Develop Your Own Mind Medicine Transcript

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Introduction and Dr. Weissmanu2019s Background

– Ladies and gentlemen, I am so excited that you have returned to the virtual stage of The Medicine of Mindset summit with me today is Dr. Darren Weissman and I'm so excited to just dig a little bit deeper into what this amazing expert has to share with us today. Let me tell you a little bit about him.

So he is a chiropractic holistic technician, he's the developer of the lifeline technique. We're gonna learn a little bit more about that. He's authored many books, He is an international speaker, he's a pretty big deal gang, so we're gonna listen to what he has to say.

And his focus really is the field of consciousness and that's really what I'm going to be honing in on his passion is to teach people how to intentionally change the emotional programs of the subconscious mind via the lifeline technique.

I'm gonna pass you the mic on this virtual stage. Welcome and give us a little bit, give us a little bit of the goods, Tell us a little bit about you how you came to do the work that you're doing and then we'll get into the nitty gritty, – You know, I appreciate your, your introduction Jana. And you know, it's like, oh, we want to listen to him, He's like, you know, something to listen to.

I'm a regular guy, I'm a regular guy who had a tough childhood with my own health physically and as a result mentally, um it affected me and I wanted something different.

I wanted something different, not only for myself, but I didn't want other kids to go through what I went through and my drive was to go into Western medicine even though I hated it because I had a horrible experience with it, but that's all I knew.

So long story short, I found chiropractic and that opened up a door for me and that door was like, wow, the body heals itself. And then I went into this world of energy medicine and I discovered acupuncture and I studied in Sri Lanka and china.

I learned multiple different forms of working with the meridian systems, ayurvedic medicine, the chakras. I started to understand the nature of the mind.

I went nuts. I went wild and my my heart my passionate heart heart opened up and there was just really no stopping me. And from neuro linguistic programming and E. M.

Er and aspects of trauma and psycho neuro immunology just, I just went deeply into it, where I had a moment of well keep doing the same thing, get the same result or take a leap and the net will appear and I had a moment where my faith of what I knew to be true and give the cliff notes inside of everyone is the divine light of pure love inside of every human being on this planet, is the divine light of pure love and love is the great healer and it's real medicine and um and that instead of being a cuckoo, I like I had a moment of awakening and I was courageous and I discovered a brand new original idea I built upon the masters of the barefoot doctors of Chinese medicine and people that have been doing deep work for millions of years on this planet to modern day science in a futuristic way of like doing surgery on people without cutting people open and really tapping into the power of consciousness and and the nature of what it means to live at peak human potential.

And that might sound for some people like, what the heck are you talking about? Like it may be too good to be true. Is it possible? And and the reality is it is. And it's a process for everyone, not everyone comes in where you like you get it, you get it.

How Mindset Becomes Medicine

And there's a lot of people more than ever, especially going through Covid, there's more and more and more people that are not only open but hungry to understand the medicine of mindset. So I mean that's what it is.

I woke up to the lifeline technique June 17th 2002 at 8 30 at night. I had to download. I entered a dimension of clarity as if I was in Ayahuasca, but I wasn't and I saw everything that I've ever studied with, everyone I'd ever studied with in a step by step by step by step mechanism that I instantly knew how to do and I was able to apply it a month into it.

I was doing before and after blood studies showing people's blood transforming by using the vibration of love. – Okay, in the famous words of Tom Cruise when he was in the movie Jerry Maguire, e so you had me at Hello. so oh gosh, there's just so much to unpack. So let's, let's start, let's start by having our audience who is watching us today understand what is it about their own mind that can become this medicine. Can you just, you know, can you just define that or frame that for us to how can we be creating our own medicine?

– Well, simply everything is a vibrational frequency and there's obviously a harmonic in the universe that enables the stars to move in predictable ways and two cells from people, different people come together to form a beautiful human being.

There's obviously an intelligence within this vibrational symphony of life and so understanding that at the core of life is vibration and energy and not to be cliche because it's like it is, it's energy. We can we can absolutely activate specific vibrational frequencies to influence the health of the liver, the blood, the bones of the way we think about ourselves and the world around us.

