Introduction and Guest Welcome

All right. It's Dr. Betsy Greenleaf. And we're back with another session of the solving sexual dysfunction summit. You guys are in for a real treat because you're going to be like, what is this session and how does this fit in?

But wait until we we're done. You're going to look back at the end of this and be like for how did I not know about this sooner? And now I know that you're going to move forward and it's going to make a big change in your life.

So I am so excited to be inviting here. Dr. Louise Swartswalter Thank you, Dr. Louise, for being with us today. Oh, I'm excited to be with you today, and thank you for putting this on.

It's such an important topic that people need to talk. About, right? So why I asked Dr. Louise to be here is because she does some amazing stuff with like Brain Soul Success.

And for a minute I'm going to actually have you try to explain that because I know I get so excited about this and I try to explain to other people and I just butcher it.

So, yeah, so what is it that you do? You know, I figured out that we're not just physical bodies rights when we're looking at any kind of health or wellness aspect, we have to work with the physical, the mentally emotional, the spiritual and the field and bring soul Success is the name of my company.

And it became that because I work a lot with the brain, because the brain is your master control tower, that really just kind of dictates everything. So think of like brain, heart, gut, you know?

So I figured out from my own journey of healing that if we don't do the emotional work and the spiritual work and the energetic piece, then we're missing the boat.

And it just takes longer to achieve your goals, whether it's for sexual health or for anything. So yeah.

Brain-Soul Success and Healing Framework

And this is so important because I'm always telling people, you know, they want the fast track. They're like, Oh, I have a low libido. My relationship suffering, my sex life is in the, you know, is in the toilet.

Like, give me the pill, give me the Viagra. And I'm like, listen, your brain is your most important sexual organ. If if the brain isn't where it's supposed to be, all the pills and potions and lotions and lubes in the world are not going to work.

So that's why this session is so incredibly important. Yeah. You know, what I figured out that's really unique is that we actually carry the trauma and the emotions in the spaces of your brain.

So your brain has space in it, and those spaces get kind of like connect up with. Your. With emotions, with past trauma. Maybe you experienced rape when you were a teenager and now you're having difficulty in a sexual relationship.

Well, the memory of that keeps popping up until we clear it. So what I do is like to clear that another issue that I see with sex sex issues is trust, you know, so any kind of any kind of past, whether it's abuse or trauma, whatever it is, PTSD, anxiety, being hurt, betrayal, losing your first love.

Right. We've all had those experiences. You have to learn to sort of trust again and to really connect with people. And the first person you want to learn to connect with is yourself.

And I think that's important too, because safety of trust and safety, I think, are two big things, because you can't have the relaxation that you need for sex.

If there is this kind of inner trust and safety thing that's holding you back. Exactly. Exactly. And so that's what I do, is I clear the I clear the energy.

And so I created a system. It's actually five steps there and I share my screen. Is this. Yeah, you could do that. Yeah, that would be great. Let's see if I can share this.

Just so you guys have a visual while I'm talking about it. Okay. Let's find it. Brain system. So. So it's five steps really that I figured out. Really do help people move forward and faster, you know so I think of the it spells brain but it's really five steps it's b is the body piece so this is taking care of your health right exercise, eating right, taking our supplements, getting good sleep, all of that.

And then this is important. This is releasing the mental chatter and the emotional baggage. And that's where I died in. I even able to clear things in the ancestral past.

So when we clear all that old energy, it frees up your brain space, frees up your energy and allows you to relax, whether it's when you're, you know, having sex or just in your life and then align with spirit is always part of of healing, whether whatever God is to you, non-denominational, just spirit and then integrate your brain frequencies to your soul's true purpose.

I find Dr. Betsy that sometimes when people don't have a purpose, it's hard for them to heal. All the way. Yes. You know, and then new program is really unique.

And the new program piece, think of it like this. Your brain actually is a bio computer. Your energetic field is a bio computer, you're an electrical being.

And what happens is, is we have to put the new program in after we take the old stuff out. So let's release the trauma that created the trust issues. But then how do you want to show up in your life?

