Healing from Lyme Disease Summit Live Q&A - Day 3 Transcript

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Opening and Self-Healing Overview

I didn't have a label. I didn't know what was really going on in terms of, you know, all the folks who, you know, like, I didn't have a Lyme diagnosis.

I had eight years of no name for it. So I was just back up against the wall and I had to move forward and grab my future and make it happen. And so a lot of these things were trial and error for me.

And I know the same for Doctor Darren. So our goal is really to share with you several different approaches for optimizing self-healing, so that you can use this in addition to anything else you might be doing with a provider, or if you're stuck.

Because what I found was I was like 70, 75% better before I even had a name Lyme disease, or was in front of the practitioners who could actually tell me what I needed to do to get the rest of the way.

And when I received their healing, recommendations, my body was ready to move with them because I had done all this work. And but the one thing is, I saw radical changes because of these things I did.

But I didn't want to make it a situation where you have to go through all the trial and error that Doctor Darren and I had to, you know, so we want to streamline some of this.

So our practices are going to range, from some breathing exercises. And these are going to be ones that are known, scientifically validated to optimize this shift from the sympathetic dominant state that fight or flight state, or even if you know about that freeze state when you get stuck, we want to give you the tools to move into a pair of sympathetic healing state that will help support optimal immune function and to help sleep.

And then with deeper sleep, you're going to experience greater levels of natural brain detoxification. As 8,090% of all our brain detox happens in deeper sleep, except the only other time we found this to be true is if we can get into a more what most people call meditative state.

But that brainwave state of calm relaxation is really what the key is. So some of our exercises that we go through during the week may include some short breath holds, because this has been shown to, play some mild natural or sort of required stressor on your system, just enough to stimulate your mitochondria to make more energy, to decrease the stress in your body, and also to stimulate your mitochondria.

There's energy factories of your cells to help clean up that intracellular compartment get, including getting rid of a lot of these intracellular pathogens like some of our friends like Lyme disease and and Bartonella.

Right. And then on top of that, some of these are actually going to do things like improve your, open up your nasal passages and drain that. So the brain detox happens better you get rid of the mold toxins easier and also improve circulation in your hands and your feet.

And then with a little bit of practice, you can get a little longer on your breath holds. That will teach you, and you'll actually be able to stimulate natural stem cell release.

And that helps, you know, promote optimal health. And I think the important part there is this natural stem cell release is as good or better than even getting in, you know, stem cell, transplants, types of things like that are infusions, not that those things don't also have their place.

I just want to supercharge everything that you can be doing at home. And then we're also going to talk a little bit about setting our intentions, being really clear on the results that you want so that you can fully realize it in your life.

But I've realized this whatever I kind of put my mind on, I get more of, and I want to help you really get clear on your healing.

Breathing, Meditation, and Nervous System Regulation

So from the beginning of the summit to the end of the summit, you've not only got all these new amazing tools, but you also have experience that that trans, you know, transmutation, that change, that improvement that you want to see.

And like I said, some of these things, you can feel relaxed and have more energy immediately. So the other thing is, we some of the meditations, we will talk about some things called meditation.

And, you know, it's been shown to stimulate, stress, release, and improve immune system function. But don't worry about that word meditation if it's not one that resonates with you, even my daughter Talia hates the word I.

I think she, you know, doesn't. We do it all the time, but she just uses other words. So don't worry about the word. Because meditation really is, a word that means to become familiar with.

And our goal is for you to become familiar with that state of health that you want to walk every day in and every day you want to see get bigger and bigger and broader and more, you know, really just living that life.

And so meditation is not about like arming and candles or dark rooms. It's just getting your nervous system in that state where your body can reduce its stress, where you can experience, optimal immune function, and then just getting there more and more frequently.

The more frequently you go there, the easier it is. The easier it is, the more you experience it. And then we start to see some really great changes. So, just really thank you so much for coming here.

Welcome, welcome. And I'm going to dive in, see one of those questions over there. We'll pull that up in just a second. One last thing for any practitioners who might be joining us, just remember, if you're interested in, you know, more effective diagnosis and treatment of Lyme and really diving deep and understanding how to put together all the things that we've talked about at the summit here, head over to our summit resource, page or directly to Tom moorcroft.com/mentorship.

