# Energy as Medicine: The Wildly Compelling Stockpile of Evidence for the Healing Power of Energy Transcript

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## Introduction and Guest Bio

Hello, everybody. Welcome to the Global Cancer Symposium 2.0. My name is Nathan Crane. I'm the award winning filmmaker of cancer. The integrative perspective, as well as the director of the Health and Healing Club, which you can learn about at Health and Healing club.com.

But today, I'm excited to be talking with doctor Sue mortar about awakening your innate healing capacity with the energy codes. This is going to be a pretty fascinating interview.

If you've been interested in energy medicine at all, you've been studying it or you're just on the fence. You want to learn more about it. You want to know the science behind it.

You want to know how energy medicine can actually support you. When you're going through a cancer diagnosis. There's going to be some really profound, insightful as well as practical solution solutions that Doctor Sue's going to share with us.

I'm going to read her bio. Then we're going to bring her on and we're going to we're going to dive right in. Okay. So this is going to be a pretty fascinating interview.

I do encourage you to take notes, as always, because, we're going to cover a lot of information really quickly. And, you'll want to go back through and review those notes.

You want to go back through and listen to this interview probably 2 or 3 times. All right. So let's go ahead and dive in. Doctor Sue mortar is an international speaker, master of bioenergetics theory and quantum field visionary.

Through her seminars, retreats and presentations, she illuminates the relationship of quantum science and energy medicine, elevating human consciousness into life mastery.

Doctor soon is the USA today bestselling, number one bestselling LA times and number one Amazon bestselling author of The Energy Codes the seven step system to awaken your spirit, heal your body, and live your best Life.

We're going to talk about what are those energy codes. We're going to go into detail in them and how you can apply the energy codes to your own life for your own healing journey.

Through the Energy Codes, Doctor suit provides techniques to activate untapped energy and neuro circuitry in the body, empower hidden potential and become one's true essential self.

In addition to founding Motor Health Center in 1987, she's the founder and visionary of the Mortar Institute for bioenergetics, an organization committed to teaching individual self-healing techniques with an inner wisdom based approach to life based on quantum science and higher consciousness.

Her website is doctor Sue Moore. Accom is Dr. Sue emo, RTR doctor Sue moore.com and hang out with us till the end of this interview. You have a very special gift, a free gift that you're going to get just for listening and serve you a practical tool you can download that can actually help you on your healing journey.

We'll share that link for you at the end of this interview. Okay, so make sure to stick with us till the end. Doctor Sue, thank you so much for joining us.

Oh my pleasure. It's always a great time when I get to connect with you, and I look forward to seeing where we get

to go today. Absolutely. Yeah. I'm excited.

I love your work. I love how you really bridge science and spirituality and energy, medicine and healing, and bring it all into a very practical understanding that we can implement to to help us heal, to grow, to awaken.

Right. Which I think pretty much all of us here and everyone tuning in to the Global Cancer Symposium, has a desire. So, I want to I want to kind of dive in first.

Like, from the viewpoint of energy medicine, what does it actually tell us about, you know, the energetic blueprint, if you, if you will, about what cancer is, help us understand that from the energy, medicine viewpoint, how beautiful is to, my father was a pioneer in energy medicine, and so I've been raised with energy medicine concepts my whole life.

## Cancer as an Energetic Imbalance

I've never gone to the doctor. And taken an antibiotic, in order to heal. So I completely know that the body has the capacity to heal. And I've been a doctor working with with, with energy medicine only, since 1987.

And, and so, so when, when I speak about energy and medicine, it, you know, when you ask me this question, something that my father used to say just popped into my mind the moment that you that you ask the question and it he used to say that there is no cure for cancer because cancer is the cure.

And what that means is that cancer is a byproduct of energy responding in a way that we are allowing it to respond in our own system. And if we can change how the energy is running through our system, then cancer is no longer the byproduct of that.

If energy is running in a discord and or dis distorted kind of fashion, where excesses of energy are being utilized in certain ways and a deficiency of energy is is happening in other areas, then cellular structures and systems of the body start to become out of phase and out of proportion with one another, and we end up with a result of a disease context.

And so as cells start to collapse and mutate and migrate and reproduce themselves, under those circumstances, we get a cancerous circumstance that is, that is, you know, flourishing on its own simply because the energy is feeding it in a certain way.

Now, there are neuro emotional reasons and psycho spiritual reasons that energy isn't running through the body in an ideal fashion, which I hope to speak into a little bit today.

But you know, when my father used to say that statement, it was like, oh my God, you know, what do you mean? First of all, we don't want to hear there's no cure for cancer.

But then the follow up is, oh, actually, cancer is just a byproduct of the of the body trying to survive certain circumstances. And if it if we keep delivering those circumstances, the body will continue to operate in a way that's out of balance.

And this harmonious and not being able to move into a filtering and cleansing and healing and detoxifying phase for itself. Instead, it has to stay in a fight or flight, fight for your life, you know, push it and do everything that it takes to, you know, to stay alive.