What do you want to do now? And so it's like literally putting in a new virus program in your bio computer. You know? And I have to just throw in a little pitch for Dr.

Louise, because we've been friends for a while and I've seen some of the work she's done and even the before and after pictures, which has shocked me because, you know, being a traditional medicine, I have. It.

Really totally grasp the energy aspect of things like I do get the body mind, soul connection, but when I've seen some of the pictures of people who come through her program and like even a change in their face, like, almost like there's this lifting and a glow and like they're new people.

Like, I have been really amazed with what you've been able to do with people. Thank you. It's really it's really, really fun. I mean, and that's how we show it, because I can't show it with a blood test.

I'm clearing trauma. Right. So how can you best how can you best show that? Let's see if I have a picture. I'm sure I do, because I got all kinds of PowerPoints everywhere here.

And yeah, so those before and after pictures are really, really telling. Really, really telling. So we've we've cleared lots of lots of different traumas.

This was. Kimberly. So that's her before and after. This was actually at an in-person event at my boot camp years ago. This is. McKenna. And when she came to the stage, I had no idea how much abuse she suffered physical and mental emotional abuse, and we cleared all that.

People in the room were crying. Dr.

Trauma, Trust, and Sexual Dysfunction

Betsy And I'm up on stage thinking, okay, I got to make sure everybody move through this energy. And we did. We helped a whole lot of people that weekend, but it was just so I was so grateful to see the changes in her.

She finally let go of all of that 40. Years of of abuse. And I think, you know, it's so important that sometimes when you look at these pictures real quickly, you're like, okay, when they're frowning, when they're smiling.

But it's different. There's like all of a sudden there's a glow. There's a spark in these people's eyes. You know, it's it's kind of like we were always talking about that, like, inner spark, all kind of coming through.

We had. To know. And I think. We all start with it pretty, pretty much as as children. But we lose it because of things we've gone through in our lives.

And we all have stuff, you know, we all do. This is what I mean by the spaces, you know, are your soul body in the spaces in your brain is that we have to clear and I think many of you, if you understand a little bit about neurotransmitters, serotonin is a neurotransmitter.

It's the one that that if you had depression, they would give you what they call a serotonin uptake or so Prozac or a generic form of that. Here's what's really happening.

This is an x one in a dendrite, their nerve endings. This space is called the synapse. And these little red beads of serotonin. Serotonin has to leap this space to make the connections so that you now can give that message to your brain.

Here's what happens. It's this space that gets the trauma, the emotions, the anxiety, the past abuse, the frustration, the anger, the betrayal. Whatever it is, that's where it gets stuck.

And now serotonin can't uptake, and that's when your doctor gives you a pill. So what happens is when we clear these spaces again and opens up the brain, people heal and they don't have that depression and anxiety anymore.

And I do want to say, I mean, I don't stop taking your medicine here. But. You know, we need to make sure that, you know, you're working with a doctor to wean.

But I just want you all to know that if that is you, it's possible. It's, you know, it possible. It's funny because as I start looking at language and how we use language, like even if this is something that you're just like, I don't know, like, like I said, when I first started talking to about this stuff, I was, I was very hardcore, like, like in the body science, traditional doctor.

And I'm like, I don't understand this stuff, but as I'm like understanding is more of that and I've experienced it with you, I start to realize this is in our language.

We're using it, talking about this all the time, and you don't even realize it. Like when the terminology good vibes, you know, like, you know, like raising your frequency, you know, like it's gut feelings.

We're like, you know, there's, there's stuff that's actually in our language. We know this, I think, on a spiritual or emotional level that we don't realize it, but it's creeped into our language because it exists.

It's there. Absolutely. And, you know, we're energetic beings. You're like 99%, you know, light and 1% matter, you know, so we're light beings and we're electrical beings.

That's why we need to hydrate, right, with minerals, you know, those electrolytes. So yeah, we're definitely electrical beings and we're energy beings.

And if we ignore that piece, I do a demonstration, Dr. Betsy, where I use muscle testing. And if you're not familiar

with that, it's called kinesiology.

