Introduction and Cancer as Cellular Distress

Well, Dr. Maya Shetreat Thank you so much for being with me. You always so, you know, bring so much light and love and. Yeah, you bring so much of the world.

And I'm so excited for for your work. And and I feel that with this group, you know, your work is so important and so foundational. So thank you. Well, thank you for having me.

It's always a pleasure to get to do this with you. So one of the challenges as you know, you have somebody battling cancer and it's always a question, you know, why do I have it?

How did I get here. you know, what do I do to fix it? You know, so these are some of the basic questions that that goes through an individual's head. And so we look at, at fiscal things.

Yeah. What what are some of the, you know, chemical heavy metal things that that may be, you know, putting stress. But then we're looking also at add more kind of what's, what's happening on a cellular level.

I mean because because at the end of the day, you know, cancer cell is a cell. And so we want to understand how do the normal cells start to shift into that, that direction.

And what are some of the factors that could have made that take place. Yeah. Yeah. Well, and I think it's challenging because, you know, we want to kind of talk about this like war on cancer sort of thing.

I hear a lot War on is like, you know, war on drugs, war on cancer, right. This kind of concept. But the thing about cancer is it's our own cells, right, that are expressing something. And, you know, that doesn't mean we have to accept it, right?

That's. But but to understand that cancer is an expression of a symptom, and it's an expression of the body, sharing that it's in distress. So, and that might feel controversial to people.

I just like, just cut it out, you know? And yes, I mean, there's a lot of layers to this. Of course we do. There's a lot between what's happening on a cellular level and all the treatments that may need to happen, to get to the place where you can be cancer free and make sure it never comes back again.

Right. but one of the things that, I'm very, you know, root cause oriented. And so I'm always going, you know, first I was like, root cause look at food, look at diet. Then we're like, look where food comes from, right?

And look at, like, our exposures and what's in the soil. And that was like my big thing for a long time. And then I kind of started to go deeper. And I was thinking like, why do some people do all the right things, quote unquote, right, all the right things.

and they don't recover in the same way or they still get sick other people. That doesn't happen to you. And, you know, everyone said, oh, that's genes.

Well, so that took me to this concept of what's happening on a cellular level. and that could be right. I'm a neurologist. So that can be for neurologic issues.

But it also can very much be, you know, for cancer, for autoimmunity, for, for all kinds of chronic illness. what's happening is a cell in distress, right?

Or a number of cells that are in distress. And what the cells do when they're in distress is they start to function

differently. So, you know, maybe the first thing to talk about is why are the cells in distress and you name some reasons, right?

Exposures, like heavy metals or mold or, nutritional deficiencies or things like that. But what I started to discover, in addition is experiences are also exposures.

Experiences, Cell Danger Mode, and Mitochondria

And what do I mean by that? Okay. So you go back to childhood even, right. And your parents told you you're lazy or you're stupid or you're bad or maybe treated your siblings in a different way than you, or maybe there was like fighting in your house, or maybe you were even bullied by a teacher.

Whatever. Okay, but these experiences which maybe we think we've moved on from, maybe we have moved on from them, you know, mostly consciously and gone into our lives.

The thing is, our cells have memories. They they remember what happened to us. Even if our minds are like, I move past it, our cells actually receive those experiences as an exposure.

And what they do when we have those experiences is they they go into something called cell danger mode. Cell danger mode, which there's a lot of literature now about this.

And Robert Naviaux, who coined this term, you know, I remember when it first came out. Now everybody's talking about cell danger. Cell danger is basically your cell going into defense mode.

And it's doing that because it is worried you're in danger and it wants to protect you, wants to be in a protective stance. The thing is that sometimes it gets stuck that way, particularly if it's an ongoing experience that you're having or something very profound.

But it doesn't even have to be. Sometimes the cell just decides, boom, I'm in danger mode. And and that's because of this memory that it has. And it could be from something that happened to you when you were tiny.

You could have been two years old. Right? And, you know, that's something that I've done a lot of work in. And as a neurologist is looking at how we're we're very, receptive to those kinds of experiences embedding in us when we're children because we have a lot of plasticity.

We have a lot of neuro and physiologic plasticity when we're young, because we have to learn to walk and talk and, you know, potty train and, you know, be in society.

There's so much we have to learn in that short time. So our brains and our bodies are like, yes, I'm going to drink it all in. And then if we have a very difficult experience of some kind that also gets embedded.

So, so then we could be in cell danger mode. And what happens in cell danger mode is that our, our cellular structure actually changes. And I'll give two examples quickly.

And then, I'll pause because the first one is, you know, our mitochondria. I think most people think, okay, mitochondria, powerhouse of the cell, whatever they learned, you know, in biology class and whatever point in their schooling.

And that's pretty much all they think about. And if they think about anything, you know, maybe that's like, oh, yeah, it's a little squiggly organelle I had to do, like, you know, matching on some biology test.

