Energy Medicine & Quantum Self Healing: Interpertation of Body, Mind & Spirit Transcript

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Introduction and Speaker Bio

– Well, welcome back everyone to the end, chronic stress fatigue and burnout. The medicine of mindset summit. It's Jana Danielson back with you for another amazing session. My speaker today is Dr. Sue Morter and let me tell you everyone we are in for a treat. I'm going to go through her bio and you're gonna see just the brilliance that we have with us today.

So international speaker master of bio energetic theory and quantum field visionary Dr. Sue Morter utilizes the embodiment of high frequency energy patterns too active, full human potential and we're gonna learn all about what that means.

Everyone. Alright so through her seminars retreats presentations, she illuminates the relationships of quantum science and energy medicine, elevating human consciousness into life mastery.

She is the USA today bestselling number one best selling L. A. Times and number one amazon best selling author of the energy codes, the seven step system to awaken your spirit, heal your body and live your best life now. She's also if that wasn't enough.

She's also the founder and creator of the globally taught coursework. The energy codes. She's created the body awake R. Y. T. 200 certified yoga program and is the co creator of the bio energetic synchronization technique.

Also known as best she is a junk faculty in two medical schools at Michigan state University is the host of Gaia Tv's healing matrix and is the co host of your year of miracles lifestyle training which I've actually I've said yes to that this year.

So I'm excited to have a whole year with Dr Sue and her very amazing co host of that program. So Dr.

The Energy Codes and the Trap Door

Sue, thank you so much for being here at the medicine of Mindset summit. – Oh, absolutely, Jana. It's a delight. I can't wait to see where we get to go today. I know it's gonna be great.

– Well and just so everyone knows, um, when we're doing these interviews, there's always, you know, the set of questions that I get given by, you know, each speaker's personally or by their team and one of the things I love asking which Dr. Sue is all over, I was like, you have to stick to these or can we meander.

So she's right, let's see, let's see what comes up today. Exactly. But I do want to, you know what I do want to kind of root into a starting point with you and I want to know if you can share a little bit about the seven step system that you've created, who is it for?

You know, how has it impacted? And I think the people that were drawing to the summit are those who maybe are living with some sort of a diagnosis that are feeling kind of like they're on this hamster wheel, We're also attracting people who, um, our health and you know, energetic health and healing curious like what is this?

Does it actually work? And so knowing that can you take us through this seven step process? – Absolutely. So, so the, the seven step process is, is referenced as the energy codes and it's a codified way of learning how to work with energy of the physical body.

And the non physical body in a manner that allows for healing to happen in the body more easily and more readily

and also in a manner that will allow for our creative genius to really be tapped and to be allowed to begin to express.

And the reason I say it that way is that particularly this is easy to relate to if people have symptoms patterns, if they have diagnoses and they're searching for some kind of solution that is other than taking medications or simply being, you know, are being routed into surgeries or these types of things that that are a a way to deal with health conditions. And sometimes people are curious about alternative ways to deal with health conditions in this country.

It is not readily taught. And so here we are inside of a conversation where we get to explore some of that to a little deeper degree. So we have to first understand that when we have a symptom pattern, when we have a set of symptoms that has caused us to go to a doctor and get tests and get a diagnosis etcetera, there's a reason for that, the symptoms are trying to point to some thing that we would have been or have been overlooking.

And as the symptoms begin to appear, we have to recognize that something's been going on in the body or not going on in the body that needs to be re established.

And so there is an area of the brain that I reference as the trap door and it's an area between the conscious and the subconscious. So it's between the thalamus and hypothalamus.

So just picture it right here and everything above that is where we do our thinking. It's where we do are judging our reasoning or analyzing our our our logical processing all happens in our in our conscious mind. And below that trap door is the subconscious, which is what runs the body. It is in charge of our healing, it's in charge of our fight or flight response. It's in charge of our ability to digest and filter and cleanse and heal etcetera. And so there's a trap door there that's supposed to be open so that when we consciously decide that we want to feel feel better, we begin feeling better when we consciously decide that we want to relax, we begin relaxing when we consciously want to listen to our heart of hearts or trust our gut or those types of things we have access to doing so.

And what happens in most people's lives is this trap door slams shut and it slams shut because of too many stresses all at once. It's designed to be able to see that there's a bear and and and allow that information to be referenced in our subconscious memory as if we see the bear and return to this file storage room.