A lot of chiropractors use it. And I show people that the pain they have in their shoulder is not here. So we muscle test, we say the pain is right here and your and the person's arm will go weak, indicating a no, it's not there.

And then I put my hand further out here and I say, Hey, the pain is here and it sticks. Meaning it's a yes. The pain starts out in the field and you can't put your hand out here.

And then I do some processes doing some energy work and we clear it and their pain goes. Away. Because pain starts in the field. So my, you know, I always say you could put Bengay on there, you could put trauma, essential oils, whatever you want on that pain.

And it might take it away a little bit, but it still keeps coming back because we have to clear the pain in the field and do it in a dimensional way. And that's the same with emotional pain.

And I've seen this I was going to say, having practiced in treating pelvic pain patients for years, I started to realize that all my physical tools weren't working because I wasn't treating the physical body, that there was some a more emotional, spiritual mind body, mind, spirit issue that I wasn't trained in, in treating.

But I knew enough that that was the problem. And that's why my pelvic pain patients were getting stuck. The ones, you know, like I would say, a percentage would get better because they weren't that. They were easy.

They were the ones where I could fix their bodies. But the ones that weren't getting better because it wasn't the body that was the problem, there was something else going on.

And then we do see this a ton in sexual wellness too. And people that are just having problems with, you know, letting go, releasing, relaxing, enjoying sex.

So yeah. Absolutely. You know, when I think about all the different kinds of trauma that can really cause different issues with, you know, sexual dysfunction, it's everything from, you know, Lola video to pain during sex to flashbacks of those traumas and thoughts, you know, difficulty trusting your partner, even emotional numbing.

Is. Part of it. So trauma survivors have this numbing that happens. And then sexual avoidance will avoid sex and not even enjoy, you know, that part of their lives because of, again, past abuse or trauma.

And I think the other thing that really has surprised me was this idea of generational trauma, which, you know, I know for some people they're like, why?

But really, I've seen this and it's come up time and time and other conferences and things I've been into and I'm like, Wow. Yeah. You know what our DNA actually does?

You know, in your DNA, you have great, great grandfathers poverty, for example, and we don't even know it's there. And then you work so hard. So let's say you're an entrepreneur and you're working on your business and you're working really hard to achieve success and you're doing all the right things.

You know, you think. You're good and you're just you just. Have this block and you don't know what it is. Oftentimes, it's that. And we do have to clear that generational trauma.

Live Energy Clearing Demonstration

So that's why the are in the brain system the releasing piece is is in my in my courses like biggest module has the most techniques because we've got to.

Pull all. The tools out, you know, to release all. The. All the ancestral trauma or your own, whatever happened in your life. When I was. And we were talking before about actually demonstrating how some of this works.

Yeah, I think. We should do this because I think people will feel it. So let's do this. This is called brain, soul balancing or a soul tie box. What would be a goal or intention for this audience if I said, Dr.

Betsy represent the audience here? What would what. Would you believe they would want to have change or be different? Let's make a statement about that.

All right. Let's you know, I start thinking about this and I'm trying to because I think one, of course, people are like, I want to have better sex and improve sex and enjoy sex, but I almost feel like it needs to go even deeper.

Okay. I'm thinking there needs to be this acceptance of self and safety so that I can enjoy sex. Okay? So I accept myself and feel safe so I can enjoy sex. Yes.

Awesome. Beautiful. And then so we're going to walk the goal down. So I'm using NLP questions to just kind of refine it a little bit and then we're going to clear the energy around it.

So the audience and you and everyone. Here can have that. Yeah. Cool. Awesome. I can't do anything without having healing happen. Did you know that I'm obsessed?

I love that. Okay, so say I accept myself and I feel safe. So I can enjoy sex. So if you accepted yourself so you could feel safe and enjoy sex, what would you tell yourself then?

You're not telling yourself. Now. That I love myself. Nice. I tell myself I love myself. And if you're telling. Yourself you love yourself and you're enjoying sex now and you're feeling safe, how would you feel?

