# Energy Medicine and Quantum Self-Healing: Integration of Body, Mind, and Spirit Transcript

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## Introduction to the Bioenergetics Summit

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel, and I have my special guest, doctor Sue Maurer, on this summit.

And we are talking energy medicine and quantum self-healing integration of body, mind and spirit. When you give a little background of doctor Sue, she is an international speaker, celebrated author, a teacher doctor with over 30 years of experience bringing together ancient wisdom traditions with cutting edge quantum science.

Her highly praised book, The Energy Codes guide you to an unprecedented levels of self-expression, health, and healing by building neuro circuitry to raise your cellular vibration and frequency.

Doctor Sue's visionary models and techniques ignite an entirely new approach to accessing creative genius and living from personal freedom. Doctor Sue, welcome aboard.

Thank you so much, Greg. It's a joy to be here. I love the fact that we have a bioenergetics summit. How I grew up inside of a world where bio energetics was everything.

And it's, it's a thrill to me to see that that this language and this focus is coming to, really out in the forefront of life in the ways that it is, because I know that there are some deep, some deep truths here that humanity needs to know about.

So I'm thrilled. Thank you for putting this together. Indeed, I and I am so excited for this conversation because, you know, as we mentioned before, jumping on, you were in bioenergetics before it was even a thing, like growing up in a family that you grew up in that constellation, you're really bringing it.

And so I'm super excited to share your message and vision with our listeners and viewers today. So thank you. Let's start out with, talking about can you share a little bit about your seven step system and who can benefit from using that?

Sure. So I have, a system that's called the Energy Codes. And it's a codified approach to learning to release our attachment to the mind and to truly drop into a deeper sense of self so that when the mind gets going on, its story writing and its projections, and it's its idea that life is either good or bad, and the polarities that happen when we are identified as such a version of ourselves, when that begins to happen, people need to know, what can I do to put on the brakes to to shift this and to to truly remember the truth of what's really going on here and, begin to operate as the essential core self.

## The Energy Codes and the Seven-Step System

Doubt the personality self, because the personality is formulated in our early years in such a way that is typically based on protection and survival and, fitting in and belonging and making sure that we do what we're supposed to do to get our immediate needs met.

And the problem is people start to learn to live that way, and they develop a life that is based on, a fear based reality. And ultimately it leads to a lot of stress.

So this system is something that I developed as a byproduct of having a huge awakening in consciousness during meditation. And I really leveled up in a major way into a realm far beyond this one.

That allowed me to really perceive what was going on, that that we are not the mind and we are not the personality, that we are truly this soulful essence that is here, as the universe would have it be.

So here's what I mean by that. The universe is basically what we are made of. We are energy compressed into a, a physical being, all physical matter. Law of physics is compressed energy.

And so when we really unpack that, we start to realize that we are the universe packed into a living, breathing system. And so the energy code's seven step system is really a way for people to unpack that and start to sense and feel that they are more than their mind.

They're more than their story. They're more than their history. They're more than their knee jerk reactions. There's a presence behind the scenes that if everyone could learn and they can to tap into, it, would be living an entirely different life, not affected so much by what's happening in our outer world every day.

So it's a series of breathing patterns and focusing of the mind. Back on to the core of the of the system, tapping into the essential self, opening up the, the limited, the limiting effects of the lack of communication between the conscious and the subconscious and the superconscious is addresses biochemistry.

It addresses re patterning of neuro circuitry and working with the electromagnetic energy system called bioenergetics. So that's a lot. But, basically let me just say it kind of takes all of life and drops it into a systematic approach to reframing who we think we are and, and what our full capacity is.

You know, it really can be quite liberating. You know, your the whole component of living from a personal freedom and that aspect of waking back up to who we really are.

So you kind of that was a lot. You dropped on so many layers there. And I want to I want to focus in maybe at the, at that bigger component of, you know, you tapped into something much larger than yourself in a meditative state.

So, you know, like for our let's start because you've got some stories there that I want you to share around having people have access to these tools, because I've done I love your book.

I've done a lot of trainings with you in the energy codes, and you've you've got a story of before we got here, your bus stop story that perhaps you will share with us here.

Because this could be some of our listeners and viewers first introduction to doctor Sue mortar. And I think that is such a potent, story. Absolutely. Yeah.

Let me just I have an image. I just was thinking just right before we got started, that sometimes a picture is, like, worth a thousand words, right? And so, so basically, what happened?

And this, this, this image is of a human being here at the bottom of this page and a higher self which we perceive as, you know, this bigger version of ourselves.

And, and this higher self is, is really the truth of who we are. We think that this is who we are and that we call to this, or we ask for guidance or we do whatever, but actually this is who we are and this is what we're doing, that we are here projecting ourselves down into this physical dimension.

And there's a whole biomechanical way in a bio energetic way that this system works, and it's constantly reproducing itself. But in terms of your question, if we can start to think in these terms and realize that here I am and I'm choosing to come into this physical dimension, build a physical body so that I can navigate this physical world and, you know, get about living, having a life experience here on Earth that along the way, we, we have a, a series of compressive forces that come into play in order for us to ever get from this expanded version of who we are into this physical system of energies that is working the way that it sort of depicts here.

