Introduction and Brett Jones' Background

Welcome to the practice upgrade Summit. I'm Doctor Dennis Perlman, and I'll be your host for this class. Our next speaker is the owner and founder of The Source Chiropractic in Oakland, California.

We built a seven figure practice and paid off a quarter of $1 million in student debt in his first six years of practice. He's inspired thousands of chiropractors and chiropractic students to join Kairos Training Culture to participate in transformational camps.

And through his powerful social media presence, communicates the chiropractic principle to millions of people around the world. His unshakable purpose is to connect the suffering, lost and disconnected to their inherent power and wisdom.

Every single day he's getting better and better and empowers everyone by leading by example to do the same. This is a remarkable and visionary young man.

Please help me. Welcome to the Practice Upgrade Summit. Doctor Brett Jones. Doctor Brett, welcome aboard. Thank you brother. Thank you for the introduction. I'm honored to be here.

How does it feel to be a thought leader? What are you, 12 years old? I mean, I, yeah, I'm, 13, actually. There you go. It's marvelous that you have been able to build such a profound following in such a short time.

Why don't you start by telling us a little bit about yourself? How did you come to chiropractic? Where'd you go to school? How long you been in practice?

Give us a sense of Brett Jones. Yeah. You know, the greatest sense, I guess I could give you in a in a short amount of time is, I was born and raised in Southern California.

Had three brothers, one older, two younger. We are all multi-sport athletes. And basically, you can count basically every other day or so, we were at the, the recreational center with some kind of competition.

And then there was competition in the household. My life took a dramatic change in 1999. When my older brother passed away. And that's what led to, kind of, a breakdown, if you will, or the start of a traumatic wound that continued to deepen from all of the events that followed that.

It's really hard to tell my story without telling about that death because, it's what ended up leading me to chiropractic. What happened immediately after was our family lost faith.

We were a Christian household, and, we it was hard to believe in an all knowing, all powerful, all present God that could save a 18 year old. And then after, falling out of faith, my dad lost his job with the highway patrol.

He was involved in a motor vehicle accident, and they said he took too much time off from work and let him go and became workman's comp case. Shortly after that, my parents split, and then we went to live with my mom.

My mom was suicidal, and depressed following the loss of her son. And so, you know, I still I was 14 when he passed away. And, this all happened with about all these follow up events happened within two years.

And then at the age of 16, my mom ended up leaving, she left us a note saying, basically, if she didn't leave, she was going to kill herself. And, and she left, and she had been a I was a stay at home mom all my life.

So it was me, and my two younger brothers. And then my dad came and moved in, and, you know, all this is happening, and it was a great suffering, a massive suffering.

And, things look pretty bleak. Things look pretty dark. I didn't really know what the way out was. Our financial situation was not great. We didn't live in a great part of, of town, and there wasn't really a lot of external motivation.

Other than I knew that I needed to be an example for my brothers that there was a way out. And so, for me, the only way out that I knew was, potential scholarship.

So, I'd been, like I said, multi-sport athlete, really had a love for football. And I think it was also the way that I released, at that time, that was my strategy for release of the trauma and the pain and the anger was to take it out through violence on the field.

And, I put everything I had into it. I didn't get out. I did not get a scholarship out of high school. So I went to go on and play junior college football.

And, two years of JuCo ball. I got a scholarship to play in Colorado. So, I leave you, I, you know, and I think, you know, many would think that would be like a cathartic moment, a moment in some ways it was.

And in a lot of ways it wasn't because, me, like my mom had also started, like depression. And so I was, pretty depressed at least once a month for 4 or 5 days.

And, you know, here I am physically really strong, you know, fast, and big and bigger, faster, stronger and, yet, mentally very deceased. And so I, I went through, the rest of my, my college career.

I studied exercise science and sports management, and it seemed to be the more that I learned about the body, the more I didn't know. And I was fascinated.

You know, at first, I think with primarily performance, human performance. Yes. And then, I think it started to develop into human health. And, when my dad was injured, he did go to a chiropractor.