I think I would feel like empowered. But free to love somebody else more beautiful. I feel empowered and free to love someone else. Let's see. Is that bottom line?

Honoring. Honoring. So if you were feeling empowered and free to love someone else and you're telling yourself you love yourself and you're accepting yourselves and you're feeling safe so you can enjoy. Sex.

Who would you be honoring fully then that maybe you're not honoring fully now? Myself. Yeah, I am myself. Awesome. You see how we kind of walk that down and where that really gets to sort of a bottom line goal because it is about honoring ourselves, loving ourselves more right.

And I have to tell you, I can almost tell this when I'm working with people and someone's like, I want to make connection with my soulmate. I want to meet somebody, you know.

So this is a woman usually I work with men, too, but woman who really wants to meet, you know, their soulmate, their man. And they've been through many, many, many, many relationships.

It still comes down to what you and I are doing here. It's about loving yourself more. First and. Honoring yourself. First. And so we have to clear any of the energy that's lacking there.

So what I do is I take those words honoring myself, feeling empowered. And again, I'm thinking of the. Whole. Audience. Here. Feeling empowered and also being able to love someone.

Else. And accept and feel safe. Right. And you know what? This is something just thinking about how this expands to life. I know now, which I didn't know at the time, that early in my dating career I picked the wrong people because I was grossly insecure and didn't love myself and I picked the wrong people and then was hurt or betrayed by those people.

And then what I did was I translated that from boyfriends into work situations, so I was able to get rid of the bad boyfriends. I figured that one out and actually got good boyfriends, but I carried the pattern in with work and picked the wrong bosses to work for the wrong.

It was the exact same pattern of looking back. So this is something I think that only helps with sex, but it will help elsewhere in the rest of your life.

Absolutely. Very good point and good observation. You have beautiful awareness. Yeah. And your beautiful awareness as a doctor, too. I need to say that, you know, because you said you figure it out here with pelvic pain, it wasn't just physical.

You could tell. That there were other things that needed to be worked on. Yeah. Wow. Yeah, that's beautiful, Dr. Betsy. I love that. Okay, so we got all this in a box, so it's.

You can't read it, but I put all it in the box, and then I say, who or what is pulling you away from that? So you and everyone here, right, for being able to accept yourself, feel safe so you can enjoy sex, sell yourself, you love yourself, feel empowered and free, right.

And really honoring. Yourself. One, two. There's at least three strings. So that just means there's three people or situations that are blocking this.

And then what I do is it intuitively I go in the energy field and it's actually the power of the spoken word. Or. The truth will set you free. So it has to do with words.

But we ask is this first situation, is this a male or a female or a situation? And I get a situation. And so is this reason or all this an old situation?

And is this old situation something with you? Something with the audience? Could be you could also be the audience. So the old situation is something what in childhood? Yes.

Zero three, five, five through ten, ten through 15, ten, 11, 12. Where we 11 where we 12 some people were 11, some 12. So so it's around 11, 12 or 13 for people listening here.

So this old situation, 11, 12 or 13, do we need to know what it is? Not necessarily. Do we need to know the words? We need to know the words about it.

And then I have cheat sheets of words. So they're in plastic because I use them in my son and I drip all over them. Let's see. So I get of two lines. Of two minds, Oh, this is going to be good.

You know, think about 12 or 13. That's like at the beginning of like sort of. You know. Women get their periods sexual, you know. And I just want to point out, Luis has been doing this for years or she could do it really fast. So.

Yes. And like. I'm just getting to the point where I'm starting to realize this in my life and when I make decisions, I'm using words now and I go, ooh, when I say that, I want to do this thing, it makes me feel nauseous.

Or I want to say, I'm going to do this thing. If I'm stuck between decisions, I feel under the body, which one feels better? And it's actually helping me.

So this is definitely a practice and you get you're really good and you do this very fast. And, you know, I didn't know that I could teach it, but I do.

People can do what I do. Yeah, because it's an intuitive process, but we all are intuitive guests. And what happens is the more you do this, the more we clear your field of your layers, the more intuitive you become.