And along the way, I reference it as we go to the bus stop. Just to speak to your specific question, there's so many

things that we could talk about regarding all of that, but the bus stop is similar to soul contracts.

If, if, if everyone who's watching can kind of just get your mind thinking like that, that, that of all the things that I'm going to do when I come here into this physical body, into this physical life, there are certain things I want to accomplish.

I'm going to awaken in certain ways. I want to further my evolution in certain ways. I want to be able to make a contribution here, in this, in this world while I'm here. And so how does all that fit together?

So I call it the bus stop conversation. And it's kind of like this. So, so so we go to the bus stop to catch the bus to go to planet Earth while we're hanging out at the bus stop, kind of waiting to figure out, what we're going to do and how we're going to go about this life process.

We strike up a conversation, and somebody there at the bus stops says, you know, I've I've actually been there, before. And I had an amazing experience.

And just as as I was on my way out, actually, I accidentally, coincidentally did this thing that they call forgiveness. And what happened was I let go of all these things that had been plaguing me all of my life, these attitudes and these edges and these contrary, dispositions and in relationships that I had and aspects of my history that really, you know, impacted me and, and, and all of a sudden I started dropping them one after another, after another, as, as my time was coming to a conclusion and I was ready to, you know, leave, I was kind of letting go of my baggage.

And so the the amazing experience that happened as soon as I release some of that stuff was this revelation or liberating experience.

## The Bus Stop Story and Soul Contracts

And so I'm going back and I'm going to go in for a level ten of this thing that called forgiveness. And I'm going to really get it sooner so that I can live inside of that experience longer.

And so, you know, that's why I'm here. So somebody else at the bus stops says, well, you know, how are you going to get that experience bigger times, ten and sooner?

How's it going to happen? And so the individual says, well, I guess I'm going to have to, experience something that's nearly unforgivable so that I can live with the effects of that.

And then at one point, I'm going to get tired of living with the effects of that. I'm going to reach inside of myself and find some version of forgiveness that I didn't even know I had.

And in the midst of that, I'm going to to reach in there and pull it up and, and have this sort of a release which will give me the, the really true the, the blissful state that, that I know exists.

And so, you know, everybody at the bus stop is like, wow, okay, sounds great. How's that going to happen? You know, like give us an example. And so then they start thinking it's like, well, okay, somebody maybe somebody I don't know, goes, to happy hour and drinks too much and then gets behind the wheel of their car, heads down the highway, crosses over the center line, hits my car and injures me, and maybe takes some family members.

So it's something that's completely, in responsible and avoidable. And everybody knows that you shouldn't do that. So it's it's like, nearly unforgivable.

And so I'm going to I'm going to, you know, have to deal with that. And then I get down the road a bit and, and then I start feeling the physiological effects of that kind of angst and anger and resentment and, and the effects that happen biochemically and the effects that happen neurologically and the shutdown that starts to happen in my physiology, because I'm really squeezing out this infinite possibility that's trying to run through this body all the time.

And so, in the midst of that, I reach inside and I get to this pain point where I finally say, you know enough and it's not worth it's not a good trade.

I'm going to let go of this. And, and as such, you know, the forgiveness and the and the, the benefits of that, start to come to pass. Now, you know, here's the deal.

This can happen in someone's life in a lot of different ways. And I don't mean to infer that we have to suffer in order to evolve, but what I am offering up inside of that kind of a conversation, which you asked about Greg, is that when there has been hardship, if we can approach it as if there is a social contract happening here, that is in my favor, and that if I will turn my perspective on this situation and look at it from that, I from that vantage point, I will be able to glean the benefits from every single thing that happens in my life, no matter what it has been, or no matter what it will ever be.

When we start to realize that that there's something happening here that is bigger than what it looks like, and there's a plan to it, there is an order to it.

And when we can begin to learn about the order of these things, we can embrace them as they are occurring, not at face value, but from this higher plane, this bigger picture context.

And when we are embracing those life experiences from that place, they do not have the physical effect on us. We we do not get enmeshed with them. We are not so enmeshed in and melded with the mind that we are at the effect of all of its reactions in, in and kneejerk conclusions that it draws in the face of life's circumstances.

We can we can really pierce right through that and kind of fillet it open and part the seas, if you will, in a way that allows us to have the life experience that we're truly looking for.

One of healing on every level emotionally, mentally, spiritually, physically, biochemically as well. So, so that's one little aspect of what of what we're talking about inside of Order Institute.

And the energy codes were but interesting that you should ask about that, because the bust up is actually what's running everyone's life, whether they know it or not.

And, and my, my efforts are to bring consciousness to that so that it isn't subconsciously or non consciously moving us through life in painful ways. And that we can really get a hold of it and, masterfully manage it rather than feel victimized by the things that happen in our world.