So I got to see him go to a chiropractor. And I remember thinking it was cool that here somebody was using their hands to help my dad. And it didn't require, the use of, you know, drugs or surgery.

Now, my dad ended up going in head and having a back surgery before I had the opportunity to start chiropractic school, and I got to see the fallout from that.

So, I think it's 60 to 80% of those who have the back surgery are either same or worse following their back surgery. And, and so he ended up on a lot of medications.

So he's on, gabapentin for nerve pain. He was on, muscle relaxers, Soma. And another one, he was on, Norco. Vicodin and, I believe another, one in the oxycodone spectrum.

And then, I think there's like, 1 or 2 more. I remember, like, seven medications. And, seeing all of that and then going through some of my injuries in playing football, I ended up, so my junior year, tore my medial meniscus, and, they started me the next game, and I could only run straight.

I'm sorry. I sprained my ankle. Sprained my ankle. I could not cut. And they still started me, put me in a big knee brace and then gave me, like. And at half time, like alcohol.

And so I think, you know, there was a start of the disconnection of, numbing things, numbing things, running away from them or using violence to not deal with actual trauma that was, not having better strategies of healing.

And so when my dad, I started getting a lot of prescription pills, when I was back on breaks, I was stealing them and then taking them back to school.

From Trauma to Chiropractic Purpose

And then in my depression, using a lot of Vicodin and, that habit continued, basically all the way through, I finish, I finish college, my last year, my senior year, I had the I had the Unholy Triad, the second to last game of the season, which is, sprained ACL, MCL, and medial meniscus on the other knee.

And so, again, like I said, the the pills were always there, and then I graduated. I did not have all the prereqs for chiropractic school. I go to Santa Barbara Community College.

And this is, I think, where, some of the psychiatric drugs came to play because one of my friends, his mom, was on Xanax and Klonopin. And so now we started on Xanax and Klonopin to the mix.

And it got to a point where one night I'm out at a party and, it was actually my brother's fraternity. We go to this event before we leave. I take, Klonopin as an X and a couple like it in and go out, have like 20 drinks, come back laying in bed, and I feel my heart stop.

And, you know, for me, that was, a pretty fucking low and, an awakening moment that whatever I was doing was not working. And, because at the end of the day, I was still I still hurt.

I still hurt, child, you know? And by the grace of God, by the grace of the chiropractic spirit, I started touring chiropractic schools after I finish at Santa Barbara Community College.

The last one I look at is Life Chiropractic College, Western California, which I actually went there with your son. Yes. And, it you know, I'd seen what's called, Askew southern California University, which previously known as Los Angeles Chiropractic College, LCC.

And then I'd gone to, Palmer West and had almost decided on Palmer West and then on a life lesson, the energy was different. And then I met a student at the time, being glass now Doctor Ben Glass, and also practicing here in Oakland, California.

And he gives me, a book called Chiropractic Revealed. And this was a book on some of the top philosophers and chiropractic. And I wasn't even aware of the chiropractic kind of philosophy.

Yeah. You know, I was getting at me because I thought I could use my athleticism, you know, and, and work with the body and help people with the pain.

Like, that's what I knew about chiropractic. And so I'm reading this book on the way home, on the flight back home and I had this big like And it was it was actually reading Pasquale Sarasota who's character to the practice in Brooklyn.

Right. I think until he was like 97. And so I'm reading it and something hit me and it was is, is a quote to, to someone to this point, physically, our suffering, our sickness and disease is non-existent.

It's only due to the lack of connection that we have to our spiritual nature, that we experience the sickness, suffering and disease. And, I think that connected something for me that, I'd always been looking for something, but not knowing where to find it. And I had a hard time with religion because they continued to talk.

To God outside of self. And I was mad at God. And then I go on to read some of the chiropractic philosophy philosophy before even getting into chiropractic school.

And I read the major premise that universal intelligence is in all things and continually gives to it all of its properties and actions, thus maintaining an existence.

And it goes on to say this universal intelligence exists within you as your innate wisdom, you innate intelligence. Yes. And so it was there that, I realized, you know, one life wasn't happening to me.