It's like right now we're using a zoom and and there's numbers and if there's one number different, I won't be talking to you, right? So the nature of the logarithms of this system, as much as this is a huge infinite universe. It runs binary.

It runs with an active reactive positive negative switch. And so there's a way to communicate with this so that we can drive the vibrational frequency versus be driven by it.

And once we learn that we can drive the vibrational frequency, then the reality is that anything is possible. And then it's just more of how how are we targeting it?

And then we meet an individual where they're at, we live in a world where it's cookie cutter approach. I take 20 people with migraine headaches, 20 people with cancer, 20 people with inflammatory bowel disease.

20 people with obsessive compulsive disorder. But no two people of those diagnoses has it for the same reason there are unique vibrational frequency of memories and habits and experiences that bring together someone's diagnoses.

So you know, to create mind medicine, it is about first understanding that everything is vibration and then having a roadmap or a tool that enables us to create that kind of shift.

– Okay, so I'm gonna go out on a limb here and make the assumption that that roadmap or that tool was what was downloaded to you. And, – Yes so this is the lifeline technique flow chart.

This was downloaded on June 17, 2002 it is And integration of 16 systems all integrated into one step by step mechanism, it's it's a road map, it's a blueprint of the invisible part of our mind.

So there's a visible part of our mind like there you are! Here I am here you see you feel you all those different aspects of sensory experience. That aspect of consciousness is just so slim. It's so minuscule.

It's the tip of the iceberg. Right? The nature of of of where the change, the deep change goes on is when we can make contact with the invisible forces, when we can dance with the invisible partner.

The Lifeline Technique Blueprint

You know that aspect that orchestrates the trillions of cells in our body, that aspect that stores every memory that we've ever had, that we know that we don't know, memories of the universe live within the subconscious unconscious mind. This is a road map or a blueprint of the subconscious unconscious mind. And it's and it's an application, it's an application. It's a how to that through kinesiology, muscle reflex testing can follow steps that allow us to never guess to always know if I'm really working on a subconscious level or not.

I love to have a conversation. This is fun. This is beautiful. But when I'm working with people, I'm not looking to have a conversation, I'm looking to connect with the invisible subconscious reactive part of someone's brain and body and behavior and relationship attractor field so that the kind of change that goes on is one that is deep and real.

It's it's evolutionary. It's caterpillar to butterfly transformative. – Okay, let's play a little bit here. So for someone who saw this Summit and they're like the medicine of mindset, I am, I'm hungry, I'm craving something different.

I've been searching for healing for years and years and I keep getting you know, like a baton in a track meet. I get handed from one to the next, the next. I get these tests, I see the specialist and because I don't fit in a box for a diagnosis, I just keep getting dismissed and my emotions, my triggers get heavier and heavier and heavier and I feel like this is just going to be my life. How does your blueprint?

Where does someone even start with your blueprint to understand that there is a different way question. – Epic question. And I want to I want to just sit back a little bit on it in the sense that to have a diagnosis, the system, our system must functionally be broken down 40 functionally to have a diagnosis.

The systems. So here we are, we have a urinalysis, a blood test. We have scans, we do things, you're all within normal range, you're within the normal range.

Meanwhile I get headaches. I my my cycles off. I don't sleep well. I'm irritable. I have these crazy Things like all these, like I got this weird rash, like take this for this, take this for that. Take this for that and take this for what you're taking because that's causing side effects.

So, you know, the nature of it is the system must be broken down 40-plus% to have a pathological disease. So now here we got people that are going through this experience of Groundhog Day and, and, and just, it's so, it's scary. It's, it's frustrating.

It's, it's overwhelming. And, and like how do I begin? You begin exactly where you are. I, I personally love Western medicine. I love the technology. I, I find it's, it's brilliant.

I, it's amazing. However, it doesn't get to the healing aspect of things. It just, it works with symptoms that's not wrong. It serves a purpose. That's beautiful. And there's a great bridge, There's a great bridge. So when someone will come on in for a session and when, for me, when I work with people, I work remotely, I work remotely, I've worked remotely before Covid.

