Fight-or-Flight to Frequency: A Musician's Sound Healing Journey After Leukemia—with Gino Castillo Transcript

(Transcripts are generated by AI and may contain errors)

Podcast Intro and Welcome

So the whole 20 minutes meditation that I did is a humming track that goes through a whole history of music. But Vegas nerve stimulation, the best way to do it, and I've been studying this for a while, is humming.

You can do with a track, that is more fun, but you do just yourself. If you feel that you need to relax and you have nothing to, you don't have the headphones, hum, just boom.

I know my husband is gonna listen to this podcast and he is going to die laughing. I don't know when this started. It was a year ago. Welcome to the Deeper Healing Podcast.

This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer. You're going to hear amazing patient recovery stories, raw and real in their own words.

People who found answers after everything had failed them. You are going hear from medical experts we trust that are pioneering new approaches to healing the body.

Because we deeply know we're designed to heal. Let's dig in. Hi, everybody. We're here today with someone who I just adore and we love at Deeper Healing.

This is Gino Castillo. And he has an amazing journey and he's brought something really special to deeper healing. As you know, we're very into frequency.

I mean, word to everything that's healing, but you brought some very new, and it's probably not new.

Gino's Cancer Journey and Recovery

It's just new to us. Yeah. But why don't we start with how did you get where you are? Okay, I had to die to be here. Wow. Basically I, uh, had cancer diagnosis.

I have a leukemia that it was very bad. Uh, at the point that when I… I've had no symptoms and then I got a call from my doctor, like I'm going to do a test and let's see next week what's happening.

He didn't even let to get to next. Next week, he called me and said, you got to go to the hospital. And I thought, okay, well, just walking to hospital and I didn' left for three months.

It was really bad. And then I had a fungal infection that caused me my spleen, part of my stomach, partial amputation. It a whole journey that let me speak clear.

I'm deeply grateful for that because that brought me here to do what I do and my passion and mission. That's basically what it is. Is my mission, I made a deal to don't go.

Cause I had four general anesthesias in one month and that's some studies consider have like a same effects that near that experience. And I have that happening and actually my life has changed after all of that.

My spiritual awareness is like. and steroids, and my mission became super clear. Why I didn't die? Because I'm supposed to come here and spread love, basically, through what I do.

And that's exactly what happened. That's a short version. I can do a whole podcast just talking about that. No,

that's a pretty dramatic story. So how we met originally was just as a patient.

Yeah, so I was trying to clean myself after all the very deeply aggressive chemicals that I had in my blood for all that chemotherapy. I have two very aggressive treatments and the antifungal medication that is even worse than chemotherapy, So I hadn't those two deep, harmful chemicals in body that let me be clear, could save my life.

But after I saved my life, I need to save my live from side effects. Correct, that was so smart. That's how I found deeper healing and that's what we met.

And now I'm in love with it. Gino did something really cool for the staff. He came in. So we haven't even said what you do. Actually, you say what do and how you got there.

I've been a professional musician for more than 26 years. And I thought my whole life that my mission was to play music. And my ego was telling me also to be famous and all of that happened.

I found a new way to use my knowledge as a musician to go and study more, deeply study, more like it's very serious to work with sound and vibration healing.

That's what I do now. I do more the sound heating. So I have a mix of practices that I've been studying. That's how I started, trying to help myself and my nervous system.

And that has developed a practice that i do now for clients. I use acoustic instruments, mainly gongs. and the voice, the human voice. And I use PMF machines and I used binaural beats with headphones and soon with also your body.

But those are the three basic tools that I've used that are amazing to work with your nervous system. If you have your system relaxed, then the rest of your bodies can fight anything that is happening.

Correct, correct. So one thing, I remember a story you told me once, where I was like, how did you even get into sound healing? And I think you said you were in a hospital.

Yeah, okay, so. I believe it's a good origin story. Yes, that's true.

From Musician to Sound Healer

so I never believed in all this alternative world, not alternative medicine, because I raised homeopathic, but this kind of thing that I always thought was kind more, whoo, uh, was out of that world.

Ow, don't get me wrong, I'm pretty woo-woo in my own way. But that side was not appealing to me, but my mom is deep into that site. She's a Reiki practitioner, and now she's taking gong lessons.

So she gonna add gongs to her life. I was in full pain in the hospital, in there, on the bed, And I couldn't even go to the bathroom. That was how weak I had was.

