The Hidden Side of Cancer Healing: Trauma, the Nervous System & the Power of the Subconscious Transcript

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Introduction and shared mission

Was always such a pleasure to have my dear friend Nathan Crane with me. Nathan, thank you so much for for being here with me today. Doctor Karlfeldt, my good friend.

Thank you for having me. Thank you for doing this. Summit is very much needed. Summit and sharing this life changing information with people and always enjoy our time together and look forward to our conversation.

Yeah, I couldn't agree more. Tell me a little bit. Why are you so passionate about cancer? Because you you part of starting conquering cancer. And you, you really been part of educating people in regards to what's available in and the cancer space?

You know, it's a bit of a sad story, but also one of those stories of finding the silver lining, taking challenge and turning into something that can make a positive difference in other people's lives.

It was around 2012, going into 2013, and my grandpa was diagnosed with cancer, and by the time I went to go visit him, it was around 2000 and of 2012, 2013, and he was doing everything he possibly could conventionally therapy, radiation, doing all the conventional treatments.

And when I went to go visit him and I just saw how much pain and suffering he was in, and I began to realize that the pain and suffering he was in wasn't from the cancers, from the treatment.

And his hair had fallen out. And he talked about how painful it was just to walk 20ft to the restroom. And I remember sitting with him, you know, there's a few things that I remember from that conversation.

First, I remember sitting there feeling hopeless and helpless. I'd already been in natural health and holistic health and personal growth and and a spiritual path for about seven, I think, seven years up to that point 7 or 8 years.

Nathanu2019s cancer origin story

And I realized how little I knew about cancer and that I felt in my soul, in my heart, that there had to be something natural, something holistic, something nontoxic that he could be doing to support him, that maybe could have helped him or healed him.

But I didn't know because I was like most people, I didn't know what caused cancer. I didn't know, you know, where it came from, how we got cancer, how to heal cancer.

I didn't know any of that. And so sitting there feeling very helpless and very hopeless, and he said something that still stuck with me this day. We were watching some.

He loved watching like like National Geographic type shows. And I remember sitting there and we're watching some beautiful National Geographic thing and he said, you know, I really believe that one day they'll find the cure for cancer to come out of some plant in the Amazon rainforest.

And, you know, just hit me. It was like, wow. He even even though he's sitting here literally, like dying from chemotherapy and radiation is destroying his body.

It's it's tearing him down. And then the cancer is there and doing what it's doing. There's like some part of him that has hope that they're going to find some cure or some natural solution, but he didn't really know anything about

natural medicine.

And, you know, I remember he said something that was like he didn't have hope for himself, though. He kind of there's there's a part of me that remembers a little bit that it was like, well, they'll find it someday in the future when I'm gone.

And that was kind of part of me. It was just like really sad, hopeful and sad at the same time of hearing that. And unfortunately, he passed away shortly after that in 2013.

And I went back, you know, I would I was at home and I had been doing a couple summits online like this, and I did one called The Teachings of Life. I was I was just sharing knowledge, wisdom, health from experts and it just hit me.

It was like, I need to do a summit on cancer. I need to bring together top experts in holistic medicine, functional medicine, natural medicine, people who have healed cancer naturally.

Not only so I can learn from them, but we can share their teachings with as many people as possible so less people have to suffer like he did. And that that was the very first.

I would think it was a very it was the second summit ever done on cancer online around natural solutions. And now there's hundreds and hundreds and hundreds. Right.

But there was only one that happened before that, that year or the year before. And then because it was the only one I could ever find. And then I did that.

And then that led to another summit, another summit and the doctor's series and books and conferences and magazines and all that. I just kept going, going, going, going. Because as I was learning and it's a lot to learn this stuff, right?

There's a lot to learn. I mean, I'm spending hundreds and hundreds, even thousands of hours, and I'm still learning and I'm still sharing and there's so much to learn.

But I realized that as I learned more and more about what causes cancer and what we can do about it, the more empowered not only I became, but then the people I was helping and working with, the more empowered they became to have hope, to possibility, to have real solutions, to have strategies to say, you know what?