I traveled like you're in Vallarta. I traveled around the world for a year with my family before Covid hit, we built the ark before the flood. And so the beauty is, I work with people remotely.

And so people come on in and I have them fill out paperwork and then I guide them through a process and, and the nature of it is the symptoms of the body, whatever they are, are meaningful.

Starting the Healing Process

The stressful experiences that are going on in someone's marriage going on with finances going on with how they see themselves in the mirror, how they feel about their mom, whatever that might be. Each of these are what I call a portal. So the rest of the world looks at it as a problem and they gotta fix it. They gotta fight it.

They gotta make it go away. I got to, you know, make myself numb, you know, and, and just deny it. We look at the symptoms and stressors of the body as a conversation as a meaningful conversation. Yet. It's coming from, oh, I've got a arrhythmia in my chest. I've got chronic low back pain.

I've been to the chiropractor and I've been adjusted. I've, you know, taken all these herbs and homeopathic remedies and got needled and ralph and gone for floating and use essential oils and I meditate and I breathe and I do yoga dot dot dot. People come to me or to a certified lifeline practitioner and they're brought through a process where the portal opens up and it allows us to make a connection.

And the connection is just the awareness of the connection is just the beginning. It allows us to what's called entrainment. It allows us to with rapport connect with this part that ultimately is primitive.

This part, is only based upon survival. It is reptilian. The dinosaurs still live. They're not extinct there in our reptilian brain and when that part gets triggered, it's amazing if it's true survival protection in the moment.

However, when it gets triggered because I'm being activated by a memory that hasn't been processed yet. Now this primitive part starts to create a lot of dysfunction mala adaptation.

It it becomes it becomes really destructive. So we create a loving relationship with this part of our self and we can train it, we we guide it, we get in the driver's seat of it so that we can go from.

Oh I gotta figure this out. No, I gotta feel where I'm at. I got to connect to this. This means I love you in American sign language and in the lifeline technique it's the secret sauce.

So the secret sauce and I don't want it to be secret. I want everyone to know that when you take your hand and this, I love you posture and you put it over your heart and you slow the heck down and you breathe into your nose and out your nose and in your nose and your nose and you say these words, it's a universal healing frequency going back to vibration. Infinite love and gratitude.

Infinite love and gratitude. Words, intention, thoughts, feelings hold vibration. This vibration when brought to a step by step process creates medicine. Mind.

Medicine within our body. We can evoke chemistry in our brain and chemistry and our gut and chemistry in our bone marrow to evoke deep change and deep feeling.

So There's no one way for everyone but there's a way for everyone. So as much as this is a step by step process, I've done over for me, I've done well over 100,000 sessions. I've done well over 100,000 sessions.

No to have ever been, there's been over, there's been millions of sessions done with the people that have taught the lifeline. So, but no two are of the same because the unique frequency that's in a particular moment Is unique.

So we we meet people where they're at and we guide them with this unique process that enables the change to begin. – So tell me how in a society that has become so driven by immediacy, you send a text and you're looking like, why isn't the answer? It's been 60 seconds or we want to do like a 21 day fill in the blank, you know, challenge that we saw online, that's going to completely shift our body.

Talk to us a little bit about the, like the timeline, like because like I said, we're used to feeling things, I want to feel it now. If I take this or if I do this, I want to feel a difference in my body.

What can someone expect if they start to work in this system of yours? Like, ken aesthetically, can they feel differences very, you know, soon after starting and what would those be?

– I mean, it's such a funny thing to talk about. Yeah, it is, it is a amazon prime world that we live in, where it's delivered on the same day. And so we have these expectations and and I understand that I appreciate that because I don't want anyone to suffer. I don't want anyone to stay in pain.

Yet everyone's got their own unique journey. And and the aspect of it is I would say that 99% of the people that go through a process at the end of the process say, Wow, I feel lighter in that situation that you had me observed at the beginning where I was thinking about that. I was thinking about that person.