And had the partial amputation and a huge surgery right here, so I just was like a piece of meat in a bed. and I still had a lot of good humor. but not a strength.

So my mom came to take care of me and she was always trying to give me a break and I was like, oh my God, mom. And then I thought like, well, she feels good.

And let her do it. OK. Oh, and then one day she said, like she came in the morning. Like, oh, you remember my friend that she is now in Thailand? It's like oh yes, I remember her.

So she sent me this YouTube link with this music that because I wasn't able to sleep. I was always sleeping, but never sleeping. It was five minutes, 10 minutes.

24-7. That was very exhausting. So she said that her friend sent her this link so I can hear and I might sleep better. And then immediately I thought like, oh my god, my mom and her stuff.

I immediately imagined the kind of music that she was going to play for me. and i said, you know, I'm really tired. i don't want to hear that. so she convinced me, it took her like a couple hours.

to convince me and go through my ego to say yes. And I said, okay, mom, is that gonna make you happy? Just play that track for five minutes and it's gonna be okay.

So she grabbed a laptop and she moved away on the room and sat on a table and pressed play. It was exactly what I was expecting. Did she leave? She turned on that and told me, I'll be back when I grab a coffee.

She left. Then she didn't come back. And I was so annoyed, like, where's my mom? This music is driving me crazy. And, I don't even know why, because it was such a cool music.

It was a Tibetan flute. But I know it, it's was my ego fighting that, you know. I'm no better than this thing. And so for nine minutes, I was really struggling with that music and just thinking.

I wasn't about to call the nurse to turn that off. And when I got to that point, it's like my ego got tired and say like, whatever, listen, wherever it is.

In that moment, and I just felt like something was coming down, like cold water and heat in a very deep, warm day. So I let myself go and let the music go through me.

And like a minute later, I was sleeping. And then I woke up when I thought it was like 15 minutes power nap. So I opened my eyes and my mom was there and I told my mum.

My mum was just next to the computer and the music was keep going. I talked to her like, wow, this being the most powerful 15 minute power that I had.

She laughed at me and said, you've been snoring for two hours, son. Since that day, that music came into my life every day in the hospital. So that opened a window and then more things came like somebody sent me a tech talk about Anthony Holland that is called Shattering Cancer Cells with Sound.

Of course, a musician with cancer in a hospital, I had to watch it. I fell in love with that.

Hospital Discovery of Sound Healing

And that was actually my first love. Machines to bring health to life with frequencies. But it was all about the science and the machines. So I started, had a lot of spare time.

It was one year in bed basically. And I studied a lot on that period and that was my first love, like machines, scalar waves, rife machines. All that, all that area, I went deep into that.

And then I, went to visit my former student in Ecuador. I used to teach in college. Berklee College of Music has a branch in equator and I was a percussion teacher there.

My first graduated percussionist student was. now in charge of the school, so I was so happy to go to see him. And he showed me, he brought me to his house.

He brought into his to rest a little bit because I still very tired. he said, you can take a nap and then we can go the concert at night. and when we walk into this house, He showed, let me show you my studio.

So he opened the doors in the back and he had like ten gongs. Then I had the same reaction that with my mom. I'm was like, oh my God, she's gonna talk about all these like…

It's funny what we resist. Oh yeah, we're simply the best. We have to really pay attention to what is really we've resist, like. Yeah, absolutely. Absolutely.

Okay, so you're like, oh no, he's going to show me all his gums. But then I thought, well, I have the card in my hand. It was like if I'm getting too much, i'm going say I really need to take that nap.

I never took the nap, We played gong for two hours. That was my first gung lesson. And I got abducted by the goung world immediately. Because now what you don't know, audience, is he's the Gung guy.

No, that's what I do now. I went through the Gongs. But I used, and then I when studying a lot, I had like four classes on gongs and first song online.

It was like a lot to Pittsburgh, to Ecuador. Every single class that I had the chance to take that was deepening my knowledge, I was taking it. You know, it is very interesting because now I'm going to do a collaboration with my Gong teacher.

Amazing. I know you've done your 10,000 hours in sound healing and sound. For people out there, they're like, that sounds very woo-woo. There's actually a ton of science.

And so maybe you could talk a little… That's exactly how I got into, because I'm a very spiritual person, but at the same time I like to understand why I believe in something.