I love that. You know? And so the words I get here are duplicitous, no sense of humor, lost vulnerability. So these are the words that have. To do overwhelm, that have to.

Do with when we were 11, 12 or 13, and maybe it's the very beginning, again, of our sort of sexual understanding and, you know, learning about our bodies also unworthiness here.

So we're going to say, what did that do? Was that a liar, thief or fraud? And I get a thief. Now, those words sound really strong and I'm very positive.

You're like, What did she say? Oh. Liar, thief and fraud came from John 1010 in the Bible. And then the next phrase that's also in the Bible is What did it do?

Did it kill, steal or destroy? And I get the word steal. And so what we're doing is we're clearing the brain and the soul. It's a soul tied to what happened when you were 11, 12 or 13 that's still hanging out in your in your brain, in the space of your brain.

And we're clearing it so that it can open that up. And you don't have to hold on to feeling lost or not worthy. Like, maybe you did when you were 12 or 13.

Right. And so it's stealing your confidence. And then we name the positive words. So it's stealing confidence and freedom. So we're reclaiming confidence, freedom, comfort to. Have an acceptance, self-acceptance.

Right. And trust. Do we get that back? Yes. Is there another word I need to say? No, I'm just going to say another little clearing statement. Some of you might recognize this if you just cemented your work.

It's called excess consciousness. And I think of it as just like cleaning up anything else that might be hanging out there. Okay. So we're just going to say I just write and create any judgments, assumptions, projections, conclusions, decisions.

About the situation. When you were 11, 12 or 13, anything that's still in the energy field there, we release it now, let it go, allow you to be free, good and bad, right and wrong.

Cotton wool, online shorts, boys, Beyonce. And then I usually have people tap the bottom of your foot. Doesn't matter which one. We just kind of take a hand and hit your foot.

It kind of knocks it out of there. Good. Okay. So that's our first our first string. Male. Female. Another string is a female. So is this a female in the field for everyone in the room? Yes.

Is it you yourself? No. Is it. Mom? Yes. Is it everyone's. Mom? This is the mom string. So is it you with mom? It is. So it's you and mom at a certain age.

So is this you and mom when you were a kid again? Yes. Were you age zero through five? Yes. One, two, three. So this is something around age three is at age three for everyone in the room, age three or four.

So again, everyone's here. So it's probably, you know, around that age, but it could be age around. Three or four. And it's something with you and mom.

And even as I say this, you might be thinking something. Dr. Betsy, I don't know if you are or not. Are you thinking anything around three or four. With your mom?

Yeah. Oh, I mean, not related to this, but I, I remember thinking around three or four, if you know what the first thing that popped into my mind and I don't even know how it's related, I remember being outside, playing in the yard and accidentally peeing my pants and being so incredibly embarrassed and coming into the house.

And my mom wouldn't let me play outside anymore because I accidentally peed my pants. Now I don't remember getting in trouble or yelled at or spanked or anything, but it was this embarrassment that then led into me not being able to do the thing I wanted to do right then, but that was the first thing that popped into my mind.

Okay. Thank you for sharing that. And, you know, and being vulnerable because somebody else may have an embarrassing moment, too, maybe something different, but.

But embarrassing, right. So we have to clear that embarrassment for you to feel free in your body for sex. Right. And for lives. So I get the word embarrassed and shame.

Fear, maybe unprotected. Unprotected fear. As your empathy. And overwhelm. Overwhelm and oppressed. Is it oppressed? Opinionated, offended, offended. So is that a liar?

That's a thief. On again, honoring yourself, feeling empowered, loving someone else. So it's sort of freedom called for to be. Given. Confidence. So we're reclaiming comfort to be given freedom, confidence.

Wellness and safety. Awesome. Is there another word we need to say? No. Do we need the clearing statement? Yes. I'm just going to say good and bad. Right?

Wrong pattern park, online shorts, boys ambiance. And we're just going to tap the bottom of your foot again. Oh, yeah. Okay, one more string here. Is this a male? Female?