But it turns out that mitochondria are are very they each have their own personality and they actually, so to speak, right? They change their structure if they're in cell danger mode.

So, mitochondria in a cell that is, happy. Right. Optimally functioning is like branched spaghetti. And so what it's

doing is it's, it's in community with other mitochondria.

Right? They're they're exchanging nutrients, releasing waste, exchanging information. But when they're in danger mode, they are like balled up meatballs.

They don't touch one another. They're physically they literally structurally look different. So, when they're in meatball mode, then they're not able to release waste appropriately. They don't function in the same way.

They're functioning in defensive mode. Okay. So that's a cell that is going to be compromised in terms of its mitochondrial function in in terms of its energy functions are going to be malfunctioning.

The other thing that can happen is the DNA of the cell actually starts to operate differently, be read differently because it becomes clumped in these ways.

Right. This is called epigenetics is certain, experiences that we have as well as exposures, cause our, our literally to be unreadable compared to what it could be.

And then the DNA can't operate in a number of ways. And we can talk about how if you want to because DNA is more than just something that's red for proteins, it turns out.

but ultimately the cell is not functioning normally and it goes back not just to exposures, but to experiences and sometimes experiences we don't even really remember.

And, and I, love how you use the term experiences because, I mean, when we think I mean, we use words such as, you know, traumatic experiences or we use all these other terms, but frequently we don't recognize, like you're mentioning that, you know, well, why, why aren't you, like, your sister or you know, why?

Why can't you finish your, your your food? It's you know, you're always you know, you're always late. You're always, you know, all these different things that a parent would say or that has been imprinted on an individual and that is.

And you you wouldn't consider that as being traumatic, but it's an experience and that experience and gets programed in how you develop. And like you're mentioning as a, as a child, you're in survival mode.

I mean, you are you are kind of wine. You're drinking everything in and you're trying to figure out how am I going to be able to thrive in this environment.

And you're you're just kind of open to everything. So, and things that are then, you know, seemingly not, you know, that that kind of puts you in a stress state.

Then you kind of your, your nervous systems gets wired in that way, and all of a sudden you get kind of hard, hard wired to function in a way to be able to survive and then basement that you grew up in and, and that then then programs your mitochondria programs, you know, whether they and I love that spaghetti and I still remember the pictures that that that you showed me, you know, the, the, the happy mitochondria with the spaghetti ones versus the meatball ones that I think I want to have, those spaghetti ones that are they're social, they're hanging out, they're connecting with everyone.

They're talking to everyone. And they all the efforts are coordinated instead of these little isolated, you know, meatballs that are just kind of doing their own thing and they're nervous or stressed about the environment and they're really, you know, do not coordinate with with a lot.

And we know with cancer, you know, it's a kind of a metabolic dysfunction. So the mitochondria becomes really, really important. so in regards to the DNA because that is really fascinating.

So tell me a little bit more about the DNA because that is where because we always looked at cancer, I say as a

genomic disease. And we're starting to shifting that thinking more and more towards a metabolic disease.

And and with that, then we're talking about, you know, cancer suppressor genes, you know, and good genes and how they get turned on, turned off. But, you know, it seems to me like what you're saying, that the genetics is so much more important.

So to talk a little bit more about that. Well, so I would say that we're probably saying the same thing in a certain way, which is it's not so much the genetics but the epigenetics.

Epigenetics, DNA, and Cellular Memory

And for those who don't know, epigenetics are not the DNA itself, which usually our DNA stays pretty stable right over well over generations over the course of of our lives.

Certainly. but what doesn't stay the same is the way our DNA is read, the way it operates, let's say like that. So, as I was saying before, like, there are certain kinds of exposures or experiences that can cause DNA to, become less literally less readable.

Okay. And and what epigenetics just for, for also for people who don't know that much about it. You know, it's the way I think of it in this day to me.

But hopefully it's okay. People know, is like it's sort of like putting yellow sticky notes all over your DNA and saying, start reading here, stop reading here, read here.

Now, you know, start at this age. So it's like, when are you going to menstruate for the first time? When are you going to go bald? When are you going to write like these kinds of things that we're like, oh, you know, it's sort of genetic, but also not really genetic.

It's epigenetic. Right. And that's something that's actually partly inherited. Are epigenetics those yellow sticky notes passed down from our grandparents, our great grandparents, our great great grandparents.

So like, if one of our, distant grandparents was in a famine, okay, there are going to be maybe possibly little sticky notes that still indicate certain things to happen or not happen.

based on that famine way back then, unless some changes are made now where this so so there's this is metabolic, right? In a very real sense because it is about our exposures and what's happening in our environment, including experiences.

but what I started to discover in recent research and looking into quantum science, which is really fascinating, a lot of people, I think, hear that and think like, oh, this is going to be some like, you know, it's been so overused the word quantum and like marketing.

