Guest Introduction and Background

I'm really excited to introduce you to our next guest. She's somebody that was helping me out just yesterday. I had a little virus going on and. And she did some really great diagnostic work and coaching with me.

And I'm feeling actually even a little better today. So seeing the benefits already. Her name is Rochelle Dardanelle. She's the CEO of Internal Wisdom, which is, an organization that she's started, a wellness clinic she started several years ago in Northern California.

And she's got a really interesting background because she used to sell diagnostic equipment back in the day, and I'm sure she was very successful at that.

But now what she's doing is she's really helping people know how to heal from the inside. So she knows all the biology she's sold to laboratories, but she's she really is a wise, wise sage when it comes to health.

And she's got all sorts of degrees and, and specialties. So she's got a certification from the Integrative Nutrition Institute. She's Reiki two qualified quantum reflex analysis.

I don't even know what that is, but it sounds really, really important. Hormone health, bile, energetic counseling. And currently, you're completing your degree and the psychology of metaphysics, which I think is really, really cool.

So, Rachelle, welcome to the Global Energy Healing Summit. We're really thrilled to have you here. Thank you so much, Tom. It's a pleasure to be here.

Yeah. To share. So tell us first, I'm just really intrigued how you made that shift. You were selling a equipment that allowed people in labs to do diagnostics and and actually you still do a little bit of that, but very, very different.

You had me do something yesterday that I think you'll get into. But how did you make that shift to where you are now, where it really is going inside, and that internal wisdom that we all have.

How did you make that shift? What brought that about? Yeah, it's it's a great question. I think like so many practitioners I go into more holistic wellness.

It was my own healing journey and my own health that was a catalyst for, looking in a different direction as far as staying with regular medicine. A lot of my friends were physicians.

I had some health issues of my own, eczema, some chronic digestive issues since childhood, which was manifesting into my ability to not think clearly, to not be able to focus as much as I was before.

And, at the time, I was around 33 years old. I have three small babies, three daughters that, including twins. And so I was starting to look for alternatives and ran across a form.

Hydro therapist had a few sessions which were profound. And the connection between my emotions and what I was suppressing and my health issues, and that was what drove me to start looking at other alternatives of lifestyle and energy medicine, as opposed to just regular doctors and lab work, in a sense that I had been exposed to prior to that.

Yeah, we know it's interesting because I think so many people even watching here, they've gone to doctors, traditional Western medical doctors. They don't feel good, but the doctors can't find out what's wrong, right?

Or even if they they can identify the symptoms, they don't know how to fix it.

Personal Healing Journey and Shift to Wellness

And you that's what that's what drew you to the work that you do today was not getting the answers. And thank God you were creative enough and and resourceful enough to continue searching, which we're going to get more into some of the solutions that you found.

But that's why a lot of people are coming to this summit. They know there's something not right, but everywhere they go, people can't find the answers for them.

And hopefully, you'll provide them with some answers today too, which I'm really excited about. But it can be very frustrating. And when you know, and you can feel in your body something's not quite right, it's a little off.

But you go to the doctors, you find out your lab work there within the normal range. And what the physicians don't tell you is that those normal range is for, you know, American society as a whole, which isn't necessarily your normal range or a healthy range.

And so what I have learned over the years, Tom, is it's really about the subtleties, and it's about learning to trust your own body when something's not quite right or not quite where you think you want it to be, to continue to pay attention to the wisdom of yourself, to be your own doctor.

To keep looking for what could make that connection. What is it in my lifestyle? What is it that my body needs now to feel happier, to feel more joy, to feel more in alignment with why I'm here?

And that driven life is so important to to how we enjoy our lives. Right? And why are people so disassociated from those subtleties? Because, you know, it makes total sense.

And, you know, everyone is, expecting, you know, from the advertisements, they've seen a pill that instantly cures you. That's not going to happen. It's the subtleties, the subtle energies.

But people aren't in touch with that today. I mean, so many people are just so disassociated. What's going on that separates them from this internal wisdom that they should be tapping into?

So, so true. And I think it's a little bit by design, all of the technology, technological advances that we've had fantastic for making life easier, but they're so distracting.

You have people not even having conversations anymore who's people? And it's really difficult to form these new relationships into our children, teenagers and young children.

You might see them sitting at the dinner table and they're just completely tuned out. And I think as a society, we're so used to having distraction and sound and TV, we're lost connection to ourselves.