And we say basically, uh look up bear and it says run for your life. And so we take off, you know, in fight or flight mode. And when the bear goes away, we're supposed to be able to go to that same file storage room and look it up and it says, you know, bear gone, you can exhale, you can relax. And so what happens is when there are too many bears at once, this system gets overwhelmed and the communication above and below that trap door um shuts down. It short circuits.

It it collapses in terms of no longer being able to communicate that the bears are gone or the bears are here, etcetera. And the last message that got through was emergency mode. Too many bears.

These bears are stress bears work bears, financial bears, you know, emotional bears, not enough rest bears, chemical bears, etcetera. So when the trap door slams shut, now the body isn't in charge of healing. It isn't, it isn't trying to heal because it's locked into a phase of function that is survival oriented.

So when we're busy surviving, we are not able to be thriving. It's two sides of the same coin. We're either in survival mode or we're in creative genius mode. The trapped door is either shut and we're locked in survival or it's open and we're able to start assessing, you know. Gosh, That stress that I've been reacting to has actually been gone for 10 years, but I've been reacting.

I still compare everything to it. I still, and my knee jerk reaction is is a fear based one based upon some past experience. Now, when that trap door is slammed shut for a long enough period of time, we end up in a an emergency state, we end up not healing. We end up collecting symptoms and that's what takes us to the doctor to get the test that gives us the diagnosis.

And now when we're given a diagnosis, we think, oh, I feel this way because I have X, Y. Z. And you know what

we're trying to share with everyone these days. Is that No, no, no.

You have the diagnosis as a name. That is a collective name. That names the simp that you have but you have the symptoms because your body is not in a self healing. Self regulating mode, the way it's designed to be functioning. And when it's not in a self healing and regulating mode, we end up getting in trouble and the body can't take care of it, But we are designed to be able to heal from whatever we come up against.

And if that's not happening, the reason is this trapdoor. Okay, so, so all my answers won't be this long. But I just want to kind of set the stage there.

That that we have the ability to open the trap door between the conscious and subconscious, we have the ability to move our body back into a healing mode.

And there is no amount of medication that's gonna do that.

From Symptoms to Self-Healing

It's not about medication that opens that trap door, it's about learning how to live within yourself in a way that gathers your resources back together again that we have divvied out as we've disempowered ourselves and given everyone else.

Um You know, the the juice, the energy that is required for healing because of a lack of self esteem or a lack of self love or a lack of self identity or or you name it, a variety of things generate the ability to self heal.

And so the energy codes are a codified way to gather that back together again and have your whole self lucid awake connected, integrate and embodied so that it can start to open the trap door and remove the interferences that are keeping that trap door slam shut and to start to repair and heal and rejuvenate.

You know, we are designed to we heal a bone if it breaks, if we cut ourselves, it heals every system in our body is really supposed to be in that same category of being able to rejuvenate and replenish and repair.

And the the only reason that wouldn't be happening is if it thinks there's something else more important that it's supposed to be doing the body works on a priority basis.

I'll just say this lastly, it works on a priority basis and the number one priority is survival. The number two priority is healing. So if your body isn't healing, it's because it's stuck trying to survive something that it perceives is right here upon it. And so it's never going to go to number two until number one has been taken care of. So what we're doing with the energy codes is allowing the body to recognize, oh, I'm not under attack, turns out those bears are gone, turns out I contain the bears.

It turns out their teddy bears, but I thought they were Grizzlies. Right? So, so it's just a matter of working with the nervous system and working with the electromagnetic energy system, which is what actually built our nervous system in the developing embryo.

And that's where we're working this master system. The energy system is what all of energy medicine is based on. All energy healing is really based on this this system of energy that is our true nature, our foundation of being. And so the energy codes are teaching people step by step by step how to begin to masterfully work with this energy in a way that allows us to open the trap door, start healing and more importantly, even start moving into our creativity where we're directing our lives, not reacting to what everybody else is creating for us.

And and ending up back in the defensive state because we don't like our circumstances so I'm going to go up there and all my answers aren't going to be this big, I promise. But but it's that kind of sets the context for us. – It completely sets the context.

And I was like, inside ready to like bust with emotion. Because what you've explained is exactly the gift of pain that

I was given in my late teens and early twenties.

It's what shifted my career. It really is what is the why behind this summit? I I had undiagnosed digestive pain. I had a two year medical journey. I was on 11 different medications, right? Like, like that.

