Emotional and Physical Healing with Marie Dubois Transcript

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Opening Advice on Breathing and Emotions

Okay, one of the pieces of advice that I give my clients at the end of every session is if you feel the need to analyze, breathe. Because while you're breathing, you can't be emotional.

You can analyze. The other thing I also tell people is, if feel, the needs to be emotion, being emotional, The sooner you let it out, it's really just energy.

That emotion is a frequency. It's a frequency that you're feeling it's feedback, but let it out when you let that emotion out, whether it be angry or frustrated and give it its moment in the sun.

It leaves so much faster than if you try to stuff it where it will become cancer and disease. So just let Hey everybody, it's Dr. Rimka and I have a friend of mine, actually a friends in like real life, Marie Dubois, better known on the interwebs as Mystical Marie.

Mysticamarie.com, correct? Correct. All right. She's on Instagram as MysticalMarieGuru and please follow her. And this is what we're going to talk about today.

Introducing Mystical Marie and the Emotion Code

Something that I'm very passionate about is, what's really the root cause of disease, whether it's physical or mental, I think ultimately is disruption in emotion, frequency, you know, bioenergetics.

But we'll kind of focus on emotion because Marie is a certified in Emotion Code. and body code, right? Made by the same guy. I've had sessions in this.

And I am not certified in these things, you guys, but I'm a big fan of helping promote other people's techniques. So you can know more and have more resources outside of the traditional mainstream, very limited scope as the way to address things that are distressing you physically and emotionally, because there's often a very big deep connection between things that have happened in our lives that the tragedies that we've experienced that, we then have informed us as trauma that.

We haven't let go of and the body remembers everything and it could be expressed honestly as your diabetes or your headaches or you're insomnia or cancer.

All right. So Marie, why don't you take that from there and explain how, what I just said and how that works for you and why you got into doing these techniques.

Oh, well, how I got into doing this was kind of a roundabout way. Uh, I became a certified essential oils coach and I was working with my clients that way and what I started to realize is they all had something in common.

And while we were working, cause my approach to there is much like yours and, um, the people in your area of influences, we look at, okay, if you come to me, you have Crohn's, maybe we're going to get you some relief from the symptomology, but why?

Why is the crumbs? What exacerbates the crowns? Where did the crones come from? And that might seem like an easy question, but often as we know, emotions are rooted there.

So I would be working with these people to help them with their symptomology and address the root of the problem. And what happens is then the emotional stuff kind of shakes at the top.

I didn't know what to do with it. Didn't want to deal with them. Then I noticed there was a gap in the way I was helping people. asked for guidance, you know, what is the way I need to be doing this?

Do I become a life coach? I come to counseling, do I do tapping? You know like, What is for me? And I've always been tapped into my intuition. And while I won't say always, it's always has been there, but I have not always utilized it to the best of its ability.

So motion code entered my life and I can't even tell you how it must have been some ad somewhere because, the algorithms are powerful enough And I know this is voodoo hoodoo for some people, but the algorithms are smart enough.

They can hear what we're thinking. Energy is that powerful. And so this ad showed up. I started to research emotion code and I learned, I read the book.

So I wrote the. Again, and then took the certification course and the rest is history. That's how I got to what I'm doing. Um, I really have, in the work that I've been doing, have really seen that belief come to fruition.

How Emotion Code Sessions Work

The universe and energy and quantum and all of that proves itself to me over and over, and every single day as I work with my clients and we make these connections about things that happened to them in past.

And I'm learning more about subconscious mind every day and my own intuition and gifts and things show up for me. It's very exciting. Yeah. Why don't you give a story of, well, one, maybe tell people what this kind of looks like, because you can do it virtually, right?

You have sessions, not like this, on Zoom. Exactly. As a conversation, tell them what the process looks, like what a session looks. Well, when you sit with me, of course, I will explain all of the science because this is rooted in science, and I'll explain But once we get to the, get going into the session, I can hear.

So the way we can do it virtually is I could do virtually with one zoom. I Can do with you here in the room. You could be in Japan and not even be on the phone with me because when I'm connecting, if you've given me permission, can connect to your subconscious.

And it's just as simple as a blank for me to be able to do. It. and then I. Can prove it to you through muscle testing. There's a lot of people. When you read the book, because you can read The Body Code, it's by Dr.