And then I don't know, spirituality or things, but quantum science is very real, very rigorous, very fascinating. And one of the things that, I discovered about DNA and this was actually I found it by accident because I was studying indigenous, ways of doing science, because there's a lot of indigenous science we could talk about that.

and what I discovered is that DNA actually acts as a fractal antenna in our cells at low frequencies. Low frequencies like the Schumann frequency, which is the the heartbeat of Mother Earth, right?

That, like, very low frequency. so there are papers actually on DNA acting as an antenna. And so at the same time that it's coding all of these things and the epigenetics and our exposures and our metabolic issues, and what gets turned on, what gets turned off, all they're all true.

There's also this other element that, how effectively is our DNA acting as an antenna for an in an electromagnetic field and receiving the kind of information and charge that it needs to receive?

And for me, this was so mind blowing because, you know, it was kind of like when people started talking about, like, structured water and light water.

I was like, what are these people talking about? And then you start looking at the science and you know, it's like, whoa, like it's so rich and there's so much there. And, you know, I'll say this one thing is just, I really deeply believes that one of the things we don't talk about enough in terms of having healthy bodies, healthy minds, healthy cells, healthy DNA is to be curious.

I know that sounds wacky and like, where's this coming from? But think about, you know, what I've studied in terms of chronic illness and, you know, even the science of plants and psychedelics and quantum sciences, everything thing, our bodies and our cells, everything wants to be in connection and in community, whether it's our microbiome, whether it's our mitochondria, whether it's our neurons connection and community and exchange is the name of the game and diversity.

Right. So, so this kind of curiosity to like look at interesting science, for example, or look at, you know, things you might not normally think about.

And I do think this is part of what the cancer journey does sometimes for people, sort of if we can say there's a silver lining, sometimes that is a silver lining, right?

That they, can become really open. And I've seen this with people in all kinds of chronic conditions. there's like a new kind of willingness to be open and curious.

And I really think that is a huge part of the healing journey, the healing process, in fact, is that sense of curiosity and, and, willingness to be more open than we have been.

We all have biases and beliefs, just like I said. Right? Someone talked about structured water and I was like, you know, I know about water, you know?

And then I was like, oh, no, I actually turned out I didn't know that. Yeah. And I love yeah. Because we're talking about the mitochondria and the connectedness and that, that is like a curious open mitochondria.

And then, you know, with the DNA and I and I heard something. Yeah. Some of that research as well, which is fascinating. Even heard about how the, the coil of a DNA, I mean, that, that it actually vibrates, you know, and, and in response to the frequencies that, that we, we are exposed to, which means that, yeah, it's not only the, the, the physical aspect of what's going on in the body, but it's also the vibrational aspect, you know, that that is so important and is to kind of shift that and open up the cells, you know, to being, to learn more and to understand more instead of shutting down.

And then, you know, not obviously not receiving the nurturing that they need in order to function on an optimal level. Yeah, absolutely. And I think, you know, maybe people could hear this and be like, oh no.

Now I need to also think about frequencies and, you know, like that. But, it's actually, to me, really good news because when I think about how do we expose ourselves to beneficial frequencies, look, we live in a world that has a lot of challenges, right?

And there are many vibrational frequency challenges. There's exposures that we do not want and we really can't totally avoid, no matter how meticulous we may be, etc.

but like, what we can concentrate on and focus on is inviting in good frequencies. And where are there good frequencies? This is not lalala woo woo science okay.

It's science. good frequencies are fresh, delicious food. Okay. Like just picked, right? If you like. Right. Just. I'm just giving some examples here. Right.

It's it's turning on music that you love. It's going out into like a beautiful spring day, you know, or summer day.

Frequency, Gratitude, and Healing Environments

And letting, like, letting yourself receive the sun and the warmth on your body and listening to the birds bird listening to birdsong. There is tons of data about those frequencies and what they do like thinking about light, thinking about sound, thinking about the people you're around.

This is like a whole science, right? That heart math, the Heart Math Institute did quite a lot of beautiful research, and they're doing so much more now on collective Earth frequencies and so on.

But, you know, from the standpoint of frequency, it's like our body's human hearts, okay, emit these massive electromagnetic fields that are measurable.

And, you know, we know a little something about the electrical field because of the heart and the brain and EKGs and EEGs. But most people didn't know there's this big magnetic field.

So we have this electromagnetic field that is about six feet measurably from our bodies. So we're influencing and influenced by other people's vibrations and frequencies that make our, you know, they they influence and, and shift our own frequencies and vice versa.

So the way that those electromagnetic frequencies are, made, okay, partly is by our emotions. And that's like very fascinating. Right? A lot of people now talk about heart rate variability, which back when I first started talking about it, even like a decade ago, you know, I guess it's because of all these devices and things.

People are very into heart rate variability now. And that's like wonderful. Okay. But one of the things that's super cool that I'm not hearing enough, conversation about is that the way.

But we can actually look at heart rate variability patterns and predict with maybe something like 65 to 70% certainty what emotion you're feeling where like, for example, you know, you could be right, have a very fast heart rate and you know, whatever and be like angry.