And so if we if we start to unpack that a little bit with an understanding about how the how the energy system works and how it has an influence on the nervous system and how that ultimately determines whether we're in a healing mode or we're in an emergency mode, then then we can start to masterfully start to navigate these waters differently and, and resolve the issues that are allowing for cancer to exist in the body.

So it you know, in short, my answer would be, that there's a vibrational frequency within which cancer can survive

and an energetic vibrational frequency within which cancer does not exist.

And so we need to become interested in how do we create the vibrational frequency where healthy cells are replacing damaged ones instead of this energetic template continuing to reproduce the same distortions and the same, you know, thwarted cells that that end up, you know, flourishing in the body and running out of control and causing cellular breakdown and system breakdown.

So it's a vibrational frequency. And we're interested in how do we create the vibrational energetic frequency, where health and wholeness in healing can prevail?

Yeah I want to get to that. Obviously that's really the practical steps we can do. Right. We also need to understand what are the what is the energetic frequency that is causing cancer or any chronic disease. Right.

And before we get to that as well, I want you just made me think of, a couple of, of, really interesting things. The first is, you know, if you've been, for most people who have been, you know, heavily researching into cancer, specifically from a holistic understanding, you come to realize that, as you just said, from an energetic, like your dad so eloquently said, through his you know, infinite wisdom, there's no cure for cancer.

Cancer is a cure. You know, you do understand that cancer is actually prolonging your life. You know, when you have a tumor, for example, it's your body is wrapping these malignant cells in trying to, preserve it into a single space because your body's out of alignment with its healing state.

Right. So cancer cells are proliferating and they're growing and they're expanding. So the tumor is actually trying to save your life and is preserving your life.

It's trying to preserve the cancer from spreading through the rest of your body. Right. And so the initial approach of the conventional approaches get in there, cut it out, tear it out, burn it out, you know, chemo it out.

And the problem is, is the cancer. There's an underlying condition that's causing that. And the cancer itself is trying to to actually save your life.

But we have to get to the underlying conditions to stop making cancer, as Doctor Thomas Leary says, is, you know, you don't catch cancer, you don't get cancer.

It's not some, you know, thing that comes from out there and comes in. It's from within. As Doctor Sunil Pai says, it's from loss of self. It's from within.

We make cancers. We have to stop making cancer. Right. And so, obviously, you know, it leads to the question of you said it's the, energetic environment, right?

It's the energetic frequency, and being out of harmony or being discordant, for example. Right. So really, what causes our energy to be out of harmony?

What causes our energetic blueprint, our energetic frequency, to allow cancer to show up in the first place? Yes. Wonderful. Great question. You know, Nathan, I've been working with cancer patients for 40 years and watching my father work with cancer patients for probably 20 years prior to that.

And, and what I have to say is that the number one thing that I have found, in dealing with hundreds and hundreds of thousands of people over those, those years, now teaching with people in large groups and in deep, intensive workshops, etc.

## Stress, Suppressed Emotion, and Healing

, that the number one reason for altering our vibrational frequency is suppressed emotion, that when we are unable to metabolize life, when we are unable to be open and and working with and accepting and embracing and, and

speaking into our, our truth and actioning in our authenticity, when we suppress that in any way, what begins to happen is we suppress the vibrational frequency instantly and we then therefore ultimately create chemical environments as a byproduct of that suppression that do not allow for normal cellular rejuvenation and replenishment.

And we create an acidic environment chemically in the body, as well as a byproduct of that, which ultimately causes cellular breakdown. You know, every cell in our body is designed to be floating in an alkaline environment, with the exception of the stomach lining.

And when we are suppressing our emotion, we are ultimate generating an acidic condition that is far greater than any acidic condition that can be balanced by eating alkaline foods.

So of course, eating alkaline, alkaline ash foods is a is a. It's the number two way that we can certainly create the chemical balance in the body that we're looking for to replace old, worn out cells with healthier, more vital ones and to replace cancer cells with non-cancerous cells.

But but prior or more primal than that, more primary to our acidic condition is, above and beyond the foods that we eat is the thoughts that we think are conscious and subconsciously.

It's if I could answer it in a sentence, I would say our our come from which isn't, you know, a very sophisticated medical terminology, way of responding.

But, you know, I like to speak in terms that people can relate to and feel because that's what changes their reality. It's what it's what lets it land for them and lets them say, oh, you know, do I have a come from where is my come from?

Do I automatically assume that I'm unworthy, that I'm not enough, that there's something I should be doing that's better than than the me that's here presenting in the world?

Is there some other way I should be in the world other than the way that I am? It's the number one thing that that when I have boiled down to the bottom line underneath, all things causal, it comes down to the basic primary energy frequency, because everything in the universe is energy, and that energy is either vibrating at a frequency that is serving us or it is not.

And so when we feel something but we don't know how to articulate it, or we don't know how to bring it out, we then suppress it. And if that is suppressed, you know, it's the research has been showing for decades now that, you know, we just we can't handle that and we're not built to handle that.