You're just, you're exactly my bear. I didn't, I didn't know I didn't here's some other things. I stopped picking up the phone to make hair appointments. I like I I was spiritually symbolically literally losing my voice. Had all this pain, didn't know why couldn't get an answer from my medical team until they told me the pain was in my head. I was seeking attention.

I should have a nice life. And then for me, what shifted and you know, kind of where my trap door was recalibrated was through movement and Pilates. That's what absolutely changed things for me is over 16 weeks of taking it twice a week, Pilates mat, class. I was off all my medication.

I thought I was, I wouldn't tell anybody. I I knocked on wood. I threw salt over my shoulder, all the things that would, you know, all those lucky things. I made sure I didn't walk under ladders because I thought that it would come back, My pain would come back and exactly what you're saying is what my body was going through. It was stuck in survival and so it couldn't heal. And when I looked outside of myself for healing and was then told the pains in your head, you're seeking attention, I went into this really deep, dark night of the soul because I was like, is this my life, Will I be able to be a mom own a business?

Should I marry my fiance? All those things that I'm sure are, you know, the audience here is either connecting with or in the moment, having those voices in their head and so we live in such a society where there's this immediacy, right? There's a 21 day cleanse or flip through your instagram feed and see how quick you can change this or that.

Can you give us some context from what you've just built this foundation around the energy codes? How quickly or how long however you want me to ask the answer? Does it take to really start to notice a shift in, you know, this in this process that you're, that you're explaining to us. – Beautiful question, You know, it's and it's very relevant to how our, how our Western world is living and how we're we're trying to, you know, get our finger on the pulse of how, you know, of what it's gonna take for me to have a better life.

And and the beautiful thing is this it it happens immediately. It begins happening immediately the moment that someone starts to recognize, oh, I've been living in my head, I've been above the trap door.

I've been living in my head because I didn't know that the trap door was slammed shut. And this is the only place to live. I've been logically trying to figure out what am I supposed to do next? What if I don't what if it doesn't change?

What if, you know, we're trying to calculate our our futures. This is what you were just describing for yourself, that you were going through. And so so the great news is the moment that we start to realize that we're living in our heads and we start to step right into the first processes within the energy codes.

We begin to learn how to drop down in our body and stay there and and it's not our head versus our body. It just doesn't get to be our heads. Instead of our whole body. We have to live in our whole selves.

So it's not that we stop thinking. It's that we start using our minds for something that is more effective than analyzing and predicting and projecting and judging and trying than trying to forgive and all of the efforts that we learn are essential and they are if we've been living in our heads, but there's a faster way to approach it than using the mind to try to train the mind to operate differently.

And the body has a tremendous benefit for the mind when when the mind is trying to find a way to stabilize just by bringing the mind's attention onto the body in a an observing way, in a loving way, in a manner of just pure presence and curiosity and care. What begins to happen is the relationship between mind and body starts to heal, it starts to mend and that alone is opening to the trap door. And so as we do, we start to simple things like starting to breathe down in the belly and instead of breathing in the upper lobes of the lungs starts to allow us to feel our way down into the truly the seat of the soul with the the seat of the true self, the essential self.

And as we start to put those pieces together, the world starts to look differently. And so we are immediately reaping the Ben Of that. And then we engage in in the energy codes in a way that allow us to build new neuro circuitry, build new pathways of communication between the gut, the heart and the head.

Quantum Healing and the Science Behind It

There are three brains in the body, there are 11 billion bits of information that are coming bombarding everybody, everyone every millisecond. And the those billions of bits of information don't arrive straight to your head. They arrive at the surface of the cellular structure of your body and little antennas. The new biology is showing us of epigenetic sand and our dear beloved Bruce Lipton and his research in the field, showing us that these little antennas on the surface of the cells are picking up on energy frequencies. And then those little antennas report inside the cell and tell the cell it's time to produce that chemical that you produce, or it's time to stop producing that chemical that you produce.

And it's true for all of the cells in all of the endocrine system and all of the healing systems of the body. And so those billions of bits of information bombard the cells of the vital organs in our in our system.

They then start producing neurotransmitters and by okay, chemicals that then start to make their way in circulation through the vagus nerve and the nervous system and through the cardiovascular system making their way up through the heart.

There's a brain in the heart are are beautiful. Friends of the Institute of Heart Math is showing us that there is a consciousness to our our heart space that if will allow it to be present, it will have a filtering effect on the information that's traveling upward and it will decide what for us what has heart and meaning. And it will shift and transform the messaging that's rising from our gut into something that's relevant for us.