Maybe I can do something about this. Maybe I don't have to just go the conventional route and poison my body to death. Maybe there are natural things I can do that can really help support my body, or complement my conventional treatment and reduce the side effects.

And, you know, that was what, 13, 13, 14 years ago now. And so here we are. Yeah, yeah. And, you know, through all those things of Alberta and, and you interviewed, you know, the leading experts in the world and in regards to what you can do naturally, you know, looking for natural solutions.

You know, what to eat, you know, plans to take, you know, supplements that are out there and techniques, devices, all of these things. And you saw some very powerful tools that obviously can add a lot to a person's journey while going through cancer or even preventative.

Obviously, the best cancer is the one you never get, you know? So preventative medicine is is huge. But from my understanding, you saw some limitations within that space as well.

Yeah, I became certified in nutrition and became a certified holistic cancer coach. I spent many, many, many hours studying diet and nutrition for chronic disease and for, you know what, supplements work.

And looking at the research on it and gathering case studies and talking to credible doctors and experts like

yourself and hearing what's working in the clinic, what's not.

And, you know, as I gathered more and more information and talked to people who are healing cancer, yes, I saw the importance of supplements and certain nutrients.

Right. There are there are biochemicals and there are there are plant molecules, plant molecules that impact the biochemistry within our body. And so there are powerful anti-cancer plants and nutrients.

And, you know, plant strong or plant based diet can be very anti-inflammatory and support the body's ability to to heal or reduce or prevent cancer.

Natural cancer therapies and their limits

You know, certain kinds of exercise, light exercise, gentle exercise, you know, some sauna, detoxification, red light therapy, certain functional medical approaches, high dose vitamin IVs like vitamin C, you know, curcumin, a lot of these things and many of the things you do, the kind of intervention and the more extensive protocols you do in your clinic, for example, all of these things have tremendous benefit.

And that's what I saw was like, okay, wow, there's so many things we can do naturally that can empower our body to heal itself. But what I noticed also was we were putting, I say, we, me, many of my colleagues, many of the people I was talking to were putting so much attention on all the things we can do physically, but kind of forgetting the underlying, what I would say the iceberg, right.

The iceberg effect. We talked about this where under the water is all the parts of our body, what impacts our body that we can't see, the emotional and mental well-being, the mental emotional toxicity that impacts our body, the traumas that we've gone through in life are belief systems are subconscious programing the amount of stress we experience, amount of anxiety we experience, the fears we experience, and the deeper and deeper.

I went into the research and looked at books like Radical Remission from Kelly Turner, who documented 1500 incredible cancer healing cases, and many people who were following us through conquering cancer that were reaching out.

And when I did my documentary, Cancer The Integrated Perspective, you know, I had Bruce Lipton in there, and I had him and Greg Braden and and this was years ago.

And it started to open my mind to see like, oh, wow, there's a nervous system component here that is like the really the foundation to our well-being.

And if our nervous system is dysregulated, right. If our nervous system is bogged down by stress, anxiety, fear, worries, doubts, resentment, unprocessed grief, unprocessed emotions, then the things like the supplements and the diet and the protocols don't work as well.

And the research shows that there's a very fascinating there's a number of studies that look at wound healing, for example, just to show you the difference between someone who's experiencing stress and someone who's not experiencing stress.

I mean, up to 60% faster wound healing can happen when someone's in a peaceful, calm, regulated nervous system state versus a dysregulated state or a chronic stress state.

And so we know that the body repairs itself significantly better and faster from any damage, whether that's mitochondrial damage, whether that's damage from inflammation, whether it's toxicity damage, whether it's even just a cut, you know, internal cuts with diet and lifestyle or external actual physical, external cuts or cancer.

You know, we know cancers and metabolic disease. We know it's caused from mitochondrial dysfunction and from a damage and from chronic inflammation. And so just by simply putting our body into a continuous state of

parasympathetic and nervous system regulation, meaning we're more calm or more peaceful, were less stress or less anxious, we're at ease more often than we give the body the best chance to then benefit from everything you're doing for patients, everything that people are doing at home, everything they're doing diet and nutrition and protocols and supplements.