And so the body responds in a way that is out picturing that for us and showing us that, that, we have to have an evaluation. I can't tell you how many patients, would come to me after receiving a diagnosis of, of some cancerous condition, being told that they had months or less to live and on their way home from the hospital or from their doctor's office, you know, feeling this is not for me.

This is not my story. It's not my time. It's not? No, that is not what's going going down here. And and so they then would reach out to alternative methods and, and we would go straight into this piece of the conversation immediately because of what I had been, you know, observing over time.

And, you know, 15 years later, they're standing up at, at my events and giving their testimonial about, hey, you know, I just had to have a, you know, come to Jesus or, you know, whatever.

I don't mean to be, you know, religious in a particular fashion there, but they had to have a come back from the the deep truth. Yeah. And, and, and have a change of a change of the relationship between their heart and their mind, and, and allow, their internal truth to be more valuable to them and to allow themselves to walk out into that in a different way.

You know, it's so beautiful. And, you know, scientifically, what you're saying is proven as well. I mean, there's PubMed studies on this. You can find that, you know, stress, which is just a, watered down word for fear, anxiety, you know, the the stressful emotions that majority of people are feeling constantly, every single day from watching the news in the morning to driving on, you know, car packed streets and people cutting them off to going to a job that they hate to, you know, going home and being overworked and underpaid and not having enough money for the bills and so on.

And so we're just this constant state of stress that stresses directly. A they say, in the research, stress is a major cause of the top six, diseases we have in the world, including cancer.

Right. And stress is an emotion, and emotion is energy. Right. And and so from an energetic perspective, how do you work with people who, are dealing with or how do you I should rephrase that question.

How do you help people through energy medicine? To better cope with, to heal, to resolve, those stressful patterns is there is fearful thoughts, those emotional traumas.

Yeah. Great question. So you know, the one thing that I go straight into is, is creating a different orientation for an individual, because the reason that what I'm really interested in is allowing an individual to awaken to themselves in a way that they can be in the same sets of circumstances and not perceive them as stressful anymore, because we can't change the world, we can't change what bombards us.

I mean, we can avoid and we can shut down and we can, you know, steer away from obviously stressful things, but life happens. And and if our disposition internally isn't awakening, is it maturing on a deeply spiritual level, on an evolutionary, you know, perspective, then we are we are externalizing our power and we are constantly at the affect of our environment.

Well, epigenetics is telling us that our cells respond to our environment, but it doesn't mean that we have to control our environment out there because we can't we can't always control our environment.

And so things are going to happen that upset us. And if we don't know how to manage that, then then we have to avoid it. And then if we have to avoid that and then we avoid that.

And pretty soon we've shut down and we're living in the corner of a single room in our house just to avoid the stress. And that's no way to live. So. So what I do is I work with people to teach them that they have externalize their power, and they need to claim it back.

They need to just call it back home to themselves. And we do little simple exercises right off the bat that that allow the mind to. We can do some of that today that allow the mind to recognize, oh my gosh, I was doing it again.

And I did it again and again and again. We do it all day long. We don't even know that we're doing that because we've we've grown up doing that and we live this way.

So I had the opportunity at 20 years ago of having this great awakening experience through meditation that shot me into another reality in which I could see what it is that we do, that disempowers us, and that causes us to become sick.

And that causes us to experience life as stressful in the first place. And one of the things that I've been sharing with people ever since is teaching them how to breathe in their body, because the breath pulls us back on to the self and allows us to start to build a stronger constitution of a sense of self and a sense of self in its strength, causes us to be able to be in certain situations and not really mind that people are wacky or that they're, you know, blaming other people or that they're projecting their issues onto us or all of the things that happen in the course of life.

We can see it happening once we change our own driver's seat. If we sit back in the seat that we're supposed to be in, we can observe that other people are doing these things and that life is happening.

But we start to approach it with this trusted relationship. We we know that whatever is happening is happening for my good and that I'm completely equipped to manage it.

## Reclaiming Energy and Closing the Gaps

And said, in fact, not survive it. But actually it by design is trying to show me the bigness of my being. It's not trying to take me out of the game, it's trying to show me my greatness if I'll just let it.

And that requires a shift in perspective that allows us to start to see this from an entirely different vantage point that that allows us to take on, the invitation to our magnificence.

And when that happens, we stop getting so enmeshed in life, and we start recognizing that that this is happening out here. And I'm actually the solution.

I'm not looking for the solution. I'm bringing the solution into my life, experience it into the experiences of others. So it's tough to drop that into a five minute, you know, conversation.

But but it's a simple thing that I'd like to just share with everyone. Do we have a moment for just a little experiential thing? Yeah, I'd love to. Please. Okay.

So I want everyone who's watching just to imagine that someone who pushes your buttons just walks in the door. You know, we're sitting here, we're having this lovely conversation.

Just imagine that the door opens and somebody who pushes your buttons walks in the door. And I guarantee some kind of physiological response just happens in your body.

And I also know that some of your energy gets thrown over there onto them. Now it's invisible energy, and we haven't been trained as a culture to work with energy in this way.

