Breathe Healing Into Your Energy Body Transcript

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Summit Introduction and Guest Welcome

Welcome back to the reverse Autoimmune Disease Summit 5.0, everybody. This is the fifth iteration of the reverse autoimmune disease series. And we're talking about healing the energy body in this one.

And of course sometimes people when they think energy body they think this is just going to be about energy healing. But the thing that, you know, I put the word just in front of that and they sort of narrow their focus.

But remember, everything is energy. And so as we approach this subject, if you can, I'm just going to invite you to drop into that space that in your energy, the world you're living in is energy.

Your thoughts are energy. Your body is energy. Everything is energy. And so when we're healing that energy, body, it means everything. So my guest today is a beautiful example of this.

And she's going to talk about breathing into your energy body. Her name is Jane Hogan. She's the wellness engineer and blends science and spirituality to help people release chronic pain using the mind, the body, and the breath so that they become empowered creators of their own health.

Her personal experience of reversing crippling rheumatoid arthritis using natural solution has inspired her to leave a 30 year engineer career and become a functional medicine certified health coach, a certified yoga teacher, and a wellness educator, she combines ancient wisdom with leading edge science and Jane's Wellness by Design blueprint, and has helped hundreds of people release chronic pain naturally.

She's also the host of the Wellness by Design podcast. In her empowering message has been featured on numerous podcasts and summits. Welcome Jane. Oh, thank you so much for having me.

I'm truly honored to be part of this summit. Yeah. This is, I, I've been interviewed by you, interviewed you, and, you know, you are our little paths have gone along here when we talk about reversing rheumatoid arthritis, you know, and the the autoimmune, hero's journey call to action.

Right. I I'd love to for you to tell your own story about that and what it taught you, how you showed up to that call on the hero's journey? I didn't know it was a hero's journey when I started.

Right? It's like, oh, darn. What is this? Yeah. We don't usually realize it until after it's done. Yeah. Well, yeah, I was I had just turned 50, I had had a really stressful year.

And I was like, you know, in my engineering career, doing my thing, looking forward to retirement. The freedom years were coming up. But after this stressful year, I suddenly get it started, getting this joint pain that would just migrate all over my body.

You know, I felt like I was a crazy woman.

Jane Hogan's Autoimmune Healing Journey

One day it was in, you know, my right shoulder, and the next day it was in my left elbow and my feet and my knees and my jaw and my hands and all over the place.

So I, I knew I was just sort of coming up to the end of this stressful year. And so I thought, okay, I just need a vacation. It's all going to stop. But when I got to my vacation, I actually got worse.

And within about three months, I went from being a strong, healthy, vibrant 50 year old woman. Thinking 5050 was

fabulous to being nearly disabled with the pain and I just remember being curled up like in a ball in pain, just like really afraid for my future and feeling like I was letting everybody down.

I felt embarrassed because I was also had been strong and healthy and athletic my whole life. I just didn't know what was going on. And I, I did have this little moment where I felt like I got it down low.

Foo, you're going to figure this out and you're going to tell other people how to do it. And so I didn't know how I was going to figure it out, but I had a Doctor Who stop you right there.

Okay. Yeah. Because that part right there, I think we need to pause. And really have you emphasize that, that this, this higher self, this intuitive part.

Right. That speaks to us. Yeah. That is on the hero's journey, right? Where you get you get the call, you accept the call and then mentors show up and there's this, right.

There's this part that tells you it's going to be okay if you'll listen. And I love that you listen. Thank you for stopping me there, because it really was a call.

In fact, I it's like I heard a voice saying, your life is not meant to turn out like this. There's more for you to do. And like maybe all of us feel this, that there's we have a feeling that there's something we're supposed to do.

And I knew that if I was crippled up in pain, I wasn't going to be able to do anything. And so I had to figure it out, and I'd say it was maybe just a few days later, my family doctor.