So that's where I realize, like, wow, we're putting 80% of our focus on all the physical things, but forgetting about that underlying poor nervous system component that would actually make everything work better, faster, more effective.

And yeah, that's what I just discovered was like, wow. Even though many of these cancer recoveries had different diets, had different supplement protocols and different functional medicine protocols, they all had a few core things in common.

We're talking thousands of case studies. They were experiencing more positive emotions on a regular daily basis. Emotions of gratitude, of love, of compassion, of kindness, of hope, of generosity.

They were experiencing more of a parasympathetic state. On average. They were doing things like meditation and qigong and yoga and gentle breathing practices.

They were they were healing the emotional wounds and the traumas. Right. We know from the Adverse Childhood Events study from the 90s, from Kaiser Permanente and the CDC showed that those of us, including myself, who had multiple adverse childhood experiences like abuse or neglect, mental, physical, emotional abuse, or mental, physical, emotional neglect of any form, significantly higher rates of cancer risk, significantly higher rates of heart disease, and every metabolic disease on the planet up to 20 years reduced lifespan.

You know, we often think emotions are just some invisible thing like that iceberg under the water. You don't really see it, but it impacts our biology.

Our emotions impact our physiology, impacts our our neurochemistry. And so we know that the more stress emotions that we have fear, stress, worry, doubt, resentment, guilt, we are literally creating a cocktail of inflammatory neurochemicals that are releasing through our body on a consistent basis.

And so it's not to say cancer's your fault, or you're doing this yourself or to blame anybody at all. Absolutely not is to empower you to realize, wow, if I can learn how to get my emotional state into one of gratitude, of love, of compassion, of generosity, of joy on a day to day, regular basis, and I can call my nervous system and I can get into a regulated state on a day to day, regular basis.

My chances of being able to prevent disease go way up, and my chances of being able to heal or reverse a disease like cancer go way up as well. Yeah. And the thing is, we have, you know, something called epigenetic changes.

I mean, we we were born with our genome, with our DNA. You know, we have these genetic SNPs. We have I mean, we have all that going on. And and that is kind of the, the foundation.

But then we have an area where we have control over. Yeah. And that, that that's our epigenetic. And we, we obviously we come into life, you know, we and with that we inherit some of the trauma, some of the belief systems from prior generations.

And they are giving that as a gift, you know, to us so that we can survive better. You know, the issue is that obviously we are not living in the same situation that they are.

You know, we're not going through, you know, whether they were in a concentration camp, you know, because there were studies about that impact, epigenetic changes and how that impacted generations in the future.

Nervous system, trauma, and epigenetics

Or as children, we are experiencing events and that impacts also which genes are turned on, turned off. So we know that the the emotions, that traumas, the beliefs, all of that impacts our genetic expression and that in itself can then drive whether a, a cell then start to express genetic or epigenetic changes to promote cancer.

So you know, to not and like you're saying, I mean the kind of what's below the water surface that is the foundation that we got to build on. And we can on top of that button attrition, herbs and all these heroic treatments like you're talking about vitamin C, curcumin, you know, photodynamic that we do here and all these different things, we can put that on top.

But if we don't, you know, address what's underneath that surface that we don't see. Just because we don't see it doesn't mean that it doesn't exist. It doesn't mean that it is not impacting us in a a tremendous way.

So, you know, to work then look at the trauma, look at the and then we don't always need to kind of pinpoint, see this is what it is and figure everything out.

But there are ways that we can then work on our body working ourselves to help to optimize those epigenetic behaviors to minimize cancer expression. You know, it's very fascinating because our ancient ancestors knew this for thousands of years.

But our modern scientists are now identifying how this works in the body. Something as simple as gratitude. Just practicing gratitude on a regular basis.

They've done studies to show that a gratitude practice can impact up to 208 different genes, turning down genes that cause inflammation and turning up genes that contribute to longevity and healing.