Yeah, beautiful that that concept of at the effect of the mind. Right. And that bringing the consciousness or waking up to where that picture that you shared of where we actually are the, the being of light, you know, getting compressed down into the, the mattered body.

And there's sometimes there's a lot of friction down here. Right. Absolutely. Yeah. It's a, it's a and that's again, a law of physics that when high frequency energy hits the density of, of physical matter, when spirit hits matter, when consciousness comes into form, friction occurs.

It's a it's just a law of physics. When high frequency energy hits the density of a lower vibrational frequency, friction occurs inside the life experience.

That friction looks like, I don't get along with my boss, or I can't get along with my family, or I can't seem to make a relationship work or my health is, you know, it's that that's the friction.

And it's really an opportunity for transformation to occur, to take another look at it, to shift ourselves in a way that we can free ourselves in the midst of the natural process of high frequency energy hitting the density of of physical matter.

So friction is inevitable. Suffering is optional. So it can be friction based, but it doesn't have to be painful. And we

just have to learn how to make those distinctions so that that we're able to be in it, but not of it.

So that, that we can become masterful with it. And it's actually, it's it's such a different life when we start to realize this because it becomes a game, it becomes this play, like, oh, I'm going to get good at that one.

Okay. I'm going to take that so personally, I'm going to get in here and just kind of open this up. And I'm going to relax on the inside. Even though this person's yelling at me right now, I'm just going to let them yell and I'm just going to open up inside and not allow their friction to become my friction, and to allow their friction to actually be part of my healing process, my awakening process.

By by making those simple distinctions in, in the face of life as it's happening so it can become fun. That's the whole idea, right? Indeed. Yeah. It's almost like a giddy excitement for the day of how is it going to unfold, you know, how does that mystery happen for us?

Well, how do we integrate all parts of ourselves and embody that soulful self? Great question. So I kind of describe this as when we land here, we sort of rough landing.

It's kind of a splat. We sort of like splat. And our mind goes one way, our body goes another way, our breath, our whole consciousness is just like dispersed.

And we start to develop a way of living way out there on the surface of that dispersal. And over the course of our lives, what's eventually going to have to take place is that we pull that back together again.

When people say, like, give me a minute, let me just give me a minute. Get myself together. Or over the course of decades, we start to gather and we kind of like, hey, you're not going to mess with me because I've been there and I know how to handle these situations.

And it's it's a regathering of the from the splat, basically. And so what we're doing with the energy codes, initially, some of the very first foundational things that we do is learn how to gather back from the splat ahead of time, not having to wait for life to teach us or show us how to do that, but just to do it consciously and intentionally to gather the energy back.

So basically, mind and body and breath have to be working together in a joking kind of way, merging back together, weaving themselves back together again.

So we're constantly bringing our minds attention onto the body, because the body operates in an alpha frequency, which basically represents baseline home base, healing, integration, all is well.

The Earth vibrates at alpha frequency, the body vibrates at alpha frequency. And so if we will bring it, bring the mind back to the body, it starts to allow the mind to start to function more closely to alpha frequency when it's appropriate.

And when the mind starts writing stories and gets carried away and gets all upset. It's not an alpha frequency. It's way up here, sometimes up into gamma, in an un, in an untethered way.

And so in that we can we can be brilliant, but we will suffer. And in our physical well-being we might be into intuitive, but we will not be able to heal ourselves when we hurt ourselves or our digestive system might not be functioning properly, or a hormonal system will get out of whack because we're not in the body reaching those frequencies.

We're way outside of the body doing that. So the key is we have to get in the body. So the energy codes are about embodiment, pulling mind and body and breath together again.

## Friction, Judgment, and Embodiment

So when we start to pay attention to what's going on inside the body, the mind starts to function in a very in a, in a genius sort of way, in an integrated genius is really kind of the best way I can put it, that what we come up with is relevant and it's applicable and it's personal to us.

Like we can actually achieve the outcomes that we're looking for when we learn how to bring the mind onto the body and allow the body to serve the mind by opening it, slowing it, grounding it, and helping it to integrate.

So we've all had experiences where we've had great ideas and we've jumped into them and they fall flat. And it's because those ideas are occurring to us, but we are not anchored in the body when we're receiving those ideas, when we're perceiving them.

And so we don't have the grounded, wherewithal to manifest those things with grace. We can put our pedal to the metal and make things happen, but they won't be sustainable if it's not coming from an embodied version of us.

So the energy codes are about embodying our genius so that we come up with not only great ideas, but the methodologies of manifesting those ideas. Whether the idea is about physical healing or manifesting a, a bigger role in the world, or being able to have a greater impact while we're here, or whatever it might be for someone.

Those things are destined to occur and will occur if we're in the body trying to manage it. But when we disembodied and are out here living in the minefield, actually, I'll have another quick image here that I can show.

Just kind of give people an idea if you're not familiar with this. So so this would this would represent that higher self at the top of the page that we were just looking at.

And this would be the body at the bottom of the page okay. So it's another way of looking at this is this big expanded spiritual version of us. And then our job is to come all the way into the body when we come to Earth and are doing this earthly human thing.