It was like it was happening for me. And, that that God that I'd been mad at, angry at, that I had denounced also

existed within me. So if I wanted to heal, I actually had to look at all my pain, all my trauma, all my suffering, and begin to do the work on self.

And, and that's why my unshakable purpose is to to connect the suffering, lost and disconnected. Because that was me. Yes, that was me. Back to their inherent power and wisdom.

Yeah. But I was looking for all along was with them, and I needed, chiropractic to bring me to that. So this is this is a breathtakingly intimate and profound story that you've told of your breath.

And first of all, thank you for being so, sensitive and vulnerable to be able to share something like this. But also, I know so many of our viewers have similar histories, maybe not quite as, as intense as what you had to go through, or maybe some even more intense, I don't know, but what I can say with great certainty is what where you started, the hardships that you suffered and what you've been able to turn yourself into the thought leader, that you are, the visionary, that you are helping people in great multitudes.

It just is inspiring that anybody, no matter how rough your upbringing, no matter how tough your path along the way, can still make something extraordinary out of your life.

And, you seem to be a living, breathing example of just that. Yes. Donnie, I've seen actually says, you know, The deeper we've been cut, the larger the capacity we have to serve.

And then it was Rumi, right? Says, the wound is what lets the light in. It's. Well, let's love him. Yeah. So much, which goes into, you know, for those that are able to turn it because it can destroy people, which leads into there's, there's three paths, the manifestation.

But yeah, ultimately if you if you see some of the things that I've done, maybe you're impressed, maybe you're inspired. It comes from actually, well, multiple things, one of them being at my brother's funeral the, the most because he was 18 years young.

And so it's a, it's a bunch of, you know, basically just right out of high school students at this funeral and 350 people there at his memorial. Yeah.

And the number one thing said about Ryan was, he died with so much potential. He had so much potential. And at first, you know, I think it was heartwarming to hear that because I also believe that about my brother.

Like, it would have been so cool to see now what he could have done in the world. Sure. And with all the talents and blessings that he had. But later it became a big, a big, frustration point.

And, I always thought I was going to die young, my just straight up and like and just, just seeing what the circumstances were that we were in and and seeing a brother that I passed, I didn't I didn't myself expect to live past that.

And so something that started to come to the forefront for me is like when it's my time to go and you have an opportunity to be at my memorial, that's the last thing I'd ever want you to say.

I want you to say, you know, Brant gave everything he had every single day, and he died with no potential in him. Well, again, that's how you get so smart, so young.

That's pretty profound stuff. Nice work now, because the tone and the title of this talk is Energy Over Matter. You clearly your, living embodiment of that.

But now you mentioned three past the manifestation. What does that mean? What are the three parts? So, we did a facilitator camp, you know, so the Kairos training culture, which is currently, at the very least in the States, the world's largest chiropractic performance, training company, with 17 clubs active around the world, we do a facilitator training camp every year.

And this is for the people that help lead the club levels. And so this last one, was, it was a pretty deep awakening, which allowed me to understand the three paths to manifestation and creation in this world.

So one is we recreate a blessing. So by recreating a blessing means that, say you grew up right, and you had, amazing example for parents, right? And how they showed up and how they love Donya and the opportunities that they created for you.

When it comes time to be a parent, just do what you already know and you recreating that what you've already been blessed with and by living it and having an image of it, you have basically the blueprint of manifestation and creation, right?

Same thing. You come from a wealthy background, right? Your parents, had, financial literacy and they taught you, you know, the importance of good credit and all of these other things just just do as they taught because they given you a beautiful blueprint in this.

What you're doing basically is utilizing the kinetic energy of it. All right. So that's the kinetic energy and flow. It's actually a particle image. If you're looking at the difference between particle and wave of quantum energy and physics, that's one way.

And as you, as you are well aware of, not everybody is so privileged. Right. So does that mean that's just it for them? Yeah. No, there's another way. Right.

So the second way is you transmuted a wound. This was my route, right. So took took basically the potential energy. Right. Because the the cut, the wound, the trauma creates space in a space of potential.

