Introduction to Paul Scheele and Paraliminals

– I am so excited to introduce you to a longtime friend of mine, Paul Scheele, he's a PhD and the co founder of learning strategies and I first heard about or or met Paul because of the work that he was doing way back when he was creating paraliminals, amongst many other programs he created and they really captured my attention. They were so amazing Paul would basically put you into in the paraliminals, into a hypnotic state and then through something called dual induction. So one year you're hearing one thing, another here, another ear, you're hearing something different.

He would start to help you program your mind and 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 them and we did a couple of paraliminals together Paul.

And if you remember way back when. – Oh absolutely. Back in recording in Santa Fe. – That's right, that's right. We did one on public speaking and we did one on peak performance, But he truly is a master of, of human development, right? 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 want to learn from you today. So Paul. Welcome to the global energy healing summit. – 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.

Everybody can make use of to immediately have a positive impact on the way they're self healing goes. – Yeah, you said it's a favorite topic of yours.

How did how did this become such a passion for you? The immune system and 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 and hypnotherapy in 1975, all the way through my master's degree in human development, my doctorate and transformational learning and change.

So when I would witness a healing, I want to know how did that happen?

Why Immune Health Became a Passion

When I worked with somebody in 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 and it sometimes it was mind blowing what the human mind was able to do.

I say that there really is no limit to human potential when it comes to healing it. The healing isn't something that a doctor does to you, it's something that happens when an environment is created and the body does that you see.

So we are the executor of this space suit that we use to move around in three dimensional space and four dimensions of time and how it works and how we facilitate the healing process is something that's near and dear to me. – Yeah. And I love the way you just described it.

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 the 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 is gone, but now the tumor came back and 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 system where it's not fine tuned, like what 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 is a way to fight off and off whatever may be invading the body. Um 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 bodies of space suit.

You know, we have a body, we are not the body. We have emotions and feelings were not our feelings. We have thoughts. We have a mind, we can think, but we're not our thoughts.

We are. Is that presence that's inhabiting this physical suit for as long as we get to own it during this lifetime. But we are exactly the executor of this. And so when healing needs to take place, a couple of things are really important.

Number one is that were generally aware of a symptom. Now, a symptom is a flag, it's a sign, it's saying beep beep, you know, it's 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 do something different. Our friend master Chenyi Lin, spring forest qigong says all healing is message healing while say all disease is a message that's trying to get our attention so we can create correct whatever deficit is going on. And so fine tuning means that we're responding to those signals more exquisitely when something's off, we can get a sense of it. Now, traditional medical procedures in the west, what we would call Al empathic medicine has a tendency to want to treat the symptom, which means we're going to treat it to make it go away.

But often the symptoms cause is not being addressed. So, al empathic medicine tends not to get at causation, causation tends to be in the mind and in our lifestyle or behavior.

Symptoms, Causation, and Energy Balance

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, say, please give me some morphine, Get rid of this pain in my room, they're gonna say, no, we gotta pull that attack 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 find tune.

And this comes from the work of a Dr. Paul Pearsall who wrote a book back in the seventies called Super immunity. It might have been in the early eighties, but this this is the idea that we can have hot and cold going on in the body. And both of those signals are very different, you know? Um in the Taoist tradition, we talk about um Energy flow, right streams of energy, they're called the 12 Meridians.

But if there's a blockage that occurs 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 flow of the stream, there's going to be too much energy upstream and not enough energy downstream, and these are two very different disease profiles to the same energy blockage. And so just to say, all you gotta do is treat the symptoms quite right, right. So what we want to do first of all is we want to be able to disassociate from the symptoms enough that we can work on our body.