You could be excited. You could be, scared. You could be right. You could be a lot of things. but heart rate variability will tell you which of those emotions you're most likely to be feeling.

And so the thing that I've been so profoundly impacted by in this science and what I think is valuable, maybe for this audience, is the heart rate variability pattern associated with gratitude and appreciation is actually this very beautiful tracing.

And it is associated with healing from mental illness. It's associated with like lower blood pressure. It's associated with better metabolic markers. It's associated with better sleep.

It's associated with less inflammation. I mean, on and on. Everything that's related to cancer and other chronic illnesses as well, and a happier life as well. Right.

And I'm not trying. So I'm why I'm saying this is not to be like glib, right. And say, oh, you just have to have gratitude. Right. But you want to surround yourself as much as possible with people who have a sense of appreciation of you as a human being, right?

Not people who are going to be critical and cut you down right? Or always sort of see the worst in everything. You want people who are going to be in a state of gratitude, because that's going to influence your frequency and vibrational field and literally all the way down to your mitochondria and your DNA, how they function.

And then also, it's going to make you, if you are in a state of gratitude and appreciation, which is just practice, right? It's just practice. like, I don't know about you, but I myself, you know, this is something I know I've taught

about forever.

I have whole programs where I teach it for my community, and I still sometimes need to really hold myself accountable and remind myself, wow, you're not really coming from the place of gratitude and appreciation right now.

And I have to come back to it. It's just it's like everything it's it's practice because being human is having to, you know, we we know what we need to do.

We fall away. We come back, we fall away. We come back. And, you know, but this is about how how can we find beautiful ways to influence our frequency and vibration, which changes how our DNA functions, how our cells are functioning on every level just by surrounding ourselves with these positive beneficial frequencies versus the negative stuff.

That's that's going to be there. Right? You're not going to eliminate that, unfortunately. It's like, again, here we are, humans having a human experience, right?

Yeah. And the that goes a lot into I mean the the cancer cells will look upon them as a, as a cell in survival mode. You know, and, and we're continually programed like, like you're saying we're continually programed by our environment, by the people we have around us, by, you know, what kind of are we out of nature?

Are we enjoying trees? Are we enjoying the wind blowing in our face? Are we, or are we stuck in a concrete jungle? Lots of noise, lots of. And then we, you know, that is then going to impact our, our bodies.

or, you know, if we live in a big city, what can we then do to kind of get away and then have this, this kind of bathing of positive frequency, etc., then programing or supporting healthy, healthy cell function?

and you did mention in regards to, you know, what we are eating and so yeah, obviously we have the, the nutrients in there. You know, the McCrimmon, you know, the minerals, the, you know, vitamins, the proteins, you know, carbohydrates and all of these kind of things.

But as you're, you're alluding to or saying is that they also carry a certain frequency. So it's like they as you ingest them, you're then downloading that information and reinforcing healthy, cellular vibration, you know, doing that.

And so we, we have them, them through food that we can do that, you know, by choosing what kind of food, you know, how are we programing our, our cells right now with what they're ingesting.

But then you also have the, the aspect, you know, which I know that you are, you know, a huge authority in and that's stepping into them plant medicine.

You know where you can then use plants and use that the vibration and the intelligence that exists within them to kind of shift, these frequencies that may not be in line with, with your, with your best self or your higher self and kind of it's almost like a reminder of who you are, who your higher identity is, and to be able to bring that information and so, so tell me how how as, as a person that's on this journey battling cancer.

Yeah. How they can then use plant medicine to to to help in this journey. Yeah, absolutely. So you know, I'm an herbalist. And when I hear in addition to being a neurologist, so when I hear plant medicine I think of like all the different plants, but I know you're referring specifically to psychedelic plants or what I call psychedelic master plants. And, you know, it's interesting because there is, well, there's kind of both indigenous science, around this.

And, you know, for people who don't know, because a lot of people, I think with psychedelic master plants, because of, you know, what happened in the 1950s and 60s where it became kind of like a little bit of a free for all, and then were, you know, it was outlawed.

Right? And people just think, oh, those are drugs. And people who use them are doing drugs. Right. what a lot of

people don't know is that, first of all, these plants were, have been used for tens and tens of thousands of years.

And we have evidence in cave art, which I didn't know this about cave art myself until I wrote my recent book about master plants. that cave art actually is not about, oh, what did people do in a regular day?

You know, in, you know, primitive times, right? That's what I thought it was. It turns out most cave art. And this is why we are still discovering cave art even now is, most cave art is actually very far in the depths of the caves, like in the back of the caves where it's dark.

No light, no, really lower oxygen. Right? These ceremonial spaces where the art there is actually, shamanic art, a lot of it. Right. It's about, half animal, half human. Right.

Like very kind of shamanic images and in many cases, pictures of mushrooms, pictures of cacti or even DNA evidence in certain caves. And this art is dated back 30,000, 40,000 years.