Now that potential is either dysfunctional or functional based on how you transmute it or how you absorb it. So the actual charge of the event is negative, but you have the opportunity to flip it.

And when you start to transmute hate your wounds, it becomes your superpower. Now, one of the greatest examples that I have of this is David Goggins, you know, and he wrote a book called Can't Hurt Me.

And this is someone has put them himself through more pain than any anybody I'm aware of, you know, whether it's his journey as a child or, going through Navy Seals and then, becoming an Army Ranger and the endurance races that he puts himself through.

Three Paths to Manifestation

But what he does is he, he consistently, creates opportunities for trauma. And every time he overcomes the trauma, he's now learning, basically, again, how to transmuted the wounds.

Now, I mentioned the facilitator camp because then I had a huge realization for this. And that was my greatest strategy because life dealt me a lot of trauma.

Yes. The downside that can happen to this is that now you only allow yourself to receive as a result of suffering. Yes. And what I realized is that I was cutting for my potential, and I actually got the image of like, actually cutting myself.

For creating potential so that I could overcome something and then still feel success. Again. Again, if you, if you don't know the other way. Right. And you were blessed or had the privilege to experience the other way, then this is what you do. Yes.

You receive as a result of suffering. And then the happened. There's a third way. The third way is direct spiritual transmission, which means that what you see and perceive and feel in the fourth and fifth dimensions, and the outer realities that exist of where our intelligence exist, right?

God, spirit, intelligence, cosmos, divine matrix, whatever you want to call that, when you can see and feel and perceive as clear as you do in the third reality, then it's like you're experiencing it in the third dimension.

It's like you got the blessing, but you're actually receiving it from the subtler forms. And so then you receive the image and you put it into play. A great example for this is in the book called Fourth Dimension by Cho, who led one of the largest, churches in the world, and believers in the South in North Korea.

He was once asked, you know, how it is that he's doing the things that he's doing and how he was manifesting the way he was manifesting and the manifest, like, I mean, when he first got into like, I think he manifested this bicycle for himself when he was like a kid.

And then he he started doing obviously bigger and bigger things. And his people that are with him, they say, how is it that you speak with so much certainty on these things that are going to come into the field that aren't here yet?

And he says, you know how when a woman is pregnant, she knows, right, that within nine and a half months she's going to have a baby? When I receive something in vision from spirit, it's that same certainty.

I know it's going to come forth. Okay. And so that's what I've been now, majorly following 2019 is that, creating mainly from a spirit place which doesn't have to, be at a cost, right?

Of suffering. Well, so if somebody is not blessed to have had a magical upbringing, nor have they had a, massive challenge that they need to transcend and grow through, it sounds to me like the their best shot is going to be to generate through spiritual transmission.

So how would one go about creating. So for me, this is something that, you know, we've we've been we kind of like I don't I don't know, it's like intuitively and or just bringing things into the field.

But before we became Kairos training culture, this all started when I was a student, in 2000 and I started school in 2010, and I was an athlete, I realized that there was a gap, in the training as a chiropractor, because I witnessed and observed a huge lack of skill in the art.

Right. As a as a first quarter student, you're assigned a chiropractic intern and that intern supposed to take care of you. I had a class of 55, and I would say 50 out of 55 did not like going to get adjusted by the person because they were hurting them and or they were getting worse.

And to me, that didn't make any sense. How can you be in a chiropractic program for two years and not know how to do what you're supposed to do? Yeah. I thought, well, maybe it gets better.

You know, when they start seeing patients, meaning when they start seeing the general public, which would have been six months later. But now here I am now, six months later, and I'm still observing, these, these manipulations that we're not serving people, hence manipulation.

So, as an athlete, I always realized that if I wanted to get better at something, I needed to train it. Yeah. And so I started breaking down the elements of what made an awesome chiropractic adjustment.

And I did interviews with, who were considered to be some of the best adjusters in the world. So I was Arnold Bernier and Catina Manning and Jake American, Ian Davis, Germaine, Jeremy Brooke.