Right. What happens is we get to about right here on this red line. We get to right about there on that red line, and we start freaking out because we don't have the tools to get all the way here consciously.

So we hit this line and we start thinking and we start judging and we start deciding that shouldn't happen. You shouldn't do that. You shouldn't be this way or I shouldn't be who I am.

I should be different than who I am. And we get tangled up right here at this red line. So we never really get all the way in. We start bouncing and deflecting and refracting back out into the larger field, and we never really get to fully land here with all of us.

Parts of it gets through and parts of it bounces off, and we end up in here feeling like there's something missing, something I'm not. I feel like something's not quite right.

So we go and get another degree, or we get a different partner in life, or we quit our job to get another or buy a bigger house, or a better car or something to try to fulfill that need.

But the only thing that's happening here is that we're just we're just not allowing the whole of us to land. So when we start breathing in our belly, it automatically starts to allow a greater landing.

When we start relieving the tension in our physiology, it start automatically supports that full embodiment all the way to physical form. There are so many things that we can do that will collectively support dropping in and living as this full on, awakened, embodied, integrated, human being being actually an energy being that is being human.

We're not human beings. We're just being human. If we allow that to happen with grace and ease, it becomes quite a phenomenal experience filled with miracles and and transformations and healings that most people never really get to experience because they're not really putting the pieces together that allow all of that to happen at the same time.

A piecemeal it and try to do this. They try to eat better, or they try to exercise or they try to, you know, get some get some acupuncture or some and some energy medicine or some medications or some surgeries or whatever it might be to improve their quality of life, but they're not really knocking on the right doors at the right time to allow enough of that to have an impact.

So, there are some basic fundamentals that we can we can put together and have a tremendous impact on our on our well-being. Yeah. That full embodiment of the of the person.

So when we get close and we start freaking out what causes that separation into mind and body and spirit energy like we do tend to put ourselves in all of these other places rather than in the whole in, in here because these are miraculous vessels when they're, when they're aligned.

Right. Absolutely miraculous. Meant for miracles, generating them all the time, receiving them all the time. We are made of the miraculous. And so if we're not experiencing miraculous transformations in our life, there's a reason for it.

And so, it's because we're we're getting out of alignment, as you say, this splat. This dispersal happens, number one, through unresolved emotion. Unresolved emotion is the number one reason that we stay splatted the reason that unresolved emotion occurs in mass for someone is relative to the degree of judging they have done.

Now, the reason people judge is for survival purposes. There's nothing bad about it, it's just that it's not necessary. And if we would start to realize that, that every time we decide that's wrong, they're behaving wrong, they shouldn't have done that.

This shouldn't be happening. Those people. That is a separatist way of living. We're constantly pushing life away. And it's a survival mechanism. If we could think about it in terms of if this is who I am, you know, which here's another way of looking at the same picture.

The universe compresses itself into a funnel, into a channel, hits the Earth, rises up and begins cycling that energy over and over again. And it's constantly coming in and it's constantly rising and it's constantly generating this torque field flow.

If we realized that that's what we're made of, that inside of this flow is the formulation of a physical form a physical body generates. Inside of that reside pulling energy, but that reside.

Here's my point. The recycling energy is made of the universe. It's the universe. Now, if we knew that we were made of the universe and we were paying attention to that, and we were living as if it were true, we wouldn't be so inclined to judge, or to make wrong, or to look at what's wrong with everything, because we would realize actually, it's all me, everything that I'm looking at, everything that I'm experiencing, everything that is happening on this planet is a reflection of the one consciousness that we each are.

And so there would be nothing to be afraid of because there's nothing that I'm not. There would be nothing to judge because there's nothing that I'm not.

And so if we could start to learn to think this way and soften the tendency to other, when we start othering, we get into trouble. When we start separating and pushing away, it's all for survival reasons that we do it.

And none of the reasons are good enough, because it will always lead to exactly what we're trying to avoid. We're trying to avoid, ultimately being hurt or being killed.

And the only thing that will hurt us or kill us is to start believing that we are this temporal, five sensory human being only. And so what I'm really interested in people learning is that they're the energy.

They're the energy itself. You don't have energy flowing through your body that's supposed to heal you. You are the energy that is flowing in this manner that is building a life for itself.

And if we question it and shut it down, we suffer. When we question it and shut it down, the first thing that's going to happen is we feel inadequate.

And the moment we feel inadequate, we start judging everything around us to bring it down to the level that we perceive ourselves to be. And it's all just a big, fat waste of time that's causing a lot of illness and a lot of, angst inside of humanity.

You look in our world right now, our world has never hated each other more than we do right now. We've never had more angst and more confusion and more arguing than we do right now.

And I contend that that's all part of a birthing process, that we're learning through experience, that that doesn't work. And so, here we are. You know, we're at a place where we're at a crossroads where humanity gets to choose to be a more divine version of itself.

We're evolving from a mind based culture, species, into a heart based culture and species. And we are taking the long road if if we are in pain right now, in suffering.