Thinking about thinking about my mom. I'm thinking about my boss, I'm thinking about my kid, I'm thinking about this loss, this grief. It doesn't feel the same.

In fact, I feel peaceful. I feel light, I feel open. I feel like I'm observing it rather than in it. So yet at the same time, it's not about that, it's not about making the feeling go away, it's about raising consciousness when we raise the vibration of our consciousness when we're aware of our awareness from our highest self versus the child that was victimized at some boy. And that memory still lives in the subconscious power centers of our life.

We raise those programs of limiting beliefs and we discover the core of infinite potential and that unmet need is met on a subconscious level. And it's not about talk therapy, perception changes all of a sudden I'm present versus three years of age as a little boy and that's real. I've seen this is crazy.

Working with the Subconscious Mind

I've seen people's eye color changed from brown to blue, like, like that's insane. Yet we dissociative disorder is a real deal. And in one, in one aspect of a persona or personality, a person has lupus and another.

They don't one, they have diabetes, another they don't, the nature of consciousness is my medicine or my poison. Your mindset runs everything yet most of the minds invisible.

So to create a relationship with the mind where we discover the divinity that is within everyone, the light. That's everything that we're looking for, exists within us. It's just disguised and because we don't speak the language because we're hearing it as paying fear stress dot dot dot.

We live in a world that says whack a mole, make it go away, pop, pop, pop, pop, and do it faster and it just doesn't work. And it can be, it's necessary at times. It's necessary times.

There's, there's a bridge between this brilliant science yet there's a new science of vibration that is and there's so many cool tools out there lifelines, a unique technology. It is, it is never about making it go away yet when you change as Wayne Dyer said, when you change the way you view things, the things that you view change. When I'm, when I've shifted from the child that reactively avoids and then turns into a people pleaser approver into my highest self where I'm grounded, I'm discerning I'm optimistic.

My biology changes and of course the behavior does too. And even further the attractor field of consciousness, what we start to manifest the synchronicity like meeting you, like I know I know when I meet somebody, I'm like okay, wow, she's got it. There's something happening.

Like it's funny when you meet people and you just know like there's a familiarity of a vibrational frequency, you know when it's there, you know when it's not there and it's magnificent. So I hope I answered that question.

– You know, you did, you did great and I, you know what I what I'm envisioning is, you know, some of the people that I've that I've worked with that are ready to move into it and you know, my vehicle is is movement through Pilates and movement.

I healed my pain and that's now how I show up to help others heal and um do you need, you just need to ask you this question kind of clinician to clinician, do you get a lot of air quotes when you are talking with people?

I tend to get a lot of like this might be woo woo. You know, like they try, you know, there's this, it feels like there's this chasm that people are trying to believe they need to cross, like this system is not quite serving me because of A B and C. I want to get to the root cause but I'm not gonna jump into this new area because it's kind of woo woo.

So I'm just gonna tiptoe over here, see what you have to offer. How do you help that? How do you tap into that sub consciousness that is ready? But that Ceo of the mind is like no this isn't This doesn't feel right because this is new and we don't know what this is.

We know because we watched er we watched all the shows about doctors and medicine, how do you help? How do you help someone navigate that? – For me? I mean I've been in practice almost 30 years and in all reality I don't want to be someone's first rodeo. Somebody hasn't done their yoga, their breathing their meditation, they haven't done energy work therapy.

Then for me personally, I don't want to be their first rodeo when I work with people there's an application, people go through an application and I wanna make sure it's the right thing because I'm not approver, I'm not approver, I'm a teacher, I know what I know and I've experienced it enough, it makes me want to cry, I'm so freaking grateful, the impact, it's just real, it just is what it is. So when I work with people, I work with people for six months at a time and and and we go deep, go deep, it's like let's do something, let's let's do this, Somebody comes on in, that's great toe tippers, that's fantastic.

Got to start somewhere and there's practitioners that you can set up a session with and an experience that we have that in our, in our clinic and and people can do that and but for me personally, I I just, I'm not someone's first rodeo for me personally anymore.