And so I did, seven different interviews. And from these interviews, I outlined some characteristics. And what came through was, power, speed, balance, precision and presence as like a top five.

And so I started creating. Could you say that one more time for workouts to say that one more time? Those five things? Yeah. Power and speed, balance, precision and presence that you know, as a top five, those are those are those are pretty close.

And so I'd always created a lot of my own workouts, you know. So again, if I want to get faster at a 40 yard dash, I was running with parachutes, I was pushing a sled, I was doing sprints, I was doing plyometrics.

And so it's like, okay, what's the main objective here? I my main objective is I want to get better at adjusting. So let's break down what a chiropractic adjustment looks like.

And then how do I train all the elements in the muscle groups to get better at that? Yeah. And so I started doing these workouts later. I went to Dynamic Essentials, you know, big seminar created by Doctor City.

Williams. I got to meet Doctor City Williams, in 2011, 2012. And then I believe he passed in 2013. And so at Dynamic Essentials, I do something called 49 breaths.

And so I brought the 49 breaths into the training. I realized early on, again, that presence was one of the top attributes. So I knew that I need to do meditation.

And so a for me, I started coming through in these adjusting training sessions and it was we would go outside, we'd work ourselves really hard. And at the time I had an understanding that meditation was more powerful when the conscious mind was tired.

And that's why a lot of people either do it early in the morning or late at night. Now I have a better understanding of. Also the brainwave states that are associated there.

So, movement, I'd get people really tired, exhausted and get them out of their head and get them into their hearts. Do the breath work 49 breaths at the time.

And then we would sit in meditation, and then from there we'd go and do chiropractic specific training. So we kept doing this and did this throughout the, the club sessions at school.

And then we started doing training camps in 2014. Every morning we'd go through a 75 minute process of taking people outside, getting them sweaty, getting them moving, bringing them inside, doing breathwork, doing meditation.

And then we had levels to it. So you have a level one training camp, a level two training camp, level three training camp, and then every single time just deepening in that initial start of movement, breathwork and meditation and then realizing that's the freaking formula.

That's the formula for how to get closer to God, right? The God with them. And so basically what happens is your your movement is helping ground in earth, the physical matter of the body.

Right? Life is necessarily the triune of force, intelligence and matter. Yes. And so the matter, the physical body needs to be clear and free so that it's not distracted.

We have two main forces working on the body. We have compression and we have tension. Compression activities are going to be more strength building activities, powerlifting and push ups and squats and those types of things.

They bring compression to the joints by increasing muscle activity. We also have tensile activities.

Training Formula: Move, Breathe, Meditate

This is going to be more mobility and stretching and yoga and those types of things. When you balance tension and compression in the body, you actually are more present.

So movement. So movement primes the breathwork breathwork is actually the force in that triune breathwork is actually what's it allows you to dial brainwave state.

So we have our normal brainwave state, which is beta wave frequency. And then right under that is alpha. And simply by closing your eyes, taking a slow breath in.

And a slow breath down, you can already introduce alpha wave frequency. If you go deeper into that you hit theta which is not quite delta, which is sleep.

It's that kind of intermediary where you can have, lucid dreams, but also be connected to, the piezo chromatic part of your, of your pineal gland. The pineal gland is piezo chromatic and, and also piezo electric and messing piezo chromatic.

It actually, has a light spectrum that goes beyond, the normal sense sensory mechanism and vibration mechanism that we're used to with the eyes, the color spectrum that we're used to the eyes.

And that will happen in theta. But you can also utilize breathwork to go up frequency because, beta wave, which is the normal waking wave, is often associated a lot with left brain activity.

And then when you push into gamma, which would be transformative types of breathwork. So big inhales big exhales and push you into gamma wave frequency.

What actually axis is both left and right brain. So there's a transformative axis. But your breathwork is how you dial the the frequency of the brain and the information you would like to receive, which then primes meditation.

Meditation is a receiving state, and so many struggle with meditation because they're not priming it and preparing it, purposely, which begins the movement, the breathwork, which leads you to the meditation.