Okay, so this is, you know, this is the things that started showing up. My family doctor, who is a conventional doctor, said, sometimes joint pain is caused by foods that you eat, you know, gluten, dairy, sugar. And I was like, what?

Thought it was crazy, but I was in so much pain and we didn't know what it was. And so I just started with food. I just cut them out cold turkey. And I had an immediate relief.

And so I thought, oh, it's all about food. Okay. All I got to do is get the food right. And you know, I that took me so far. And then I figured out there was more stuff that, you know, I plateau.

I'm actually interrupting you again. Sorry. Okay. Yes. I keep on keep interrupting. I don't mind it. It's that it's the key word that I want to kind of land on and have people track is I'll get it right.

Right. That's the engineering mind. And it's the way that a lot of our, our mentality is in our culture is we're looking for the formula. All right. I figured out the formula.

I'm going to do it right. I'm going to get it right. And then when that doesn't work out, we feel frustrated and angry and even a little betrayed because it worked for a minute and then it didn't.

And so I just want to point to that, because I know a lot of people that are watching us right now, that experience, I certainly have, you know, where the figure out or, or part of us lands on something and says, all right, we've got the answer.

And then it goes away like a dandelion on the wind. Right? Yeah, yeah. And that was my engineering mind. Right. Is very analytical. Okay. All right. Let's do this.

And I literally would graph and chart things, you know, like oh, pain levels versus sleep versus weight versus, you know, all of these things. And you know that's not it's not a bad thing, but it it wasn't the whole picture.

It wasn't the whole picture. And I began to realize I'll kind of, fast forward a little bit because it did take me at least another year or two to figure out, oh, wait a minute.

Emotions. Not things I've been. I mean, I knew it was important to have a vision. I had a vision right from the beginning. I was like, every day, okay, vision myself, doing all these things when I was healthy.

But I didn't realize that the stress that I had in that last year, my mother had died suddenly. I was very close to her. It wasn't just that it was a whole lifetime and I had had some.

We all have trauma in our lives. I had more lowercase trauma, I would say, although to a little child it was probably upper case trauma. It absolutely is.

It's track this uppercase T for people, but because we don't have a reference point, your worst trauma is your worst trauma. Exactly. So so I realized that that that conditions in the trauma that I had had when I was really little was really like an underlying current of how I believed about myself my whole life.

And so I this became apparent to me. And so I had to really rework how I thought about myself. I didn't have to go in the past. I didn't have to blame anyone.

It was not wasn't about that. It was just setting myself free from those thoughts. And that was really the you know what really help that was. And I know now that's that's really where everything starts.

So, so that was a beautiful part of my journey. And actually, like, I believe that the pain, the the illness and these things that come into our life to try us really are leading us to a better place and, much more, open to our gifts and able to express ourselves as, as, as we were meant to be expressed in this lifetime.

So I'm so thankful for it all. Now, that's so beautiful. Thank you so much for being patient with me. And, like, tracking your story for people you know, you and I have both heard stories from so many different people of their own experiences with autoimmunity.

And there are some themes that come forward. And one of them is that overwhelm when you're first diagnosed and I want my body back, right? Instead of looking for word of, oh, maybe I can get a better version of who I am all together as a unit rather than just body centric.

And then the the quest for the formula, right? The quest for the system that will work for me and and clinging and attaching to that as if it will never change once you find it.

And so that Holy Grail, of course, is very elusive because we're always changing. So I, I really appreciate listening to your story and having people dive into their, and, and see where they're at with that.

I think it's hard for people to see when they're in the midst of it. You know, that. Could this be a gift? Could this be calling me to an even better version of me than I was?

It's hard to see that when you're in it. All you want to do is get out of pain. Yeah, but I hope that people get inspired by the way you talk about it, the way I talk about it, and many other people as well, that this can actually be a transformation for you to be and empower you like to really be the creator of your life because as much as we may not like it, we created it, we created what we had.