Psychedelic Master Plants and Meaning-Making

Like, really, really amazing. Where we see evidence that there were these ceremonies in. Right. Not all over the place, not necessarily was happening on every, you know, street corner in ancient times.

Right. But that there were these ceremonial experiences. So this has been around for a very, very, very long time. but what we also what a lot of people also don't know is that in the 1950s and 60s, alongside this whole, like, kind of hippie revolution that was happening, there was actually a lot of science looking at OCD, looking at depression, looking at a lot of mental illness and neurologic illness and other kinds of conditions, and showing incredible benefit with mushrooms, with LSD.

This was being done in academic centers. But then what happened? We all know it got outlawed. It was like illegal. And that was sort of just all came to a halt.

All the research for decades. Okay. And then in the last decade or so, it started to be looked at again. And what we're seeing is almost every major academic institution in the world now has, a group or even whole center looking at the benefits of psychedelics now from the standpoint of cancer.

you know, there's a lot to be said, right? Because we just talked about cellular memory a little while ago. And, how it impacts us all the way down to our DNA, right?

All the way down to our mitochondria. And the thing about cellular memory is like, well, how do we we can't, like, forget what happened to us, right? We have to metabolize it.

We have to make meaning of it. Right. And that's part of the human experience. Right? Is making meaning of right. Like, why do these things happen? Why did that happen to me? How can I come to terms with it?

Right? I can't I can't make it like it never happened. You know, like I've had experiences in my life like I wish they didn't happen, you know, people I lost or other things like, I can't I can't pretend that didn't happen.

But what I can do is find my way through it right in a meaningful way. And what that does is actually shifts our cellular memory. But it's hard. It doesn't.

You know, for some people it just happens. And for other people, it really it's really difficult. And I think for most people it's really difficult. Like I don't think that there's some like pathetic subset, like we are all of that pathetic subset.

Right. In a sense. I mean, you know, I'm being a little tongue in cheek here, but it's hard. It's just hard. And so what part of what the science of psychedelics, looks at is how we can make meaning of those experiences that we had.

Okay. And, and, in doing so, we actually and we do that by partly by opening those periods of plasticity, like what we had as kids. Right. Remember I said, like part of why it embeds is because we have this big plasticity period.

you know, until we're about five, seven years old. Well, this is like, you know, we still have plasticity our whole lives. that is not what used to be thought.

But now we know that's true, but not this kind, except with psychedelics and a few other things that can allow this kind of reliable opening of plasticity.

And then in those moments, part of what psychedelic masterplans do is they allow us to access memories and emotions that we normally suppress. This is why not every experience that people have with these kinds of plants or, or other medicines, are always fun.

They're not always fun. They're not always pleasant, right? Which is why I talk calling, you know, saying they're drugs. It's like. I mean, they're the experience is not always easy.

Okay. and that's why it's so important to have support before, during and after. This is not necessarily just like go, you know, get something off the dark web and go out into a field or something, right?

Like, I'm not saying it could not help somebody, but it also it's not it's not what the studies are looking at. And it's also not the safest way or the most reliable way we need to be held.

We need to be kept safe. We need to prepare. And I wrote about all of this in my book, and I support people in doing this as well. But the key is there are ways to shift our cellular memory.

Okay. And and so some of that is literally what I just said. Right. It's like opening our minds to make meaning of experiences that like when we were kids, we couldn't make meaning.

How do you make meaning of your parents saying something? You know, that felt terrible to you? Maybe a lot, right? Maybe they said it a lot, or hurt you or hurt themselves in some way.

Like that's not because they're bad people necessarily. It's just because they're human struggling. Right? We don't have a lot of tools in our society.

We don't. Community isn't what it was in. Like, you know, more ancient times where maybe there was more, you know, holding of one another. And that village which, you know, in modern society, we don't have as much of that. So, so that's part of what psychedelics can do.

And the other piece that I think is really fascinating is, particularly some psychedelics that have DMT, you know, and some people may have heard of that term and it's like, you know, but we actually make DMT.

It's and then it's an endogenous psychedelic. We have it in our own central nervous systems. Plants have it, animals have it. but in some cases where and I won't get too much into it, we can actually have more exposure to DMT and it can be can actually be psychedelic, but at the same time, what it's doing is it's actually activating certain receptors that a lot of people don't know about, called the sigma one receptor.

I could nerd out about this for a very long time, but I will spare everybody. And suffice it to say, this receptor, among other things, lives right at the junction of the endoplasmic reticulum and the mitochondria.

And what it does is it basically repairs the cell, and it is associated when stimulated by something like DMT, it is associated with fighting cancer, reversing Alzheimer's, reversing Parkinson's disease, healing traumatic brain injury, healing depression.

And and this has to do with this the sigma receptor okay. And what it does literally physiologically. So I think a lot of people are now looking at psychedelic master plants with new eyes because we're seeing wow on a physiologic

level on a neurologic level, on a cellular level, on a mitochondrial level, on a cell danger level, on a meaning making level, we can see conditions that our society really doesn't treat, doesn't have good tools, right.