Like does it matter to me? Yes, all that information is great, but how's it going to change my life? And that's what our own heart has the capacity to do? It translates the information into usable format so that by the time it arrives at our conscious minds level, we already know what we want to do. We already know that this is for me and that's not for me. And I'm gonna do this.

And yes, I understand that you're recommending that I do this, but you know, there's just something else that's percolating in here and I'm gonna go listen to that and it has enough power and strength and validity and stability that we know we can trust it and that's why trusting our gut is and that's what allowing the truth to be known by us. That's the science behind how it happens.

So the moment that we teach people how to live in their body, they immediately begin to be able to translate with certainty. This this literally universal intelligence, cosmic intelligence that's bombarding us in the form of all these bits of information every millisecond.

We are constantly being shown what to do. But we haven't been taught how to read the signs. We haven't been taught how to transfer the information into intelligent decisions for ourselves because we're so busy living in our heads, that we never get to reap the benefits from these other two brains that we're describing here in the gut and in the heart. We're unable to utilize the consciousness, even that is available to us in the, in the levels of consciousness that are described in the chakra system. For instance, if we study that deeply, so, so over the years I've had, you know, so very many opportunities to work in depth with these things that I've put them together and codified.

What what's really trying to be translated for us and all of these kinds of teachings. And so when we're living in our bodies, we have access to that information.

When we're living in our heads, we do not. And so I'm teaching people how to live in their body in a way that they can feel the connection, they can feel the information they can sense and perceive what is right for me, what for them for each individual And it's under those circumstances that we begin to self heal.

It is it is when the fluidity of that in information and the synchronicity of all of that starts to come together, that people just, they just know this is what's for me, this is what I'm gonna do. And even though the statistics show this, you know, maybe I don't want to be one of those statistics, maybe it's not for me just because I've received this diagnosis and and the majority of the people have to do this or they don't heal, you know, maybe those people didn't know what I know and, and so what if, what if we could enhance that knowingness inside of humanity the way that it was originally intended to be, What if we return to that state of deep integration.

And so, so that's what happened for me. I'll just briefly say this Jana 20 years ago, 22 years ago. First of all, I was raised in a home of bio energetic, so this is what it's the only health care I've ever had.

I've never gone to the doctor and taken an antibiotic for some ailment in order to heal and um, you know, I'm 86 years old and I'm not really, I'm just kidding, but, but I, I'm 60 years old and or 61 I think somewhere in there.

Um, and, and we have the ability to self heal. It doesn't mean that I haven't been exposed to things and it doesn't mean that that I don't get headaches or bronchitis or whatever.

I used too often, but I don't anymore because I rarely do now because the system is, is designed to connect and to self heal and as soon as these things start start, get started within my system, I know what to do to turn it around and, and every human being has the capacity to do this, it's just we've just not been taught how to do this. And so 20 years ago I had an awakening in in meditation and I was literally exalted in The states of consciousness that are far beyond this entire dimension. And I've spent the last 20 years really translating what is what what what downloads come from having that opening and consciousness and what I know is that humanity has the capacity for this and were designed to have a greater intelligence access to the universal line.

So um so this is you know, it's a lot but I'm trying to just pull stuff together for people to realize you've got this. You just have to learn how to manage the energies that we are made of and that we're here to masterfully manage in a in a way that is self dealing and liberating. So I'll stop there and see where you want to go.

– I just um would you if you were to like reflect on the last couple of minutes of your answer is that the essence of quantum healing? – It absolutely is. That's what quantum healing is.

It is utilizing the system that we are which is a gateway between the quantum field and this physical dimension. This physical body is the gateway, we are a quantum energy being. And we have created a body to come here into this physical dimension to navigate us here. We've created a physical body.

It's the vehicle. It's the version of us the is physical and if it isn't working right, it's because we're not we're not dropping into this body fully as this universal quantum field presence that we are and utilizing it to its fullest.

And so it starts to weaken, it starts to break down because it's not getting fueled by the very inventor of it. It's not being fueled by by its very foundation.

So quantum healing is awakening to the fact that we are the quantum being. And this is where most people get tripped up and and that's right where I like to work.

People think that they're a human being that has access to the quantum field. And the truth of us is we're a quantum being that is being human. Okay, it's the reverse. And that's why everybody hits a wall with the idea of energy healing. We don't have access to energy that we can heal ourselves with. We are the energy itself.