And when we get caught up in the dramas and the traumas that are being presented to us in the media, we're taking the long road. And if we are here in a summit such as this, we're obviously looking for the straight line right into truth and to how to master this thing called life and these things called bodies and these, these dynamics called interpersonal and relationship ups and and so forth.

And, we have everything that it takes to do that. It's just that, we're we're being asked to step it up a little bit into a different way of living and breathing and walking and talking.

Yeah. It is it that we do have to take action on that, right?

## Mind-Body Integration and Bioenergetic Alignment

I mean, that that component of the practices and embodiment and breathing and opening the heart, all of those aspects that does take focus and attention and sometimes some discipline, you know, it could be fun, discipline.

But, you know, you you have to keep coming back to it because it's so easy to get distracted out there. Right? Right. It's a training we have to train ourselves.

We have to train our minds because our minds have been kind of running out of control. They've been running the show. The mind isn't built to run the show.

The mind is supposed to be in service to the soul, to the true essence, to the gut. Knowing that deep internal wisdom, the mind is supposed to be in service to that.

But when we disconnect, the mind starts running the show and it starts trying to make all those decisions and decide everything, and the problem is, it's not equipped to do the job that we keep assigning to it.

And so what we're doing with the energy codes and the work that on teaching is to teach people how to come back home with the mind and to and to listen to the body, because the body will reflect what the essence, the true essential energy is.

The soul is saying, I say it like this. The soul speaks to the body, and the body speaks to the mind, and the mind doesn't listen. It's like it's out there right in stories and, you know, suffering and and, you know, getting back and and carrying grudges and getting even and all sorts of stuff.

That's just a waste of time. And so what we're teaching people to do and what you're doing with the summit, is providing people with loads of ways of getting the mind to pay attention to the body.

And the body then will reveal the language of the soul to the mind. So now the mind has guidance, the mind has instructions, it has support, it has a copilot has a wingman.

It's not in it on its own. And it starts to immediately feel less afraid. And as soon as it feels less afraid, it starts making better decisions. Because we know when emotion and fear goes up, you know, logic and genius goes down.

And so and so we want in not that life is is logic alone because miracles happen outside of the realm of logic. And so and so it, it it is, it's a balancing act that we can do.

So there are lots of practices that we can do. I anchor people in the core of their body. I get them breathing up and down the central core channel of that system.

Here's kind of a close up of what would happen at look at all these pictures I have, Greg. All right, I love it. I love it when up with me. But this is super fun okay.

So you remember this. And here's this target field. Slow at the bottom of the page. If we had a close up on that, here's how it's supposed to operate.

The energy hits the earth, rises up and cycles around again and is constantly being taken up again. And we get another shot at it. And then it cycles around again and again and again and again.

Now here's how most people are functioning. That energy hits, the earth, rises up, and it's like, oh, I don't believe in myself. Oh, I have I'm so angry and have so much unresolved emotion and oh, I got this other, I'm preoccupied all the time with with competitive ism and and strategizing and I'm all kind up in my head or whatever, you know, just a billion different, versions of this exist.

But here's what happens. This rising energy rises up and it has to go around where we have all these blockages or short circuiting or gaps in the communication line.

And so we make our way through. So but here's what happens when we're making our way through, it creates a wobble inside of this rising energy. And that wobble creates a distortion in the energy field.

So you see this distortion here. So this individual is standing inside of here looking out through a distorted energy field. They see people that don't care and they see the opportunities that pass them by.

And they they see that life is terrible and hard. And you know, we're, you know, in trouble. And yet there is another way of perceiving it, because this person is standing inside of here, looking out through a perfected field and realizing, oh, this is just an opportunity for us to get better at certain things and to stop doing some of the things. And it's not a problem.

Let's just keep going. And we have to train our minds. We have to we do have to return and develop some practices and and use those practices. And and you mentioned you missing discipline.

And I like to to go from discipline to devotion because if your heart's in it, it's going to be easier if you're if you're disciplining that mind, the mind is going to try to do everything it can do to not be disciplined.

Like what kid wants to be disciplined, right? So you think about the mind like a four year old. It gets to run the show. It's like I'm not interested in any other set of rules. Forget it.

But if we love into it, then we're there for that mind when it realizes I have no idea what I'm supposed to do next. And when the love is there and the mind is realizing that the mind is more easily able to turn more deeply into our core presence and feel the wisdom of the next decision, instead of trying to make it strategically or logically or competitively.

If your base, it starts to make decisions based on wisdom, but we have to call it back. If to call the mind back, you have to bring it back home. And what happens is kind of a retrieval of a soulful living, of really, really mastering this, this bioenergetics.

And I'd like to just bridge that for a second. The bio energetic being is the soul. It's the same thing. So some people have been trained in science and they're now talking in quantum quantum terms and quantum science.

And we know that that quantum field starts to emerge as this energy being and this energy being is is what we're speaking about with bio energetic and and if you were trained in the spiritual world, you would have learned that the spirit is eternal and and that the soul is an expression of the spirit in the body form and and so on.