Or has some tools, but not great tools, not foolproof tools. This is something that can, even with sometimes one big experience or maybe two, can really change the whole script forever.

Forever. So it's not like, oh, you have to keep doing it every, every day. The other stuff, right? The vibrational stuff, the diet, all the you that, that we do.

Right. Because that we have to do forever. so we want better make it fun, you know. But this part. Right. Shifting the cellular memory to me, it can make all the difference.

And I have seen a number of people, there are lots and lots of stories of people actually recovering from very severe cancer. you have to you have to want it.

You have to be willing to go and see these old memories and make meaning of them and go through that challenging thing that maybe, like you don't remember or you don't want to remember.

Right there. There is that right there is that part. It's vulnerable. It's like letting go of things and it's not everybody wants that, right. But if you are considering something like that, there are places where these are decriminalized or there are clinical studies or other things.

And actually, you know, you don't even have to do big doses in certain cases to get the benefit, you know? And if you want, we can go into that as well.

Yeah. And I yeah, like like you mentioned, I mean with experiences that have not been kind of given meaning to I mean, they got to be stored somewhere.

And so because you're holding on to that experience until you can make meaning out of it, and if you don't move, move through that and kind of process that, that experience appropriately, then, you know, that vibration that, that, that, this discord, so to say, and the cellular memory is, is going to persist and, and be that, that extra load on to that cell that can then drive it towards, you know, towards a cancer cell.

So, so then to be able to have tools like, you know, the master plans, you know, the psychedelics, becomes really powerful, you know, because a lot of times we, we wall ourself, you know, whatever it is that we don't want to process, we just kind of wall off and we want to forget about it.

And we put in the closet and we even forget where the key to the closet is. Yeah. So, so the master plans will, you know, the psychedelics becomes a really powerful tool then to kind of open that closet up and to process that so that we can make meaning.

And like you mentioned, you know, the these aren't just that to have a fun trip, you know, out in the field, you know, this this is to really being able to go deeper and process the things that can be underlying factors to, to why we are, you know, battling with this, this disease and, and obviously with that, you know, what is the meaning of the cancer?

You know, that that in itself gives us a, a reason that we have to dig deeper and understand, you know, what? What is the underlying, you know, factor or the root cause like we talked about.

So you mentioned, I mean, you can obviously have these, these big, you know, the big experience. And it's important then to have somebody like yourself that's really trained and kind of it's creating the setting, the appropriate setting, you know, for the individual.

And so that the individual can move through this, you know, in a, in a safe and a healthy manner. And because that becomes key. But then you can also yeah, you said you can do microdosing of it.

So how how is that different. And what what does that do for the individual. Yeah. So and I'll just say I mean an experience could be fun. You know it doesn't mean it doesn't it doesn't mean it can't be.

But a lot of times you're going to come come up against or, or or come face to face with, let's say, experiences that you don't, that you don't want to remember, right?

I mean, do you have experiences that you don't really want to remember? I mean, I do, right? I think we all do as my point, you know? so, microdosing is what we call a sub psychedelic dose sub psychedelic, meaning you're not going to have any kind of trip, right, as people would call it.

Right or journey or be out of commission, let's say, for, you know, 5 hours or 6 hours or whatever. and so you can parent, you can go to work, you can, get groceries, right?

Whatever it is that you need to do, you can do if you're microdosing, it's usually not every day it's periodic. And and what microdosing. We're learning a lot about it.

You know, it's a little harder to study it in, like academic studies because it involves people taking it out of a clinical setting. Right? Because it's it's not psychedelic.

Microdosing, Quantum Dosing, and Vibrational Medicine

So like for a psychedelic study, a big macro dose study, someone's going to, you know, do some preparation visits to the clinic, they're going to come be they're monitored the whole time.

Then they leave. Right. You're not like sending them out into the wild with these. And so, you know, it's more complicated to study it with, you know, hospital IRBs and things like that.

But, what we're seeing is it increases plasticity, it changes mood. It actually can. And in my mind, you know, there's a lot of benefit and beauty there for shifting cellular memory, especially for people who are just not comfortable doing a big experience, like maybe they want to work up to it, maybe this is going to be enough for them. But, you know, one of the key benefits, believe it or not, or key markers that tells us if somebody's going to recover from their addiction, from their cancer, from their depression, from there, right, when they do psychedelic journey, in these studies is do they have a mystical experience now?

Mystical experiences, you know, we could really go there. And I don't think we need to right now, but part of what it is is really about feeling a sense of oneness, feeling this sense of connection, feeling the sense of wonder and awe.

Right. And, and it feels like very true to the person when they have such an experience. And a lot of us have, you know, you go to the Grand Canyon, you're like, oh my God, you know, just like you can have mystical experiences, it does not require psychedelics, does not require anything to alter you to have a mystical experience.