But we can also create whatever we want. And that's that's where I talk about the, you know, the leading edge science and quantum physics and how we know through that that we are the creators of our of our life.

You know, you spoke about you used to be athletic before your IRA diagnosis. I was two I ran marathons, I was very athletic and and I think of myself now at 57, as much stronger than the woman who was running marathons in her 20s and 30s.

And it's on a different level.

Energy, Quantum Science, and the Observer Effect

It's like this post-traumatic growth of going through this journey brings strength to the emotions, the mind, the spirit and the body. So it's a more well-rounded strength to to have better resilience for life itself rather than just a physical strength.

So I, I just love that. And I would love to hear you just mentioned quantum science and what, you know, your, view is on quantum science and how it intersects with what we know about the energy body.

Well, you started off by saying everything is energy. And that's one thing we know from quantum science. Not that I'm, I do not have like a master's degree or degree even in quantum science, just from what I've read, from people who are explaining it in a way that we can understand because it's very different.

I did a lot of physics courses, but quantum physics is very different than the Newtonian physics. And it's not that Newtonian physics is wrong, it's just on us.

On our scale it works. But when we look at a different scale, it doesn't work. It doesn't work at the very tiny scale and doesn't work at a really big scale.

But the way I see it, what quantum science tells us is that everything is energy. And they know this once they, once they invented the the electron microscope and they could say, okay, let's finally zoom right in on this tiniest particle and what is it?

And they found out that, well, it's mostly energy, like 99.999999% energy and very, very little matter. They also found that depending on what the observer was looking for.

So the scientist who was looking through the microscope, depending on whether what they were looking for, if they said, okay, let's set it up and do the test and we'll look and see if it's energy.

It was energy if they set it up and did the test to say, let's see if it's matter. It showed as matter. So in other words, the observer effects how this shows up.

So translating that into our everyday life, our attention what we what we expect to perceive manifests as physical matter. Even though it's it's still all energy.

It manifests as physical matter. So it really puts us in a position where we can create and change physical matter. And sounds kind of wild. It is. It is kind of wild. But, but it's true.

If you think about even our physical bodies, we, you know, we are really energy, but we're those cells are constantly turning, turning, turning over, replacing all the time.

And epigenetics, the science of epigenetics tells us that we can change the environment and the environment includes the physical environment, but it also includes our thoughts and feelings and so on.

We can change that environment, and then we can change the expression of the cells in the DNA. And so it creates cells in, in a different kind of environment, in a, in a positive and loving kind of environment, we're going to create different cells.

And in a fearful, and negative kind of environment. So we truly we are in control of the environment. So it just puts us in a really beautiful position to be literally the creators of our own life and our physical body.

If anyone wants to see, I mean, there is a quantum physicist, and he's also an MD who has brought these concepts together in a beautiful book called Bio Centric Design by Robert Lanza.

And he showed some of the studies and you know what Jane is describing in quantum physics, if you look at a screen in one of the studies and light lasers pointed on the screen, it's it represents like the millions of probabilities that exist and as soon as the observer in the room puts their focus on one point, the rest of them disappear.

So, I mean, it's just powerful to realize that wherever we put our attention, everything all other probabilities disappear and that one becomes our reality.

So, you know, this bio centrism is what he calls it. And it's really remarkable to witness that, because it's what eastern philosophy would think thousands of years ago.

You know, we're catching up so that that is so true, Keesha, that this is these principles have been around for thousands of years in ancient spiritual texts and practices and Christ.

But lions have proven it right. Yeah. Christ said, if you had the faith that's in a mustard seed, right. So you could move mountains. And so it's it's like all of the spiritual teachers throughout time have have said this to us, have taught it to us.

And, you know, the idea of walking on water, healing the blind, healing the sick, it's just like, here we go. This is this is what quantum science says is actually possible.

So if we just put our focus and you have to catch it right in the very beginning, you can't change your mind after you. So it's it's a practice. And I, you know, whenever I teach classes about this, I always say, this is a you can't take your eye off the ball kind of a situation.

