Fine-Tune Your Immune System for Perfect Health Transcript

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Introduction to Wellness and Dr. Talks

When I think about illness, I thing of a scale from minus 10 to zero. When i think of wellness, i thnk of zero to plus 10. So many people in the western world will say, well I'm healthy because I've got no illness.

But that's zero on a scaling of negative 10 plus ten. What is high level wellness? and we start to develop practices that will bring us to a higher level of wellness.

This is Dr. Talks. I'm so excited to introduce you to a longtime friend of mine, Paul Shealy. He's a PhD and the co-founder of Learning Strategies. And I first heard about or met Paul because of the work that he was doing way back when he creating Paraliminal's amongst many other programs he created.

and they really captured my attention. They were so amazing. Paul would. basically put you into, in the paraliminal, into a hypnotic state and then through something called dual induction.

So one ear you're hearing one thing, another ear, you hear something different. He would start to help you program your mind in all sorts of great things, great topics.

And I love these programs so much. I was listening to them all the time that I reached out to him and we did a couple of paraliminals together, Paul, I don't know if you remember way back when.

Absolutely, back in recording in Santa Fe. That's right. We did one on public speaking and we did on peak performance. But he truly is a master of human development, a personal development and helping people in so many different ways.

He's created over 80 programs to tap into the vast potential of the mind. And today, his topic, I think, is going to be pertinent to every human being on the planet.

It's how to fine tune your immune system for perfect health, which I want to learn from you today. I know that it's for everybody else, but I wanna learn for you.

So, Paul, welcome to the Global Energy Healing Summit.

Paul Shealyu2019s Background and Healing Philosophy

Thanks so much, Tom. Really great to be here. It's a favorite topic of mine, and it's rare that I get an opportunity to get into the kind of detail and background that everybody can make use of to immediately have a positive impact on the way their self-healing goes.

Yeah. You said it was a favored topic for yours. How did this become such a passion for you, the immune system, in fine-tuning it? Well, I was amazed by the kinds of healing stories that I witnessed and also heard about.

And throughout my career in human development, that goes all the way back to my early training in hypnotherapy in 1975, all the way through my master's degree in human development, my doctorate in transformational learning and change.

So when I would witness a healing, I want to know how did that happen? When I worked with somebody and a healing occurred, I would say, I want to see your original medical records. Back then, they could go get a file from their doctor and show it to me.

Sometimes it was mind-blowing what the human mind was able to do. that there really is no limit to human potential

when it comes to healing. Healing isn't something that a doctor does to you.

It's something happens when an environment is created and the body does it, you see. So we are the executor of this spacesuit that we use to move around in three-dimensional space and four-dimensions of time.

how it works and how we facilitate the healing process is something that's near and dear to me. And I love the way you just described it happens from the inside out, you know, so many people, unfortunately on the planet are looking for something outside of them to heal them.

And at the end of the day, even the things from outside, if the immune system is not working properly, uh, You know like you see things where somebody will have surgery to remove a tumor and the tumor's gone, but now the tumour came back.

And so the inside out is the real power that we have is to, in your case, what we're talking about today is, to fine tune our immune system. So what happens with the immune where it's not fine tuned?

Like what types of things are human beings doing to knock it out of kilter? Because ideally it would always be fine-tuned, correct? Well, think about the immune system as a way to fight off and off whatever may be invading the body.

It helps to correct any imbalances. If we're tipping too far one way, it helps us to get the other way. So there is a natural ability for us, to move around in our environment.

I talk about, the human body is of spacesuit. You know, we have a body, We are not the body. We have emotions and feelings. that's inhabiting this physical suit for as long as we get to own it during this lifetime.

But we are the executor of this. And so when healing needs to take place, a couple of things are really important. Number one, is that we're generally aware of a symptom.

Now, a symptoms is a flag. It's a sign. it's saying beep beep. You know, it is the red warning on your dashboard that says there's something off. We've got to do something.

So it's a message that's suggesting to us to take action, to do something, or to something different. Our friend Master Chen Ye Lin, Spring Forest Jigung, says all healing is message healing.

Well, I'll say all disease is a massage that is trying to get our attention so we can correct correct whatever deficit is going on. And so fine-tuning means that we're responding to those signals more exquisitely.

How the Immune System Gets Out of Balance

When something's off, we can get a sense of it. Now, traditional medical procedures in the West what we would call allopathic medicine, has a tendency to want to treat the symptom, which means we're going to treated to make it go away, but often the symptoms cause is not being addressed.