Over here in the scientific world, they would say, energy cannot be created or destroyed. It lasts forever. Energy cannot be created or destroyed. If you were trained in the spiritual world, it would say you're an eternal being, a spirit being.

You're eternal. And they're saying the same thing. They've always been saying the same thing, but it's been separated by this language issue. And so people are left out, you know, not realizing that that actually there's only one thing going on here, and it is this energy waking up unto itself.

And and the more we learn to allow that to happen, the more healing happens in our lives, and the more abundance happens in our lives, and the more forward growth and and immersion, emergence, I should say, happens in our lives.

And we get to be free. Like you said earlier, it's liberating. It's we're supposed to be liberating ourselves, not surviving. And so, you know, this is how we we do.

Here's how we do it. I love it. So here's to more devotion. Thank you for that. The the component of the soul informs the body. The body informs the mind that flow from the, you know, the one into, our learning here.

Will you elaborate a little bit more on that? Because I want to make sure like, for me, that's that's a great, great distinction for folks. Absolutely.

And thank you. You thank you for being who you are and asking the questions that you that you are and, and, carrying our conversation in this way, everyone has already experienced what, what we're describing.

Everyone's already had that experience. If every if if anyone has ever had a knot in their stomach because of something that's going on or thought that's happening, or an experience that they're in or a lump in their throat, you know, just like, oh, the throat just shuts down and they don't really know.

Maybe they do know why, but but the physiological effect is something to pay attention to. The knot in the stomach, the, shrill up the spine or the lump in the throat.

These kinds of, of expressions of the body are revealing that this this is happening. Okay? This when this energy hits that right there, it creates tightness in the chest.

When this energy hits this one right here, not in the stomach, you follow. So, so if this one were right down here, it would be lump in the throat. This one might cause headaches, instant headache on on some situations. So.

So this energy, this soulful energy that's trying to rise is having an effect on our physiology. It impacts us. It creates a different. As soon as this happens, boom.

As soon as one of these are hit, different chemistries are elicited into the body because of something that is referenced as epigenetics, which, the audience may be familiar with.

Epigenetics may not be familiar. Let me just just cap it for you. Epigenetics is basically telling us that it's a study of,

of the, of a new biology where we're realizing that there are little antennas on the surface of every cell of our body, and those antennas are picking up on energy frequencies, energy forms of that of our environment.

And that's an internal environment as well as an external environment. It's an internal environment as well as an external environment, very important that people realize this.

And so so when I'm, when I'm, when I'm not in alignment with something that I'm about to do and I shouldn't be doing it because it's not in alignment for me, it sets up a different vibration in my body.

And those little antennas pick up on that and they report inside the cell, hey, we're not safe here. All is not well. We need some chemistries to be generated because this could be an attack.

This could be a bear in the room with us. It could be who knows what. So the cell now is putting out the chemistries of survivorship to allow us to, you know, get through whatever is come.

And what happens is if that chemistry is happening all the time, because we're constantly suppressing our truth and doing what we think we should do instead of what we really want to do, or suppressing our voice in the world.

Because we were raised in an environment where our voice was suppressed. And if we continue to do that thinking that's the only option there is, it eventually creates a message in the environment that these little antennas pick up on that say, you know, something's still not right.

Something is still not right. Something is still not right. So those antennas are reporting to inside the cell. And the internal workings of that cell are constantly producing chemistries of survivorship.

And those adrenaline's and cortisol etc.

## Epigenetics, Cellular Stress, and Healing

are aging us because we are not designed to be fighting a bear 24 hours a day, day after day, week after week, month after month, year after year. Our cells age faster because of that.

And so we have cellular breakdown and disease processes happen. And it's no mystery. It's exactly right on time. When it happens, it's exactly the perfect out picturing of how the system is designed to be operating.

So our job is to create an internal environment that allows for peace, that allows for those antennas to pick up on, you know, what crazy things are going on out there, but we're okay. We're fine.

We're here actually to allow this to be, a learning experience and and to experience our steadiness, to experience our embodied, centered groundedness as we walk right through this scenario, without it, without it touching us.

And, and because we're able to do that, we're actually the one that has the solution inside of the chaos when everyone else is running around freaking out about what's going on so we can say, not a problem here, follow me or here, try this.

And suddenly we're we're a beneficial presence on the planet, right? And in any form, whether it's our family or friends or our community or our workplace, whatever it might be, we are the ones that are really holding it steady.

Not because we're forcing it, but because we're not resisting the truth that we are this eternal being made of everything that is. We are. We are fully equipped.

So in that hopefully that's helpful in, in, in speaking into that a little bit for, for purposes of our conversation today. But, but the that this idea of epigenetics means where our bodies are responding to what is true for us.

So it's kind of a soulful expression. And if the mind would listen when you get that gut feeling, the mind would listen

when you get that not in your throat or that tightness in your chest and step back inside instead of overriding it, we would start to gain more understanding about who we are and what is right for us to do.

And the more we do that, the more circuits we build for that to be easy for us. So what I'm teaching in the energy codes is teaching people how to build those circuits rapidly so that, for instance, when you have a knot in your in your stomach or a lump in your throat, you don't just say, oh God, that's scary.