But we have to start. We have to start to recognize that we are quantum field individuals and that we are walking around learning how to manage the quantum field in a way that serves us instead of in a way that is making us sick.

So as our energy gets thrown over there just because of our story, just because of the power that we've given to this individual, our energy leaves our individual system and jumps over there onto theirs.

And so notice how you feel in your body when this person walks in the door. Now I'm just going to invite you to claim your energy back. Just pull it back onto your system and breathe in your belly.

Now I'm going to teach you how to breathe in a way that locks it in there so that it doesn't escape so easily, but for now, just pull it back onto you and notice that it literally can be felt.

When you claim it back onto yourself. You just you're stealthily, invisibly just calling it back. You don't have to grab a hold of it and pull it back on to you in a dramatic sort of way.

It can just happen with your intention. You can practice this over the dinner table, even though you care deeply about the person, hopefully, that you're having dinner with, especially these days.

Right. And so but you can practice disempowering, empowering, putting your energy onto the object or staying on the self on subject. So I call that exercise in my book The Energy Codes.

Inside of the book there's an exercise called subject, object, subject, where we go into that in greater detail. But I just want you to know that a simple exercise of throwing your energy over there, claiming your energy back on to the self, throwing it over there, claiming it back onto here, you can feel the difference and you can check into that a thousand times a day.

And what will happen is you will start to build a more robust energy flow in your own system, which will allow this environment to become more alkaline automatically, simply because you're coming home to yourself in ways that are too numerable to mention in this moment.

But I want to share with you that is a foundational practice that I have done with with patients and clients for years now that have told me that that alone started to change their, their awareness and their orientation of who they are in this world.

And to start owning it and claiming it physically, working with the energy, in its raw form, many more things we can do along those way along those lines if we have some time.

So you just let me know where we need to go next, because I'm happy to, to draw some more practices right into the conversation. You know, that, you know, it's really fascinating to me right now is that's a really powerful one you just shared.

And for whatever reason, you know, I've been intuitively doing this recently with a particular family member who can certainly trigger me from time to time.

I let myself get triggered. Right. And if that person is not, is doing something that I think is you know, not healthy, it's for other, you know, people in our family in the past, that's exactly what happens.

My energy projects to them, which is like, oh, I got to go fix this, right? Right. And literally not only my mind and energy goes there, but then my body follows.

And as I continue to practice, you know, deeper as a spiritual human being, as someone that wants to project love and compassion and caring and, and, you know, all of these things we know to be, you know, good qualities of being human as well as we know scientifically are the emotions and the qualities you want to represent as often as possible for your own immune system to be activated, your parasympathetic nervous system to be activated so your body can heal cancer, right?

So the more often you're in the face of love and blessing, of love and compassion and kindness, your body is healing. Or you go into fight or flight anxiety.

I have to fix this now kind of thing. Now you're in sympathetic and you know, you get a little adrenaline, a little cortisol, right? And now you're not healing any longer.

So we know that scientifically. And what you're saying energetically, it's so powerful because I've been doing that exact thing. It's like my energy shoots up there.

It's I go fix it and I'm just and I and I literally just shoot my mind, like, pull it back. And I'm like, yeah, just sit back. Allow what needs to happen to happen.

Yeah. Take a few big deep breaths and let me address this at the right time. Right. And it's never the same thing. When I went to go fix it, it only made things worse.

Yes it does. People don't like to be corrected in that way. And and it, it ends up duping us in a way. So it doesn't mean never go an assist, it doesn't mean never speak into it.

Obviously, if it's something that's bothering. But it we will find that when we call that energy back on to the self. There are there is less of a knee jerk reaction and that we recognize everything in its right time more easily, and we breathe more calmly and we stay breathing in our bellies, which draws the breath down to the lower loads of the lungs, which are highly vascularized.

So we get more oxygen into the bloodstream. When we stay in this deep belly breathing state, we also activate more of the parasympathetic nerve endings that you're referencing, because the lower lobes of the lungs are

innervated with more parasympathetic fibers.

So we when we claim back on our energy and pull it back on to the self, all of that kicks in automatically. So we don't have to try to heal. We stay in the healing mode that our body is designed to be in.

Yeah, we push it out of that mode. We drive it out of that mode because we think we need to. And so when we stay on the self, you know, it, it it activates this in such a beautiful way.

Now, the next thing I'd love to share with everyone is, is really why we're triggered in the first place. And that's really a more important question.

Not not, you know, why do you keep doing that? To trigger me. But really, what is it that's going on in here that's causing me to be triggered? You know that that I'm allowing myself to be triggered?

Why am I why am I weakened in that area? Why does this person get to me? What is it that's going on in here that causes me to be vulnerable to this type of attitude or disposition that people might present with?

And I just want to show a little image that will kind of drop that into place for people more quickly. So energy is supposed to run through our bodies in this fashion.

We drop in, the energy drops down through the body, hits the earth, rises back up through the body, comes out the top of the head, cycles around the outside of the body.

And this is measurable. Bioenergetics is is how the energy works in the field, flow in the physical body, and it recycles and recycles and recycles. It's constantly being replenished.