And then there's another layer. There's the physical layer. I think our food system is riddled with information or lack of information as far as nutrients and toxic chemicals and preservatives.

Even our toothpaste having ingredients in there that are actually disassociating us from ourselves. And so it's a concentrated effort on what's physical and where's the emotional mental disconnect from our own internal truth and our body and what it's trying to tell us?

Yeah. And and it's also I think there's another overwhelm. There's another layer of being overwhelmed and wanting to just tune out. Yeah. And so food, alcohol, there's we're doing things that are distracting us and letting us to just check out rather than rather than tuning back in.

Yeah, I like to what you just said, just a second ago. What? The body's trying to tell us when someone's not. Well, you look at it differently. First of all, you believe that with the correct information support, the body can heal.

But when the body. I was reading some something you wrote, you said that there's times in everybody's life where there's, you know, overwhelm or it's just, you know, just too much.

And the body then acts up or becomes, a little bit ill or creates symptoms. What is it trying to tell us? What is it trying to accomplish when we feel this illness?

Why People Lose Touch with Internal Wisdom

Because a lot of people think, oh, I'm just sick. You know, I got it from so-and-so, or this is happening, but you look at it a little bit differently.

What is the body trying to teach us or tell us or help us out with? Right, right. It's so true. And the way I looked at it is the body is actually helping us to read, tune in.

So it's an ache, a pain. It's trying to help us to refocus whatever is missing or what's out of alignment. So, sometimes, like our hips might hurt that disconnection.

We might be sitting too much, might have a, a decision to make that something that we really want, but know what we shouldn't do. And so that might manifest in hip pain if there's an emotional, energetic connection to it, not just a physical.

So it's really looking at those subtleties. And instead of coming, oh, something's wrong, start coming from a place of curiosity like, wow, what is my body trying to tell me?

Where can I go from this and learn from it so that I can correct that area in my life so that that ache or pain can, resolve itself? Yeah, yeah. And so different body systems hold different energetics from an emotional component and also from a chemical component.

So for they, lacking energy, they feel really drained and tired and their bodies too bogged down with chemicals or emotional stress. That's number one is determining which is it or is it both.

Yeah. Support the body's energy to become more in alignment so that healing can happen. Because let's face it, the body knows how to heal. You know, think about a pot and willing to heal, although that might help a little too.

Yeah, it does it on its own. How? There's more to it than just biology. There's a synergy that happens, and when that synergy is more in alignment, healing happens faster and easier.

Better. Yeah. When it's not. Yeah. That's awesome. And I love I love your philosophy of when the body's not healing. It's just a signal to go in and in inside and clean things up.

And, and you talk about a systems approach to to healing. Describe what what that means systems approach in in a way our body is just a big factory for getting rid of waste and taking what it means.

So, oh, so many systems are focusing on what nutrients to take in. And from our approach. We looked at what how is the body getting rid of waste. So we have obviously urine and pooping.

We start there if you're constipated or if there's something off with your digestion, that's 70 to 80% of your immune system. And a lot of our emotions are held in our gut.

Let's get nervous. We get butterflies in our tummy, not in our brain. We'll throw up even if we get that upset right? Our bodies know that this is our heart, and our gut is where our wisdom is held, our intuition is held, and our our immune system.

And that's biological and spiritual, connected, that's there. So you have to start there. The second I look at skin, the skin is the largest detoxification organ.

So if you're having any type of discoloration or skin blemishes, rashes, itching, which is what I had eczema all over my body, I wasn't eliminating. Well, my body's sewage system was all backed up.

So the skin starts to show that. So if you start looking at your body as where is it showing signals, how do you help eliminate the waste that your body doesn't need to have anymore?

Yeah, man has more energy to go towards creativity, towards thinking, creating new healthier cells as opposed to manage you and just staying and managing and staying in survival, staying and surfing.

Right? You can't thrive if you're if you're of yeah, well that sounds great. And the body does need energy to heal.

How the Body Signals Imbalance

You know, if if it's not, if it's being used up just with the detoxifying or the elimination process, there's not enough to stay in to heal, which is really interesting way of looking at it.

Yeah. Well, and I hear so many people come to me when they first, they haven't gotten answers of other places, and then they have tried a detox or a cleanse, and then they felt worse.

And so they're like, oh, I don't want to do it. Plans, I don't want well, you might be doing it out of order. People do a liver cleanse and it's not your body's are ready for a little cleanse.