Right. So just by feeling the emotion of gratitude, just like you're saying, we're literally turning on and turning off genes that either are contributing towards cancer and chronic disease or contributing towards healing and health and longevity.

And that's just one emotion of gratitude. You know, imagine if we're feeling gratitude on a regular basis, and then we're feeling joy. You know, we're feeling happiness.

All these different emotions around happiness and love upregulate the genes that cause healing and longevity and down regulate the genes that cause inflammation and destruction in the body.

And we know how important the immune system is for healing cancer or preventing cancer. And so these genes are directly related to the immune system. It's also directly related to our autonomic nervous system.

So when our nervous system is kind of in that fight flight freeze, it's in that stress state, that anxious state. What's happening is our stress chemicals are being released in the body and it turns off our immune system.

It literally turns it down, turns it off. Right. Our immune system cannot function well at all when we're in a stress state because it takes a lot of energy.

Immune system takes a ton of energy and immune system, you know, puts out natural killer cells, T cells, B cells, goes out, finds the cancer cells, you know, gobbles them up, recycles them, transforms them, turns them into healthy cells like the immune system.

So amazing. The design of it is like unbelievable. And it's doing it 24 over seven while we're sitting here sipping on our tea and, you know, eating our donuts.

Hopefully nobody here is eating donuts after this. But, you know, whatever it is and the immune system's just doing everything I can 24 over seven to try and repair your body, get rid of these cancer cells and help you heal.

But yeah, when we're putting lots of toxins in and we're and we're eating a poor diet and excess sugar and all these

things, yeah, it's definitely impacting our body and our immune system in negative way.

But add to that stress, anxiety, worry, doubt, fear, passed emotional trauma, you know, a sympathetic nervous system response. And the immune system is just like it's overloaded.

And it has such a hard time doing its job. And so what we want to do is we want to get ourselves into that state as often as possible, that healing state, that parasympathetic state, because now we're turning up the genes that are related to healing the body.

We're turning down the genes that are causing inflammation. We know inflammation is one of the core causes of cancer, and we are and we're turning up our immune system.

See, when we're in a calm state, whether we're we're in deep sleep or we're in meditation or we're at peace, just we have contentment that our parasympathetic activated.

And when parasympathetic is activated, then the immune system is running. And when the immune system is running, it can do a significantly better job of cleaning up cancer cells.

And so, you know, the beautiful thing about all this is we are designed miraculously by God, by nature, by the divine to completely heal ourselves. And I know you tell this to your patients all the time.

I know you empower your patients to say, look, you have this life force, this vitality, this ability within your own body to heal itself as a doctor or me as a coach.

All we're doing is trying to help the patient, help the client get into that self-healing state. Right. You're not healing them. I'm not healing them.

They're healing themselves by creating the internal environment and external environment so that their body can do what it's designed to do, which is heal itself.

Yeah. And then, I mean, the amount of intelligence that exists within us, you know, the I mean, and and it always and I say this again and again in a lot of the interviews that I do, I mean, just because the numbers are so staggering, I mean, you were looking at 30 trillion cells, you know, each cell, a million reaction every second.

I mean, just imagine the amount of and the intelligence that exists within an individual that's just there. And so whatever we can do to optimize those functions, yeah, obviously it's going to be a whole lot more powerful than to throw a bunch of pharmaceuticals at it.

There's no doctor that is going to be better than the one that we have inside. And extension in that is is the immune system. You know, the immune system like you're mentioning, I mean, the, the incredible police force, you know, that we have a secret agents, all all of that exists within us.

And we know that these the immune cells, like you're saying, they have a receptor sites for these neurotransmitters, for the brain, chemicals for your emotional fear, for your emotional guilt, for your emotional joy.

Whole Powerman all of these the the immune cells actually receives that message. And based upon that message, it acts accordingly. So I mean, just kind of recognizing that a, an immune cell that receives the that's the signal of gratitude and joy and hope.

