Body Connections: Using Energy While Cleansing For Support Transcript

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Introduction and Guest Background

Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel. And my guest today is Rachelle Dardanelle. She's the CEO and founder and practitioner.

Our topic today is body connections using energy while cleansing for support. She championed self-healing through self-love. Her unique coaching style inspires, empowers, and provides the tools you need to reconnect to your healing potential.

Her 20 years of experience in clinical and genetic diagnostics industry, as well as holistic studies since 2010, provides her a fountain and wealth of knowledge.

Rachel utilizes innovative technologies and superior nutritional support to naturally increase the quality of life, enjoying and employing small changes over time.

Rachel teaches healthier habits so that you can access your unique well-being and vitality above all. Rachel guides you to reestablish trust in your body, your intuition, and your limitless freedom.

Welcome aboard Rachel. Thank you. Greg. I'm so glad to be here. I love this topic. Body connections, using energy while cleansing for support. And this component you've had quite a journey.

And I want to know, because you are one of the top practitioners in bioenergetics that I have come across. And what got you interested in bio energetic wellness?

Well, it didn't happen because I was seeking it out. It happened because I had a pain, you know, an issue with my health. And, through some holistic measures that I took to help alleviate that on the surface weight problem, couldn't remember things.

Had a hard time sleeping, overly stressed. And let's talk about digestion. Nobody wants to talk about that.

Rachelle's Health Journey Into Bioenergetics

I found that there was these subtle other, emotional connections with my health issues. And so through holistic practices, I found my way to bioenergetics.

And it was a game changer for me, like, completely shifted my whole entire life in a way that I feel more authentic, free or full of energy. And I wanted to share that.

I wanted to share what I have learned with others now. So in that journey. So were you just not finding kind of the biochemical, physiological realm, like, I'm assuming you were just not getting results there?

Right. So back in, this was 50 over 15 years ago that I was in the medical industry, and I taught physicians about clinical diagnostic tests, working for the big ones like quest and LabCorp and discovered, you know, a lot of my friends were doctors, and I had all of these little issues, and I wouldn't say little.

They were disturbing my life, and I thought I had to live with them. So things like allergies, I didn't dare go outside without any antihistamine. I popped them every morning.

It was part of my routine, and that had been going on since childhood. I had eczema all down the front of my body where I would itch and I would. When I first got into holistic, before I got into holistic, I was the director of Blood Source, which is a blood bank.

And I remember having my staff and I was doing this meeting, and all I could think about was, how can I nonchalantly point to something so that I could itch without it being, obvious?

Right. I couldn't stay focused on things, and these were things that I thought I had to live with. And I'm like, I'm 33 years old. Is this really as good as it gets?

Because I was falling apart even though everything on the outside looked okay, there was these underlying issues that I was keeping secret. And so as I started going through, some holistic cleanses, other things, emotional things started coming up and I didn't quite know what to do with them or who to talk to about them.

And that's when I found Masshealth and Bioenergetics. That's when I started looking at floating and exploring my internal world of the experiences through my life and how I'd made meaning out of things and started to acknowledge parts of me that I was suppressing.

That are contributing to that. And so bioenergetics really helps me to see parts of me and give me the strength to address, change, accept and live more authentically and enjoy.

Which doesn't mean isn't that what we all want? That's really beautiful. So you took basically your own health journey and and asked that question to arrive at that, because a lot of people faced with those similar symptoms and situations would be on, you know, multiple medications and side effects to their medications and really miserable.

So the unique process of you, turning it into this and really discovering kind of a whole new pattern to life, well, and. Right. And I think knowing what was going on in the medical community or the laboratory industry at least, is that it only gave you a window.

And then they suppressed with some medications. I'm not saying, there aren't some needs for that. There's definitely some need. But for my self, I was looking for what's causing all of this.

Why do I feel this way? What is. What is it that my body's not able to handle? And so when I started doing cleanses and when I started having dreams or, epiphanies or things started coming up for me as I was doing those cleanses, I was able to utilize bioenergetics, utilize floating and meditation and learning more about myself and what actually gave me joy.

And it became, very curious, what's next? What's next, what's next? And it's, funny, when you open up to what's next, what's next shows up interesting.

Yeah. So on that front in the bioenergetics realm, because again, this is a whole summit on bioenergetics. And what I'm discovering is that means a lot of different things to a lot of different people.

For you, what when you say bioenergetics, what where what's that mean?