So we're constantly flushing and rejuvenating and replenishing if we let it. And if we don't, something else happens. So what? I'm just going to show you what happens with other within another type of situation.

The energy drops in, hits the earth, and as it starts to rise, it hits these areas where we don't have our circuitry, our neuro circuitry, our electromagnetic circuitry is not aligned.

So the pathway for the energy is compromised. So now the energy is taking the path of least resistance. When it takes that path of least resistance, it picks up a wobble.

When it picks up a wobble, it creates a distortion in the energy field. This is the distorted environment that the little antennas on the cells of your body are picking up on a distorted energy frequency now, and they start responding in accordance with that distortion.

So they start producing chemicals of emergency distortion. We don't know what's going on. Something's not right here.

## Breathwork and Central Channel Practice

So the cells start producing chemicals to adrenaline. As we were in cortisol, as we were mentioning earlier. And the next thing you know, cells are burning out left and right because they're fighting somewhere that they can't even find, and they certainly can't find a way to get away from the bear.

All because of this. Now, interestingly enough, when that person walks in the door that triggers you, you get triggered because of these gaps in the energy flow.

You're getting triggered because of the gaps in the energy flow. So what I'm teaching people with the energy codes is how to close the gap, how to build a conscious stream right through the body.

Instead of going in these alternate pathways that we learned to do. If we had an overbearing parent or we had an

absent parent or a coach, that was a little too rough on us, or a teacher who made an offhanded comment that stuck with us, that starts to build this self image, that starts to generate these short circuit things, if you will, that ultimately lands us in the perfect environment for cancer or any other chronic disease condition to be generated.

And so so the byproduct of that is we end up with a diagnosis 20 or 30 years later that, you know, is mysterious. It's like, well, where did that come from?

You know, is it the food I'm eating? Is it the I'm not getting enough exercise or how did I not take care of myself? And I promise it is insidious, invisible behind the scenes, but not unattainable, not unmanageable, not unable to be mastered.

It can be mastered. We simply have to learn how to work with the energy itself. So inside the coursework, it takes a little longer than we have to teach here.

But I teach people how to close that gap. But in general, I can tell you there are some ways that we can breathe right here in this channel to allow for cellular harmonics to happen, for coherence to occur in the vibratory field, and that we can generate a flowing state here overall that is supportive to this environment that we're speaking about, that epigenetics is telling us is absolutely necessary if we're ever going to overcome the idea that cancer runs in my family, you know, it's highly likely that one of the first questions doctors ask us is, you know, where is there a history of cancer in your family?

And so we infuse this belief system that just because my parents had it means, you know, I'm probably going to get that. And, you know, science is telling us up to date.

Real science today is telling us that is absolutely not true. It's an illusion that we were trained up in, and we're all carrying it around and we have to break it up.

We have to dissolve that story. So learning to breathe up and down through the central channel will enhance your sense of self. That will keep you alkalis in your system, above and beyond the foods that you eat and the thoughts that you think, underneath all of that is an energy flow.

If that energy doesn't get to flow, the way it's built to flow, you will be attracted to self-sabotaging thoughts. The energy generates an attraction to certain ways of thinking.

The energy generates an attraction to cellular breakdown. It's all about the energy. That's what science is showing us. So we have to learn how to master this energy. So working with this flow through the body, we can breathe from above the head.

Breathe as if there's an opening in the top of your head. Breathe right down through the center of the brain, through the center of the throat, into the chest, all the way into the belly.

A big inhale all the way down into the belly. And then when we exhale, if we exhale, shooting that down into the earth and letting ourselves feel grounded and anchored to the earth, it literally soothes and integrates our energy.

Then lastly, you would take a breath up from the earth, right up through the tip of the spine into the belly, and then exhaling up through the belly, through the heart, through the throat, through the center of the brain and out the top of the head, thereby accentuating this central channel of flow.

We move the energy with our breath and our consciousness. And when we learn to do that, just over and over and over, breathing up and down this central channel in this way, always inhaling to the core and exhaling beyond the body, inhaling from beneath the body up to the core and exhaling out above the body, inhaling from above the body into the core and repeating this, it begins to carve a pathway.

Now there are some specific ways that we can learn to do this, which I enjoy teaching people and watching them thrive in their lives. But in the meantime, we can certainly use this central channel breathing to begin to carve this

pathway for a greater sense of self, which allows us to stay individuated instead of in meshing into our environment and over giving and over trying and dispersing our energies in such a subtle and yet serious manner, we can stop them.

Beautiful. I'd love to invite you to, if you wouldn't mind, here in a moment, maybe guide us through a few minutes of that breathing, if that's possible.

Sure. We also have a free gift for everyone at the end here as well, which is a really powerful downloadable, tool that you can use. So we're going to share that link here in a little bit.

So I want to make sure everyone stays until the end. But before we do the breathing exercise, I wanted to ask you specifically, you know, we know the hard data, the hard science shows us, as well as thousands and thousands of case studies now, and lots and lots of doctors that are working hands on with patients.