So allopathy medicine tends not to get at causation. Causation tends to be in the mind and in our lifestyle or behavior. And so when we get a signal, we don't want to mask that signal.

If you sit on a tack and you've got a terrible pain in your rump, you don' t go to the doctor and say, please give me some morphine, get rid of this pain and my rumps.

They're going to say no, but we got to pull that tack out first. Right. So, so fine tuning the signals. The communication between our conscious mind and our physical body is what's essential.

So there are really two things that we're trying to do in order to fine tune. And this comes from the work of a Dr. Paul Pearsall who wrote a book back in the 70s called Super Immunity.

It might have been in their early 80s, but this is the idea that, we can have hot, and cold going on in the body, and both of those signals are very different.

In the Taoist tradition, we talk about energy flow, streams of energy, they're called the 12 meridians. But if there's a block in jetikers, for whatever reason, whatever the cause, A blockage occurs and there's two types of problems that will happen in that flow of water, that of the stream.

There's going to be too much energy upstream and not enough energy downstream. These are two very different disease profiles to the same energy blockade.

And so just to say, all you got to do is treat the symptoms. quite right. So what we want to do first of all is we to be able to disassociate from the symptoms enough that we can work on our body.

Then what want we able do is notice what areas are too hot and notice areas that are to cold. Now the hands are great ways to I don't know if you're familiar with Barbara Brennan's work, Hands of Light, but she was a NASA engineer who first started looking at energy medicine, auras, and how we can actually correct some of those deficits.

But if use your hands and could just scan your body, what you could do is you can detect areas that are too high. Then what we want to do is cool them down so that they're warm.

You're also going to notice areas that are too cold. What you want is to warm those up so they are cool. So to have cool and warm is good. There's a reasonable range.

in which the body's energy is going to be vibrating, get to the extremes and we've got problems. Is that making sense? It makes a lot of sense. I also liked how you said causation typically is either in the mind or in a lifestyle.

That's so critical for people to know that because those are things we can change. We can our mind and change our lifestyle, which gives us power instead of really feeling powerless, They notice symptoms.

Exactly, exactly right. I think it's important that we get that sense of power or agency that gives us the ability to do something. And I'm glad you didn't use the word control because don't think that were really controlling the healing any more than you're controlling.

The car, when you turn it on and the engines running, are you really. Controlling how it fires. you're directing it, right? With the various pedals and gears and all of that.

But it's not really control. You're controlling the lights with the light switch. Yeah, but what do you know about electricity, Right? So the idea is that we can direct it.

So if we could Step aside from the symptoms, literally disassociate and see our body there in front of us. Now that's hard for people to do though, Paul, isn't it?

To separate from symptoms when you've got pain or some scary diagnosis or whatever. Right. And so it's the power of the imagination that lets us do it.

So the first thing we need to do is we to calm down the mind. There's kind of three levels of that. The old brain, the mid brain and the new brain. When we can relax those three, then what we have access to is called the prefrontal cortex.

And it's this part of the brain that has mind sight. It sees the big picture. And that's what allows us to really chant or move. energy effectively. So if you could imagine yourself there in front of you, and for some people, yeah, I'm just making it up, but just, making up is actually sending a message.

And remember all healing is message healing.

Using Mind and Imagination to Support Healing

You see your body there and imagine you can scan it with your hands. Notice those areas that are hot and cold. If there's an area too hot, cool it down.

If an are too cold, warm it up. Now what happens when we do this? This is what Dr. Paul Pearsall recognized in superimmunity. When you do that, essentially what you're doing is you are sending the signal to the immune system to correct that imbalance.

And the fact that you getting out of the way instead of being panicked about it, you're getting out of the way and allowing the body to do its natural healing thing, that's what's going to make the difference.

Now, you know that we are expressing about 12% of our genetic code at any moment in time, but the rest of genes within us, they're not junk DNA. Right?

And so epigenetics is the science of triggering gene expression. And essentially that's what we're talking about here. If you could go back to when your body was nine years old and all of your genetic potential and of all your health and wellness, because lifestyle hadn't affected it negatively, all that positive genetic potentially is there for you.

Could you imagine that perfect physical expression standing on the other side of that body that's in front of you? So while you're working on it, that you is also sending the signal.

This is what healthy lungs look like. This what a healthy cardiovascular system looks like, this is healthy bones and blood and tissues. this what it looks, sounds and feels like." So it's helping you as you're helping to get this.

And this required two parts. One is to disassociate so we can start working at causation instead of on symptom. The second is get the immune system to trigger the proper response for the situation that's required in this moment.