Defining Bioenergetics and Conscious Choice

So for me it's all about vibration and frequencies. It's all about feelings and emotions first, and how we can go from a space of reaction to a space of response.

So it's actually a level of how do I control my urges, my addictions, my, things that are harming me. But I'm seeking comfort and I'm not maybe even aware of it.

And how do I make more conscious decisions about how I eat, how I sleep, who I spend time with, how I choose to spend my money or not? So these are applicable for, what everyday life things that we need to choose or get to choose.

But how do I do that out of again, consciousness versus being unconscious and just doing patterns? So for me,

bioenergetics is an access to ourselves at that subconscious level and allowing ourselves to recognize a pattern and decide and choose, oh, there it is again.

There's that pattern. I can choose to go along with the power. I can choose to actually live what I really desired. Love it. So in that vein, on that support, right?

We're living in this ever increasing toxic world and we've got depression, anxiety on the rise. How do you support people in their well-being on that journey, on their programs and on their self-discovery?

Because this is a it's a huge component. Like you're the way that you describe the energetics is, is really, you know, really profound. And so I want to follow in on that vein there.

Sure. So what I do is I start where the person is. So it depends. For some people it's more emotional. They're much more, empathic or feel other people's emotions or, or in a state of anxiety or stress or depression, and that needs to be addressed or helped to support so that there's stability.

Other people are having more physical health issues, aches and pains, inflammation, an actual chronic, disease state, I would say, that need more support for the drainage passageways of the physical vessel, our temple, our bodies to help support clearing that out.

So bioenergetics supports no matter where you're at, and it's usually one or the other. A person needs enough energy to do detox work and cleansing, and when they get their energy level up and their drainage passageways open, then they can do more detox work on the physical body.

So I'm always looking from those two containers of is the energy and flow there. And, are they ready for detox and cleansing? And then I'm looking through a container.

It's a three legged stool for me, it's emotions, and state of being. It's whether or not their body actually has physical toxins and or environmental toxins, and then are they absorbing their nutrients?

Supporting Detox, Emotions, and Cleansing

And I'm looking through that. Okay. Where do we start? What needs what's the priority. So that's where the bioenergetics helps and supports all of it I love it.

Yeah. It gives that foundational extra, external in the field support that then allows in the manifestation in the matter. The component of the body connections.

Then I want to bring it back to our title here on that bioenergetics support in the cleanse. You you talk a lot about emotions and dreams and memories as a, as a big piece of the work that you're working with folks.

So we speaking of that, right. It sounds a little woo woo, but it's really about being human. And we dream. We are meant to have our brains serve us in a way to help us solve problems and be creative.

And I think as a whole, humans have gotten into this fear and fear. And so our brains are running that show out of fear. So when people are going through cleanses, we have to start with where we have to start, which is usually the colon.

And it's there's so many nerve endings or autonomic nervous system is in our colon and, and wrapped around our digestive system. We suppress emotions.

We hold on to emotions. We hold on to anger. And so I'm looking at how to when we're opening that up and helping drainage to go and operate efficiently or rebalancing the digestive track.

Emotions and things come up and it's sometimes we'll surprise people if we don't have those conversations. If I'm

doing a liver cleanse, for example, liver and Chinese medicine and bile and bioenergetics system, we're looking at rage.

We're looking at upset, we're looking at anger. How do we healthfully express those again, coming from not a container of reaction, but a container of response, like we all have these emotions.

So that's one giving permission that these are things that might happen when you're going through a cleanse, when you're going through a certain aspect of, a rebuild of cleaning your house.

And sometimes and I use this example, Greg, I use like a everybody's done spring cleaning with their house home. Right. And so sometimes we'll go to that closet and we'll start clearing out things from the closet.

And the house gets a little messier, especially we get the Tupperware. I'll match all the lids up. And, you know, it gets messier before it gets cleaner, but then it feels so good once it's all straightened away and cleaned and get rid of all the trash your body's the same way.

It picks up and stores it away. Tucks it away. Same with toxins, motions. Memories don't come out so we can deal with them and then sweep them away. Or keep the ones that you need become friends with them.

And I always, talk about when we're going through cleanses and we're going through these potential emotional state, I want to talk about them and help people to become aware, because so many people, they'll start a cleanse because their friend did it, or they'll start bioenergetics because somebody you know in their family has tried it and they like what they got without the expectation of like, yes, it's work.