You know, for example, when we're talking about food, you know, food as medicine, right. Let's would be like medicines, Socrates. Right. And that we know that, you know, a plant based whole foods, diverse, nutritionally dense, you know, herbs and natural medicines and so forth is a anti-cancer diet.

It's a diet that will help your body to heal itself. And now when you say that, food, for example, you know, the reason people are able to heal from cancer by, you know, a lot of people just change their diet, start doing some exercise, start taking some natural supplements and herbs.

This is not true for every person. Depends on the cancer type of cancer, you know, how far along it is. But some people just change those few things, start juicing, green, juicing every single day, getting all these phytonutrients and minerals and amino acids and vitamins and all the things that body needs to heal itself.

From an energetic viewpoint, would you say that happens because those foods have that living energy that are designed to help the body heal versus eating dead, processed, you know, no energy foods that are in the freezers and have lots of toxins in them?

Definitely, definitely. If you want to have more vital source in your body, you have to eat foods that have more vitality than your body does right now if you want to uplevel it.

And so the vibrational frequency of raw fruits and vegetables. Fantastic. If you were to, sick in some ways to eat lots of raw, then you cook them, but you eat them cooked until you can start to eat them raw.

And as your saliva pH comes up and your urine pH comes, comes up into this range where healing can happen between 6.8 after you haven't eaten for two hours and and then between that and 8.0, which is a little bit more of an involved test than I can really say here.

But there's a way to measure that. That's that's, it's very approachable. And easy to do. You can go to the drugstore and get some litmus paper and and I can teach you how to do that.

It's very simple to do. And a very inexpensive test that will tell you more about your potential to heal and some of the most sophisticated equipment that we have in technology today, in medicine today.

So it because the body will protect your your blood stream chemistry with everything it's got. And so you can you can take your saliva pH and see if a problem is about to become serious enough, to show up in a blood test.

So basically you can, you can find out more about your your potential to heal by taking a, a test, because the body is trying to protect the blood stream.

You can find things before they'll even show up in a blood test, is what I'm trying to say. There is. Couldn't get it out of my mouth there. Yeah. And so, so what?

What we want to realize is that that foods play a huge role. The diet that you're describing, an anti-inflammatory diet is, is an, an alkalis and diet is profoundly important.

And the only thing that is more valuable than that is the quality of the thoughts that you think which is which is determined by the quality of the energy that's running through your body.

How is the energy running through my body? If it's if it's running in a distorted fashion? I am attracted to distorted thinking, thinking of angst and anger and frustration and feeling victimized like I don't have the power to speak into these situations that I want to.

It's an illusion, but it might as well be true if we believe it to be true. And then we suppress that energy and then we are off to the races, you know, headed down a path that's not going to end up pretty at some point.

But we can turn it around. We just have to learn how to work with all of the things together at the same time. With the foods that we eat, the thoughts that we think and the energy and how it's running through the body.

And if we can work on addressing all three of those at the same time, we are golden. We will have an impact on our come from, and it is our come from that will ultimately determine it, you know?

And in fact, I say you're you're better off to eat the chocolate cake cake and love it than to eat the vegetables and hate them. That's how powerful your thoughts are.

But I'd really rather you just love yourself enough to eat the foods that are going to help you flourish into a healing, you know, a healing environment.

It's so true. I mean, we know from the studies with water, right? Your thoughts literally affect the the, you know, the design of the water when you freeze it.

Right? And so your thoughts and emotions into what you're putting into your body is so critical. I'm glad you just you just mentioned that. So I know in your book, you know, the energy codes, you have a lot of techniques, tools, resources as well as, you know, deeper understanding around, how we can utilize the power of energy medicine for helping our bodies heal and for helping people live basically longer and healthier, happier and more fulfilled.

But you shared, you know, breathing technique and, first, I want to encourage people go pick up the book, the energy Codes. It's a fascinating book, and you'll learn a lot from it.

And secondly, if you have a few minutes, could you guide us through what that breathing technique you were just talking about? It sounds incredible. I absolutely.

Well, just tell me how much time we have. Yeah. I mean, 3 to 5 minutes would be cool if we could do a lot in 3 to 5 minutes. Okay, excellent. So first, I want to invite people to, learn how to anchor their, you know, this subject, object, subject, you know, where we throw our energy away, what to invite people, how to learn, how to anchor themselves in the body so that that is less likely.

And they can practice this. You can't over practice it. Practice it 100 times a day. I would love for you to be practicing it so much that you're never not doing it.

## Food, Thoughts, and Vibrational Health

That's the ultimate idea. So this central channel needs our attention in it. So if we can bring our consciousness here, energy follows this. Little photons are influenced by our thoughts, the tiniest little packets of energy that exist, photons.

When we focus on this central channel of the body, energy rushes there. And we want energy to be in the vital organs and in the vital central river of energy flow called the the central channel of the body.

So in order to do that, to get our energy there, we have to bring our conscious attention there. So simply as this, you can squeeze your shoulder blades toward each other and drop them down. Pull them down.