It's not a passive observer of this is just the way I perceive or it's just my personality. This is a this is a practice that is pretty intense. But keep your your eye on the ball of your own mind and where it goes, because it's dissolving millions of other probabilities.

Yeah. And that is challenging when people are in pain, when they are focused on that, it's, you know, I'm not, disregarding that that reality of it's hard when you are in physical pain and that's calling your attention, right?

If you want to get out of it, you you can't focus on it because as you said, we're pinpointing we're focusing retargeting on that. And then we'll just keep creating more of it.

So that's, that's to one of the avenues for doing that is through the breath. So how does the breath connect this energy system and our thoughts and our body.

Well I mean the breath is life in the body and I believe is spirit in the body as well. When once we take our last breath as spirits, no longer there in the body, but we the, the breath connects the body and the mind together and spirit, of course, if it is spirit itself with the breath and we focus on the breath, we can our mind can stop like, wandering off like it does in the past or the future.

It's just in the here and now. We can we we we can focus on our body and where we're feeling the breath in the body. And we can also, through the breath, just help our body be more powerful, because every single cell depends on us breathing properly so that it can do all of its work.

Breathwork, Energy Flow, and Chakra Flossing

All of the systems in our body require the breath to help with, getting rid of toxins and the and the respiration from every single cell in all of the systems.

So it's, it's sort of very it's physical, but it's also mental and emotional. And it's the fastest way to get out of that stress state and get into the parasympathetic state, which is a beautiful rest, digest, repair state.

It's the only state where our body can heal. So it's imperative really that we get into that state. Can you lead us through a an exercise for this? I love to I mean, there's so many beautiful breathwork practices that, have been around for thousands and thousands of years.

Some there's beautiful ones where you can focus on your heart. And I think if anyone just wants to just, like, slow

down and focus on the breath, that in itself is beautiful.

But if you want to kind of go a little step further, and, you and I were talking, Kisha, before we started, and, and I want to really wanted to talk about the energy because we are an energy body and energy flows through us.

So we can use the breath to focus our attention on that. And when we focus our attention on that, we will have more energy flowing through us, getting that energetic body really well energized.

And, so I that's the breath I'd like to do, if that's okay with you. Absolutely. Okay. All right. So to do this breath, obviously if you are driving you may not want to do this.

So pull over or do it another time. But if you're not driving and you're ready, you can just sit comfortably in the chair. You can even be lying down and just have your feet resting on the floor and the hands.

You can rest them on your lap, palms down, palms up, whichever feels good for you. Close down your eyes and roll the shoulder blades down and back, and I like to tuck the pelvis a little bit so that we can imagine an elevator shaft.

An elevator shaft that's sort of like parallel to our spine. And I like to start with an exhale. So try to do all of this if you can, breathing in and out through the nose.

So start by exhaling pulling the belly back in towards the spine as you exhale. And now inhale bring the air down and into the belly pushing that belly button out again.

And we'll just do a few breaths like that. So exhale pulling the belly back in. Inhale draw the air into the valley in. Exhale. Inhale. Draw the air into the belly.

And now I want you to use your imagination. And imagine as you exhale your exhale in below the seat. And if you're sitting in a chair, you can even imagine exhaling through the legs and down through the earth to about two feet below you.

And now inhale and reverse that again. Inhale up through the legs or through the root into the belly. And mama me exhale I want you to imagine that you've got an elevator shaft that goes all the way up through.

So through the middle of your belly, through your heart, through your throat, through the middle of your head and out through the top of your head. And exhale out like a whale spout above the top of your head.

And now inhale from above the head into the middle of your head, the crown middle of your brain, down through the throat, down through the beautiful heart, through the solar plexus area.

And fill up the belly. And we'll exhale again down into the earth. We're pulling up that energy as we inhale up from the earth into the belly. Exhale.

Let's go up that elevator shaft again as we go through the solar plexus, the heart, the throat, the middle of the brain. Out through the top of the head.