Not just tell me and I'll do it. So when, you know, I started with the machines and that gave me a really deep understanding of how sound, vibration, it helps our body.

Because everything vibrates. Even things that are not alive have vibration. So everything works through vibration. We are electrical beings, we are 85% water, that is actually not water.

It's more like a plasma gel because we're not HO2, We're H-H-O2. That's our composition and runs into our fascia. But it's all the water that we have in.

And our molecules are, the percentage of the, water in the molecule, it is 99.9%. So we can say that, we are like a very smart cucumbers. We are more water than the sea.

That's how much water we're. Vibrations travel through that water. So everything that vibrates around us, will get into our body, our organs, and will affect our health, thoughts, mental state.

I got into that because I want to know. So I went deep into the machines and theory with scientists in labs, like very cold labs testing how sounds affects you from the vibration perspective.

And that convinced me deeply that it works. The same thing with the gongs. Why I choose the Gongs? Because you can have different modalities, tuning forks, singing bowls.

Those are great, but the Gongs have everything within. So all the frequencies because all goes through to end at the frequency. We are in tune or out of tune with the Frequency of the World in our own body.

That's a powerful way to say it. that's exactly what it is. And as we've seen today, all of alterations on the Earth with EMF, that is a deep alteration that we have in all our bodies, can affect all that tuning.

So our frequencies are all over the place. And I think both sides of the spectrum. I mean, I even heard Joe Rogan talking about this with RFK. You know, now you're going to tell us our Wi-Fi is harming us.

And he was like, there are high frequencies that are running.

Science of Vibration and Frequency

the electronics in the world, the cell phone towers, satellites, all those things, and our phones that are in our pockets all the time, that directly affecting the human frequency.

And that is measurable. Those things are actually in disclosure statements when you sign for your phone. So it's real. Whether we believe it or not, it is irrelevant.

You can believe something's not true, That doesn't make it. So I learned that myself. But I would say the same thing with also… And here's one more thing is that we are talking about the antennas in our phones, but we got to think we aren't antennals.

We are an electrical frequency. Yeah, we're water and electrical. That's how we run. If we don't have electricity in your body, you're dead. So we are walking antennas.

So not just our phones. Our phones are like an enhancer, but we walk around getting all the frequencies that are altered. We do super high frequencies.

And then as other frequencies are super low, they also affect us in different ways. So when people get interested in like high Hertz frequency healing and then feel like that just sounds crazy, you know, people are, I find general public are resistant to both sides of that conversation, harmful frequencies and beneficial frequencies.

But even music itself, there's tons of studies of even just regular music. There is music that elevates and there is Music that down regulates. And anyone, you know, and I say this all the time, who hasn't experienced that even that feeling within yourself?

Even just the emotion of hearing a song can change your mood, can changed your mindset, and can changes your day. So, is that not real? That's real. I mean, that's what everyone has experienced.

When people say, I have a God-feeling, absolutely. That is your biggest antenna. Yeah. Our body is built with three intelligences. One is our God, another is the heart.

and the third one is our brain. And thousands of years ago, we made a mistake and we gave the power to the part of our brains that was not ready, never built to be in charge.

That is, our Brain. The intelligence that should be charged always is in our heart and our guts are the biggest antenna that can receive all those frequencies and realize what is happening, what could happen, that's a gut feeling.

When somebody walks into a room and says like, I don't feel the good vibes here, That's literally. The vibes there in the room are not good and your gut is feeling it.

And then the gut sends the information to your heart. Then the heart needs to make the decision and tells the brain what to do. We bypass that, all of that and we go straight to the brains.

The brain is like, okay, it's like me in a plane and saying, somebody says that you've got to fly the plane. But I don't know how. You've gotta do it, then I will do my best and that won't be good.

we've dialed our intuition down for logic. That's what you're saying. And I think that's modern society. Okay, so back to the gongs. So you get really into gong, you really get into healing music sounds, putting it together.

You start studying Dr. Jeffrey Thompson's works. Yeah. Then I got into the binaural beat world, which is Yeah, explain that. What happens with binaural means is like the basic explanation is in the lower frequencies that our ears cannot hear.

So our ear, the human ear can receive average between 20 Hertz low to 20,000 Hertz high. That's the bandwidth that we receive that can hear, but besides that, besides all of the frequencies when we cannot here, our body is a

huge ear.