It doesn't have enough energy to do a cleanse. Yeah, well, got the mitochondria. Get some rest, put things in alignment, quiet the body down so that it can start gathering some reserves.

And gently start going into a cleanse. But I think that the idea of a systems based approach is really assessing where that individual is, so that we can individualize the protocols and go at the pace that they need, as opposed to just following a program.

Yeah, you had me do something yesterday, which was really interesting. You had me take a scan and it was me just speaking into my microphone here for not even that long, but it it was, whatever, whatever the process was.

And you can tell people more about it. It was really fascinating because it made some diagnosis is as to what was going on and in so many different categories, not just organs.

I mean, that was part of it, but emotions. I mean, all sorts of, exposure to environment. It was really, really fascinating. Take us through a little bit of that process of what you had me do and what that output was, because I thought that was really cool.

Sure. Thank you. So the mask system is the one that I've been using for the past six years or so. The best way I can describe it is for anyone who's played music or has enjoyed music.

You can tell when the band is really on right? All of the, you know, the pianist is playing with the guitarist or whatever, and everything seems it's just it's beautiful.

So what about a band when there's one person in the band who's just a little off and it's subtle, but you can still detect that? Oh, that just didn't sound quite right.

Everything else is pretty good, but just isn't right. The next step utilizes your body as your instrument. Your voice is your tuning fork, and that our bodies hold frequencies.

Within that, we'll be a little bit off when, they're not quite right or they're toxic in some way. Right. Need addressed. So the voice recognition or the scan, the tech.

So subtlety is able to allow us, picture into the subtleties of your body and what's using the most energy, what

attention the body wants and then tries to, link those together so we can do that systems based approach.

Where do we start? Where is your energy most being used and what is the body asking for? To get some support in those areas and where to start. So it's a beautiful quick, easy assessment that's rich in detail allows us to give, a individualized meditation.

Yeah. So the subconscious, which is where a lot of our energy is, we do things sometimes it doesn't make sense logically, but we'll do it anyway. Yeah.

So Paul and I just did that meditation you sent me this morning. It was great. Right. And I loved it. It was really, really cool. About 20 minutes. Really, really powerful meditation. Very cool.

And so that was customized based upon what you saw on my scan. Correct. Oh, very cool, very nice. Yeah. And so that'll change each time you do a scan.

Okay. Interesting. And so what does the scan look at talk about the components of where you look because you, it's not just a scan, it's actually your coaching and, and your, of being able to analyze the scan.

You did, you gave me you gave me some unique insights on the scan.

Systems-Based Detox and Healing Approach

But what what are the things that when you have somebody do the scan, what are some things that you look at as you go through that to tailor your recommendations?

Okay. Great. So first what I do is have a conversation generally with the person to find out for their health is now what the goals are and what would be considered their biggest pain by what?

What's the complaint or issue that they want to. We then do the scan, which takes, like you said, only a few seconds. Yeah. It's crazy. Yeah, we could do it from anywhere, which is beautiful.

And then we go through the scan and we look for things we look for. Is best emotional? Is this because you're not bringing enough energy in from the outside?

Like from sunlight or sleep? Oxygen is a big one right now. Hydration is a big one for a lot of people. We have to have these essential building blocks from the outside now.

Yeah. Sample sleep, big deals. Then we go through each system in the body. Doesn't have enough strength to do its individual ice job. There's, a link between Chinese meridians confirmed by quantum physics, which is the analysis is when space.

And is there, links between organ systems that we need to support. So it goes through all 12 of those stages. Then it goes into the mind body. Assessment.

So it's looking at thoughts, feelings and emotions that you might have had in the past that are being stored in the body as trauma. And so many of us have traumas that we can understand and other very subtle.

Your dad slapped your hand for reaching up on the stove and you made it. You know I shouldn't reach up or I'm going to get hurt. And so don't make up stories and but it makes a difference later on in life, in my belief in the system, I've seen it time and time again.

Come up, come up and like, oh yeah, I remember. Wow. And in pursuit of goals that people will take or that they're water imprinted with vibration, just the body just needs information to correct.

That information, then the corrections can happen and you can start making changes in your life where you might

not have had the willpower before to do that.

Yeah. And so the process is you do the scan, you get an expert like you that then coaches you through, what's going on. So you have an awareness. That's what you did with me yesterday.

And then the info ceuticals, are bottles then that are shipped that are structured water with a vibration in it that that has information that your body can absorb to make the correction?