And you can join our amazing, community of other practitioners who, for all you patients listening, we're training and working with everyone to get them to the point where they can sit down and really know what's going on when they're working with you, because there's not enough people and there's too many people suffering, which is why we're here. So, one of the questions that I see here so far, and if anyone else has questions, please drop them in the, Q&A box down there.

And, I saw have we had any experience with s.a.t therapy for Lyme and co-infections? And if so, what is that success rate? And so from an SoC perspective, I don't personally do it.

I have several colleagues who do do it. And they have varied responses to it in their patients. Marty Ross actually, who's an MD who does a lot of Lyme, did a really great write up on this. You can certainly search that online.

And Scott therapy could in certain areas of medicine has a lot of evidence where it might work in Lyme and co-infections. I think it's more hit or miss.

Some of our colleagues are quoting that you can see upwards of, six month reduction in the overall duration of your treatment protocol if you also include s.a.t.

But the issue with that is it's not really controlled. So I don't know how long your treatment protocols are going to be. So it's really hard to tell you that and confirm that I'm actually allowed to, you know, that you're actually getting better six months sooner.

With that said, the few people in my practice that have been doing all the other stuff we've been talking about who have added S.a.t, which is really only not even a handful, like two people I can think of.

One did start to do a bit better about three months after the initial treatment was started, and the other person kind of didn't have, a big change at all.

So if you're looking for overall, like how is it really working? And that's not a lot of data. I think that there's a lot of other things that I would exhaust with my patients before I would dive into it, just because of the expense.

And that's one of the reasons why we put the summit together the way we did. There's a lot of information where you're going to get these great ideas.

You're going to have to sit down and with a practitioner and read through what works best for you right now. But in the end, that's what these extra sessions are all about, giving you the tools to stimulate your self-healing.

Because essentially Scott is trying to work in that direction, too, and helping your body recognize it, particularly as see, the one person that I know that had a initial positive response, although they're not like all better, but they definitely saw the needle move a little bit was someone with Bartonella.

So it's a lot of these intracellular pathogens. So I think it's a great question. And I think that we need to really spend a little bit more time, learning about it.

And if you're at a place where, you know, finances are tight, it might be it's not got the most evidence behind it. Whereas if you have a little bit more leeway in your finances, it seems like a reasonable option.

It's just like a lot of things when you're sitting there and you're saying, hey, this has got a 1 to 4% chance of moving the needle between 5 and 15%.

You have to just under. And I made those numbers up. But that's kind of the general gist of what I feel. So that's something you just need to be aware of.

So excellent. Excellent. Questions. And then any tips for healing, this hydronic eczema in the fingers. So with, itchy with blisters, the you know, it's interesting, I think about a lot of these things are whenever I, I don't work with that condition, say, specifically on its own.

To my knowledge, I don't know that I've seen it. Now, have I seen a lot of people with weird eczema with blisters and everything on their hands, their feet and other places?

Absolutely. A couple things, depending. I always think about what's going on in your gut to start with, because your gut is really like the, from your lips all the way through your rear end there, we've got a single cell lining across our entire, GI tract that skin cells.

So a lot of what's going on in our gut microbiome is reflected in our hands and our feet and our skin externally. The other part is, I've seen, people with Hydra at night is superlative or a super diva, depending on what I would say, but they get big boils and stuff in their armpits and stuff.

Not quite eczema, but similar. And they actually had to go on an autoimmune paleo diet to get in front of this. But in that person's history, they really had a lot of just like eating garbage, right?

I mean, lots of soda, lots of processed foods. So but in the beginning, when they made the shift, they had to really change their diet around a lot more than just, you know, hopping on it like it took a long time.

Right? I mean, it was like they it was this autoimmune paleo for over a year, along with low dose naltrexone to help calm down the hyper immune reactivity.

And then they were actually able to come off and liberalize their diet. So, when I'm looking at things like that, I do think about the gut. I also do think depending upon whom you are and your specific health history, thinking about things like specialized pro resolving mediators, which are fish oil extracts, or even just straight up omega three fish oils to get a little more healthy fats in there and bring down some inflammation and heal the gut while also giving some lube to the hands.

One of the other things I love doing is something like a coconut oil. Or if you grab, some like C60, the carbon 60 that I'm talking, I believe it's, starting right after this will go live on day two.