So the frequencies that the guns are playing are coming through our body, not just through out ears. Back to the binaural mix. So you put two different frequencies, let's say you want to have 4.1 Hz, that gives you a lot of focus.

When I hear 4 Hz then you could put one frequency that you can hear here, like say 120, and then put 124 in the other ear. It has to be separate. That's why we use headphones.

And then, you have 120 and 123. You are not listening one, four hertz, right? Because you are isolating both ears. Your brain is reproducing together.

They go together because the difference. And then you can hear the four-hertz right here. So it's your brain producing through the two different sounds, the third frequency that is the one you need to do the work that you And that is called brain entrainment.

What is happening is that you are putting together to work both sides of your brain, not just one. If you put the same frequency, it's going to be one or the other one taking control.

if you pull the two different frequencies, is going be all together. So you're aligning your both side of the brain to word together and creating a different frequency.

And then depending on the frequency many different effects. So I started studying because I fell in love with the concept with Dr. Jeffrey Thompson, who is one of the fathers of music therapy with binaural beats.

He has a huge clinic in LA. Has a website where you purchase bundles of binaral beats that are like amazing. I start trying it for myself because, you know, coming back from all that I went through, all of this, I never expected to actually be a practitioner.

Yeah. And my Gong teacher forced me to do the first Gong back. But now I love it. It's my passion and it's is my mission to bring this to… So I like to always be more clear.

I can say many things, many benefits that everything that I do can bring to your life. But one thing that is the most important and is what has been done to me, if you can massage your nervous system to relax and understand that everything is OK and it's going to be OK, doesn't matter what happens, the outcome will come.

But the journey between where you are at that moment and that outcome is where have control. So if you can have a calm nervous system, a relaxed nervous, everything is going to work better.

Let's not say that's going be perfect, but it's gonna be better, your body will be able to assimilate better any kind of medicine that you're taking. Of course, if it is alternative is more, But even if is regular medicine, it's going to assimilate better if your body is not fighting everything that's coming.

Binaural Beats and Nervous System Calm

So my goal with the work that I do and with these headphones that we prepared with you is to help people to bring that calm state to their lives as much as we can.

Let me talk about that a little bit. One of the things that at Deeper Healing is calm, the central nervous system. Whether people are coming in, we have a lot of people that come in with anxiety or depression or OCD or neurological ticks, or there's a long list of things that people come with.

We treat those things. But then there is just the chronically ill person. The person who has, including yourself, who's been through a horrendous, long, illness journey.

There is a loop that starts, which is, am I ever going to be okay? Am I going be a good dad? I'm I gonna be good

husband, good wife? am i ever gonna go be able to socialize again?

And I were going myself again. And this loop causes disease. Quite literally, the loop is absolutely It's that same thing, right? And so how do you bring it all together?

That's why when Dr. B says all the time, it's always about everything. He says, the emotional side of the house, if deeper could have been E in the front, he says it, all of a time.

I would have had it. It didn't make a nice word, so it was diet emotion. But our emotional and our nervous system, when it is very jacked up, you cannot heal.

So when people come, especially like the stay in heels, because they're doing everything simultaneously in a compressed time period, they are doing a medical intensive, we're calming their central nervous system.

We're using ExoMind, We are using BrainAlign. We're doing reiki. We are doing all the things to calm their entire system down. They feel so good. At the same time, we're detoxifying the body.

we are taking the offenders and we also calming everything down and the bodies turns into a flower. So then they are going home and they're a little nervous.

There was a lot of nervous like, oh, how am I going to keep this up? Yeah. This is, it's just like when you have a newborn baby and they're like, okay, you can leave the hospital and you're, like wait, we're going to set heel with this thing.

You know, It's like it is a new chapter and your nervous. So Gino created this thing, I'm going to actually show it. So he created these amazing special headphones that are the two sides of the brain, are made for binaural beats.

And then Dr. B said, no EMFs, we can't have it, so we have to have a wired old school iPod with healing tracks. There's three hours of music with a couple more things, but basically it's 3 hours To calm your nervous system.

To come the nervous and then many of them are specific. So it's like sleep or it anxiety or its healing or focus. You can also be intentional with it or you can play it.