Our situation. It's a situation. Is it recent or old? It's an old situation. Is it an old situation for everyone listening? Yes. Is this old situation something in our lifetime now?

So this is that ancestral strain. So is this son Mom's side, dad's side or possibly both? I'm not sure what side of the family because it's going to be different for everybody, but it's ancestral.

So we can even just test, hey, how far back is this? This is go back more than five. Yes, more than ten. Yes, more than 20 now. So ten. 11. So it's 12 generations back.

Is it 12 generations back for everyone in the room? It's up to 12. So some people could have six generations back, but the words will be the same. Okay, so we have to clue this generational string on mom and dad side.

Oh, my gosh. Think about 12 generations back. I mean. Who talked about sex. Back then even? Yeah. Yeah. I can't even figure out what year that might. You know, I mean, like, oh, my goodness.

Look, let's see. Mindset. I mean, that's when women if they got pregnant, right? They were sent. Away. You know, there was all kinds of. Suffering. Mindset suffering.

So we have to clear this for us to be open now, emotional withholding. Well, these are good words. Emotional withholding, suffering mindset. Guys are going to feel lighter when we're done.

Here, more helplessness. So sometimes I see the room do this. We kind of go down because I'm digging up energy. And then. I'm going to put the new program in and pull you back up.

Okay. So if you're starting to feel. Like you're kind of tired, I don't know what she's doing. Oh, it's okay. We'll pull you back up. I got panic here to.

Panic and shame. Yeah. A lot of old shame, vulnerability and overwhelm again. Is there another word we need to say? Yes. This is. An entity in the. Field. Okay, there's.

Like an. Entity back there. It's paranoia. So there's an entity of fear or paranoia that goes to all generations back that we have to clear. So I'm going to name that.

Is there another word on here? One, two, three, four. One, two. PTSD. Wow. This is going to be good. This all. Of this is a layer three for. Fraud. So we're going to name what it's killing.

Stealing and destroying and reclaim. It. So it's killing how? Stealing. Focus. Stealing comfort to live in serenity. Trust protection, success. Release and vindication.

And then I'm going to ask for that PTSD and that paranoia that's playing a little song in the energy feel that even

though it's 12 generations back, here's what's happening.

It's playing like a little record or a song, even 2000 miles out. Of your body. It's in the. Field. And it belonged to great, great, great, great grandmother or grandfather.

But it. Could still be like emulating, like this little song or a little. Spark. That's out there. So there's a way to clear entities. I'm just going to make a statement here.

We're just going to ask for the PTSD and the paranoia to no longer be allowed in anyone in this room. You know, it must leave you. It must leave the audience here. Anybody listening?

So we're just going to command that it go now and it leave your physical. Body. And leave all your organs and leave your mental, emotional, spiritual body in our space time dimensions.

So in in God's name, your higher powers name, Jesus. This name must get out. Get out now. It's no longer allow the PTSD and paranoia must go to the light Leave now.

Rock my awesome, beautiful. Did we get that? Yeah. Cool. Do you feel a little lighter? I do. Yeah, yeah, yeah, I know. Isn't that, like, so amazing? Okay.

Do we successfully clear all of those strings? Yes. Can we put the note? Yeah. So how are you doing? I just want to check in Dr. Betsy. I'm doing great. Yeah.

I'm doing great. Yeah. Okay, good. Awesome. So in your rate, like when you were going through that stuff, I did start feeling tired, which is so funny when you verbalize that.

I was like, How did you know that?

New Program Integration and Closing Advice

Yeah, I kind of watched people go because we're digging up like, think about it, we're digging at 12 generations back of stuff too, you know? So we're digging up all the energy.

And that's why I like to always reboot them. The energy field, the brain. In fact, you know what? Your brain has rings around it, so it's like an atom with rings around it.

And when those capacitor rings are off balance, you'll feel off balance. So what we're going to do now is put those all back in balance with your program, meaning these intentions that we wrote here for The.