Yeah. That's amazing. And when you said you're glad I didn't use the word control, the immune system when it's freed up is unbelievably powerful, right?

Yeah, absolutely. unbelievably and very often because of the circumstances of chronic stress and chronic toxicity in our environment and overworking things, sometimes the immune system starts to have a bit of a phobia response to the world at large.

And so we're seeing in the last 20 years, many more disease profiles that are being called syndromes. like they're groups of presenting symptoms, but there's no point source to it.

It's like micro runoff of water over a big watershed creates a stream that flows into the river. When it's dry, it doesn't flow. It's not coming from a spring somewhere, it's all these micro run-offs.

And so when we look at getting to a high level of wellness, what we're really interested in doing is working with our mind, working our body, and working on our lifestyle so that we are managing this watershed of energy that's flowing to us on a daily basis.

Your sleep, it's going to make a huge difference. You're nutrition, your exercise. If you're in a sedentary job and you are not getting out, and if you have other lifestyle issues, smoking, drinking, staying up late, watching violent movies, whatever it might be, that it is not conducive to calming down the nervous system.

nervous system could really be overactive. What we want to be able to do is calm it down to the point where it can start moving the messages in the right direction for perfect health.

There is an idea that I encountered years ago and studying what is healing, especially spiritual healing that takes

place. There was a book that was referred to called the Quimby Manuscripts.

Quinby was clockmaker in the mid-18s on the East Coast, and he was doing mesmerism and demonstrating the amazing effects of it. He was getting good reviews from the press at the time.

And he had a young man that would do basically remote viewing. So he would place this young man in a mesmeric state, a trance, hypnotic trances, and then he'd travel to different places and collect information and describe it.

And Quimby had a bad situation. He had kidney disease and his kidneys were so diseased that they gave him about 10 years before he was going to pass from it, And one day, one night after a performance, he thought he'd asked this young man that he had been demonstrating with if he could check out his back.

And so this, young men put his hands on the back and basically gave the exact same testimony that the medical profession did. Badly diseased. One partner is just barely hanging on by a couple of threads and it would probably kill him.

Stories of Remarkable Recovery

Wimby said, is there anything that can be done? And the young man said sure, I'll take care of it right now. And a pain that had been with him for many years was suddenly completely gone.

He never had another issue with it for the rest of his life. So he began to think, all right, what's going on? He said that the medical profession can only testify to their senses, to what they can sense.

But when you work at a spiritual level, you're working at the level of causation. And so he said, who does that? Who in our history did that, and he thought back to Christ, to Jesus, when he had his healing ministry.

He said Christ was actually a scientist who figured out the science of healing. So he created a technique of healings that was used when he healed Mary Baker Eddie, who started the church of Christian science.

But the idea is a very interesting one is there is the science, but it's a science that looks at causation and how we can bring the mind and the body to perfect health.

I love that. Wow. What a great story too. That's amazing. So you believe that perfect. Health is available to anyone. Why do you believe that? I remember one time I was talking about positive thinking during a class I'm teaching and this one guy said, I've got a story for that.

He said this hand was almost amputated. It was so completely blown apart that they were just going to ampute his hand. We all looked at it. And there was no difference.

I mean, both hands were perfect. The one actually looked younger and a little smoother. He was working in his basement, putting in a new fuse box, electrical system, and the fuse cartridge blew up and tore his hand to shreds.

Grabbed the bucket and put his hands in it. and asked his friend to get him to the emergency ward and his friends passed out when he saw it, so he had to drive himself.

The bucket of liquid he put his hand in was used engine oil. Got himself to the hospital. They cleaned the wound. And they said, we've got to recommend a amputation because there's nothing left of it.

I mean, it's just a few tendons. Even if it did heal, you'd have no sensation. It'd be like wood. In the whole time, this man had been telling us that it was going to be fine.

He said I'm going need to get healed. So it all going be okay. And the guy convinced the doctors, no, just clean it up, wrap it, do not amputate it. I'll come in every day if you need me to, but don't am putate the hand.

The wound heal. And within three months, it looked normal. Now that's bizarre. And this is one of the cases where I asked to see the guy's medical record.

They had drawings of it and the description of, and no sensation. It was like, they said it was, like wood. But six months after the day of the accident, he was going into a shopping center with his wife and he just felt his hand go on fire and started to swoon a little bit.

He sat down outside. His wife did the shopping. When she came out, you had perfect sensation in his hands. Now, supposedly, we don't regenerate nerve tissue, and yet he did.