Bradley Nelson, right? You can do this all by yourself. And he will teach you all of the different ways that you muscle test. Well, what I realized was that muscle testing was really just training wells for my own intuition.

But I connect with you, and I ask you questions in that moment. I'm you and asking for you as the client. things that we need to know, are there trapped emotions that can clear away today?

Is there a heart wall? And a hard wall is something else we can talk about. And what are we going to work on today. If you come to me with a list of things, that have happened to you in your lifetime, we could ask your subconscious mind, what do you want to on work today, because healing is not linear.

We like to think healing as linear as our ego based humans. It's really not. So we might show up to the session going, but Marie, You know, I want to work on a, b, and c today and your subconscious will say, it's so cute that you think you're ready for that because that's not what we're doing today.

You now we are doing these. And so it is all permission based based on your sub-conscious. I have found that I can drive it a little bit, you know I could make suggestions.

Um, And then I just ask, what is this emotion? Is this? And I had a list, have a chart that shows people, there are 60

emotions on it. What type of trapped emotion is it?

There are six different types of trap emotion. And I like to tell people you're walking around your whole life thinking you are a hot mess, but really only one of the six types trapped emotions are you responsible for as a human being on this planet of existence this time around.

The other five of them are from other places. They're absorbed from friends and their ancestral and you've been carrying them from life to life and they're shared and absorbed and prenatal and all kinds of amazing things that your parents So we identify what type of trapped emotion it is.

Then we identified which trapped emotions it. And then I just use an energy push and my intention and I believe that it happens. They teach you to use magnets because the magnets is also pure energy and magnifies your intention.

But I've been using, I switched over to a stone or a rock. You can call it a Rock or crystal. It's called euphorolite. it's a special little brand that comes out of South Dakota.

The mine is there. And they're tested for negative ions and they are just amazing. And this is just as powerful as my magnet. So I've been using this and getting some amazing results.

Um, and that just looks like this. It's just the governing meridian and I just wave it over and have this intention and releasing it. I can visualize the release.

Sometimes when I'm releasing, we're joined by animals and colors and people and what kind of amazing things. Just more energy. So for those of you who are listening you're like what this sounds wackadoodle right.

Okay. So she's sitting in a room that she just changed and it's telling the name of the room. The name is my room, this is like quantum reality chamber.

Quantum reality chambers so if for Those of who you pass couple years have been a very interesting time and there's a lot of people that are.

Success Stories and Client Results

opening their eyes to seeing things in a very different way and becoming aware that there's a lot going on here that we can't actually see. And a of what we do see with our eyes may be some trickery that's been played upon us, because it's not really real either.

Things we see on a screen, on the TV, from the, you know, Like there's a lot of moviemaking in things that we're being told often are real. So speaking to all of the new like say massive truth or movement is what I'm talking about.

A lot people are looking at the reality of everything. Like, wait a minute, I think I've been lied to about a lotta things. If you're in that camp, this might not seem so unreal to you.

And if you've in the holistic community and understanding electromagnetic medicine and understand that you have an electromagnetic field that can measure If you are giving off emitting frequency magnetic fields and photons of light, we can measure the light coming off of you.

We can't measure how much magnetic pulses coming out of view. And there's a sweet spot. If it's too low, your life force is low. It's to much. You're kind of blown out and you're discharging too much and your leaking your energy, basically.

I look at, you know, I like the field theory where everything is in the fields, like what you're saying like in terms of the AI, because everything's in your field, we're picking up things all the time.

And with what I do with a lot of stuff is like tell people like, you know, it's not necessarily that you're so sick and broken. It's like actually you don't need to add a lotta stuff.

We usually just have to remove stuff, the garbage and the junk out of the field that's interfering with the proper function of everything. That includes, Chinese medicine is used the meridians and chi is there kind of things, Ayurveda has a different form, we have prana, different forms of different things.

So Dr. Bradley Nelson has come up with his system based on his lens and these two systems work together really well, the body code and the emotion code, and that's the framework you're using.