Room so. That everybody here can accept themselves and feel safe so they can enjoy. Sex. Right? So that's why I wanted to do this process. So now this piece is the new program piece and this is energy work in the field and the energy field.

This looks funnier than what I just did. Honestly, it's. Codes. Their numbers. And. The numbers think of them as spin points. So you have an energetic field around you instead of acupuncture points.

Like I'm putting an acupuncture point in like two or something. This is a kidney point. And so putting needles in your body, I'm working off your body with what we call spin points, which are circles, and those circles have numbers attached to them that actually what we can do is put this.

New program in now. Okay. So the first part of that is I'm going to have you say them, I muscle test them, and then we're going to do those numbers and then we're going to say them again and lock it in.

And so it's called a mini integration because we're integrating you with your new program. Okay. You're doing so I thank you so much for being our our surrogate today.

Dr. Betsy, I. Love this is so much fun. Yeah. So I'm going to have you say say I accept myself. I accept myself. And I feel safe. And I feel safe. So I can enjoy sex.

So I can enjoy sex. I tell myself I love myself. I tell myself I love myself. I feel empowered and free. I feel empowered and free. To love someone else.

To love someone else. And I honor myself. And I honor myself. Universal So the first thing we're going to do is balance your polarity in your body. So I'm going to have you take your right hand on your left shoulder and your left hand on your right shoulder, and we're going hold this for 12 seconds and then we're going to switch it.

We're balancing, in a sense, right and left brain polarity. Yin and yang. In the body, and then we're going to switch. So the other arm goes on top, but then you can rest your hands and I'm going to do those codes.

And so those first codes are called they're called spin points and they're releasing stress. And I'm going down your left leg and I'm literally just circling and I'm saying, two, three, love, five, three, forgiveness, six, five, choice, nine to freedom, four to greater love.

Then we're going to come down our. Front and. I'm going to say the code for two, and I'll have you say the statement, say, I have positive. Self-Worth.

I have positive self-worth. And then two, to say, I choose to succeed. I choose to succeed. For four, I choose to live in joy. I choose to live in joy.

And six to I choose to live by the higher laws. I choose to live by the higher laws. Good job. And then I'm going to do one for seven which is on your back left side.

It balances the brain this way. It's called the depth ring. And then I have you look at my ex and then I do the code for five. That's the alignment ring.

It's balancing the brain this way. Nine six is the consciousness ring over the top of your head. Nine, six is the cranial ring. Eight six is the hearing ring.

Six eight is the seeing ring. Then the ring to all the rings. 329 26 Complete cycles 5859 times. Two. To 823 complete cycles 2623 times 375374586469467.

Releasing any trauma ten 57828775. On the shock one two. Three place you want peace five to. Five to. 1137 Complete cycles 87000 to 57 times 2 to 820 430.

Two times or 2 to 2 four four. 6267676767. Awesome. I would say do you feel the wind? Oh, my gosh. And we could see it in your face. You felt that, didn't you?

Yeah, definitely. Yeah. Yeah. Isn't that just so fun? Yeah. So? So let's call the integration now. We want to lock it in. So we restate the goals and intentions and then we do a little lock.

Okay, so I'm going to have you say these again, say I accept myself and I feel safe. I accept myself and I feel safe. So I can enjoy sex. So I can enjoy sex.

I tell myself I love myself. I tell myself that I love myself beautiful. I feel empowered and free. I feel empowered and free. To love someone. Else. To love someone else.

These are so good. So I honor myself. I honor myself. Beautiful. So now we lock it in. And the way we do that is we put our hands, clasped them together above your head.

And if I was physically with you, I would try to pull them down and you would just stay strong. Okay. And then I'm going to have you come on your fingers on your right hand, like make a little wand.

So think of this as like an energy wand and you're making a circle in front of your heart. You're saying the numbers. Two, two. Two, two. I choose to. Succeed.

I choose to succeed. And then you tap your belly button eight. Times. And that locks in those intentions, those goals in your field, and then you will process for a while.

So, you know, I usually just kind of test and I ask, how long will this group process what we just did. Today, what, almost. Four weeks. Yeah, so four weeks.