Now in meditation, this is where you unite with the intelligence. So you have matter, force, intelligence and the unification of the three. And this is where you allow yourself to receive, again, images that go beyond, your educated mind, that go beyond the conscious reality that allow you to see, which which everything first starts as energy, just subtler forms of energy.

And then you can figure out, you know, what is to be prioritized for the need for the day to to live most connected to your purpose, for you to experience and the emotions that you want to experience.

Yes, there's a lot there, but that's the formula. Move. Breathe. Meditate in that order. So breadth. First of all, I'd say it's a genius interpretation of intelligence.

Force and matter is something that I haven't heard expressed quite that way, is there's also a troubleshooting process, because it seems to me that if you have trouble with either moving or breathing or meditating, that's a clue as to where this train is disrupting.

Does that make sense? Yes. So then you can troubleshoot this with patients or with yourself to be able to identify what do I need to focus on now in order to have this training working effectively in me?

Brilliant. That is really, really great stuff. Thank you. Now you've, slyly moved us into this energy over matter, conversation. So, perhaps you should spend a few minutes talking about why you entitled this, this, interview.

Energy over matter and how we can take that rather pithy, idea. And practical wise, it. Yes. So many, many work. Right at their current circumstances.

Right. The matter and then, based on their current circumstances in the matter, often will go into a creation process that's very linear. How do you, how do you what happened with you, Brett, that happened with you when you had all your challenges that you were you stuck in the matter with them?

Absolutely. 100%. And so what I'm learning now, right, is, and through through a lot of different forms of education, chiropractic education, also big into shamanism and understanding shamanic work, shamanism being the first form

of spirituality and all the continents and what it was that they were doing and how they were creating, the world that they were living in and that and for those that then hear shamanism and, and get a sense of a pull back, a sense of disconnection, it's because it's confused.

And so you just don't have a deep understanding of it's allow me to at least bring you a little bit closer. As far as what's the difference between religion and shamanism?

So a lot of your modern day religion, religions, especially Christianity and Catholicism, and their colonial efforts to conquer other nations, remove the spiritual beliefs of other ones and would label them pagan.

And for most people that have strong Christian or Catholic backgrounds, they hear pagan and they think evil. Pagan doesn't mean evil. All it means is non-Christian.

But they started giving demonic and satanic and all these other things to these religions that were actually they are not religious, but these these spiritual ways that are beautiful once you actually start to understand it.

So the main difference between shamanism and religion is, in religion you often have an intermediary or a book like a Bible that is designed to then educate you, about God in in shaman, in shamanic work, the goal of the shaman is to create an environment in this space where you experience God.

That's the difference. And so, one of one of the most ancient traditions in shamanic ways is, is breathwork. For those that have done things like hollow tropic breathwork, which was created by stands off graph after really an appropriation of indigenous breathwork because he he got involved stands off graph transpersonal psychologists gets involved in early research on LSD, starts then doing other research on other plant medicines.

Now is exposed to, different cultures where these plant medicines are happening, you know, in Peru and Brazil and other things and sees the breathwork and then follows along with calling it on the tropic.

But, breathwork, drumming, dance, these are all different ways. Where people can have direct experience, with God. And so, you know, wanted to tell a little bit about them.

So when it comes to energy over matter through my education, both in chiropractic principles and now in shamanism and, and when we look at my book cases, basically every book is a spiritual, an orientation, that everything, everything that exists in, in this reality that we all experience, this third dimensional reality that includes polarity and dualism, first had its start in a subtler form of energy.

Right? So from a subtler form of reality, there are multiple dimensions happening at the same time. And then in other dimensions, time, time itself completely collapses.

And so, what I, what I mean by this is that, this is what I've been putting in play now is that, that when we envision our ideal self. And so this is actually a good exercise to get into for this, for this, for the showcase, if you will, when we envision our ideal self, do you say ideal chiropractor?

I think the ideal chiropractor, but the ideal healing center serving right at the highest degree for the highest good, doing deep spiritual work.