I mean, how much better is that immune cell going to do? I mean, we know ourselves if we start a day and we just feel joyful and hopeful, I mean, we're going to be so much better off and we're going to be, you know, so much more productive and do things in a much more organized way, rather than if we step into the world, into the day.

We're afraid, you know, everyone's going to attack us. You know, we feel guilty, you know, so we really don't want to show ourselves that much because we don't think we're worth it.

You know, all of that is taking place. So if we can then shift our our mindset, we can shift, like you're saying, if we can kind of find that spot and I look upon it to kind of like, you know, if we get to visit on a vacation, a beautiful spot, there's just Serena and meditative.

And now we know that that exists. You know, we know that that can be normal. And and now our body can then function as we are then connecting to that space in a much, much better way.

And so and I know you you started a process or you can I gathered all the information from all the people that you communicated, all the practices that you've done.

You know, you've been to India, you've done I mean, you've done so many different things, you know, called the awakening process. You know, for people to be able to kind of find that vacation spot, you know, to optimize your, your immune system, optimize your all the kind of epigenetic signaling to, to minimize the risk for cancer, essentially.

Yeah. So, you know, what I discovered was we need to be in that parasympathetic state as often as possible if we want to allow our bodies the best chance of healing.

But it's easier said than done. It's easier to say, hey, just be happy, just be grateful or just be joyful. Just smile. And I'm saying this from personal experience because I've been in personal growth and spiritual path and all of this for, you know, over 20 years.

So I know sometimes we can just pack positivity on top of a sandy foundation. And maybe our, our mind in our life is a little bit better because of that.

And so positive thinking is valuable and important, and affirmations are valuable and important. And, you know, a gratitude practice is valuable and important.

All these things have helped me over the years significantly. And these will help you with whether you're dealing with cancer or not, whether you're just wanting to live healthier and happier, or you do want your immune system working better and to be in more of a parasympathetic and to turn on these healing and longevity genes and turn down the inflammatory genes, of course, those things will help you.

The Awakening Process and inner healing

The problem I found is I think pretty much all of us I haven't met anybody except maybe 1 or 2 people in the world who don't have some form of borrowed beliefs and binding behaviors, things that have passed down to them from their parents, their peers, the society, their brothers or sisters.

They're the bullies on the playground as a child, the, you know, workplace environment, or, as you mentioned earlier, ancestral ancestral burdens, legacy burdens, cultural burdens.

You know, these beliefs, these epigenetic handouts that infuse into our nervous system and into our subconscious that are impacting us negatively today.

But at some point, they were there to try and help us there to try and protect us. And so I'll give you an example. What I mean, we all have these different underlying, you know, emotional patterns until we become free from them that contribute in our adult life that we're not even conscious about, and we're not even sure why they're there.

And when we try to get rid of them, they usually stick around even harder, right? What you resist persists. And so we might say something like somebody who has people pleasing or somebody who has, you know, we would say control issues or somebody who who gets very triggered very easily, gets angry very easily.

You don't even realize where this is coming from until you start doing this work and you start looking inside and you start realizing that, wow, these are patterns, these behaviors that are trying to help me in some way, trying to

protect me in some way.

The thing is, they formed when we were younger. I'll give you an example. Maybe you were six years old and you and you spilled juice on the carpet, and your mother came and and screamed at you and made you feel absolutely unloved.

And maybe that happened more than once about different things. And all of a sudden you started becoming quite timid and you started, you know, having to kind of walk on eggshells and, and try to please your mother in some way.

Well, that happened through adult that comes all the way into adulthood. So we don't think about it very often as adults. But the things that actually happen to us in our childhood, whether it's as simple as being yelled at for spilling juice or much harsher traumas that people go through.

Almost always, unless we have a very, very conscious, emotionally intelligent, loving, you know, family and parents who have this deep understanding of of how just literally simply yelling at a child can impact their nervous system, their subconscious beliefs, their outlook on life, and create a part of their own psyche that then starts protecting them.

So people pleasing becomes a form of protection or a form of trying to help you. Right. And how? Well, because it's trying to help you get the love that you needed at that time that you didn't get.