By doing that, pull the blades together and drop them down. It anchors you right in the back side of the heart chakra area, which happens to anchor you in a great sense of self.

Now, there's another exercise that we're going to do in that is if you were going to the bathroom and you had to stop the stream instantly, you would squeeze certain muscles to do that.

Okay, I'm a doctor. I can talk about this. So you would squeeze certain muscles in an instant to stop the stream. So squeeze them right now. Just squeeze those muscles.

Okay, so that's a practice from the east that is called Mulla Bandha. It means root lock, and it means lock your consciousness at the base of your spine.

So you squeeze those muscles and then start breathing in your belly at the same time that you're squeezing those muscles. And the mind is like, well, how do I do that?

I squeeze here, do I press here? And I breathe? Yep. Just do them both. Just make it up. It's going to feel clunky and clumsy at first, but within three days of practicing this, thousands and thousands and thousands of people learn how to do it.

So I know that you can too. Okay, so now we're squeezing those muscles at the base of the spine, shoulder blades together. Pull them down right there. Breathe in the belly.

Breathe in the belly. Now lastly we're just going to roll the eyes upward like we're looking at the nose stays normal. Just gently roll the eyes up just enough that you can feel some tension behind the eyes, just enough that you can feel some tension right there.

Now, now we have the tension behind the eyes, the shoulder blades squeezed and squeezing at the base of the tip of the spine. Beautiful. Now imagine that there's an elevator shaft that connects those three floors with each other, behind the eyes, in the heart area and at the base of the spine.

Now we're going to breathe from above the head, right down to that space behind the eyes. Keep inhaling. Breathe it all the way to these squeezed shoulder blades all the way to the belly.

Big belly. Inhale into the belly. Now squeeze those muscles at the base of the pelvic bowl like we were talking about, and exhale right through those squeezed muscles right into the earth.

Now everyone, take a breath up through those squeezed muscles in at the base of the pelvic. Pull into your belly. Big belly. Let it feel good. Now squeeze your shoulder blades, roll your eyes up and you're going to exhale right up through the shoulder blades, right up through the tension behind your eyes.

And exhale. Just shoot it out the top of your head. Beautiful. Now let's inhale from two feet above your head, right past that space, behind the eyes, through your throat.

Right into that area where the shoulder blades are anchoring your consciousness into the belly. Inhale. Let it feel good inside. Now squeeze those muscles at the base of the pelvic bowl and exhale.

Pull your navel back to your spine. Exhale, shoot that breath down into the earth. Keep them squeezed. Inhale up through that squeezed muscle at the base of the, of the pelvic bowl.

Tip of the spine. Inhale into the belly. Let it feel good. And squeeze the shoulder blades. Roll your eyes up. Exhale up through your heart. Up through your throat.

Up through that tension behind the eyes. Shoot it out the top of your head. Now we're going to just throw something extra in here okay. Inhale from overhead.

That person walks in the room right now. Just keep doing what you're doing. Inhale. Squeeze the blades all the way to your belly. Claim your energy right back here.

Right now. I'm just doing this mindfulness. Exhale. Squeeze those muscles at the base of the pelvic ball. Shoot it right into the earth. Inhale up from the earth into the belly.

Let it feel good. Witness that person standing over there. But you've got your attention right here on something more important. You're loving them, but you don't have to throw your energy onto them.

Breathe into the belly. Exhale up through your heart, up through your throat, up through the center of the brain, and at the top of your head. Beautiful. One more time.

Let's take a breath in from overhead. All the way into the belly. Come down through the heart. Right down through this elevator shaft. See and sense and feel yourself living inside this elevator shaft.

Now exhale and shoot that breath down into the earth. Now inhale up from the earth right into the belly. And we're just going to sit here for a moment.

Just sit here for a moment. Now the person comes in the room. Normally your energy would rush over to them. Instead, I want you to ask yourself a question.

Where in my body do I feel activated when they come into the room? Is it in my throat? Is it in my belly? Sit in my neck? Is it in my chest? Wherever it is, I want to invite you to just hug that area of the body.

Just hug it on the inside with an extra hug. Just squeeze it on the inside and then breathe up into the belly again from the earth. And then exhale right up through that area that you're hugging and go right up and out through this central channel, the way we have been, and shoot it at the top of the head.

And now inhale from overhead right down through that area, specifically into the belly, and exhale right down into the earth. And one more inhale up into the belly from the Earth.

Exhale right up through that area. Wherever it is give it special attention. Squeeze it. If they really get your attention and tip your trigger squeeze it really hard and exhale and shoot it up out the top of your head.

And now inhale from higher guidance all the way from overhead. Right down through the body, right down through the throat, right down into the belly, right through that area.

You're carving a new pathway. You're building new circuitry. And exhale right into the earth.

## Awaken the Healer Within and Closing Remarks

So as you just witness yourself, they're anchored in the body, able to stay in the body in this way, recognizing that the more I do this, the greater sense of self I have cultivated and the greater sense of self, the more likely I am to be attracted to healthful things, healthful thoughts, healthful foods, a greater sense of self and self love, healing happens here in this environment.