And I'm talking to Ken Schwartz from, C60 purple power. C60 is a really poni antioxidant and the it's a you can get it from them in coconut oil, avocado oil, extra virgin olive oil.

There might be another one. But actually recently, I've had experience with this, where, you know, I got sunburn accidentally, which I usually don't do, but I ended up rubbing off my sunscreen accidentally.

And, I mean, it was so bright red and just immediately started putting this on there. So if you do the coconut oil or the avocado oil C60 with, you could even depending upon how bad it is, you might even want to put on some cotton gloves at night.

Or if it's on your feet, you can do things like socks while you're sleeping. Really hold that right in there. But those, direct things can actually be, exceptionally, helpful as well.

I be a little gentle with the blisters, but from an itching perspective, over time with the lube and then all that antioxidant wonderful power from the C60 can help there as well.

But see anybody else? Any other questions here? Let's see. Do saunas help with Lyme recovery? Oh, the original stone sun is or infrared. That is such a great question.

Practitioner Resources and Q&A on SAT Therapy

I actually one of the. I would step back before I answer sun is take a peek at, heat in general. So one of the things I talked about today, and day one with Ari went and was for me is that sort of lower dose, shorter duration stress that stimulates your mitochondria to create energy, get rid of old mitochondria, make new mitochondria and clean out that intracellular space.

So super important to understand that this is caused by a stressor on the system. And our major stressors are, fasting or just low, low caloric, energy.

So not only fasting but exercise can help with this, cold exposure and breath retention or holding, you know, holding your breath until you have a little bit of an increase, in your carbon dioxide levels.

So they're the major ones. Heat comes in kind of like in the second tier. It's not as good as cold for stimulating, you know, that autophagy and the Mito genesis, we're recreating our mitochondria.

But the, heat will is a hormone stressor, and it can push you in that direction of healing. With that also said, also, heat is very calming. Like I enjoy a steam shower or a sauna or a hot tub because it helps calm me down.

So I love it for my nervous system. When you do expose someone to heat, especially the infrared may be a little bit better than just straight up sauna, but it's probably more the heat in general because we're improving circulation where we're getting some of the toxins that come out in our skin, and we're certainly just allowing that sympathetic state to calm down.

And then we because in a sympathetic state, we're going to kind of, you know, be overly vaso. We're going to be overt, like toxins are going to be flying all over the place because we're trying to run away from a saber tooth tiger when we get a little more parasympathetic, but we include the heat, then we can start to kind of mobilize things a

little better.

With that said, though, I think one of the things that are, important is heat works. And whether it's the stone sauna, an infrared sauna or some other kind of variation on it, because, I use a lot of thera sage where they have their, you know, they've got like the, the red light therapy in the sauna with you and everything.

I mean, it's really great stuff if you have Lyme co-infections, if you have mold exposure, mast cell activation, remember this will work. It will for every person on mobilize things a little differently.

But when you expose yourself to heat, if you're going to start low and go slow, I've seen people just, you know, hop in a hot tub and then next thing you know, like two days later after, you know, an hour, three days in a row, they are detoxifying like mad.

And they're having this huge Horkheimer star reaction because they can't get all of it out. So these will mobilize things. So when you're using them, you know, just take your time and don't go overboard.

We typically don't see a lot of these detox reactions. If you do cold exposure. But I think what happens is the cold exposure. Most people can't tolerate the duration of cold exposure in the beginning that it would take to overdo it.

So I think the challenge with heat is it's very easy to overdo. So just be aware of that and be and have fun with it. But like with exercise, I always tell people do about 70% of what you think you can do.

And with heat, I might even start at 25% of what you think you can do. So if you think you can do ten minutes, do two and a half or three, and then work your way up, and certainly, again, work with your providers, or even the manufacturers have a lot of really good recommendations.

But again, low and slow. I've seen people benefit from 90s of infrared sauna therapy, working up to about 20 minutes over the period of 4 to 6 months.

So and if you can get the 30 minutes in two days, great. But it's all individual. And make sure that you just, keep that in mind. Yeah. So we had another question from Joyce.

So what kind of, binders work best? Best with the saw. And and and what kinds of amounts are useful? Another great question. Thank you so very much for that.

The so the thing I love about the salt is I can mix a lot of herbs in it, and I don't have to take it away from everything so I can make a lot of, of our or we use a lot of the lime flavored pack, the salt.