There's a gong track, there's meditation track. So we were experimenting with it. Very first day in heel from Tennessee came in with a lot of anxiety and I was like, Hey, we have this extra, give this little extra thing.

And she also struggles with her sleep. Like so many of the patients, they can't get to that deep restful sleep So she was doing it every day in the center, just like doing that.

She was laying in her IV chair, or sometimes she would just go into one of the treatment rooms and she will just lay with this. And she's like, I can't leave without it.

I have to have this, so the beauty of this is this something that they can have at home forever. They can buy this and even better. So I had a deal with Dr.

Jeffrey Thompson's company that I'm allowed to do this because we have here six tracks that are around 30 minutes each track from him that he has bundles.

So we made an agreement that it's like an introduction to Binaryl Beats, a great introduction with six tracts. with real binaural beats, because I know you can find everywhere binaral beats.

Everybody, people said that I'm making binal beats they just don't really know well. It's a whole science is not just putting the two frequencies together.

That's the effect. But what you have here is tracks. And it's not Just music. it is a Whole compound of sounds that

are coming inside of that track that you are just listening, but those are working in your brain.

to make you be calm, to align your sides of your brain. And so I made this deal with him that we can sell these six tracks that you won't find them alone.

But if you want to have more, you just go to his website and you purchase and download it to the same little device. So it's like, do you want to have a lot more binaural beats?

You just go and purchase from him and you put it there. But with those six, so there's six binal beats from Dr. Jeffrey Thompson. who is literally like best in the world.

He's like hands down. I'm not saying that it's not other people that do a good job, but he is the one. And he's a student, I just finished my course with him.

So I built another track myself that is more general for many things that are called calma. It's called in Spanish, and that's there too. Then there's two gong bats, one short.

one lung and breathing work and a meditation, little meditation work. So it's like very easy, but it is very much like a whole package that can get you going.

And if you want to more, you just have access for that. We've collaborated, we are going to be selling these. Will have these on the store, on The Deeper Healing Store.

Anybody can got this set, the headphone, And it's fully ready to go with all the songs, three hours worth of different things. You can use them for different, for, different intentions, or you can just listen to them and meditate and you add to it.

So pretty amazing right now. We're, we're really having fun in the center where we are letting people try them out and experimenting with different songs.

Seeing how they sleep, tracking it, But the initial response has been mind-blowing as just an amazing, inexpensive, at-home way to do something on the daily.

You could do a 20-minute… You can just play one track. One track? I do that twice a day. So I wake up. Now I am a meditator. I'm deep into mantra meditation.

But I also, when I… Nebulization? And I put a headphones and I go with the whole track. And then you're done. So I'm using the binaural beats for doing that.

Then before bed, I used to watch movies. I haven't turned that on in I don't remember how long, because I'd put my headphones, and put on a binaral beat, so I was sleeping.

Healing Headphones and Track Demo

That's amazing. One thing that is special about this, it's like two things actually. about the hardware. So it is, as you mentioned, wired. Avoid EMF as much as can, please, because it's very harmful.

And these headphones, what is making it special, those are recording studio headphones. But what's special is that the reproduction capacity of the frequencies are from 5 Hz to 500. Most of commercial headphones that are super expensive, $500,000, are 20 to 20,000. It's because commercial music is going through that bandwidth.

Interesting. Expand bandwidth, you have all this healing effect on the headphones. Wow. Okay, I'm glad I didn't even know that. So this is an incredible, incredible value for the head phones, the iPod, with all the healing tracks.

I knew this was going to be really popular. They see all of the people doing the Vegas Nerve Reset. and all the

things that they're just, you know, hitting themselves.

And I'm not saying that's bad because that good too. But this is something that is healing, relaxing, and just enjoyable. It's just interesting. Oh yeah, one more thing that you just mentioned.

Because there I have this, the track that I did, it was actually based on humming. So the whole 20 minutes meditation that i did is a humming track, that goes through a whole history of music.

But Vegas nerve stimulation, the best way to do it, and I've been studying this for a while, is humming. You can do with a track that is more fun, but you do just yourself.

If you feel that you need to relax and you have nothing to, you don't have the headphones, just hum. I know my husband is going to listen to this podcast and he is gonna die laughing.