Is that is that how it works? Right? I know it sounds a little crazy, but it's they work. Yeah. All the body needs is information. Yeah. Else themselves know what to do with that information.

So we went with the way I think about it is, are you in flow with life? And what gear to do or are you does it feel like you're swimming upstream? Does it feel like everything that you do just keeps hitting against resistance or illness?

If you feel like you're getting that resistance, these might be the insights that you need to be able to get back into flow, get back to your best, highest self, and have a joyful life.

And I mean, that's really what it's all about. Yeah, be more productive, happier, healthier lives with the people around us. Yeah, well, I love it. And the reality is, it's not a huge stretch when people, like, people think, you know, medicines that they see being advertised on TV have magical properties.

No, it's just it's a vibration, right? It's information right now, many times, while they can help with symptoms, that information stored in that pill is going to have side effects.

And you can see at the end of most advertisements they list all the side effects. You're like, whoa, why is it even worth getting rid of this symptom to get all those side effects versus this is information, this is vibration in water. And without the side effects, right.

Well, that yes and no okay. Every time you do a healing. Yeah. Or bit of a healing shift okay. You might see after a week or so of being on in circles, we kind of celebrate in our office just a little bit when someone gets the sniffles or they get a little bit more of a rash, or they get weakness and tiredness, that's your body going through that phase of healing and detoxification.

Yeah.

Voice Scan, Coaching, and Infoceuticals

Internal wisdom was designed so that we could help support the systems in that detoxification process. So we have light bulbs, we have infrared. We have colon hydrotherapy natural ways for the body to help get those out so that your body can then be cleaner and work for.

Yeah. So the side effects would be more like the body healing and detoxing. You're going to get a side effect like that. Generally very subtle. Yeah. Sometimes it's it's, activities or dreams that will happen.

Yeah. That's the bucket to work through and release. So when we suppress so many of our emotions that we feel are negative or we don't want to remember as much, and so we'll suppress those.

But what we hold on to, I mean, makes us sick sometimes. Yeah. There's that emotional component that goes along with healing. And my experience. And so we address this physical and detoxification and helping those pathways to clear on a cellular biological space and the emotional mental that goes along with that.

And so this approach that you have is amazing. What types of what types of things do people come to you with? Is it a broad spectrum? Are there sweet spots that you tend to see people, come to you for help with?

What what what types of things do you help people with that it's like, it's a great question. We do get all kinds of

clients. However, I tend to see people that are ready for a transition.

Okay, start off with what they're already doing and they're ready for something different. Who? They're in a transition changing of job when you make a decision to do so.

But it's oftentimes physical. So we do get digestive issues mental health clarity, depression, anxiety, then sleep issues. And then we get a lot of people that are coming in for support for detoxification with Autoimmune Lyme.

Other conditions that are more intense. Yeah, they are primary, chunk is they have a decision to make. They acknowledge it, or they may be lying to themselves that they have to make it, and they're wanting some assistance and clarity for that.

That's also clearing the space, taking care of yourself, tuning into what your true is a process of learning how to self-love. Yeah. And they get that support.

We bring some humor to it. My personality is just that. But we, you know, everything we take so seriously. And if we just learn to lighten up and and relax into it, your answer comes through and you figure out a way to do it.

It's that's that's a magical part of of healing. I love that I love that philosophy. Yeah. And I love the the name of your company, Inner Wisdom. That's really, really cool.

So when you, when you start with a client, what are the expectations you want the client to have when they come to work with you? Well, being open to possibility.

Yeah. Open to what would life be like if you didn't have this thing holding you back? I like that that's really, really cool. And because most people, they're so stuck in the thing, their brain hasn't even gone their their mind hasn't even gone there.

And so part of what you're doing right at the beginning is open that up, because that is important to have a place you want to move into, not just a place you want to move out of.

Like where do you want to move into? Which I know that, you know, that's a big thing that you help people do. So how does somebody, if they want to how do they work with you?

How do they find you? Where would they go? So you could check us out on internal wisdom.com. I might send a link on that you can distribute out to the participants if you'd like.

That can have them sign up and do what you did yesterday, which voice recognition scam. And we can have a little consult, to talk about what their goals are and then review that if you'd like.

Okay. Great. So what was so internal wisdom. Yeah. Internal wisdom.com. And then if they go to that, will they be able to get in touch with you or do we need a special landing page like internal wisdom.com/global healing.