It's deep work. It can be fun. If you come from curiosity and awareness. It is it can be fun, right? These emotions, though, we somehow along the line there are agreeable and non agreeable or good versus bad.

What do you where did that come from? I mean because there are some that are more unpleasant, more potent to experience. So how do you navigate that? Because you're doing some deep cleansing work with folks.

So you're seeing it all come up. Absolutely. And it's again, a curiosity. We I teach from a space of curiosity, acceptance and awareness of response versus reaction and then teaching tools of proper reaction.

If you react, clean it up. Notice that that's a pattern. And then how do we how do we respond? If I'm feeling angry, how would I express anger? It's different for different people.

But we'll talk about yelling at the water, using water, giving it to the earth. We'll talk about drumming or finding some creative outlet that's usually with a pattern, usually something that you love to do as a child or some people.

It's yelling or screaming or writing other people. For me, when I was going through anger, like really that I. I love the sound of a rock hitting a wooden fence like so I would throw rocks on a wooden fence and I was just right.

I mean, and then there was this pattern on the fence of all my marks, and I'm like, that's beautiful. Yeah, it's created something. And I felt so much better.

And I don't know if I would have felt that way had I not had that. The scans and the awareness to like, I'm going to go do this, but it's intentional and I'm just going to let it all out.

But it's healthy so that I don't discharge on the people that I love, because that upset, it builds up, builds up. We suppress for so long. Then all of a sudden blast, we've all done it.

We've done it probably to our kids and to our spouse. And we don't want to talk about it, but we know it's there. And that's the kind of things that I work with.

Tools for Emotional Release and Healing

It's like when that comes up or if that's a pattern for me, it wasn't so much rage, it was sadness. Like I would just go and cry and crying feels good.

Sometimes. So I think it's great. It goes down to giving people permission to have the feelings, all of the feelings, but to do it in a healthy way and define which way that is for them so that they feel freer.

Yeah, yeah, I like that concept of, you know, there's a lot of, safety in the boundaries with working with somebody through this, right? Because I think oftentimes what I hear from folks is around like, oh, I don't want to start crying or tap into that sadness or greed because, like, well, what if it doesn't stop?

Like there's this abyss of emotion because I haven't dealt with it my whole life and never giving myself permission to go there. What are some of the tools and habits that you know you shared the component of for you, the the rock on the fence?

And, you know, for me, I was I played hockey growing up, I used it my mom used to laugh at me. I'd go out back and just bang a hockey puck against a wall over and over again, like I was practicing my shot, but clearly working something out.

Right? So there's this component. I think it's good to know what those things are, but if you've never been taught or have been given permission or, you know, it's like some of these things, like around grief, sadness, anger, they're uncomfortable because they're very potent.

And there's not really societal or community wide ways of dealing with it. Right? Absolutely. We we tend to put Band-Aids even when we self-medicate with other things alcohol, smoking, doing bad behaviors, overworking.

These are all things that, you know, our go to we put our self worth or our self value and how much money we make when we work with work, you know. So some of the things your question is, some of the things that I do are relatively unconventional.

So I do sweat lodges. I go and make sure that I'm chanting and singing. That helps me. I have learned that gargle baths, so I've learned to gong using the sound bowls and the tuning forks.

So for me, it's very experiential. I need to feel it and I need to move with it would allow my body to really get limber and and the flow of things. And for me, I'm very curious about indigenous cultures and what they were doing.

So for me, community really matters. Learning, facilitating. Thomas Scull and we just met lodges now and learning, Navajo and different traditions of how to honor the sacredness of life and of what it means to be human and part of the ecosystem of this this world, in this universe.

And it helps me to ground and feel connected. For others, it's music. For others, it might be something different. So I don't project my experiences. I make offerings of.

Let's get curious how many different ways to meditate. So let's figure out which one works for you. How many different ways is there for expression music?

Let's figure out which ones for you. I think that component that really resonates is that that sacredness of life, bringing that thought back of that conscious isness of I, it's pretty freaking amazing.

Like the bodies, our world, our universe, and bringing that curiosity in and and walk in with that honor of it's a miracle to be alive. You know, you really that that concept is just really reverberating for me.

In our talk here, what other kind of tools or rituals do you use with clients? Around supporting that or really fostering that, that seed of that. Right.

So coaching I think is really important depending on where they're at. We also use a lot of technology and tools and

steam saunas and things to help with that detoxification process of opening up the five different channels of elimination.

