective field rather than kind of the one on one time.

And I think that that has to also be, you know, part of this, a new paradigm of medicine, really, really accessing the collective and accessing community not only for each other, but also for healing intent.

You know, for the work of, Len McTaggart and Joe Dispenza and many, you know, ancient traditions or even religion, you know, prayer, you know, like if we get a group of people for positive intent and another, you know, through I think there's many ways to break down what's happening, you know, by physically.

But that I think is a again, I feel like we, we do our patients at the service of we're not sharing that possibility for them if they want to participate.

I couldn't agree more. Yeah. It's a big, I think most people are seeing it, too, you know, having the breakdown of community over the last two and a half years where people are starving or so it feels like.

There's a lot of conscious intent around it right now. Yeah, yeah. How to build the healthy foundation for a field going forward. Rebuilding. Yeah. Yeah.

And it feels like it's it's not even rebuilding because I don't think it was that healthy to begin with. Yeah. You know we were all so busy and like yeah like people are really coming to this place.

No. Like we really want you know and, and I think that's, that's a positive. But yeah. Having all this. Yeah. Creating the new. Yeah. The new community and the new.

Yeah. You know we are now I think there's a huge opportunity. I mean, I think we're in the midst of that transition of the old, you know, falling while working on building the new.

And that can be really jarring. It was scary for a lot of people. But I think as the, you know, you mentioned, I think there's this huge opportunity for really, envisioning a really, a way healthier way to interact with one another.

So why do you think, it's important to combine energy medicine with nature empathic medicine. You know, I as I mentioned, you know, in kind of my conversation.

Right. Earlier, this idea of, you know, matter to matter takes time. And when you change the field, you change matter. I think, you know, I read an, James Cashman's book, Energy Medicine a few times, like, cover to cover.

And there are these, you know, pictures of you know, this idea beyond lock and key. Right? So we learn in the, you know, biochemistry that, you know, hormone just kind of happens to fall in line with the cell receptor and then make, combine and change the shape.

And then a cascade of biochemical reactions help that translate into, you know, an epigenetic phenomenon and then translation of protein. And so that's one way of looking in.

Not to say that doesn't happen, but there's this whole other idea of this coming together of these two molecules through the field of light and sound and electromagnetic interactions.

And that really is the story behind the story of those two, you know, molecules coming together. And again, I think that, this combination not to throw the baby out with the bathwater, I mean, we've learned a lot in biochemistry.

I'm not saying that we shouldn't use or functional medicine or natural medicine or or biochemistry. I think that's all there. And, amazing. But how, you know, these times, you know, people are too sick and, you know, too much is going on.

Like, how do we make that shine even more? And how do we really get the results that we want for, patients? We I think bringing these tools that address, you know, energy medicine, address the field.

I think we just can accelerate and amplify and really, you know, change people because I think, unfortunately, you know, I see those patients are, of course, the change and they get it and they move on and they, you know, have these amazing lives.

And then suddenly they're just walking this tightrope, you know, for like, they're better, but they're just on this tightrope of, you know, still trying to keep everything, you know, perfection is still there.

Exactly. And rigid thought process. Right. You know, and so it's like, I think, you know, and I know exactly.

Community, coherence, and the future of healing

So it's like if we can help them really like unpacking that and really kind of change, you know, on this like deep level, then that's, you know, where I think, you know, it's I think energy medicine is the language of that deep change and a whole other kind of level.

I mean, I think as I study this, I'm like, why? Why am I so resonant with this conversation and continue to want to try to look at it from all these angles.

And I think, it holds the story of that. Our bodies are highly interconnected and we're highly interconnected, and that there's this invisible field, whatever anybody wants to call it, whether they call it, the unified field, the force, the, you know, whatever it is.

But there is the sea of intelligence, and we all have access to that. We have to be awake to why we have to be observant of in order to connect with others.

And so I think, the more that, you know, we just kind of look at this interconnection and this like, you know, we have okay, from deep inside the nucleus, our DNA, but from that's the microscopic to the macroscopic and we're this continuum.

I think the more that we bring that conversation is, I think that's really the insights and the inspiration and the deep wisdom comes from, I'll tell you the that where I'm working at in that mystical world right now is, one day I was coming out of meditation recently, and though the words it Doesn't Have to be so complicated came up and and it was, you know, established a joy.

There is no such thing as, you know, like the defect in the template is the idea of original sin, and that most of us living in this culture, whether we are religious or not, actually somehow think of ourselves as broken, unworthy.

We have to earn. We have to work hard, right, in order to. If we get all our chores done, then we can play and have happiness and joy and the toys are never ending.

And so that idea of, you know, that was given to me of just like the concept of original sin is a defect in the template. And I went, oh my gosh, look, they that that's it.

Right? You, you remove that idea that you are perfection just as you are. The disease is teacher. It is perfection to it is love. It's you know, like I've been I'm recovering from Covid right now and I've been resting in it as an act of love, where a teaching that is meant for me and, you know, and that's a very different experience from, oh my gosh, what did I do wrong?

How did I get this? You know, like it's not rigid at all, you know. And so then everything can be soft and it can move, it can be more fluid, you know.

And so I think that it's a it's a very interesting, space to go deep into, like the template of our society, what it's built off of, you know, so yeah, we're somehow broken right now.

I think that's so messed up. Yeah. It's, it's it's such an important insight. And, you know, my daughter just turned four, so she's still like, in that magical space and, you know, like, you know, I ask her, you know, she, you know, she sees me meditate sometimes and she's like, telling me, mom, I want to meditate.

And just, like, unprompted, I'm like, Emery, what? What's meditation? And she just says, opening your heart. And I'm like, I don't know where that came from. I know, you know, but, you know, so it's just like.

But it's just that, that innocence that we have. We stuff you where there's a joy, there's playfulness, there's. So she's a very happy child. And so, you know, I think we, we most of us got well in start off in life in that way, you know, and then life hardens us to these, you know, these ideas, you know, you have to work hard before you get the camera right, or you got to right before you retire, and then you can enjoy your life, you know, like, so how do we really?

I do everything right then. And then I'll have this outcome, which is often in the functional medicine world where I see people going off the trail. You know, I'm I'm doing everything right.

How come I'm not getting the outcome I want, you know, and it's that it's a, it's actually that that rigidity around doing everything right that's causing the problem.

Yeah. Yeah yeah. I totally, totally wouldn't be like. And how do you, share that won't be in like, people are, you know, not until they're ready to hear that and that's their.

Yeah. Yeah. You know, so I yeah, I mean, I feel like our physical bodies are just this amazing gift and this barometer though for the, our, our spiritual path at the end of the day, you know, and so I think it's, you know, how do we, really embrace like, what if this was, you know, joyful and loving and, you know, we we prioritize herself, not from a, you know, a selfish point in the sense of that, you know, or feeling like undeserving, but like, we cannot give unless via a compass full.

I mean, that saying, I think it's very, very true. And I think we all have times in our life where, you know, if we're not embracing that, you know, the universe will remind us of that lesson.

And, you know, have cap and and the rest of the time is, there's a new layer, you know, really, totally. Well, thank you so much for spending the time here and sharing even a little bit of your wisdom. Like, I always enjoy hearing what you're up to and what your latest insights are.

Oh, thank you that the feeling is mutual. I always love learning from you and I'm so grateful to be on your summit. So thank you so much. All right everybody, until next time, be well.