Energy Over Matter and Spiritual Transmission

Right. And that's that's why chiropractic is here to unite the physical to the spiritual. When we are engaged in this, you start to pick up certain attributes of that person, right?

So if you go to your mind's eye, like, you know, how is this person showing up and serving? Well, this person is powerful. This person has a lot of integrity.

This person has a lot of strength. This person has a lot of humility. This person has allowed this person has a lot of

connection. So you might be able to start to see it in your mind's eye.

You're seeing yourself, right? You see yourself with the, you know, the seen, a certain hairstyle, right, with a certain tire with, a sort of style and esthetic of house and practice, a certain certain style.

And that's esthetic for it. It's just the way you are creating your environment. A certain friend network in group, the way you're raising your family, the foods that you're eating, the way that you're moving, the way that you look and feel, the way that you smell, the way your office smells and so you start to get all these images and then you go back to what you see around you, the manner.

And it may not line up right, may not line up yet. But here's the thing, right. There's often been, there's this same, why is it fake it til you make it as one thing and then, there's another one.

When I see it, I believe it. Yes, but you can flip the. When I see it, I believe it. Yeah, yeah, when I believe it, I see it. Yes. And the and so what's possible and so also where that people get this misinterpreted is they often when they look at self and then they get this higher vision that they think they need to be somebody else.

Right, other than who they are. Which then, has them feeling as a gift, as if they're an imposter trying to be this ideal self when actually it's the reverse, meaning that if you have this ideal version of self, it already exists in the fifth dimension.

It just has not manifested yet in the third dimension. So every time you show up as something other than the ideal self, you will experience suffering.

And that's why you feel like shit when you don't go through your commitments. Like you said you would. When you write, your intentions and you don't follow through is because the ideal self is already being it and you're showing up out of resonance with it.

Seeing the ideal self is the real self. And then what's not? That is the current imposter that needs to get in alignment with it. And that's when you go energy over matter.

And when you do that, that's when a life process that could be linear becomes exponential because you, you, you break free from the laws of Newtonian physics and actually enter quantum possibilities.

So from what you're saying, it sounds to me like that facilitates the direct spiritual transmission. Yes. So what happens in somebody's life when they are entering into this direct spiritual transmission phase?

It becomes magical because you realize you're the co-creator in life. Right. So a lot of a lot of people play victim to what they're experiencing now.

We're experiencing what we're experiencing because the soul is here for, learning and evolution. Yet we often disconnect and again, put it somewhere outside of ourselves, not realizing that it is within ourselves and part of ourself and in all things right continually given to it all of its actions and properties, thus maintaining existence.

And so when we start to realize that for self, realize that we're connected to that energy, that that is the real self. And every time you show up as that, again, things that you would think would take a certain amount of time or have a certain amount of challenger, I did it that they start to dissipate.

So you have to understand the attributes of the energy of what that energy feels like as the ideal self. And every time you wake up in resonance with that, you are then pulling right, attracting that reality in the third dimension, instead of trying to continuously push for it, it switches the energy of it.

And by switching the energy, I believe it's what makes life more beautiful. Life becomes magical when you realize how much you're co-creating it through your intentions and through your beingness and through your connection to spirit, God, love, intelligence.

Well, I would like everybody in the profession to hear this interview, because there's no question in my mind that it will be transformative for the profession.

And that takes us up to the what I think will probably be our final, final commentary for today. Could listen to you talk for hours, but we don't have that one today.

So I'd like you to speculate for a moment. You're such a such a bright and visionary person. I'd like you to speculate for a moment on what you believe the future the profession looks like, and what we might need to do in order to create the very best outcome for chiropractic and for the people we serve.

All right. I'm not going to speculate. I'm going to. I'm feel, you know, it was, it was B. J. Palmer, right? That, and I'm sure you've heard the story.

Not you may have, but upon receiving his 33rd degree as a Freemason was to undergo a test. And in this test, basically, had he done all the things that he needed to do, right, he had, overcome a lot of the challenges that required to be there.

And so he had this final question, BJ, for you to now fully, you know, be this 33rd degree Freemason. We need you to say that you believe in God. And he said, no.