Some people have it in prayer. Right? I mean, there's all kinds of ways. that said, though, that's part of the benefit, right, is being more open and we are more open when we experience the world through these master plants, these psychedelic master plants.

And that's also true with microdosing. You know, it doesn't have to be a trip. It doesn't have to be like I'm completely altered and kind of blown open to be more, perceptive, more amenable to, what's what's out here. Right.

What's beautiful out here and being able to hear the birds and. Right, like going back to, you know, someone might have heard me say, like, listening to birdsong is really important for our physiology.

It's really important for our nervous systems. And they might have been like, I have cancer. Why am I going to go listen to the birds? Right? Like, no, like, this lady is whatever.

I just mean, like there I could hear I could totally imagine someone feeling that way. Like, this lady's like, she doesn't get it right. And and so what?

Microdosing can sometimes help people with is being able to access that, being able to access that sense of like, wonder and appreciation and, Receptiveness to these vibrational things or other things, right, that they allow us to again.

So this is part of how the cellular memory gets shifted. It doesn't have to be like a big blowout experience. that's my position. I think that we are going to see microdosing more and more, coming to the forefront.

and then there's also quantum dosing and that's even more vibrational, right? Microdosing is actually you're using some of the material of, let's say, the mushroom.

A lot of people who microdose now and, you know, this is very widely done in like Silicon Valley and, you know, creatives and entrepreneurs and whatever, you know, are doing work with microdosing, because it does help them, right.

It helps them to kind of have that perceptiveness and that courage and that openness and that creativity. it can be applied in a lot of ways, and it can be applied to healing, right?

Healing from things that are hard to heal otherwise. but doing it in a vibrational way is completely legal because there's no question. Oh, can I how do I get it or can I? Right.

It's something that, is safe. It's safe for children. It's safe for people who are sober. It's safe for people who are pregnant, safe for people who are very sensitive, medically fragile people.

Psychiatrically fragile people sometimes. Right. The people who, even if they wanted to do a big dose of psychedelics, wouldn't qualify, right. but also for people who just aren't interested in doing that but want to be able to access the medicine.

And, you know, this is where indigenous science becomes very interesting because, you know, we in our society are kind of, you know, trained to think of like receptors and compounds and, you know, how much dose per weight and.

Right, this is how this is how we operate in a very material, physical way. But in indigenous science and indigenous practice, vibrations are actually the most important thing.

And in fact, my teachers that I learned with, in indigenous communities were like psychedelics, like compounds, drugs. Like what? What are these words?

You know, they said, this is this is the spirit of the plant, the mother of the plant talking to your spirit. That's how it does the healing. And of course, like we hear that and we're like, oh, maybe blah, blah, blah, right?

But in fact, I just want to say as a side point, that about 70% plus of the pharmaceuticals that we use in our pharmacopeia of Western medicine right now, including in Oers and anesthesia and cancer, all of that come from indigenous knowledge bio prospectors, anthropologists and others who went down to indigenous communities and learned from them, what they knew about plants.

And, you know, anyone who's been to the jungle, there's hundreds of thousands of plants in the jungle, and they don't look that different from one another.

I just want to say, and they know a lot about these plants, it was not a trial and error kind of event. I mean, you know, they say the plants told us that's how we knew.

Now we can take that or leave that. But when they talk about the vibration of the plant being the most important

kind of medicine, and I've seen that happen with psychedelic master plants that, you know, they sing these songs in ceremony, you know, using, let's say I watch sugar, which maybe some people have heard of.

That's one master plant, that's used, you know, in, in, South America. And, they sing these songs called Icarus and they're, they're, they're not made up by the person singing them.

They're given, okay, by the plant, by the plant. They train with the plant, and they they're given these tunes that are considered to be vibrational transmissions from these master plants, these ancient teachers, wise teachers that give us humans information that we need in order to heal and navigate the human experience and these songs, these arrows are medicine, such that you could hear one of these Icarus and start to feel like, oh, like I need to throw up or I'm going to cry and cry and cry or I'm coming back into my body.

I feel very calm. I feel like better, right? And sometimes these ayahuasca throws the, the, the people who, who do the healings, they don't even give people the ayahuasca brew to drink.

They might drink a little bit themselves and then they sing The Icarus. And the people have healing because of the vibrational medicine of the Icarus that are coming through.

So there are vibrational ways to experience master plant medicine. And because of this, and because of what I began to understand about DNA as an antenna and what are cells need to shift cellular memory?

and because I work with such sensitive people, always have. And I myself am a very sensitive person. as well, I don't mind saying, I developed, a quantum dosing product called quantum drops, which are master plant dosed in quantum amounts.

So, again, legal and safe for really anybody. And, and very potent, very helpful for shifting vibrationally the cellular memories and helping the DNA to be become readable.