Paul, was it just through his belief system, or did he spend time every day working on visualizing that? What did you do? No, he just kept this positive attitude that it was going to be fine.

He never listened to any of the negativity that they said, but he kept imagining his hand would be Now, this was nine months after the accident, so when I saw him, and that was real testimony.

Now a couple of years later, I was a speaker at Unity Church, which is kind of a non-denominational look at spirituality and the study of scriptures and all religious religion, religious philosophies.

And the person who was wife of the minister, who's also a platform speaker there, had been in a head-on collision. She was driving a Honda Civic and hit an 18-wheeler head on, woke up.

Three months later, with an iron lung on, paralyzed from the neck down, her spinal column had been crushed, or spinal cord severed. She had no sensation and they said, it's not going to get any better than this.

Her husband, when she awoke said, I can't take this anymore. I need a divorce. So she was alone. She was relegated to an iron lung. This was as good as it was going to get.

And once she got her emotional act together, she started focusing and like you're saying, visualizing, meditating. Eventually she, got a holistic diet to come in.

She was off the iron lung in a year. They didn't think that was possible. Three years after the accident, she stood up next to the bed. Now that's impossible because she has no, you know, her muscles had atrophied.

So they started physical therapy. And she was studied by medical professionals, neurologists from all over the world. And the only thing that they could say is it's a miracle.

We have no explanation for it. She said, I can tell you what I did every single day. Why don't you ask? But she did eight hours a day, she's meditating, visualizing, walking.

she had a chiropractor come in. Every couple of weeks, she had massage therapy every week, a holistic diet. She kept focusing on walking seven and a half years after the accident.

she walked out of the hospital. I had her speak. to conferences that I was putting on because it was such a remarkable story. So when I say, yes, everybody has access to perfect health, these are a couple of the stories.

Now I've plenty more, but that's why I'm so fascinated by this. What limitations do we really have if the doctor says, oh, it's not gonna get any better, there's a 8% chance we'll then become one of 8%, right?

You don't focus on the 92% who didn't survive it. You focus in the 8% didn say, how did they do that? I love that. Yeah. That's what I've done my whole life is when I been in a situation like I had chronic fatigue in 2015.

Lifestyle, Emotions, and High-Level Wellness

And, you know, that's one of those syndromes, right? Right. But I go to holistic doctors and I'm, you know, they

were doing the different treatments and remember one saying, and a lot of people have this rest of their life.

I mean, not me. Right? And so I found somebody like what you've done, someone who had it got over it quickly, studied what they did. Got over it quickly, but you have to, you said something earlier too.

Like you've said, one of the things is not watching violent movies. I can't remember what you were talking about. We're so addicted to going out there and forming our reality by, okay, what are other people doing?

What's the odds? And this lady. didn't do that. The guy with his hand didn t do it. If they would have, they wouldn t be in the situation they are. She'd still be an iron lung.

His hand probably would've been amputated. It's so difficult for most people to do this. Like, who would ve spent seven years doing that? Now, even if you probably wouldn't have guaranteed them that if they do seven, this will happen, some people would quit along the way.

So how do we live our lives in a way where we're not consuming this outside information that's limiting the immune system? What are your tips for doing that?

Well, I appreciate that question because I can't tell people how to live their lives. I've found that that an effective strategy, but every time they see something that someone is doing and they think to themselves, I want what she's got or I won't what he's.

What can I do to model that behavior? You know, when you and I did Talking to Win, the peak performance pair of liminals, essentially what we were doing is modeling strategies that help people do something quite extraordinary.

And it doesn't matter what level of deficit you might be coming from, if it's important to you, you can learn how to have it and do it yourself. And so when I think about illness, I thing of a scale from minus 10 to zero.

When I thinking of wellness, think of zero to plus 10. So many people in the Western world will say, well I'm healthy because I've got no illness. But that's zero on a scaling of negative 10 plus ten.

What is high level wellness? And we start to develop practices that will bring us to a higher level of wellness. So for me, I have exercise routines that I go through.

I've a nutritional program that go. Through I. Have a lifestyle program. walking, moving, recreation, right? Positive influences on my mind, spiritual texts, being able to take time and contemplation, meditation, be able control my thoughts when a negative mood comes in.

I just want to chew on something for a while. Being able get out of that, step out, shift my mood to something that is better for me. And if the messages that are in my mind aren't serving me, how can I get more positive messages in.

And one of the things that resonates most for me in my heart is acts of kindness. When I see someone suffering and I sees someone offering an act of kind to serve that person, I always just break out with just tears because I'm so moved by that.