The problem is we aren't even aware of that. And it shows up in our adult life and you're like, oh, well, people pleasing is not that bad. Well, how can it affect us in a negative way as, as adults?

You know, I have a client who I just talked to yesterday and she said, you know, I've see this doctor and I see this functional medical doctor and I see this holistic practitioner, and they all want me to do all different kinds of things.

And I feel like I have to do everything with all of them. And because I'm afraid of disappointing them and letting them down, even though inside of me I feel like I should do this and not this, but I'm just torn because I feel like I have to do everything for all of them, right?

And so that's just one example where I can now, as an adult, that behavior that helps you as a kid is now causing some serious challenges in your own well-being, trying to figure out what actually is going to work for you.

But that shows up in so many other ways. Whether it's anger, it's anxiety, it's stress, it's fear, it's people pleasing, it's control. Any of these behaviors that we have and tendencies and these triggers all stemmed back from earlier in our life.

Now, do we want to get rid of them? That's kind of the approach that most people try to take. It's like, let's just stack positivity on top of it. Let's just rip it out and get rid of it.

What I discovered over the years was actually when we bring understanding, acceptance, appreciation, compassion to these different parts of our psyche and our subconscious, the healing starts to happen.

The transformation starts to happen automatically. And instead of trying to resist it and get rid of it, we bring love and compassion, understanding and these these parts was to develop, to protect us, actually start turning into very productive, helpful parts, parts of our psyche as adults.

And what does that mean in terms of your nervous system? Well, now it means you experience more of the joy, the emotions of joy, the emotions of gratitude, the emotions of love, of acceptance, of peace automatically.

Not because you need to develop it, not because it's something you have to create within yourself, but because that is who you are at your core as your true self.

Before these borrowed beliefs, these binding behaviors were passed down onto you. And and then what does that do for our nervous system? Well, obviously it's allowing our nervous system and our body to be in a healing state much more often.

And so this is why the emotional side of healing, the emotional work, is so, so important to to bring that deep understanding and appreciation and compassion within yourself.

And so through the awaken process, I do a lot of what's called parts work and somatic integrative parts work, which stems from internal family systems.

I use belief reconsolidation and memory reconsolidation. We use different somatic therapies to go into the body and through the body, to pull out the wisdom that is in your body already.

You know, you said earlier this, this profound intelligence that we all have within us. Well, how do we tap into that? How do we tap into that intuition?

How do we tap into that inner intelligence to guide us, to make the right decision, to do what's best for our body, to understand why we got cancer? Not not what is this? Cancer?

You know what? Not why me? But what is this cancer for? What's it here to teach me at another client? We're doing the process with recently the awakening process.

And, you know, as we're tapped into her intuition and her body and her cancer, you know, what came up within her was I lost my joy. I stopped doing things that brought me joy.

I stopped dancing, I stopped singing, I stopped, you know, I started taking things so seriously. I stopped enjoying life. And now what is this telling me to do?

Is telling me to find my joy again. To go out and dance and spend time in nature and live my life. And now I have hope again. And now I'm enjoying life and you know.

And that's what we want. We don't want to force those things and try to just, like, force them into you. We want that to come from within you because it's already there.

It's not something I put in anybody. Right? It's just covered up. And when we uncover it, your own nervous system, your own intuition. And so I got people to, you know, specific meditative practices and visualizations, different breathing practices.

I use about a 12 or so different modalities through the awakening process to basically help people discover their, their own inner wisdom, to help regulate their nervous system, to help their own emotional world resolve and heal and become more harmonious and at the end of the day, help their body get into that healing state as often as possible.

Yeah. And the challenge, like you're saying, most of us don't even know that there are stored emotions that are stored traumas, you know, stored belief systems, you know, because it's kind of like in a, in a living space, you know, we we have certain things that we just want to put in the closet.

And then we close that closet because we know emotionally that I can't handle what's in there. I it looks too scary. And then over time, you know, that that monster in the closet becomes bigger and bigger and it starts to kind of fester and start to smell and start to bleed into kind of your living space.