He said, BJ. We know you. We've seen the things that you do and how you do them. This is just a simple question. We need you to say that you believe in God.

And he said, no. I don't believe in God. I know God, yes. With that said, the vision that I'm receiving and the knowing is if chiropractors and this, this and the and the choice will come down to the chiropractors themselves.

But if chiropractors want to truly evolve this profession, there's going to be a few things. One is you need to embrace diversity. Currently, chiropractic, at the very least in the United States, is the least diverse healing profession out of like 30.

Less than 1% African-American. It's like 2 or 3%, Latin. And then somewhere similar with and the, the Asian. So it's a very, non diverse profession currently.

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Yeah. Which will limit its growth. You see why how why it would but but color doesn't matter. Culture doesn't matter. Maybe maybe you already know this that it does.

But for this reason, there's a lot of diverse populations that exist within the United States. And some of those populations and cultures will be in resonance with certain messages.

The more you bring diversity to the chiropractic profession, the more we can enter a variety of cultures, and people to bring them into chiropractic. You know, you can you can be is an amazing chiropractor as you want to be and think your communication is top, but you're not going to reach certain people based on how you look.

One true, you can try to move through it, but true based on how you look, the words you use, the language you have, the style of flow and who the people are that you're wanting to serve to best meet your purpose.

Yes. So one, you want to reach more people, diversify the profession. What would help the diversification is profession is to have greater diversity within leadership.

Yes. So when I was in chiropractic school, we had no black professors, no black admin, no black faculty, nobody black on the board. I think I went to over 100 seminars like in three and a half years.

Never saw a black speaker, never had a black instructor. How is it possible? So we gotta start switching that up.

And then from there. So diversify the leadership, diversify the student, base and then from there diversify how you are reaching diverse populations.

Cool. There's one and two. We have to start to walk in our knowing that we are the leaders of health and healing. Yes, the leaders of health and healing many.

And I you can you can blame it on schools. You can blame it on the regulatory boards. You can blame it on what are the for. It doesn't matter when you can blame it on.

But many have received an education and have adopted certain belief systems that puts them as a subservient or subsidiary to medicine. They believe that medical science is better, right?

That they need to be handed down their patients from from medical doctors and, medical insurance. And because of this, our profession suffers. Now, medicine has their place, and their place is in sickness, suffering and disease.

Right. And that's why I during this coronavirus experience, I won't call it a pandemic, but doing this coronavirus experience, you haven't heard much about health, about healing.

You've heard the three phrases stay at home, wear a mask, keep you distance. That's the best they got, right? So if you're not hearing education about the immune system, all right, about the innate intelligence, about ways to thrive and care for yourself to build resilience, it's because you're not saying anything.

So for me, there's a huge fucking opportunity here. We can stake our claim as leaders of health and healing, and that's where we want to be. You'll never beat medicine at the treatment of disease, so stop playing the game.

You'll never beat medicine and the treatment of pain. But what you can win is in health and healing. By the way, many confuse healing as a removal of symptoms.

As somebody who's dedicated to healing work, I've. I've embodied and covered and felt a lot of times in the healing process, there's an increase of the pain because you have to feel it to heal it.

See, there's a lot of shit and substances that I could take to have me feel a lot better, right? I could drink a few Jack Daniels, I can take those pain pills, and I feel a lot fucking better.

I'm not healing right. So in order to actually do the real work, healing is to reveal your wholeness. So what is the space that we create for people to actually feel and discover themselves in? At the depth of that discovery, they'll find this.

They are a soul that has a body, not a body that has a soul. And that soul is capable of healing. Yes. Well, I promised a remarkable and visionary young man and there's no question you delivered in every imaginable way.

I acknowledge your contribution and the contributions that you have left, to demonstrate, because it's quite clear that you headed someplace very important in our profession and will be the ultimate beneficiaries of your expertise and ministry.

So, Doctor Brett Jones, thank you very much for participating. The practice upgrade summit. This is what it's all about. This is Doctor Dennis Berman signing off for now.