Me, I'm going to go away from it. You realize this is showing me one of these areas where I don't have enough circuits in place. And so so we teach people how to build the circuits through these gaps, through these obstacles, so that they can move into being operating like this instead, so that we're turning life into a spiritual practice and an evolutionary liberating practice, just a liberating practice rather than how to survive and dodge things.

We, we we allow this internal presence and this, this, this language of the soul to be understood by the mind. But the mind gets that, oh, when I get a knot in my stomach, it means something there.

And actually, Greg, I just wanted to share this with everybody. There are subtle nuances that occur long before a knot in your stomach occurs. And what I really want to do is teach people how to read those subtle ones, because those subtle signs and signals allow people to navigate in real time how to proceed through life in a proactive way that's in alignment with their true nature, rather than having to wait until we create what we don't want in order to figure out what we do want, we have the the radar and the sensory guidance system inside to truly allow ourselves to to take action steps that are in total alignment with our with our true state.

And then we're really becoming masterful in this life. We not only heal under those conditions, we become proactively asserting truth into our into our world where we are.

We can literally part the seas and walk a path that is divinely guided. Now it will seem like it's full of coincidences and uncanny happenings and synchronicities, but it's so much more than that.

It's like now that's the way we're all supposed to be living all the time, so hopefully that's helpful. Oh my goodness. Yes. Thank you. That is lovely. I, you know, two more magic.

I would say the, that aspect of it, you really shared a lot of the work and the energy codes and this concept of taking it to the body and building those circuits for folks you know, I like to kind of end, end in an action item for folks.

So you got it. How do we how do we get into action around this, this, total embodiment and and bringing it, listening to the body or, you know, along those what you teach in your energy codes.

And, I mean, you have so many different, wonderful things I can we can go all over the place there. But I think with the an action step for folks at this point.

You bet. Tell me how much time I have. And, and I'll pack some things together. Really, as long as as long as you will go. Let. Okay. You know, let's do it. Well, you know, 5 to 10.

Okay. Yeah. We can do a lot in five minutes. Okay. All right. So. So basically, this is the central channel and everything happens here. This descending energy comes through this channel.

And the rising energy, the ascending energy comes through the same channel in the eastern culture it was called this is we tend to reference it as the central channel, just so people don't feel like it's, you know, some world away from them.

So this central channel is kind of everything. And we need to learn how to live right in there to just be centered. So, so a central channel breath is basically we're going to take a breath from above our head and right through the center of the brain, the throat, the heart, the chest, the gut, the tip of the spine.

And exhale down into the earth. And then we're going to inhale up through the tip of the spine, the belly, the chest, the heart, the throat, the center of the brain, and at the top of the head.

So we're just going to do a central channel breadth first. And so let's just do that. Let's take a breath from overhead and let's just breathe. And you know, just you're just gonna have to imagine this and intend it.

Right. Because at first it seems like well, I don't breathe through the top of my head. But after you do this for a while, you're going to realize that you actually did it.

Okay? So it's it's proven it is this to feel the energy flow is a very real thing. And lots of lots of, of history behind that. So let's take a breath and just draw it in.

Imagine it coming through the center of your brain, feeling it come down through your throat, your chest, all the way into the solar plexus, into the belly.

And then you're going to exhale right down through the tip of your spine and all the way down into the earth. And now just imagine that you're breathing this breath up from the earth into the tip of the spine, into the belly.

And then we're going to exhale from the belly up through the chest to the throat, to the brain. And at the top of the head. Let's take one more breath from overhead down through the center of the brain.

Same same brain, throat, chest, heart, belly. Feel it and feel it pressing down through the tip of the spine and into the earth. And now, just be normal for a second.

I'm going to give you just a few more instructions to really anchor in the core of the body even more, pull your shoulder blades together and drop them down.

So just kind of pull them together and drop them down. So as we pull them together and drop them down, there's an anchoring in the back side of the heart.

Okay. Now, roll your eyes up. Just roll them up, but keep your nose straight ahead. When you roll your eyes up with your nose straight ahead, you're going to feel some pressure or tension behind the eyes.

And it's just from the muscles going to work to move the eyes that way. But right there, you're actually in an area of the center of the brain where the brain is actually processing it.

High executive level. So creativity is super high there. It's called the Cave of Brahma, cave of creation. And and so we have this, the crown of the head.

Then this area right behind the eyes, right down through the throat, kind of breathe like Darth Vader, like, so you can ujjayi breathing so you can hear your own breath.

Okay, so now we have this line from Crown of the head. Top of the head, behind the eyes, down through the throat.

## Central Channel Breathing Practice

Shoulder blades are together and down. And now we're breathing in the belly. We're not breathing in the chest. So now inhale from overhead right down through these anchor points that we've just described.

The eyes and the blades breathe into the belly. And then now squeeze the muscles in the base of the pelvic bowl as if you were going to the bathroom and you had to stop that stream instantly.