I don't know when this started, I want to say it was a year ago, but I hum all the time. It's like very low. That's why you don' have anxiety. No, and I, don"t have any anxiety, i talk to sick people all of the times.

i have a very high stress day, like every day at the end of a day. Marty will say, how was your day? I'm like, soul filling and absolutely crazy. And it literally is.

And I love it. I wouldn't change it for anything. But I don't have anxiety. I drop balls all the time. i'm a total like doing a ton of things. And I, and I laughingly say, Oh, I left 50 balls on the floor today.

Um, but I didn't anxiety about it and i don' know why. Could be Chardonnay, not just saying that's my toxin of choice. But I really think it's the humming.

Did not know that I was self-soothing. until you told me that story because Martin was like, you know, You've really been humming. Like I was, like yeah, yeah.

You're right. I noticed that. And it's just a song. It's not even the same thing. it could be any song or whatever, but I notice it. like real low. Not even like people would notice.

But it is like a constant thing in my mind. What happens is, your vagus nerve is born right where the vocal cords are. So it right here. When you're humming, when you are singing, it going through.

Yeah. When you're humming, all that vibration is staying there. Besides many other things, you know, You produce nitrogen oxide in your skull when you are humming.

So that's calming you too. But when your humming is like, All that humming has given a massage to you if it is there, like literally. It's giving a message and telling him like everything is fine.

Yeah. Don't worry. Relax. Just chill it. Chill it, chill out. That's kind of how I am. Like, I mean, literally, that's how i think. I'm always like, oh, everything's going to be fine.

God's got it you know, like. Yeah, and that is what is happening. And I stay calm even. and I notice even in high emotion or high like there's like a big, i don't know something going down.

I get super calm. In my previous Daniel, my pervious version of myself, I would be flapping like a chicken. I'd be fapping around. Don't do that at all anymore.

You know, but whenever there's chaos or anger or a high tense moment, no, I get real quiet. I observe. And I don't get myself worked up. It's weird. I feel like it is weird because we live in a society that has been conditioning us to the opposite.

I know. It's so interesting that that state that you are is not the weird state, it's the natural state. That we are built

with that. Is the same thing that people think and going to nature and grounding, is alternative.

No, that's a real way. We make an alternative, all the alternative things that You do here at Deeper Healing, No, no, that's the way. Alternative is putting artificial stuff in our body.

It's funny, people always say like, how does deeper healing do what it does? And I always think to myself, I mean, our main tools are light and oxygen.

I means, it's actually literally crazy. We do so much and now obviously we do a lot with frequency. On the one side, we're like avoid bad frequency, That's a big part of the learning that we are doing.

And then the other side of that is let's also use positive frequency to up-regulate ourselves, calm our systems down. We can think clearly, we can make better decisions.

And that's the upward spiral of healing. Everybody understands the downward spiral.

Humming, Vagus Nerve, and Self-Soothing

And I always say the staying heel, I feel like is that big, like, okay, we're stopping the downward spiral. We're going to start this, right? And that's, that how I see it.

It's the beginning of that change and that happens because a lot happens quickly. They start to recognize it and they're like wait. Wait, things are changing.

Things are happening. Maybe I can get better. And then that belief level is encouraged, right? And things were calming down, they're seeing more clearly, their toxins are going down.

All of a sudden they are making better decisions. They're able to make better food decisions, all the things come together. So I think this is going to be a really cool thing.

Most of the thing that we do at Deeper Healing, really aside from mold, these very serious chronic illness cases, We always say very upfront, the power of deeper healing is in the center.

We are a physical process. If you're looking for a supplement plan and a diet plan, there's literally hundreds of thousands of practitioners out there that'll do that for you.

for the people. And it's not that diet isn't important. It is important, but it is one little part of the pie. But this is something that anybody can benefit from.

You don't even have to consider yourself chronically ill. I'm going to be doing this. Maybe I'll hum less. Or maybe I will hum more. I don't think I can hum more.

When we are getting better and better, we can create that ripple effect because it's energy. If our energy is better it never can be more better. Always can't be, more and more, and we stop using it for ourselves because there's enough and then we start expanding.

So we should become like the cell towers Yes, we're the lantern. I always say that to the staff, to everybody here, We're The Lantern. We are the light.