And that's just a line in the sand that I've created and it just allows me to then give me my best, this is the this is the best of, of Darren over 30 years of being practiced and I know multiple lifetimes in the working to, to show up in a way that really?

– So that like that is, that's so beautifully said because I think there is this process where people kind of are on the roller coaster a little bit and then decide, no, you know what, this is the way I'm going and so help our audience understand how this subconscious mind, which sometimes is really hard to understand it or we might not think that as individuals, we have the ability to tap into it and communicate with it.

How do you start someone in that realm, you know, connect and communicate to their subconscious listen to those downloads, listen to those taps that maybe they've gotten very conditioned to just ignore.

– Well, the nature of it is I just guide them to the lifeline. – Okay, – I mean literally use the steps. The first step. The first step is called the connection and it creates present time consciousness. So it's like tuning an instrument before you play the instrument. You know, connect to the spirit, the mind, the body, the connection with mother earth and the connection with the divine align that make sure that it's in tune. Once somebody's in tune, then I bring them through the second step which has four parts like I guide them through observation of their body and their life and I have them observe the pain and the fear and the stress honestly compassionately, really kind and curiously and we have them go through this process that enables them to be in tune with where they are. And then I have them ask a question so that they know what's subconscious and what's not how do I know I'm really working on a subconscious level we and I'll share it.

It's it's a question, it's called the million dollar question otherwise known as the truth question which is bold. What the heck is the truth in this world right now? Where everyone's got an opinion and everyone's got reason and validation for their opinion to be right where there's such polarity and such resistance and stress between people.

The truth question so far, every person that has asked the truth question answers it the same way And so now I know, alright. It's a truth question, Everyone agrees. So I asked him the truth question and then in the truth question, and let's just do this right now.

Everyone, let's listen connect to what it is that you are struggling with. Maybe you've been diagnosed with the disease, Maybe you've lost a family member, you've experienced a trauma. Something that is shocking that's affecting you in your body and in your life and just take a breath and just give yourself permission to connect with it.

Gratitude, Acceptance, and Daily Practice

Notice the impact that it's having on your health and your family, on your on your on your ability to live, notice the emotions it brings up and just tune in.

Just acknowledge it. Now, I'm gonna ask you the truth question. If you could choose to create design manifest your life, blow out birthday candles and make a wish for the upcoming year, would you choose to create it with cancer?

Covid, autoimmune disease, addiction, anxiety, depression, Hashimoto's do you choose warts on your feet? Would anyone ever choose any level of pain? Fear, stress, what's the answer?

– No. – Excuse my French. It's health. It's how, you know, it's like really like, oh my God, when somebody is really in the throes of a, of a serious diagnosis of serious trauma.

Their mind is taking them into this horrible place. It literally is, it's like, hell no, but it's happening? Of course No 1's choosing it, but it's happening.

What does that mean when we're aware, we're conscious we have a choice Only when we're conscious do we have a choice when we're aware of something that of course, we're not choosing. But it's happening.

Ding, Ding, Ding. That's not the conscious active mind. That's the subconscious reactive mind. And that subconscious reactive mind is the program mind.

It's the imprinting condition mined and that. Mine does what orchestrates every cell organ gland sensing system of your body. It does what else? It stores every memory you've ever had.

So now that we know I'm not choosing this, because when we're in the Oh, man, what did I do to get cancer? What did I do to repeat this pattern of divorce?

I'm a failure. I can't succeed in business. You know, what did I do? We judge ourselves as a failure. We fight, we attempt to fix things and figure it out.

And we're super smart and we're super strong. But the subconscious mind, you won't beat it in a fight. You won't fix it. You're not a failure. This is all feedback. There's an intelligence here.

And the purpose of the subconscious mind is to say longest journey that you'll ever take ed to heart. Take your hand with love. Put it over that beautiful heart smile for extra credit and take a deep breath and listen.

Don't talk anymore. Listen, listen to your heart go go deeper than the chatter. Go deeper than the heartbreak? Go deeper than the fear. Go deeper than the anger and breathe and listen inside your heart is a light brighter than the sun. There's greatness within you and now we go, whoa! Hey heart, what do you desire to feel now?