I remember speaking in London one time. I was giving a day-long workshop and one of the participants came up to me after workshop, and said, I wanted to introduce myself because I want to tell you, you saved my life.

I said how did I do that? She said 10 years ago, when I had a cancer diagnosis, listen to Perfect Health Paraliminal every single day during my treatments.

and I'm cured. More than in remission, I am cured from that. And she said, it was such a distressing diagnosis. I knew I had to do something. So this is the idea is how do we keep the messages going?

Like Bernie Siegel wrote a book about laughter as medicine, Love, Laughter, and Medicine I think was his book. If

you can be able to laugh, if you keep a positive mindset, positive mental attitude.

Well, these are messages that are speaking to all of the organ systems. The liver responds to happiness, the heart to joy and passion, stomach and pancreas.

They respond to peace and a sense of groundedness. The lungs, it's about the emotion of contentment and the kidneys are about gratitude. So if we hold any of these emotions, we're actually lifting up the body into its ideal response to the world that's around us.

Yeah, that's awesome. And you brought up the Perfect Health Paraliminal, which I know you want to give people access to, and I just got the link. That's why I was on my computer a little bit.

So Paul and Learning Strategies, company he co-founded, is going to get you access that Paralymminal that the lady that had the cancer diagnosis listened to for every day and said it saved her life.

How Paraliminals Work and Final Takeaways

para liminal p a r a l i m i n a L dot com backslash doctors DRS summit pH pH for perfect health. So you can re-listen to this again if you want to. If you need to, I'll give it to you one more time.

www.paraliminal.com backslash DRS for doctors, DRs Summit PH. And you get it for free. Talk to us briefly about paralimals. They're so brilliant. What's going on in a paralimal when they start listening to these?

Yeah, a paraleminal is beyond hypnosis. It's not hypnosis. I know you use that term because most people could relate to it. But hypnosis puts you into a trance and what we're doing is we are bringing you inside and expanding your internal awareness so that you have more choices and options.

So I guide you to a relaxed state of alertness and then my voice begins to separate into the left and right channel. The left channel speaks to the right brain.

The right channel speak to left brain, so left brains getting a step by step process for changing your current situation. Right brain is getting indirect positive messages and it's also an evocative process of a metaphor story that's being told that helps you integrate the learning that is taking place.

And essentially it's 20 minutes long and all you do is close your eyes, sit back and relax. And at the end you come out, you feel great. I mean, it was like taking a nap and returning, revitalized and feeling good.

In that process, I'm guiding you through that very imagery that I described. There's your body. you're on one side, your ideal self is on the other side.

You're giving the positive healing messages to your body. And so whatever symptoms that you may be experiencing, you can help get a positive immune system response to enjoy perfect health.

It's your birthright. it's natural for us to all have perfect help. The body has integrity and it can bring that perfect pattern of energy and wellness to you.

And remember, you can listen to it for high-level wellness. You don't have to listen just to get rid of illness, right? So it's good for all kinds of situations.

Most people, they have it kind of in their toolbox. So at any moment, if they feel a symptom coming on, the immediately put on Perfect Health and it is gone.

What an amazing gift. Look, go to that link and get it. You can download it, you can put it on your phone, on you computer. They should listen with headphones, right?

Yeah, it's ideal because there's a lot of digital imagery that's happening, frequencies that help balance the hemispheres of the brain. So yes, if you could listen to it with stereo headphones or earbuds, that would be great.

Yeah. Well, Paul, I could talk to you all day. I mean, love your belief system and you really, you've done the research. This is not just pie in the sky thinking.

You've sought out people that have done these amazing feats by just balancing their immune system, using their mind to go to the cause, not to treat the symptoms and really perform miracles on themselves.

And you believe anyone can do that. So how. Yeah. How reaffirming and how amazing that is. I hope everyone is excited about this. Watch this interview a couple of times if you need to, and certainly make sure you get that paralemma.

You will absolutely love it. And I know it's going to help you a lot. Paul, any final words for everybody listening out here? Yeah, the main thing is to keep in mind this idea that it's the messages.

You're the executor of this magnificent spacesuit. So make sure that you're treating it with compassion, with respect, love, and if anything is going wrong, as you might think of it, just use that as an opportunity to get into communication with the body and ask it what does it need?

So you can start working at the level of causation to bring about the messages that will express your highest genetic potential for health and well-being.

I love it. Thank you so much for being on. You are a gift to the world and so good to see you again, my friend. Take good care. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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