They're in the dark. And even when I'm feeling like, God, what we are trying to do is so hard, especially in beginning when we were just creating this out of nothing.

and everything that we offer, no one knows anything about. So it's like no-one's searching for what were doing. It's we doing it, were pioneering something new.

what the heck am I doing? And how did I get here? I don't even like doctors or blood or needles or anything. But then I also, I felt that deep feeling of like, on doing exactly what I'm supposed to be doing, like just like you're feeling that.

And then you, for me, relaxed into that, I was like, oh, I'm not in charge. I am just the vessel for this right now. Then, to me, it's easier when things are chaotic or when they don't seem clear.

Just give me clarity, Lord, and make the path clear and I just kind of do what feels right in the moment. And I notice when we talk to people about toxins, like they're like, oh, the grass is bad.

The food is that the water's bad EMF. Yeah. They get very overwhelmed. see it all the time. And then that is feeding more anxiety. I literally have to say to people, listen, we're all normal people.

We're living in the same world. You know, were not crazy people were normal, people living the the society as you. Dr. B says we cannot fix what's happening out in a window, right?

We can fix, what is in mirror. And so I focus all of my energy on just what little old me can do. And I lay it down. I laid down and even when we're making changes, let's say you're like, all right, I want to start with something.

You start the water, you start something simple. We're mostly water. Let's just get clean water you know, lets do the simple things that have the biggest impact.

Humming. Who knew? I always say to people when they are in the traffic, you know, I do group sessions, or I don't do much anymore. Oh, traffic. People get so irritated.

I know you're going to be in traffic and going be irritated instead of being irritated, hum. Play a song that you like on your car. Instead of singing the song, Hum the Song.

Feel that vibration here. But do it because it's like the test has done as they said like after three or five minutes is when you start really feeling it.

That's why mantra chanting is so powerful because you chant the mantra 108 times. By the time that you're singing 50 times, you don't know where you are.

No. You are just in the zone and just to be on the physical side. Yeah. Not going to the spiritual side of that, just the physically side, You're massaging your whole body from the inside.

That's amazing, because I think when people think of chanting or humming, they always think about monks in monasteries. That is the highest level of that.

Nature, Grounding, and Closing Thoughts

It's funny how I say it all the time, the old things become new again. Even just watching the earthing movie, I'm going off on a tangent, we'll come back.

You know, watching the earthing movie, if you haven't seen that, it's a really good one. It's just basically about how we were meant to be barefoot on the planet.

We weren't meant have a layer of plastic between our feet and the ground. And then a lot of people are living on plastic floors, even if your bare foot in your home.

You're disconnected. So it's almost like you could go through life, rarely ever touching the bare earth with your feet. And it is many, many studies doing experiments with people in the EMF, EG, I'm sorry, how much it changed just to go barefoot.

Yeah. That's why the beach, that's everyone feels so good. They cross over, they take their shoes off. And you know, everyone that we live by the Beach, I go to the Beech a lot, but a lotta people don't.

Or they live in a very, you now, wintry, long, cold area. You know, the tree huggers never went wrong, never go crazy. They were wise people. Some of them maybe didn't even know why they were doing that.

But that was nature calling them. This is the thing. We are the only species on the earth that has separated from the rest. And we believe that we own the rests.

That we are one more part of the microcosm that is whole earth. We have the same place that an ant has, that a roach has. That a dolphin on a horse. We need to live together.

we need love each other, animals, plants. The whole earth is our habitat. So we have to take care of everything. So we all can survive. If not, then we won't survive, Earth will.

We're always going to die at a point and Earth we're going repoblate this. So, we need to make sure that we go back to the natural state of our environment.

And we say that, that's environmental medicine right there. That sums it up. Like being balanced with nature, whether it's your food, your water. We used to just buy a carrot and now it's a non-GMO organic carrot because we've gotten so crazy.

But let's just get back to basics and we gave you some wonderful tips today. So humming, grounding, these are free things that you can do right now in your own life.

And then if you want something deeper, we're going to have this on the site. We're gonna have to come up with a cool name for this thing, for This is a really cool package.

I'll have the link in the show notes to be able to get this for yourself. And we want to hear all your experiences with it. So please, anyone who gets it, let us know how you do.

Thank you, Gino. Oh, I love the work you're doing and I loved that you were doing so well. You're so, well, you've survived so much. Yeah. Like you are amazing.

Definitely have a plan because it's not the way that I'm here without a Correct. Thank you, everybody. Okay, bye. We hope this episode inspired you. Here's how to go deeper.

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