Right. Helping the cell come out of this cell danger. Yeah. And and I and I love those quantum drops. I mean, the they're amazing. so with with that and like you mentioned, I mean, yes, we can look at the molecular structure and, you know, DMT doing this and doing that.

but at the end of the day, you know, we we all know, you know, in quantum physics, you know, which which is a, which is how we're starting to understand reality and that it's kind of the next step away from the Newtonian, where we are just X particles.

And this moving this fast, this acceleration. And, you know, so quantum physics is, is really, really real. And by understanding that we know that we as fiscal beings, you know, are vibrational beings, you know, and, and we can try to at every time we dissect matter and we get further and further down, we start to recognize that there really is no physical.

You know, it is mostly just vibration that's there, you know, because we we're mostly just space, even though it just looks very physical. So the vibrational aspect becomes so important in in regards to our well-being.

so with the quantum drops, I mean, what what can people experience with that? I mean, what what have you seen? gosh, I've seen such diverse response. But the main thing I would say is these kind of, epiphanies and like these synchronicities, these experiences of like, well, I'll give a couple of examples that might be the easiest, right? Is, you know, I had somebody that was he wasn't even he's a doctor and he wasn't really that into this whole concept of, you know, vibrational medicine.

Like, I don't know, you know what? What does that even mean? And we talked about and he's like, well, I still don't get it, but I'm going to go and take this.

I'm going to buy some and take it with me. I said, okay, you know, and we're at this conference and he he comes back and finds me the next day. He said, oh, I want to let you know, I took the quantum drops last night and I took

them again this morning.

And, he said, I don't know if they did anything, but I feel nice. I, I met some nice people and, you know, it's good, I feel good, I feel connected. I said, great, you know?

And he said, oh, and by the way, I, I built an altar to my father, who died a number of years ago. And I bowed down and I prayed to him and I was like, oh, wow.

have you ever done that before? He said, no, but he said, that's my my, lineage. I'm Chinese. And we actually in our, our, lineage, we pray to our ancestors.

And I said, no, I said, that's amazing. I was like, have you ever done that before? And have you ever, you know, built an altar? He said, no, I don't have anything like that in my house.

I don't have anything Chinese in my house. But I took these drops and I felt so connected to my father and to my lineage, and I just knew I had to get this picture of my father up.

Quantum Drops, Testimonials, and Where to Learn More

He's in a hotel room, you know, put a towel on the floor and made this, you know, and so, like, seeing people having these, like, healing experiences with lost family members, you know, with their own wounding, their inner child, their disconnection to their, to their culture, their lineage, you know, healing their experience, old experiences with parents, with siblings can come through and then these, these joyful experiences too, that we've seen where, you know, somebody that we know mutually actually, you know, he had quantum drops, I guess, last year and then a few weeks or maybe a month or so later, we were on an interview, just like this, and he said, oh, you know, before we start, I have to tell you something.

he said, I started dancing every day. And I said, oh, that's really cool. He said, no, you don't understand. I, I wake up in the morning, I, I don't even get I don't get in the shower, I don't get my coffee, I don't get dressed.

I turn on music and I just start dancing. I was like, that's amazing. And he said, well, what I want you to know is I couldn't figure out why that was happening.

Like, why did I feel that way? And I realized it started when I started taking the children. So we have three quantum drops in a set. The grandmother, the grandfather and the children.

And the children can make people feel that sense of connection and playfulness and curiosity, as I said, right, which I feel is a really important part of healing.

And, he was dancing every morning, just woke up, didn't know why, but felt like he wanted to dance. and there have been a lot of other things where people have had really powerful healing experiences from physical illness, from mental illness, where it's been a huge shift.

And, I mean, someone was asking me like they said, oh, you know, I'd love to see some testimonials. I was like, I could show you them. But a lot of the testimonials I get not but a lot of the testimonials I get are like essays, like people write me like pages about their experiences.

And it's so beautiful. I mean, I'll be honest, like, I wasn't that into vibrational medicine when I created these. I just I kind of got this guidance.

I thought, well, let me play with it. Right. We call them ceremony in a bottle. Right. Because ceremony is something you go in, something happens. Might be like a little unpredictable in some way.

Right. But you come out the other side changed different. Right. Hopefully healed. And that's what these are. They're made in a ceremonial way. And they are.

They embody the beings of these plants. And the ceremony. I love it, I love it. Well. And Dr. Maya, thank you so much. I mean, how how can you help so many people guiding them through, you know, exploring themself and understanding more about themselves, you know, using master plans, also using quantum drops, and so much more.

So where where can people go to learn more? Well, the best place to go is always my website. drmaya.com D R M A Y A.com They can also find quantumdrops.com if they just want to look at quantum drops.

And then, I'm pretty active in my Instagram stories of people are like into social media. You know, you can find some of my work there. But, on my website, I have all of it and a lot of free information and meditations and quantum activations.

I offer ceremonies online every month that people can bring their quantum drops. And we, come together online. And we've had, you know, hundreds, 500, 600 people all coming together.

So, yeah. So people are welcome. Thank you so much, Dr. Maya. Thank you.