What do you want? What do you need? What do you desire? What you desire? What lights you on fire? Oh I'm connecting right now. My heart desires to feel gratitude.

I'm just feeling it. My heart just said Darren. You desire to feel gratitude and now I make it, I may I claim it because I know my mind's gonna follow me. So lead it to the top of the mountain, lead it to the summit.

If I was already in a space of gratitude, I could say I am gratitude, I am gratitude, I am gratitude and now I've created a new consciousness. Now there's a whole other thing here, my friend in the sense that my mind's gonna mess with me, it's going, you're not grateful. You were just, you were so sad, you were so fred, you woke up with anxiety and so we got to then use a tool, we got to use our imagination.

We gotta use our mind as a tool. We got to imagine what would it be like to be living a life of gratitude. What would it, what would it be like if every cell in my body was vibrating, the vibrational frequency of gratitude and that when I would walk into a room, the room would change because gratitude walked in, how does it feel blessed? I feel blessed, I feel absolutely blessed in that blessed feeling.

Feeling tingles all over. That's the medicine, that's the beginning of the real deep change, that's where the healing begins. So we're working on a subconscious level and and it requires, there's an art here, but there's a science, there's an art and a science, there's a technology of applying philosophy in true knowledge of the nervous system, the brain and epigenetic six that allows us to create real change. – I feel like if we were, if you were on like a live stage we would have just like dropped the mic your drop the mic. I feel like I felt that in my body like those three minutes when you took us through that very somatic experience, you can, you can feel it and so thank you for walking us through that.

I hope that each of you who have been, you know, watching for the past half hour felt it too. So I want to know from you. What do you think in your area of expertise is not being talked about enough – Challenge is we focus on making things go away, we focus on what's wrong and we've created a complete identity of diagnoses and um experiences that then cement us as human beings into a story that ultimately becomes a self fulfilling prophecy because now I believe something that only formed because of a core limiting belief imprint in the first place because we look at life and I'm not saying this disrespectfully, just everyone does the best they can, but we look at life superficially and we don't take the time to go inward and acknowledge our our our potential, our peak human potential that we settle, we settle and I really feel that, you know, what's not talked enough is why is this happening? What role does the mind play in the symptoms of my body in the stressful relationships of my life?

But more that these symptoms and stressors are gifts in strange wrapping people and they're here to awaken us in a way that we otherwise never awaken.

And once we do awaken, the reality is we'll look back, we'll go, thank God that happened. Like I've got a friend, his name is Michael, Fine. He is an incredible yogi and he became a yogi because of a gift in strange wrapping paper experience.

A little over five years ago, he was hit head on in a while driving his car and his left arm was ripped off his body and fortunately, the gentleman behind him, got out of his car, ripped his shirt off, they were next to next to a forest preserve, grabbed a uh a stick and created a tourniquet, his left arm, his heart arm, it's like you guys gonna bleed out a second, put a tourniquet and saved my buddy. He couldn't save his arm and and my body almost left the planet one because the trauma to because of all the drugs that the payments that he went on, he attempted to kill himself.

And he ended up through the journey of his own mindset and discovering medicine. He discovered yoga and in discovering yoga, he is a one armed yoga yogi. And and he he teaches, I wanted to go today I couldn't make it as fast as I was hoping to.

I love him so much. But he goes Darren, I never want my arm. I would have never discovered who I am and we work lifeline together, we work live and he did a lot of different things but we worked on the subconscious level and we opened up the portal to the next greatest version of himself and he walked through it courageously and that's that's easier said than done.

It really almost took him off the planet and thank God it didn't and there's you know there's so many people that are going through real deal stuff in our world, right? I raised my hand, raised my hand.

So many people going through real stuff in the world and so you know, to to talk about to talk about the deeper conversation. The deeper truth of consciousness opens up um possibilities of gratitude that um, we could never otherwise find.

And then and I just have to say it, like tell you the end of the story when we like at the point of complete darkness is the beginning of light and when we go into that darkness and we discover the light, oh, we truly discover gratitude.