And that's kind of what I look upon. Cancer, in a way, is that it's an encapsulation of things that we do not want. Yeah, things that we are. It's kind of this fibrotic tissue where we accumulate, whether it's it's trauma and belief systems.

But then in order to be able to kind of hold that energy of emotions, we're also attracting things like, you know, pathogens and chemicals and heavy metals that then kind of resonates with that frequency so that it's easier to hold that trauma in that encapsulated space.

You know, that later on, then can can become cancer. So if if we don't, then look at and do this exploratory work to, to see what, what are in what's in the closet.

And a lot of times, like you said, I mean, it, it's been so long and it's so scary and so consciously we have blocked that off, you know, so to be able to have a way to kind of connect to that inner wisdom that, that that subconscious that's so much more powerful than our conscious mind, we are then able to kind of open up that that closet safely and start to kind of get rid of the things that are smelling that's putrefying that that's just kind of, you know, putting, you know, sucking on energy out of the body, sucking out joy, and then helping to clear that, that out.

And then when we then realize that this wasn't as big, you know, this wasn't a scary, you know, that, you know, me spilling juice on the carpet. That was not a big deal.

You know, now, as an adult looking at it, you know, what's the worst that can happen? Nobody's going to die from from me spilling juice. But but still, we're the model, you know, we're we're shifting our behavior, our belief system, based upon these very simple things, you know, that were very big as, as a child.

But then as an adult, you know, when we look upon it, yeah, it really is not that big of a deal. It's so true. And, you know, as Doctor Bruce Lipton says, you know, 5% or so of our life is from the conscious mind.

It's the thinking mind, it's the logical mind. It's the what we're doing right here. Speaking consciously, 95% is from the subconscious. And so if you imagine 95% of your life, your reactions, your responses, what you get triggered by your emotions, your behaviors, your tendencies, your addictions, your everything that you're doing in your life is 95% of that could be coming from your subconscious, in the subconscious, meaning you're not aware of it.

Subconscious sub is under conscious. So everything you're doing in your life, for the most part, you may not be aware at all of why you're even doing it.

Why do I get angry when this person says this to me? Why do I behave this way? Why do I get upset when I get cut off in traffic? Why do I why am I addicted to scrolling or sugar or, you know, excess binging and you don't even know why?

And 99% of my clients have no idea why they do the things they do until we start to look under the hood and we don't have to relive traumas, and we don't have to go back and relive the whole experience.

I know people are often afraid of that. That's a nice thing about this kind of work, is, you know, we don't have to go relive a traumatic experience, but your system has all the information.

Your nervous system, your subconscious has, all the information you need to process that old experience, heal it, and then create a new natural, healthy response.

So what happens? And this is I know it's a live for people who've never done this kind of work. It might be a little like a little ethereal, like, what does this even mean?

What what people experience is a deeper sense of calm and peace, a less reactivity, a lot more space between being triggered and reacting, where all of a sudden you might just react automatically with with anger, fear, judgment or sadness.

How to work with Nathan and closing remarks

And instead of that happening now, there's space and there's a moment of clarity and there's there's like, oh, there's a part of me that's getting upset because this thing that happened to me when I was 12 years old, and you

can breathe into that and you can take space and you don't react as often, or maybe you get triggered and react and all of a sudden you come back to baseline and you have a new baseline.

You're your new baseline. Is that one of equanimity and peace parasympathetic that that's a healing state. And so that's what we want to be in as often as possible.

The more space we have between and the more awareness we have about why we're doing what we're doing. And we create that space. That space gets bigger and bigger and bigger and bigger until eventually you just don't get triggered anymore.

You don't get upset anymore, you don't get angry anymore. The things that used to anger you, it doesn't bother you anymore. And that's not suppression, right?

We think oftentimes like that, you know, whatever. Do whatever you want. And you're like, I let it go and you're like, no, you didn't let it go. You're ruminating on it.

It was a part of you and your subconscious that still is holding on to resentment or anger. That's not letting go. That's suppression. And suppression causes inflammation.