And when we can start to flip that over, it's something I call the quantum flip. And it's very much a part of the energy codes process. We have to we have to reverse, we are the energy that has a body.

We're not a body that has the energy, we're we're a soul that has a body not a body that has a soul. Where were the energy that that has a life itself if we let it be that and it's just a that's the mind flip, that allows for medicine to be what we're delivering constantly not what we're going out there to get to receive? We are the medicine, it's just we have so many gaps in the perceptive field that it makes it really tough for us to ever become masterful at self

healing because we keep separating ourselves from the power to heal when actually we are that very thing.

So that's a deep question. So you know, – I've never know, I love because what as you were talking in my body, I was feeling like this is it like I never fully understood quantum healing. Like I read all the books and I always felt like, yes, I'm reading this, I'm studying this, but as you were talking, I was like, oh my God, this is actually what it is in such a simple way and and I love how you touched on just subconsciously, I think the contrast and I life has to have contrast, we have to have data have night, we have to have sorrow to have joy, right? Like it's just it's part of the gig.

And so what you've just talked about, you know, flipping flipping our mind kind of the mindset on its head that we are these energetic beings in this physical body or we are a soul with a body, I didn't actually know if I wanted to burst out laughing in joy and happiness or actually start crying because it's so profound how simply you've just explained it and what I would love our audience over this week if you're someone who is like dipping your toe into this world of like is there something is there a different way of thinking about the body? And you're one of those toe dippers who you know secretly watches Gaia tv but doesn't tell anyone.

Or you know, preface is what they say to their friends as I know this might sound woo, woo but and then you go, you know, you kind of qualify it um what do you like?

I just what do you what do you say or how do you help those people understand? Um you know, you talked about your the magic that you really where you really love working is in that wilderness that in between space for those people watching us right now, having this conversation that are like okay, I think I am going to lean more this way.

Mindset, Responsibility, and Inner Power

There's science behind this. I want everyone to understand. This is not just like picking things out of the air. Can you talk a little bit about that part of quantum healing – About the science of the quantum mechanics? So if you're not familiar with the world of quantum, what it is is the study where the bridge between energy and matter exists. So about 100 years ago actually, even though it's much more recently been brought into more of the public conversation, it was actually even more than 100 years ago um Science began to study um the the the matter underneath the size of an atom. They invented the electron microscope where we could see that. We used to think that that matter was made up of molecules. And then we noticed that molecules were made up of smaller particles called atoms. And then they invented new technology that allowed us to study that there were actually part parts of an atom.

There were sub atomic particles, meaning they were smaller than the atom itself. It was comprised of smaller ingredients if you will. And then when they start looking at those smaller ingredients, they began to want to figure out is the basis of our foundation, Is it matter? Is it physical or is it energy?

And so they would set up the equipment to study the these tiniest particles, photons and electrons and protons, et cetera, that that they could now see to measure their behavior and when they would set up the equipment to perceive to test if if these tiny particles behave like matter. Um They did.

And when they set up the equipment to test to see if these tiniest particles behaved like way waves of energy they did. And it kind of put science on its ear in that it was very confusing because what they were realizing is that the experimenter was having an effect on the outcome of the experiment.

If they intended to see that it was matter, it was matter. And if they intended to see that everything is energy, it was energy. And so it it's stopped them in their tracks because linear physics was now in question. And so this quantum world is the one I'm describing right here is basically saying we are creating our reality.

We are what we find what we're looking for. And this is a huge responsibility, but it's also incredibly liberating if we allow it to be and and what it means is that we are responsible or we can become responsible for the outcomes in our lives. The things that we find the things that we see and so in a conversation such as this one's mind might go to are you saying to me that I created my my condition, my disease condition, my diagnosis.

And and I want to lovingly say, on some level, yes, and on some other levels, we know that that might be hard for someone to accept. You mean, I created my cancer, I created my my lupus or I created my, you know, whatever it might be. And I just want to say this, that that when we are experiencing symptomatology of whatever nature, we have the capacity to transform what it is that we're experiencing.

We have the ability to do so, and science is supporting our capacity to do so. And if we will lean into that, we can begin to have outcomes and shifts in our symptoms, shifts in our patterns, enough that it begins to tap the subconscious and allow it to come on board and to start offloading things that might have been interrupting my ability to self heal for years and I never knew it. And as we do, the body starts to move into more and more and more of a self healing capacity. And so when that happens, we start to feel less inflammation in the body. We start to to change our chemistry.