Like wait a second. So if I know that gratitude is what's going to come from this, how long is it gonna take for me to be grateful? We live in gratitude because I medical person because somebody did something nice.

Where to Learn More and Closing

The you know, I got the lucky end of the, of the straw when we live in a world where negative experiences are not isolated, there's always a positive.

It just might not be indivisible or physical or manifest, it might be in the invisible, non physical manifest world, but as soon as we start going, I hate this. This is horrible.

This sucks. Yet. I know there's meaning thank you so much. Thank you. Thank you so much. Infinite love and gratitude. Thank you so much. Infinite love and great. And you stay with it.

Is it hard? Yeah. Stay with it. But I'll tell you that's a fast pass at Disney and and it really, it opens up a deep level of consciousness that is, that's an epic form.

It's not easy to do when someone's gone through the big deals of life. I get it. I get it. But I'm just telling you what ends up happening beyond Yeah, we get to acceptance, acceptance is just the beginning of the evolution of the butterfly wings acceptance. There's way more beyond acceptance and gratitude is the is the final chapter of this journey of being human – That you Mr. yoga class today. And so obviously yoga is, you know, a form of movement that you use in your own mindset, you know, toolbox.

What else give us a sense of what else is in that toolbox that you're using on maybe a daily or a weekly basis, – A day in the life – A day in the life – I wake up in bed.

I become aware of my first conscious breath, my hand and the I love you posture goes over my heart and I become aware of my breathing and I consciously breathe and then I bring myself through what I call the connection which is the tuning of the instrument, spirit body and love and gratitude by the spirit of love and gratitude.

I go through this process where I activate the power centers of my system and then I and I give myself a lifeline session and I said intention for the day that said intention today.

The intention today, for my for me today is I'm capable of facing my fears with love feeling worthy and deserving of a joy filled life. That's what came through me this morning.

That's my intention. So everything about my day today is all about, I'm capable of facing my fears with love, that's all that's all about that. So I set my intention, I drink a glass of water, I do my business in the bathroom, keep everything moving. I take supplements in the morning and then I'll either go to a yoga class or an inferno hot Pilates class.

]I love it. It is just so right on for me, it just does me right, and I, I like intermittent fasting for me. I do that and yeah, I'm, I'm conscious in how I'm eating, I'm conscious and how I'm moving. I'm I'm conscious in my personal professional family, I've got my calendar orchestrated, so I've got balance for family, balance for myself, balance, um for my business and I really, I walk my talk, I really it's, it's been a journey within it.

When I get triggered and I get triggered, I got triggered last night. When I get triggered, I take my hand with love, I put it over my heart, I say to myself, I say it out loud into love and gratitude, into love and gratitude. I would never choose to feel this way.

Okay, what is my highest self desire to feel right now and in the moment I call on spirit and I trust my intuition to come through me and I apply it, I apply it as a tool for activating my highest vibrational mindset to create medicine um throughout it. So that's yeah, that's an overview on a day in the life of Darren.

– I love that. I want to ask does it matter what can you use? It doesn't. Okay, okay. Got it be double fisting if you want. Right, Darren. Okay. Where I know that you have lit up this audience, so if someone wants to learn more about you connect where where should we send them?

– Thelifelinecenter.com. Thelifelinecenter.com. And there you'll find um the opportunity if you want to work um in a group, we do group sessions with people, we work one on one.

And my favorite thing is that we have a Lifeline certification program and we teach people how to use this for themselves. Some people that are practitioners, they apply this technology and that integrates with anything that someone does or if they just want to be a certified lifeline practitioner, it's a standalone system.

– Amazing. Amazing. Well, Infinite Love and gratitude to you, my new friend for you know, showing up this way for listening to that that download on June 17th 2002. And for everybody who has been here all week on The Medicine of Mindset Summit, Infinite Love and gratitude.

You're here on purpose for a purpose. It's not a coincidence that something called you to click to be here today. So I want to acknowledge that, and thank you for learning more. Just about new ways that we can connect with the healing that we have inside. We'll see you all on the next episode.

– Thank you so much.