If any of you are questioning this, get the books, listen to some of his talks, right? But I just wanted you to be aware that there are other things that you primary care provider you know your $10 copay doctor isn't going to tell you about well maybe you should look into clearing out some of the stress in your life from some stuck emotions that you have, maybe that's contributing to the ulcerative colitis or Crohn's flare up so.

I'd love to hear a story like a success story or some interesting things like some of your favorite client stories like, oh, wow, this happened because we all have those like I never would have thought this would've happened or this was a great feedback moment.

Yeah, there are so many. Sometimes in a session something will happen and I have to stop for a moment while my client and are just like that really did just happen.

One of my favorite stories is I was clearing and inherited trapped emotion, which is exactly what it sounds like. You inherit things from your parents at the moment of conception when you're getting your eye color and how tall you may be.

And as I cleared the emotion because for me, I close my eyes and there are things that show up and I get visuals and a lot of other things and information.

But when I was clearing this emotion it was her and she's young, 23. And the thing about when I clear an inherited trapped emotion, I'm clearing that emotion not just from you as my client, but I mean, clearing mad emotion all the way back to where it originated and it can be 25 generations.

And I also, if you've gifted it to any of your children, and clearing it from them and, it may not seem important, But if we're going to drag it, from lifetime to lifetime, we don't want it propagate, right?

So I am clearing out this inherited, trapped, emotion from this young girl, And two little tiny orbs of energy show up in my vision. And I say to her, when I'm all done, I said, we have been joined by these amazing two or of the energy I've never had that before.

I don't know what it is. Does it mean anything to you? And she said well, just got back from the obstetrician this morning and I was like I am having twins.

So your twins were with us. That was mind wobbling. that I was able to see her twins. I've been able while clearing some ancestral stuff, I had a vision of just a really beautiful cardinal that flashed in front of my eyes.

And when I mentioned it to my client, she started weeping because we were clearing something that had belonged to her mother and come through her mothers lineage.

and it was her mom. She's like, cardinals are a thing for me and my mother. They've always been a things for my mom and so there they were. The things that are some physical things Some of my favorites are a client who, it was, was a preconception trapped emotion and they can lodge anywhere in the body, but you've been carrying them your whole life, right?

From the moment you were conceived. And so she had said, you know, my foot, My ankle, I, It was diagnosed as

plantar fasciitis. and I cleared it and a week later we're talking and i'm going through my notes and asking her how she's feeling.

Holy shit, my foot doesn't hurt anymore. My foot has hurt my entire life. And so I thought, well, your entire alive, it's been energy sitting there, causing you problems, vibrating and doing some things.

So we were able to let that go. Oh, and my other favorite is my sister's dog. I did her dog, how to do it. It was part of my practicum. Because you have to eat animals.

You know how you can talk to animals and horses and those kinds of things? This dog had been through a lot before my sister got her. She'd been adopted and abandoned and adopted, and surrendered and adopt and surrender.

And it turns out she had abandonment issues. I did some clearing for the animal. My sister is just absolutely astonished at how much more affectionate the dog is now versus before.

she wanted to be in the room with the human, but she didn't want me to touch her and now not only does she allow it, she seeks it out. Those are some of my favorite success stories.

For those of you who know and follow me on Instagram, you often know Axel will photobomb or video bomb, lots of things. And when he was dealing with the acute pancreatitis and diabetic ketoacidosis, it's been a rough couple of years with him in and out of the hospital.

I have had body code done on him remotely. quite a few times. So a good friend of mine just was like, I'm like please, like yes, thank you. As I was balling, losing it, wondering if I can make it.

It was very much life and death moments. And I could definitely sense, you can see it as the only, and when I am a mess, can't really work on my own dog myself.

I haven't slept in three days. So yeah, so it does, it is really good for pets. I'm glad you brought that up because a lot of people struggle and feel very lost and there are, you can absolutely do this with animals as well.

So, yeah. Yeah. Forgot about that. Glad you've brought it up.

Personal Loss, Grief, and Intuition

Anything coming up that you want to tell people about, anything new you got coming, any events, and then maybe tell them how to get in touch with you if they've resonated and they're like, I don't know, maybe try this.

Well, I've just recently been put in touch with some people I'm working on seeking engagements here locally, i'll be doing some live things where I go more depth into depth about emotion code and those types of things and maybe teach you how to do just a couple of.