Our our body's ability to heal inside of an alkaline environment is is greatly enhanced because we're worrying less, were angry less. We're, you know, we're less afraid of our of our diagnoses and our symptom patterns and the whole thing starts to shift and shift and shift in another direction.

And so so were, you know, the world of self healing and energy medicine and the world of of traditional medicines and and the three legal forms of treatment of cancer, for instance, they, there is a way to work with these things collaboratively.

So I'm not suggesting that someone, you know, jump out of some boat that they're in right now with any kind of treatment um, regimes that they are in.

But I am saying that even if you're doing some of these things that are more of the traditional route to managing a disease condition or a a symptom pattern that you are working with if you will add to it responsibly add to it some of the ideas that we're talking about regarding um, learning how to move the energy, learning how to work with self healing in a way that you never knew before. And what what happens is it starts to tip the scales. Now, I've been working with people clinically for decades for 35-40 actually, it's about 45 years.

And in that I have seen so very many people turn things around where prognoses were given that they didn't like to hear. And somehow they ended up in in my in my clinic and we started working with these kinds of principles, not asking them to do something radical, but often times they would come back to me and say, you know, I'm starting to feel things happen enough that I am going to take a leap into some of this and I am going to claim this for myself and and people that were literally given prognoses of, you know, a short life or months or you know, at the most, even at times a couple of years to live, people are changing those outcomes and and here to tell about it, you know, many years later.

So, so it's it's a difficult thing for people who have been, you know, we've been brought up in side of a, of a world that that that dis empowers our ability to self heal. And there have been many reasons behind that, some of it innocent, some of it not so innocent and and it's it's it's nothing more than the in the truest conflict for humanity, which is we're in we're in an opportunity to determine in this duality, this this contrast that you're referencing, we're sitting in an opportunity. Do I allow my head to override my gut and heart? Or do I allow my gut and heart to have at least an equal voice to what I am thinking and worrying about or have been entrained into thinking by by thinking that my answers are outside of me and it's a long standing issue for humanity to be addressing.

That's the point. That's really our big challenge. It's the big game, is is the solution outside of me or is it inside of me? Is the problem outside of me? Or is it inside of me?

And if it is inside of me, I can do something about it and if it is outside of me, I'm likely going to be victimized by it. And the solution is outside of me.

I'm gonna be um I'm going to be um somewhat disempowered hoping that I can receive and seek and find enough of that solution to make a difference for me.

And so the question before us is can we enhance it on the inside enough that it has enough potency and power to

to start to feel some difference. And I suggest that people approach that one step at a time to responsibly um find if they can start to feel enough of these things to be making a difference so that they can confidently move forward in life in a way that that gives a better outcome than, than it might have otherwise.

– There's a big piece of detachment in what you're saying as well, because I feel like sometimes when we're looking outside of ourselves, we're searching for that word or that phrase of what we have.

So then we we for a moment feel empowered because now we know right now we have the thing that is causing the stuff in the body yet, it's just part of that, all of that paradigm. Right?

So, so yes, now you have the diagnosis or now you have the medication. And is it is it yet? Is it is it the solution, Right? Is it the long term solution to the root cause?

Or are we really just looking at what are the top symptoms I'm experiencing? And I would see that in my, you know, my Pilates studio in my in my integrated Health therapies clinic all the time. You know, someone would come in with, I have this in my they would use words like my L four L five.

I've got a bulge at my L four L five and they would use all these terms that, you know that they they're just regurgitating. They really don't mean much to them.

And so it's helping them unpack? Well, what does that mean? You know what what kind of life do you want? Do you want to have energy to pick up your grandkids? Do you wanna be able to go on that trip to Europe? So you can walk on those cobblestone streets and it's through that education and what I'm here you're saying is that's where the real magic happens is when you understand that it is and even in my own life it's been extremely life changing because I realized that it was within me to to make the shifts or the bumps that that I wanted to and have the life that I that I'm living right now.

So I want to ask you two more questions and I want to know based on your years of experience, your clinical experience, you know dealing or you know even as part of a creating these group programs to help people move through um you know, they're they're stuck in nus what do you think currently is not being talked about enough? – You know, I think that we are talking about it, you know when when I just look at where we've just been um speaking what is not being talked about enough is that there is nothing broken and there is nothing missing and there is nothing wrong with human beings. They just don't know how to tap into and enhance enliven and activate the powerful presence that they really are and I don't just mean a powerful enough president to go into the workplace and stay what you need to say and have things be different. I mean the power to create a body and a life that you love living in that you are enjoying and that you are flourishing in and that you are strong and healing and abundant in what is not being talked about enough is that the power is within and marketing and and a lot of our, Our historical medical communities have been oriented around a fear-based inspiration. I've witnessed it because I grew up inside of a household where these concepts were being talked about 50 years ago and my father was a pioneer in energy medicine. So I grew up with an eye and an ear whenever I would hear and see people being really pushed by fear into thinking that if you don't qualify for this medication, you're probably gonna suffer.