So I like to give homework. And so there's. Two, two things that I know you're going to talk about this in a minute, too, but the first thing is mine gems.

And mine gems. Is. Yes. It's 12 little exercises we did one of. Them. There are handheld positions that take 4 minutes to do, and they're balancing those rings around the brain.

And they help you with focus, with calm, with memory, with sleep. I love mind gems. Yeah. So I think that would be really helpful. So my, my suggestion is if you're listening to this, you know, and, and you're really resonating with this too, for it to process all the way through you for the next month, pick a time, morning or night and do the mind dance.

You can use it as a little meditation. That's what I. Do. Just before you go to bed or right away in the morning. So we want to do that because otherwise, if you're listening to and you don't do the mind jams, you won't process it all the way and you won't be able to have this whole integration.

In a. Sense. That's all that means. But this is absolutely amazing. You know, I love this stuff. Dr. Louise. Yeah, I. Know. And, you know, I mean, I do too.

And I thank you so much for for, you know, allowing me to use you as our as our guinea pig today, in a sense. Right, as our surrogate for the whole rest of those rest of the summit.

So people can have, you know, feel this and understand that they don't have to hold those patterns. Yeah. And really enjoy sex and not hold any of that past whatever it is.

Yeah. And it's so, like I said, so important because we need to go beyond the physical to really get the results that we want and that we deserve. So that's why something like this is really important.

Yeah, absolutely. And you know, and I just want everyone to know, we all carry traumas. I don't know if you want to call it that. Traumas, emotions, situations, the things you know.

And and it's usually those in formative years was age zero through ten that we really have to work on. And then when we clear that energy, it frees you up to do your life.

So it's life and having great sex both. You know? Yeah. Yeah. So this is wonderful. Dr. Louise, in closing, is there anything I didn't ask you about that you want us to know?

You know, again, I just really want people to know that they can be 100% your soul's. Truth. If you're feeling off balance. It's literally this process that we did.

It's the old stuff. It's the ancestral programs that aren't allowing you to feel fully. You. And so you can have that joy in your life. You can have joy.

You can have that beautiful sex. You can you can have anything you want. It's all for the taking. It's just a matter of clearing energy and getting you what I call line to being 100% your soul's truth.

So I want you to hold that. I want everyone here to just really know that, get that in your bones and know that you

can do that. And whether it's this or something else, seek out the answers for yourself.

You don't have to stay stuck. That is so beautiful. And where can people find out more about you? You know, it's louiseswartswalter.com although we're going to we're just put a new website together so I don't know when this airs but it might be brainsoulsuccess.com so you can find me there you can find me on Facebook as well as Instagram.

I'm not really on Twitter. And and then I also would would invite you to I love to meet new people. Dr. Betsy So we have what we call a brain soul assessment.

And it's an opportunity for me to learn more about you and find out if I can help you or if I know someone who can. So it's kind of like I like to look at.

Kind of a a. Many of what we did here, like what is your biggest. Block? So I can set you on the right path. And so that assessment is also on the website.

And so if you're again resonating or feeling called to learn more about your past and your goals, I'd love to. Talk with you. And just to let you guys know, anybody that's on my email list, I'm always emailing out for Dr.

Louise when she's doing her masterclasses. So make sure, you know, you're on our email list and and, you know, check those emails out from time to time.

Oh. Yes, absolutely. Absolutely. Yes. And likewise. So Dr. Betsy on my list too so when she's got things coming up. You definitely want to you want to check those out and make sure you sign up.

So, yeah, co-creating together is so beautiful. Yeah. Well, thank you once again, Dr. Louise. I really appreciate this. I'm sure the audience appreciates this.

So the work that you're doing is wonderful. Thank you. You're welcome. I mean, I love I love the people here. I love it. You attract the most people I love.

I love the people. So. Yeah. So you know what I always end with? I end with follow your heart, but take your brain with you. I love that. Awesome guys, go follow Dr.

Louise and stick around because we got more great sessions coming right up.