Things and then introduce you to my other guests during that I will be speaking on a series called embrace the shift. And it's for basically for women who are shifting into menopause and embracing all of the things that happen with men and how to address that.

My website will be alive soon. You can go to mystical Marie dot com and it is one of those under construction places, but it has got a link that will take you to my scheduling.

And there's a phone number you can reach out to me there. And I'm on Facebook is Mr. Colmery. All you have to do is search Mr Colmary and you'll find those pages.

Yeah, all of this information will be in the description. You don't have search for it or remember anything that was said. Um, do you mind if I ask something a little personal?

Sure. Okay. So people always want to know who they're dealing with, right? So I didn't really introduce you. I know you sent me a bio. Don't like those things.

K I don' like blah, blah blah. Blah, I typically don''t like anything. Anything that anybody wrote that sounds scripted. I met you because you took some of my courses and you guys she actually works as you can that works she helps volunteers like an admin for my three are rest restore reset course you've taken you take my master's course do you think the masters right.

And so she kind of helps out and as I got to know her as she's very organized to make these sheets and things and does things that like oh look at all these, she puts stuff together right.

And as he's been doing this stuff I'm like wait a minute so I had a session on my call let me experience you and I enjoyed it and i know what this is and and adore you, and so i wanted to promote you.

But what more has made me resonate with you is something that I can't relate to, and nor do I hope I never ever actually can relate what you've been through.

And seeing, I didn't know you before this moment. I only know where you are now. So I did see you go through it, but I see how you were today with the tragedy as a mother of losing your child.

Right. That helps people to know who they're really dealing with and what they've been through. Could you speak to that very briefly and let them know where you come from?

Because it does say a lot about why we do what we from the things that have happened. It does. And while it doesn't define me, it is a huge piece of who I am.

Right? And there are certain reactions I might have in certain situations where it's important for you to understand in August and September, why I might be less tolerant of bullshit, you know, because August is his birthday in September is when he crossed over.

So in those months, I'm not as tolerant as I normally am. But I actually I remember the morning after he passed away. And I said to myself, this is a choice.

You have a chance in this moment. you can be that woman that the people on your block talk about or that know you and that all that in whispered tongues, you know, she's the one that never got over losing your son.

And let me just tell you that you never get over anything like that. Any walks like you find a new normal. So the choice was I could do that, or I can recognize if that he was for me while he is here and know that He chose me and chose to be here.

I know he had a mission while I was here, and all of the amazing things that we did in just 16 short years. And so that was the premise of how I began to move forward.

I do remember I felt kind of stuck because he died on a Tuesday and the services weren't till Sunday. And you might think that's weird, but I'm like, I just want people to go away so I can begin to forward and heal and really process the things that happened to me.

Now I will tell you that when he was live, the thing we watched together were shows like the ghost whisperer and you know, stuff like that. at the side of his casket when I got time to be with him, I invited him to come and see me.

And so I just said, look, it's not going to scare me, you know, these are the things that we used to enjoy together. So maybe a little bit of a look back was maybe just preparing me for the thing that were coming, right?

And then I told him I love you, and I want to hear from you. I know you're always going with us. That was a conversation I had with sitting at his cascade.

But then, when I got home, I thought, all right, if I'm going to do that, and I've invited him to come here and be with me, then I want to know that it's him.

I'll want be able to hear him and translate the things that I hear and see. Now I'd already had clairvoyance, excuse me clairaudience, where I can hear things I just know and feel things.

But I thought, all right, I need to start really developing these skills and really develop these blessings and turn them into strengths in the ability that I have, because I don't want to miss out on the opportunity to continue to connect with him, even though he's not here on this plane and he is on other side of the veil.

Now, my grief comes and goes. It's like anyone else's. it's kind of like the tide where sometimes it comes in and it is stronger and sometimes, it goes out and I can have Conversations just like we're talking about, please pass the salt.

I've done a lot of internal work. And it's a process that's been, it'll be 12 years this year that he's gone. So what you see before you is the product of work is a shadow work and internal and the meditation and prayer and leading on faith and just knowing And so we could say that some positive things came out of it.

You know, it inspired me to develop these gifts and inspired to do this. I'm sitting right now and what was his bedroom. That's a big deal. Yeah. So those of you guys don't know this is brand new that she's gone into this room and turned it into Yeah.