Go ask your doctor if it's okay.

Daily Practices and Where to Learn More

I was awake when people, when commercials started filling the air time in between our tv shows at night that started being completely infused with, with medications and procedures from the outside in and what's not being talked about enough is the fact that that was invented and that was a, that was a, that was a new way of thinking that was being introduced and it was a marketing idea that really worked and the problem for me is and I don't ever talk like this Jana, I don't know who you are, but you are pulling this out of me in a big way.

I don't say these things unless I'm inside of a, of a program where people have agreed to learn more about that, you know, so, so I wanna be, I wanna be sensitive to the fact that this might be really rocking someone's world who's watching this and I want you to know that, that even while these statements are so potent that I have a great

understanding about what it takes to soften that intensity and work with people in a way that makes it accessible because I'm not saying, right, go jump anywhere.

I'm saying, let's just, let's just get the idea in our back, in our hearts and minds and in our bodies, that, that there once upon a time was a time when taking something wasn't the number one thing that we did in order to, to improve our health and our vitality. There was a time I witnessed it, I've watched it change and shift over the years and and it is, it is by means often times of, you know, there's, there's a lot of, a lot of profit in that there's not as much profit in yoga and Pilates as there is and you know, in a lot of what we're talking about here and, and I say that with an open heart and knowing that that everyone's situation is different and there are, there are many situations where people are currently being helped tremendously by the medications that they are taking and I know and have worked with many that are in in that situation and are also developing new neuro circuitry through Pilates with you, gina body, awake yoga with me and the circuit building exercises that I'm teaching people how to do with the energy codes, learning, they are learning how to turn on the chemistries in their own body. They are learning how to empower themselves because if they didn't have a voice and if they didn't have a place in their world that they felt confident to express and create and creatively share if they didn't feel those, those invitations, they oftentimes never birth that part of them and and being suppressed, it changes your chemistry and when your chemistry is suppressed, you are more susceptible to contracting diseases or you know, being susceptible to infection. But we have to remember that most of the bugs out there are opportunists. They they can't create the environment, they need, they have to find one that they can live in.

And when we've been suppressing ourselves, we create that perfect environment. So it's also interwoven and there are ways that we can start to approach this in an organized systematic way, which is what I've done with the energy codes where we can start to like get a handle on this, we can both and for a while it's not either or until it is if it is for someone, some people say, you know, I'm in both feet and some people are towing the river like you say. And we just want everyone to feel well welcome to to start to explore and to know that there is science and there is deep long term, thousands of years old spiritual teachings that are that are not to be poo pooed because they knew things before we had the technology to prove what they knew.

But they knew it anyway. And so you know, let's let that have some clout as well. So that's a long answer to your question. – No, like I just I keep looking at the clock and I'm like, no, I want more time with you.

So last question um though to wrap what are I would love to get an invitation into your mind and see what are some of the tools or tricks that you live with um and use in your own life.

– Okay, so one is no pressure. One is no pressure because there is no pressure. You know, I I delve into realms beyond this one all the time. I'm awake in multiple levels of, of consciousness.

And and so I know that the pressure is a man made thing. We put it on ourselves. We created for ourselves, Other people created for themselves and then they try to create it for us and we're like, you know, um cross pollinating our pressures projecting them and oh it's just it's crazy.

So no pressure, it's like no pressure there, It's not real pressure isn't real. And so I'm teaching people how to learn inside how to live inside themselves in a way that allows for pressure to be non existent. And and it makes you start to smile because you can hear it when somebody starts to put the pressure on you to make you do something to get you know to maneuver. And it's like no I I see what we're doing.

And so that that's a real non negotiable for me. It's like then in the moment I start to feel it, I know what to do to drop inside and breathe in the belly and anchor myself with the anchor points that I teach in the energy codes etcetera.

So that's one. Another one is I'm really interested in in learning. I look into life every day this way. Instead of solving problems instead of looking for a problem to solve and then solving it.