And then inhale again through the top of the head. Middle of the brain. The throat is a beautiful heart. This long as listening to. And let's just relax now and open the eyes.

So that's a beautiful, like, circuit building, very energizing type of breath. You can do. You can do it anytime. You can even do it with your eyes open.

You can do it while you're walking. Imagine that you're pulling the energy up from the earth. And it's just a really great way to focus your attention on the energy.

And as we talked about when you focus your attention on something, it expands. So we're expanding and generating more energy. So I wonder, Kisha, do you feel like you have a bit more energy after doing that breath?

Yeah, I do this one all the time and I call it energetic flossing. I love that that's a great image of a as you're doing this flossing of your channel.

Yeah, that inner core channel. It's really important to have open and unblocked and you know, your heart is the crucible or the alchemic center of energy from the cosmos.

Energy from the earth meets in the heart. That's your connection to the divine. And so flossing is really important for hygiene, for your energy system, just like it is for your teeth.

Yeah. And I didn't talk about the chakras ahead of time. But of course, one thing we're doing as we're doing this flossing is moving through and energizing each of those chakras.

And and actually, if you know about the chakras, you could even like think about the chakras, like as if you're going through each of them as your as you're doing this flossing.

And an interesting thing to do is notice, is there one that you skipped over, like did you do you realize, oh, I got to the belly and I never thought about the solar plexus.

And that kind of lets you know where you probably need to give it a little bit more attention. Right? So it's it's so interesting seeing this whole study of the chakras and what they mean and how they, they may be calling you to give them a bit more attention.

So that's just something to think about. Notice if you're missing any consistently like maybe you missed the throat.

Healthy Breathing Patterns and Breath for Pain Relief

And so maybe you need to go back and really concentrate. And you can even take any of the chakras and just imagine that flossing like you could imagine, like the flossing through your throat chakra or flossing through that, the your third eye tracker, which is actually in the middle of your head. Right.

So flossing to that. So it's, there's so many fun things you can do with the breath. Beautiful. Thank you so much, Jane. So we we also, you know, when we're not energetically flossing or, or in conscious breathing patterns like pranayama, we there are healthier breaths patterns than not like breathing with your mouth open is not a healthy way of breathing.

So what about outside of that focus? Breathwork? How how are we supposed to breathe? I know it sounds funny. Like why we're breathing anyway. Like, why do we have to change anything?

But we've most of us have gotten into dysfunctional breathing. Like, for example, more mouth breathing or more chest breathing or breathe. Just taking in too much oxygen and more oxygen than we need for our metabolic needs.

So it just takes a little bit of awareness. So first of all, notice if you, you know, if you're are you breathing with your mouth open. Now obviously when we're talking a lot we have to breathe through our mouth.

It's just the way it is. But when you're not talking notice, are you breathing through your nose or reading through the mouth and just consciously close the mouth and switch the breath to the nose?

If you are a habitual mouth breather, then you may find why can't just can't get enough air in through my nose. So you can do this a little exercise. We have time for me to show this to.

Yep. Okay, so you can, help unblock the nose. So basically, the more we breathe through the nose, the bigger our

airways will get. And when we get into habitual mouth breathing, those airways get smaller.

But we can open them up again with this little exercise. So to do this one, you just, take a normal breath in through the nose and normal breath out through the nose, and then plug the nose, and you can tilt your head up and down or move it back and forth until hold.

Hold it long enough until you got, like, a moderate desire to breathe, like not gasping because you want to be able to resume breathing through your nose again.

Now, did you notice your airway was open a little bit more? I do alternate nostril breathing every morning when I meditate, and before we started, I'd already done that, so it was probably already open.

Pretty open. Yeah, yeah. So and if someone did have trouble, like, maybe just feel like they can't get a big enough breath through their nose. They could do that a few times.