Her new office. Yeah, the chamber. It's, it's amazing. And, and if I could talk about my quantum reality chamber, yeah. You know, people said, what are you calling it?

I would say, oh, that's in the office, in office and then I started to inhabit this space and of course I, uh, staged in Palo Santo and there's salt everywhere and I have a fountain and all of the amazing things that help your energy.

Quantum Reality Chamber and Closing Thoughts

But I just wanted to be able to speak it into existence. Because I know the things that happen in this room are creation and quantum is where science and the spirit meet, right?

And so I'm aware that there's a field and a realm and all of these amazing things. And I wanted every time I want it to say, to make a direction, like, oh, can you put it in my ex?

Can you, Oh, you're looking for my magnets? Oh they're in. My ex. and I didn't want to stay office way too clinical. and grows. Um, I didn't want it to be workspace because more than I do more, than work here.

I did creation and healing and digging and shadow work and light work. And there's so much that goes on here and so one night I went to bed and asked, Hey, can you guys tell me what I'm going to calling this space?

I'll be sitting and occupying. When I woke up, but I had on some reality chamber in my head and I just wrote down until that's, that what it is. So I will be, every time I speak it, it speaks it into existence, which is how I became Mystical Marie.

But that's a whole other story that people can find out and talk to me. Yeah. We'll save that one for the next time. Yep. They can contact me and find all about it.

Perfect. I think you know there we go i'll have everything down there you guys mystical Marie calm mystical marine guru on instagram. she's not all over social media she is not spending a ton of time, you Guys, this is i've actually tried to coach her a little bit i'm like it's Okay, let me tell you how to do it, at the end of the day.

If you don't, and I believe this deeply in whatever business, you know, in this, guys, who kind of just left the corporate world too. So there's a lot going on here, right?

A lot of like, okay, I'm really doing it. Even though she'd been doing on the side a long time. It's like this. Let me trust in myself and the universe and have enough faith in the quantum reality chamber that I can just do this if you what you're doing when you are doing whatever you called to do, you either outsource it or just stop doing it.

Like it's not necessary. It isn't necessary to, to to social media to build your business. If it can be a tool that you'll enjoy and you can leverage, it, can help you have a bigger impact.

Great. Otherwise you don't, It doesn't matter. And you get people like me to talk about you and show you out there. Okay. So we'll leave it like that.

This will be on YouTube and it will go on Instagram, Marie. And we're gonna leave it at that. The boys will edit things out at the end. We're good to go.

Is there, I'll leave with this, any final message, favorite mantra or anything like that that you wanna leave the people with? Oh my gosh, and I have so many favorite mantras.

Okay, one of the pieces of advice that I give my clients at end of every session is if you feel the need to analyze, breathe. Because while you're breathing, you can't be emotional.

You can analyze. The other thing I also tell people is if you feel the need to be emotionally, be EMOTIONAL! The sooner you let it out, it's really just energy.

That emotion is a frequency. It's a Frequency that you are feeling. Its feedback, but let It out. When you will let that emotion out whether it is weepy or angry or frustrated.

and give it its moment in the sun, it leaves so much faster than if you try to stuff it where it will become cancer and disease. So just let it out. I just have, you just gave me, and you inspired something in me.

It should make a t-shirt out of this. Something like this, emotions are like farts. They're better out than in. If you're holding it apart, everybody knows this.

This is not working. And you go and you like, oh my God, I know so much better. Yeah, then sooner rather than later. I love it. On that note, we're making t-shirts.

Let's burn it, girl. Have a beautiful day. She's in Glendale, Arizona. I want to mention that I'll have people sit locally because there's a lot to be said for in-person.

Like I'm a big fan of, I know we can do anything remotely and virtual. I work on people all across the planet. i can be many things like that. But let me tell you, i really much rather have the person in front of me and be in the actual space and exchanging.

Whether that's the limitations of my mind, I don't know, but I like it. So I suggest visiting, going into the quantum reality chamber where you can actually hold space with another human and actually connect in this version of whatever reality simulation that we're in.

I have no idea at this point. Okay. Thank you. You're welcome. Have a beautiful day. All right. Bye. Yes.