I'm really interested in in a creative expression. I'd rather create into what we would call solutions. But I'm not I don't approach life from a standpoint of what's wrong.

I used to I used to look for what's wrong, what's wrong, why isn't this working? What's not happening here? What do I need to do differently? What could you do differently, what's wrong, what's missing and I every time that starts to enter into the playing field of what I'm working with at any given time, I just lay it down because nothing is wrong, nothing is wrong. We invent the idea of wrongness based upon a lack of circuitry, it's all a circuitry issue. And and so I'm really interested in what's in your heart of hearts. What if you could if you could invent whatever you would love to invent in your life right now, what would it be?

And I do that for myself? If I could, if I could be living any more fully than my life already is in a creative manner and expressing my the heart and soul's desire that I truly am. What would that be?

And I work from that place rather than just trying to look for what's wrong or what's broken and what's missing and fixing it because at the end of the day, what would happen for me is I would be good at fixing problems and I would have to invent more problems to fix them so that I'd good about myself, you know, and it's like, oh no, I'm not doing that anymore.

No, it's terrible. Yes, I feel, you know, pat myself on the back, but it's like rearranging the furniture on the titanic. You know, you feel really good about the placement of the furniture, but we're going down and and that's how it felt? Uh and that's kind of, you know what I think humanity has gotten into that, you know, when we're looking for these quick fixes and stuff, we're not really get at causal layers, causal layer to me means creator layer like creator, where's the creativity in me?

And am I allowing it to to express? Am I, am I reaching in there pulling it forward and then living as that creative force? Or am I just sitting back and waiting for circumstances that I don't like and then, you know, fighting my way out of that box, I just don't didn't want to do that anymore. So those are a couple of things that I that I do and I'm always referencing inside inside the body, taking, taking my attention in the body, listening, listening constantly because this body is the filtering mechanism that is translating a universe of wealth and abundance and and the more we let that happen the more it happens for us personally.

– So, so good. Um I know we have people in our audience who are probably have been Googling you while we've been having this conversation. So for those who have not been doing that, where's the best place for them to connect with your work?

– Oh, I'm I'm pretty easy to find. My website is a place, I've got Youtube stuff out there and I think they're posting things there all the time, but drsuemorter.com, it's D R S U E M O R T E R dot com.

We have loads online programs have a year of course as well that I teach called live Awake that teaches somebody every direction about this, from a chemical balance standpoint to a building now circuitry standpoint to enhancing our ability to self heal and tap our creative genius in always.

So lots of things out there. Also some deep deep studies if people want to go deep into the Ancient Wisdoms, I'm very into that. I even take people to sacred site journeys around the world and work with them there on on the turf of the sacred sites. Those sacred sites were built because of the energies on the earth in those places, the ley lines and all kinds of fun things there that have been proven about bio energetic and what affects us.

And so we do our circuit building practices all along the journey. And that's pretty fun too. So, so it's meant to be a great adventure, this, this thing called life and healing. It's supposed to be fun and enjoyable and empowering and joyful. And so, um, I use that as my baseline for sure.

– Oh my gosh, okay, so now you have me. So both my husband and I turned 50 this year and I'm like Jason, we have to do something spectacular and we live in Mexico.

So I'm like, I don't really want a tropical holiday because, and you've just given me an idea something that we can maybe do um for this 50th year around the Sun, Dr. Sue. This has been such um just my soul is just having a little party in my body right now. Thank you so much.

And I want to remind our audience that we make choices are present, self makes choices. And for those of you who made the choice to be here today, it's no coincidence and there is so much goodness over the last 45 minutes that we've unpacked here, that I'm going to suggest that maybe you just take a few minutes when this conversation is done before we head to the next speaker and just sit with what you heard and what resonated and maybe just a couple of notes or a note in your phone.

Um because there was so much goodness here. And um like I said, it's no coincidence you were here and this information was presented to you on purpose for a purpose. So, Dr. Sue thank you so much again for being here at the Medicine of Mindset Summit. We appreciate you and all of your work and how you shared with us today.

– My great pleasure. And you know, it is my attempt to empower people. Not to rattle the cage too much, but to rattle the cage just a little bit because we are capable of so much more than we think more than we can. – My well said so well said, all right, everyone, so go grab your water bottle, have a healthy snack if you can get outside with your feet on the ground. Those are always my suggestions.

Before we head into our next speaker. Have a great rest of your day. – Beautiful. Bye bye for now.