Then what we want to be able to do is notice what areas are too hot and notice what areas are too cold. Now the hands are great ways to do that. 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 you use your hands and could just scan your body, what you could do is you can detect areas

that are too hot, then what we want to do is cool them down so that they're warm and you're also going to notice areas that are too cold. What you want to do is warm those up so that they're 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 that making sense? – Makes a lot of sense. I also liked how, you know, you said causation typically is either in the mind or in the lifestyle that's so critical for people to know that because those are things we can change, we can change our mind and we can change our lifestyle, which gives us power instead of, you know, really feeling powerless, which most people or many people do when they notice symptoms. So. – 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 I don't think that we're really controlling the healing anymore than you're controlling the car when you turn it on and the energy, 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 your 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 do this, 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 the 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 need to calm down the mind and there's kind of three levels of that. There's the old brain, the midbrain and a new brain. And 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 mined site that sees the big picture and that's what allows us to really chan or move energy effectively. So if you could imagine yourself there in front of you and for some people I'm just making it up but just making it up is actually sending a message and remember all healing is message healing. So you see your body there and imagine you could scan it with your hands, notice those areas that are hot and cold.

If there's an area too hot cool it down there's an area too cold. Warm it up. Now what happens when we do this? This is what dr paul Pearsall recognizing super immunity when you do that.

Essentially what you're doing is you're sending the signal to the immune system, the immune system to correct that imbalance and the fact that you're 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 that's what's the difference that'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 the genes within us they're not junk D. N. A. Right and so epigenetic 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 all of your health and wellness because lifestyle hadn't affected it negatively. All of that positive genetic potential is there for you?

Mindset, Visualization, and Healing Stories

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 is what health healthy cardiovascular system looks like. This is what healthy bones and blood and tissues. This is what it looks. Sounds and feels like.

So it's helping you as you're helping you do you get this and this is what's required two parts one is to disassociate so we can start working at causation instead of on symptom. The second is to 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 were glad to use the word control the immune system when it when it's freed up is unbelievably powerful. Right?

– 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 their their 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 with our body, working with our lifestyle, so that we're managing this watershed of energy that's flowing to us on a daily basis. Your sleep, it's going to make a huge difference, your nutrition, your exercise if you're in a sedentary job and you're not getting out. And if you have other lifestyle issues, smoking, drinking, staying up late, watching violent movies, whatever it might be, that it's not conducive to calming down the nervous system. The nervous system could really be overactive and 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.

Now, 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 I was referred to called the Quimby manuscripts.

And Quimby was a clockmaker in the mid 1800s on the east coast. And he was doing Mesmer ism 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 trance, hypnotic trance and then he would travel to different places and collect information and describe it. And Quimby had a bad situation, had a kidney disease and his kidney were so disease 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 man put his hands on the back and basically gave the exact same testimony that the medical profession did badly diseased One part, there was a, just barely hanging on by a couple of threads and it would probably kill him.

And at some point, Quimby said, is there anything that can be done? And the young man said, sure, I'll take care of her right now. And the 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. And so he began to think, alright, what's going on? He said that the medical profession can only testify to their senses, what they can sense bye when you work at a spiritual level, you're working at the level of causation and so he said who does that, you know who in our history did that and he thought back to Christ, Jesus when he was had his healing ministry and so he did, he said Christ was actually a scientist who figured out the science of healing and so he created a technique of healing that was used when he healed mary baker eddy who started the church of christian science.

But the idea is a very interesting one is there is a science but it's a science that looks at causation and how we can bring the bind 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. – Yeah, I remember that.

I remember one time I was talking about positive thinking during a class I was teaching and this one guy said oh 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 amputate his hand and you know 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 grab the bucket and put his hand in it and asked his friend to get him to the emergency ward and his friend 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, they said we've got to recommend amputation because there's nothing left of it. I mean just a few tendons and even if it did heal, you'd have no sensation and be like wood.

And the whole time this man had been telling us that it's going to be fine, I'm gonna be healed, it's all gonna be okay. And the guy convinced the doctors know just clean it up, wrap it up, do not amputate it, I'll come in every day if you need me to but don't amputate the hand, the wound healed 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 it 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 he started to swoon a little bit. He sat down outside his wife did the shopping when she came out he had perfect sensation in his hand.

Now we don't supposedly we don't regenerate nerve tissue and yet he did and so… – Paul was it just through his belief system or did he spend time every day working on visualizing that? What did he do?

– You know, he just kept this positive attitude that was going to be fine, it was going to be fine. He had never listened to any of the negativity that they said and he kept imagining his hand would be fine.