Just squeeze those muscles, okay? It's called Mula Bandha, but it's just squeezing the muscles in the base of the pelvic bone. And while they're squeezed, exhale.

Shoot your breath right through those muscles and right down into the earth. Then release it all. Now take a breath up from the earth into your belly.

And then roll your eyes up and squeeze your shoulder blades and squeeze that those muscles in the base of the pelvic bowl again. And shoot that breath right up through your body and at the top of your head, right.

Then just release it all. Take a breath in from overhead, right down through, behind the eyes to the throat, to the heart, to the belly. Now squeeze all those anchor points again to squeeze them again.

And exhale and shoot it right down into the earth. And so as we do this, you can work with them release. And people will say, when do I squeeze? When do I release?

Just play with it yourselves. Squeezing and releasing at different times and breathing up and down through this central channel. I assure you that if you do that for two minutes, two times a day, you're going to start to feel a sense of self that is centered in this body that you've maybe never felt before.

And if you'll do it even more often than that, you'll start to be able to live life from this place rather than living from this dispersed place. Way out here you're centering in.

And when you center it in it creates potency. It's like when you put your thumb over the end of a garden hose, how much more power the water has going out of the hose to water those flowers way over there, or get the mud off of the screen door or whatever it is.

The potency comes by closing down the aperture through which this energy is moving, and that potency has enough potency to start piercing some of these veils.

Now, if we have just another minute or two, okay, I'm going to give you guys something that will change the game big time okay. So here's what happens.

You're breathing up and down this central channel. You're learning how to anchor your with your eyes and your blades. And this move abundant in the base of the pelvis.

Just work with it. Play with it. Don't try to get it right. Just play with it and it will right itself because it knows what to do. Okay, you're built for this and then you're going along living your life doing that.

And then something happens where somebody upsets you. Okay. So just imagine that that thing that upsets you is in the doorway of the room that you're sitting in, right now.

They just came in the room. Boom. There they are. Immediately, some part of your central channel just became activated because that, that that that that or some version of that is in place for you.

And that's why that person has the effect on you that they do. In fact, that's why you invented them at the bus stop before you came in, so that they would direct you to these kinds of things so that you could learn where to build the circuits so that you can perfect your energy flow like this.

Okay. So right now they're standing in the room with you somewhere in your central channel. You got a lump in your throat, tightness in your chest and not in your stomach.

Something happened, okay? Or your mind went somewhere, wherever it went. I want to invite you to just hug yourself on the inside of your body in that place.

Just hug it. Hug you in your throat, hug in your chest, hug in your belly, whatever. Just make it up with me, okay? Just invent it and breathe up and down the central channel while you're hugging that while you're hugging that area that got activated because this upsetting person is now in the room with you, something gets activated because the reason they upset you is because all of your circuits aren't firing yet.

If you were functioning like this, that person wouldn't upset you no matter if they were sitting in your lap or not. Okay, so let's do this. They're there.

Take it to the body. See where there's a charge in your body. See where there's a charge. Maybe it was here. Maybe it was here. You just squeeze it on the inside and steady yourself.

Roll the eyes, squeeze the blades. Let's central channel. Breathe. Let's take a breath from above our head. Right down through the center of the brain.

To the throat, to the chest, to the belly. With a special squeezing in that special place. It's activated because of this person in the room. Then exhale down into the earth.

Inhale up from the earth. Maybe you can squeeze move on to breathe up into the belly. Maybe you can squeeze that pelvic ball. Maybe you can squeeze the blades.

Maybe you can roll your eyes and exhale hugging that one area. And exhale right up through the top of the channel. And at the top of your head, inhale from overhead right down through the channel, right through that area, and exhale into the earth.

Stay in the channel and inhale up from the earth into the belly. Hug that area. Roll your eyes up and exhale right up through the throat, the chest, the center of the brain, and at the top of your head.

Now just relax and notice this person could be in the room with you and you feel differently in your body. It will happen every time. Whether you can feel.

You may feel a lightness of being. You may feel like the room is lighter that you're sitting in. You may feel just a sense of presence that you didn't have before.

But I assure you, you work with these things. Hands down. It's going to be a game changer for you in your life, because you will take these things that have been upsetting to you, and you're going to use them to build the circuits that will allow you to be functioning as the true universal being that you are supposed to be without interruption, so that you get to live in here without this distorting your expression.

As you come down into this and move out into the world. We don't want that expression to be distorted any longer by what's happening here. It's just a matter of shape shifting, who we think we are and learning how to work with it. So hopefully that'll help.

I know it will help if you do it and it's been helpful today. Doctor. Sir, thank you for bringing it up. I know good night. Thank you. Thank you, my great joy. Always.

So I'm always available to help and serve in whatever ways possible. So thank you, Greg, for what you're doing, bringing this forward to everyone. It's such important and important things to do.

And and thank you, the viewers for listening to that thing that made you tune in and that thing that made you tune in is the thing I'm talking about. It's that thing we're not supposed to override and congratulations for for listening and leaning in.

And thank you for supporting a conscious community on this planet. Yeah.