So as you gently open your eyes and come back into the room, stay in the body. This time. Stay in the body. So we're teaching people how to navigate from life, from deep inside this core space.

There's so many ways that we can do that, and I've chock them a whole book full of them, case studies and things that I've done that have helped people heal from cancer and all kinds of other disease conditions.

I was never treating the cancer. I was treating the whole person because it is the whole person that that cancer was generated on the inside of a more interested in the person than I am in the cancer and the cancer would heal as a byproduct of the wholeness revealing inside the system.

Again, we are capable of healing no matter what our diagnosis is, and no matter how frightening it is or how afraid we were the moment that we heard the diagnosis, which just came out another layer on top of the fear that was already there.

The fear came from not having a strong enough sense of self. And you, my friends, can cultivate that one breath at a time. Time is going to pass. It might as well be in your favor.

Let's build some circuits and get this happening in the way that we were supposed to. We are destined for greatness and I have seen far too many times to question it, that the diagnosis of cancer actually cultivated someone's awakening into their greatness and their ability to heal themselves, and so much more. So it's so true.

And it's such a powerful statement that, you know, if we ask the question, you know, and in since 2013, I've been interviewing hundreds of cancer conquerors, cancer survivors and thrivers people who've overcome cancer using a holistic approach, an integrative approach, been interviewing doctors and nature paths and energy healers and scientists.

And the common theme is exactly what you just said, that the mindset is asking the question not, you know, why is this happening to me? But why is this happening for me?

What can I learn from this? To awaken my life. To help me, grow, to help me contribute, to help me become, you know, my healthiest self, my my greatest self, my most fulfilled self.

As you said, we're destined for greatness. It's so true. But we have to change our perception about what this diagnosis is and what it actually means to you.

You change the meaning of what it is and understand a deeper spiritual, emotional meanings of it. Then it can truly, as many you know, cancer conquers have told me over the years I'm interviewing him ten, 15 years later when they were given six months to live.

Right. And they've reversed stage four cancers using meditation and a holistic approach. And what they're telling me again and again is there's a greatest thing that ever happened to me, you know, and I know that's very hard for people early on to try to grasp how could this be the greatest things ever happened?

So worst things ever happened to me. But it's a mindset shift and it's understanding, okay, there's a deeper reason for this. What is that deeper reason?

And that's going to be a little bit different for every person. Right. So each person has to find out what is that deeper reason. How is it here to serve and support you and help you grow.

And the practice you just shared was super powerful. So thank you for that. The breathing practice was, you know, just a few minutes of that, you can feel the energy starting to awaken.

The body is starting to heat up. You know, the energy flowing and moving. So thank you for that. I know you have a lot of great, you know, tools for people in your book, on your website, in your courses.

So I want to share, you know, your website with people that can go there doctor sue motakam. But you, you also have a great, healing meditation. Anyone can download and access and practice every day.

I believe it's called healing the Healing within meditation. Right. Can you talk about they like, awaken the Healer within? Yes. Yes. Awaken the healer within.

Yeah. What is that and how can people access it. Yes. So it is a way for people to, activate this healing capacity. The innate in innate inborn capacity for the body to be self-healing and self-regulating and self rejuvenating and self illuminating.

We are capable of that. So this meditation takes people into the state, working with this breath and other things on top of it that allow us to truly fine tune and awaken, to this so that we can bring our consciousness to something and magnify our ability to self-heal.

Beautiful, beautiful. And, so here's the link. Write it down. Go download this meditation right now. Absolutely free. Okay. It's Doctor Sue mordor.com forward slash.

Activate the healer. That's Dr. Sue e mortar. Military.com. Doctor Sue Monster.com. Forward slash. Activate the healer. Activate the healer. You can download that for free.

And it's a powerful tool. And, I encourage everyone to go do that right now. I want to say, doctor Sue, thank you so much for the great work you do for taking something that can often be very, woowoo for people, for lack of a better word.

And then bring in the science, bring in the practicality, bringing in your, you know, your many years of experience and helping to make it so practical and, and hands on and experiential for people.

So I just want to honor you and thank you so much for sharing your time with with all of our audience. It's my great pleasure. I feel it's been a great honor to be exposed to these concepts for so long in my life, and to be able to work with so many people over the course of my career.

It has been it has been the greatest gift and in my world. So it's my pleasure to be here today and share with you as well of course, any time. Beautiful. Thank you.

And thank you all for tuning in to the Global Cancer Symposium. I encourage you, please share this interview, share the Global Cancer Symposium with your friends, family, anyone who can benefit from this information, from these practices, from this knowledge and wisdom, share it in any way you want.

Emails and social media? Please just share it with those who need this information. Also go visit doctor Sue, Monster.com for slash. Activate the healer so you can, download and access Doctor Sue's Awakening the Healer within meditation.

Also take a look at Health and Healing club.com. You can learn more about our global membership dedicated to helping you get and stay healthy again. I'm Nathan Crane, I wish you all ultimate health and happiness.

Take care.