I'm a huge fan of breathwork and MDMA to bring forward and and discover patterns. The again, all vibration. Those are all vibrational tools and then assign them ceuticals.

We use PMF pulsed electromagnetic frequencies again to help the body to bring those forward and to release. Yeah. And then it could be just as simple as I was experimenting with hot and cold.

So again, it just depends on that person and what they're going through. Yeah I love hot cold treatments and love meditation and Kundalini yoga, but there's other types.

I definitely incorporate writing and manifesting your ideal dream. What do you want? It's easier for us to say what we don't want. And neural pathways in the brain, they they need to be rewired.

And that takes effort. That takes establishing new pattern, especially if your brain's looking for danger. Is just trained for that, looking for sadness, or looking for confirmation that you're not worthy.

It's going to find it. A lot of times we'll just start out with, but ending your day with gratitude. Like name three things that day you're grateful for and like.

Feel it into your heart and express it and see how that opens up. And just tuning in to the subtleties, even if it's just for a minute or two. But making that a habit. Awesome.

What what's the single most important aspect of longevity when you're working with clients and for you, kindness and love. Obviously top, top of my list.

And self-expression.

Longevity, Community, and Safe Vulnerability

And I think it's really important to be part of a community and to let other people in and to talk about what's going on in our life, and then to actively seek out support so that we feel connected and our vulnerability is our strength.

And so generally, what I would say is whatever we're hiding is where our edges, and that's where the discussions need to happen. And in a safe container with people that you can trust.

Okay. So let's let's talk about that because this is like this is the work of the day. Right. So that component of what we're hiding. So those are the things that that we're talking we're thinking we're having that internal dialog in our brain.

But we're not sharing it with anyone in our life. Right. That's the piece that is taking up a lot of bandwidth, a lot of energy. And we're afraid to share because of a lot of different things.

Right? Right. So so how do you set that up for somebody? Because that that component of past traumas and the vulnerability is very hard for folks especially.

We've got a really kind of dichotomous world happening, multiple fronts. So it's finding that that community. So one, it's getting real with yourself too.

It's how do you create that space. And then three, how do you grow it. Because, you know, I think a lot of us have had maybe not the best experiences in communities, whether it's where like our family, our, our nuclear, family, our origination, you know, where we grew up, maybe you know, certain things.

So I want you to talk into that. Yeah, I, I really believe there's one on one work for most people to do first. And we

jump into communities and and there's some that are more introverted, some they're more extroverted.

They want to be out there. They want to be talking, but it's actually more about the listening. And so one on one work, coaching, doing a cleansing program, a pretty extensive one.

I'm not talking usually about the 30 day or the one week fast. I'm talking about, you know, going and being unplugged for a little bit and or doing a longer cleanse to address some of those health issues.

And see what comes up and work one on one, so that you can bring those up in a safer container of, of starting. You got, you know, you got to put on your training wheels before you go run a race.

You go, yes, learn to ride the bike first. So, in a safe container with one on, one with a trusted someone who knows how to hold that space for you. And so that you can learn to hold it for yourself.

Now, I can go into community in a more powerful way, where I'm also holding container for other people. And you can handle that a little bit better with that self-awareness.

Both are really very important. Indigenous cultures taught this to their children. They taught them survival skill. They taught them, you know, how to cope with emotions and and sit in a circle and then talk about it.

We a lot of us, we don't talk about we're not taught that even now. We're so tuned out. We get on our phones, we unplug on TV, we distract ourselves. There's so much distraction that were uncomfortable with the quiet.

And so that's where again, I where I work with that space of like, how do we learn to love ourselves and be comfortable with just us and just quiet? Yeah.

Rochelle, thank you so much for the work that you're doing. Wondering if there's any last parting words of a way to put people into action.

Getting Started With a Bioenergetic Path

I like to end the interviews on the bioenergetics summit with, with a, with a root in like, how do we get started on that path? Yeah, yeah, I mean, I, I really found profound information with the nest scan, just doing a nest scan because it will help guide you with what you're ready for now and start that dialog of conversation and just start to understand the different systems in your body and how they're interrelated.

And then go from there depending on if you need a drainage and energy or if you need detox work. And so and I would say overall, if you're just doing that, just get curious and open to what you don't see is it's probably more important than the things you do.

Well, thank you so much for coming on to the bioenergetics summit. Absolutely. Thanks for having me.