Now this was nine months after the accident. So when I saw him and that was a 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 in the study of scriptures and all religious um religion, religious philosophies and the person who was wife of the minister who was 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, her spinal cord severed, she had no sensation.

Um and they said it's not gonna 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 is 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 was 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.

7.5 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 got plenty more, but 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 an 8% chance will then become one of the 8% right, you don't focus on the 92% who didn't survive it?

You focus on the 8% who didn't say, how did they do that?

Lifestyle, Emotions, and High-Level Wellness

– I love that. That's what I've done my whole life is When I've been in a situation like I had chronic fatigue in 2015 and you know one of the right, but I go to holistic doctors and you know, they were doing the different treatments.

And I remember one saying, and a lot of people have this the rest of their life and not me. Right? 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 have to and you said something earlier too. Like you said, one of the things is not watching violent movies. I I can't remember what you were talking about.

Like we're so addicted to going out there and and forming our reality by okay, what are other people doing? What's the odds And and this lady didn't do that. The guy with his hand didn't do that.

If they would have they would not be in the situation, there should still be in an iron lung. His hand probably would have been amputated. It's so difficult for most people to do this. Like who would have spent seven years doing that now.

Even if even if you probably would have guaranteed them some that that if you do seven years this will happen, some people would have quit along the way.

So how do we 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 found that that's not 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 want what he's got. What can I do to model that behavior, You know when you and I did talking to win when you and I did the peak performance paraliminals 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 think of a scale from -10-0.

When I think of wellness, I 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 zero on a scale of negative 10 to plus 10.

So 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 have a nutritional program that I go through? I have a lifestyle program that I have getting in the outdoors. Walking, moving recreation, right? Positive influences on my mind.

Spiritual texts, being able to take time and contemplation, meditation, being able to control my thoughts when a negative mood comes in, I just want to chew on something for a while, being able to get out of that step out of it, 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 see someone offering an act of kindness to serve that person. I always just break out.

It just tears because I'm so moved by that. I remember speaking in London one time, I was giving a daylong workshop and one of the participants came up to me after workshop and said, I wanted to introduce myself because I wanted 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, I listened to perfect health paraliminal every single day during my treatments and I'm cured. I'm more than out in remission. I'm cured from that.

And she said it was such a distressing diagnosis, I knew I had to do something. So this is this is the idea is how do we keep the messages going? Like um Bernie Siegel wrote a book about laughter, is medicine, love laughter and medicine I think was his book.

And and the idea is that if you can be able to laugh, if you can 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, the stomach and pancreas, they respond to peace and a sense of grounded nous, the lungs, it's about the emotion of contentment and the kidneys are about gratitude.

So if we hold any of these emotions were 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 para liminal, 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.

Paraliminal for Perfect Health

So uh so uh Paul and learning strategies company he co founded is gonna give you access to that para liminal that the lady that had the cancer diagnosis listened to for every day and said it saved your life. And so the link is W W W dot www.paraliminal.com/drssummitph, P A R A L I M I N A L dot com backslash doctors, D R. S Summit ph ph for perfect health so you can re listen to this again if you want to uh if you need to I'll give you one more time.

www.paraliminal.com/drssummitph for doctors, DRS summit ph and you get it for free and talk to us briefly about paraliminal knows they're so brilliant to what's going on in a parallel metal when they start listening to this. – Yeah, A paraliminal It's 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're bringing you inside an expanding your internal awareness so that you have more choices and options.

So I guide you into 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 speaks to the left brain. So left brain is getting a step by step process for changing your current situation. The 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's 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's like taking a nap and returning revitalized and feeling good and 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 health. 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 to it just to get rid of illness, right? So it's good for all kinds of situations and you know, most people, they have it kind of in their toolbox.

So at any moment if they feel a symptom coming on, they immediately put on perfect health and it's 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 your computer. They should listen with headphones, right? – Yeah, that'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 can listen to it with

stereo headphones or your buds, that would be great. – Yeah, well Paul, I could talk to you all day. I mean I 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.

Final Advice on Listening to the Body

Uh not just treat the symptoms and 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 paraliminal. You'll absolutely love it.

And I know it's gonna 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 with 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. – You as well, Tom. Thanks so much. Bye bye.