The suppression causes these emotions that that downregulated our immune system. And so we don't want to suppress things, and we don't want to ride the wave of these emotions in into the abyss either.

And so there's healthy ways of doing this to the point to where once it's healed inside of you, you're like, oh, the things that used to trigger me just don't trigger me anymore.

I'm at peace. I'm okay, I'm happy. And that's to me, like the greatest gift you can give yourself. Yeah. And the thing it was suppression is that it requires energy.

And so if there are a lot of things that you are then suppressing and you're then kind of pretending to be happy or you're kind of creating this aura of, of, of everything is fine, but you're using all that energy to suppress this anger, suppress this emotion, suppress that event, suppress all of that.

Then that is energy that you cannot use to fight off cancer cells, to identify viruses, to repair tissue, to, you know, all these different things. So suppression is is an energy such.

And so it's kind of like on your laptop you have a gazillion apps running at the same time, and you're not going to be very effective. Your computer's going to work very, very slow.

And it's the same with the body. So for people that want to awaken, you know, they want to clean out their closet that will not identify things that are driving disease processes and looking at them underneath the water surface, you know, where the biggest part of that iceberg exist?

Or, you know, the subconscious, you know that we're obviously sub kind of like the iceberg again underneath that water surface. You know, where we want to kind of assess and see what we can do to clean that up.

And then obviously as we are doing that, then the physical reality then becomes an expression of what's underneath the surface. So how where can they go, you know, where can they, you know, to connect with you in order to be able to do this?

Yeah. Great question. So what I've done to really help people start identifying some of these deeper patterns and realize, hey, is this affecting me? Is it contributing potentially to what's going on in my body?

Is there something I can do about it? My team and I, we offer a free 45 minute healing strategy session. There's no strings attached. There's no price, there's no commitment.

There's no thing you have to sign up for. It's literally a one on one with myself or someone on my team. And we will ask you questions about what have you been experiencing, what are you trying? What are your goals? What's your health challenge?

What a handful of questions get to know you and what you're going through, and what you'd like to achieve and improve in your own life and your own health.

And then if we feel like the awakened process and our healing transformation programs a good fit for you. We'll explain it to you. We'll share it with you, and we'll tell you how you can benefit from that in your own life.

And so again, it's totally free. There's no there's no commitment at all. We're just we're really doing this to really help people have deeper understanding of themselves, their emotional well-being.

And then if they are a good fit for going deeper into this kind of work, then then we'll tell them. And if it's not, we'll tell them that too. And you know, this work honestly, is not for every it's not necessarily for everybody because not everybody's necessarily ready for it.

But the ones who are ready, they accelerate and they get results very, very fast. And so yeah, you can you can sign up for free Healing Strategy session at the awakeningprocess.com theawakeningprocess.com just click that.

There's a button there you can click to schedule a call. And we'll meet with you and help you from there. I love it I love it. And and just for all the listeners, I mean, I, I do a lot of things here at that, the Castle Center, a lot of heroic, you know, treatment, you know, powerful.

You know, we got a large, you know, 70,000 square foot facility. But, you know, that is kind of the tip of the iceberg, you know, and then that is the reason why I connect a lot of my patients, you know, with with Nathan, you know, for to do this work because I believe in it so wholeheartedly when a person is going through cancer journey.

Yeah. The importance of it. So thank you for for making this available to, to people so that we can kind of look more under the hood and see what's going on and address that.

So everything else is as you know, we have just better outcomes. So thank you, Nathan, for being with me and for everything that you do and who you are.

Of course. Thank you. Absolutely. I mean, we make a great team and I encourage everybody who works with me, you know, go, go see Doctor Karlfeldt for all of the in-person treatments and all the protocols.

And like you said, the heroic treatments and all those things that are going to really support the physical and if it makes sense, then we work with you and help you on the mental, emotional, nervous system side.

And you're I mean, talk about a fully holistic, you know, supportive entire support system for you. So I love that we're able to help people together in this way.

And thanks for doing this summit. Thanks for having me on I appreciate you. Michael, thank you so much. Thank you.