So it allows a nitric oxide, which is a dilator, to, open up those airways. So it'll it'll help open up your past the nasal passages. And of course, at night, it's hard to be aware of what we're doing.

So you could do something like put a little bit of, micro pour tape over the lips just to kind of remind your brain while you're asleep, to breathe through the nose.

So that's a couple things to do to get, nasal breathing going. But we want to we want to breathe low into the belly. I was like to say low, long and light.

So we want to breathe low into the belly. So I gave you that little trick about exhaling first so that you can breathe into the belly and just start to notice I, you know, when you breathe normally, are you breathing more into the chest or into the belly? I was a chest breather.

I really had to work at this. And now, thankfully, I'm more of a belly breather. But most people, a lot of people are just breathers. So just notice and then it may take some conscious effort to teach your body.

It's a habit. So we're just teaching our body a new way to breathe. So just start to notice and see if you could bring the breaths into your belly. Long means, stretch out the breath.

So maybe you might practice a few times a day by counting the breath. Like to count up to five, not one, two, three, four, five, but one, 1000 to 1000, and so on to as you're breathing in and then exhale for the same or even longer will help.

So that's breathing long. So we got low into the belly long. And then light just means, we a lot of us are breathing too much. We're taking into much oxygen.

And paradoxically, paradoxically, that means we don't get as much oxygen to the cells because there's not enough carbon dioxide. Sounds funny, but the carbon dioxide is what shuttles the oxygen into the cells.

So if we have too much oxygen and not enough carbon dioxide to balance it out, it's like we. It's like how? Like, keep pouring water into a cup that's already full.

We don't need it. So we want to breathe lighter. So that might mean the way I try to do this is, kind of constricting the airways a little bit. So just.

And the slowness will help too. So you just kind of don't, like, gulp air, like, don't take that, like, big breath. Just sip. Just sip the air in. And that will help balance out your, the carbon dioxide in the, in the oxygen so that you're getting the oxygen going to everywhere in your body.

You know, you may some people who are breathing too much for their metabolic needs may notice, like tingling in

their fingertip or cold or in their fingertips or in their feet.

That's that's one sign of it. So, or sighing, like a lot of sighing might be a, an example of that as well. So there you go. That's some things to try lo long and light as you're going through your, through your day.

Thank you so much.

Free Resources and Closing Remarks

I do want to point to a breath away pain mini class that Jane is giving all of you as your free gift for being here on the summit. Do you want to talk about that, Jane?

Oh, sure. Yeah. Breathe. Way pain. Mini class. I've got something there for all learning types, so there's something you can read. There's something you can listen to.

There's something you can watch on, Using the breath to help. The breath can really help lower pain. Because the perception of pain, a lot of it is mental.

And we can use the breath to take that focus, change the focus. So, there's three different ways you can do that. There's also like a, a little 30 minute class or I teach you a breathwork technique if you've got a particular area with pain, how you can use the breath to, help ease the pain in that area and help, well, literally energize it so it can heal any of us that have been through childbirth know that this works.

Oh, breath is everything. Yeah. Yes. All right. And then for those of you that have, gone into the All Access VIP pass and want the inner circle information, there is a bonus inside of that ring.

Also, that's a five day course. Breathing for healing. If you want to talk a little bit about that chain. Yeah. This is great. So it's five days just a short I give you a little video lesson.

There's a guidebook for each day. And each day I teach one little technique that you can use to help you. You start to use the breath to help you heal, help you feel better, help take away pain, all these things.

So just really like a beginner class on on basic breathwork techniques. But it's very simple, short and in five days, you'll be you'll feel so much better after five days.

So it's a great it's a great de-stressing tool and resilience tool as well. Beautiful. Thank you so much for spending the time and sharing just even a fraction of your wisdom with us.

Thank you Kiesha I love talking about all this. And well, as you know from earlier too, I was I was born to share this message. So yes, you're deeply honored that I've had this opportunity to do this today.

Thank you. Thank you again. All right, everybody, until next time, be well.