Can you, can you set up. Sure can. Okay. Great. So internal wisdom.com backslash global healing and Rachelle will set up a landing page where you've got a special offer to be able to get started with her.

And I think that'll be fantastic. So what are you what are the top priorities when you look at a client coming in? What what are the things that you look like yesterday when you worked with me?

Take me through the process of how you, with the way your brain was working, the way your mind was working because you had the scan. Then you talked with me a little bit about personal history, like, decoded a little bit.

What were you doing with me?

Client Needs, Expectations, and Services Offered

So I was paying attention to the subtleties with you, Tom. Okay, everybody. People say really? What's on their mind and what? And they don't even realize it at that subconscious level.

People want to be seen, heard, felt, loved and appreciated, right? So if I'm truly present with you, I can pick up on your subtleties, right? On where we need to start.

What could be the most impactful for you today? Right now? So, so sometimes that's a difficult conversation depending on whether or not you're open. Right? You're right.

So I usually off slow. I start off with where you where you get the biggest bang for your buck, and then we go from there. So I'm usually sorting out where to start is an energy that needs to be brought up for you, which could include lots more rest or basin of saying no more then yes.

Yeah. And the over especially overachievers tend to overbook their schedule like at some point. Right. So or is there's a physical element that we need to really help support so that the body can get rid of the waste.

And so that healing process, if you're distracted with pain or lack of sleep, it's really hard to go into that more spiritual aspect of self. So I'm assessing 1 or 2 buckets.

Which which bucket would you be in. How do I start. Is it can you handle more or do we need slow? Yeah, it's really faster. And it's so cool. I mean the whole integrative approach.

So the mind body, you even say, you know, you look at stored traumas because those are big like that. If you don't heal those inside, it's hard to get the physical body up and functioning because it's sucking energy from you.

So I love your integrative approach. I think even without the the scan you would be phenomenal and helping people. I love to know how you got the scan and you have the wisdom of years of coaching people together.

That's incredibly dynamic, and I know it's a game changer for for you and helping a lot of people. Yeah, I you're right, Tom, I think doing this so many years now, I really can be in tune with people and very present.

So I almost am the next down. And so but it's really great confirmation for you to be able to see that for you to be able to look and go, oh yeah, I can, I can recognize that.

And so, so many of my clients like, how does it know that based on my, my voice. Yeah, it's and it's, it's beautiful to witness people witnessing themselves and having confirmation for that.

Yeah. And and able to use the, the meditation at home or the nest in pursuit of goals or that the my health that comes along with that which is that they help help post electromagnetic frequency.

But a really Cutting-Edge tool that is available as well. So. We're our best doctor. So we start doing things for ourselves. It's it's much more rich and I don't these are the epiphanies I've had.

This is what I did on my own. You wouldn't believe what I did. I would have made this other choice to eat this meal, but I was able to stop myself and tune in and watch the sunrise.

And, you know, things that make a big difference. Yeah. And our own, well-being, but ownership of our own health. Yeah. And I was, I thought the scan and your wisdom was really on track yesterday.

So I would encourage everybody to check out Rachelle and what she's doing with nest ness. The scan and and, just the great work that she does. If people do want to go to your health and wellness center, where is that located?

I know it's in Northern California, but we're exactly right outside of Sacramento. Okay. From California. Okay, awesome. And that's, you said they have in the Health and Wellness Center, you have all sorts of services in addition to what we've been talking about, the nest scan and the coaching.

What else do you have there? So we're very much into sound and sound vibration. I work for veterans with PTSD and trauma, and we have patient tanks. At one point, the sound we could do just as much healing with sound vibrations or special speakers, special zero gravity beds to offer that cool, and hydrotherapy.

Because let's face it, a lot of people have digestive issues and hydration problems. Is a great place to start to teach ourselves how to let go. We have, it's called a pocket.

It's, oxygen spa, sauna, infrared sauna, infrared light therapy. So everything to help with the detox process. But you might want to help with. Yeah. That's amazing.

Well, everybody, I really encourage you to check out Rachelle. My session with her. I've already said it, but I thought I thought it was really fantastic.

And I'm looking forward to taking the drops and reeducating my body and and, just achieving even more health. So, Rachelle, thank you so much for being part of this.

Thank you for your internal wisdom, and thank you for helping all of us tap into our internal wisdom. We really appreciate you being on here. Thank you so much.

Lots of love to you. Come on up to Northern California and sing. I definitely will and I know a lot more people will too. Great, great. Thank you for.