See, because I can mix a lot of herbs in it and it doesn't seem to over bind people. I think it's that combination of calming the gut and, you know, anti-inflammatory.

In addition to being a binder that works so well. And I gotta say, you can't. If you've listened to the conversation with Doctor Lyons, you can't kind of miss out on there's probably a lot of love in that in the in the factory where they make that because he is just all about the total human package.

So he's going to give you the best product, but he's also giving you lots of love in there. So I don't think that hurts. But more to the point, from the practical perspective, I use a lot of, activated charcoal that, that is carbonized bamboo.

So things like Taco Semi Supreme, I love GI Detox Plus, and we can we'll talk in a minute about the other things in there. As well as Micro Pull and even Ultra Binder.

They all work really well. The, the challenges. And at right after this, when you grabbed Neal Nathan's lecture, we kind of talk about the a super sensitive person, super sensitive people.

We want to again, just like the heat, we start low and go slow with bentonite clay talk assuming and things of that and toxicity. Me supreme is just that activated charcoal from bamboo.

And so those are really helpful. So then the next step would be like any of the other ones I mentioned, the combo binders. They've got a little bit of clay.

They have a little bit of activated charcoal, a little bit of apple pectin in the, in the GI detox. Plus, when you're looking at micro pull, there's a little zeolite in there and there's a little silicon, some of these.

So the idea is we're getting a little bit and pulling. And the goal really is to bind a little bit of extra toxin today so that you're getting a little more out today than you did yesterday.

And it's just about a little bit more. So there's two main things that come up. Well, three main things, I guess, with binders. One and now that I say three, it's really probably four.

If you're dealing with mold stuff, definitely work with somebody who knows how to choose the binders and their ingredients in a way that's toxin specific, but from a binder in general.

The big thing is, do you need can you tolerate a combo or do you have to start with one and slowly increase them? That's something you need to know for yourself.

Skin, Sauna, and Binder Support for Detox

I typically see people do well with low dose combo binders, which for GI Detox Plus or Micro Pull would just be one capsule a day. But I have some people that have to take a half or a sprinkle.

If you're ultra sensitive. Again, you may need to even start with just a few sprinkles of activated charcoal. So then. So I usually have people doing it once a day to start and one capsule.

And then the next option you have is do you do two a day or three a day all at once, or do we start to increase the frequency? It is individual, but it does seem that if we're able to increase the frequency, that does, help us keep that siphon going, the big issue, though, is it's better, in my opinion, to take a little bit for a long period of time than take a bunch, get sick, and have to come off of everything.

So when in doubt, just go low and slow. And certainly, I hope, Joyce, we've answered your question enough. There's going to be a lot more. We talk, in day two with Neil, Nathan and Jill Krista.

So certainly learn more in those quiet, lectures and then get back to me if you have any other questions, as we'll be here every day. So that'd be great.

Let's see. The other one is. Yeah. So another question is about, rectal insolation of ozone for Lyman co-infections. This kind of goes back a little bit to Scott.

And the conversation of I think this depends on whom you talk to, how well it works. You know, rectal insolation can be a very, very inexpensive or relatively, I should say, inexpensive way to do this and a very safe way to do it.

And, you know, one of the things we've noticed is that for Lyman co-infections, it can help, mold, maybe not as much, but for every time I say that. And I talked to Doctor Nathan about that, and we agree on that.

Somebody else has the exact opposite. Right. So it is a oxidative therapy that can be very, very helpful. You know, for the right person, I think when you're doing rectal inflation or even like if you're doing tympanic installation where they modify a stethoscope and they pump the ozone, right onto your ear so it can get absorbed, those can be, less expensive, and potentially less problematic, a treatment.

So it's certainly where there's no real clear. Yeah. You got to do that to get better from Lyme. It's certainly one of

those. If you have access to it, it's probably it, it can be, worth a shot and doing that.

So let's see. It's awesome here I'm just double checking. The Doctor Talks team is amazing here. And they are checking the Q&A and putting it in the chat.

And I'm seeing both of them. So I just want to make sure we've gotten all of those. So, let's see, we got those. Got those. Yeah. And then, if we'll definitely later in the week be talking a little bit about red light therapy and methylene blue.

And that's another sort of essentially becomes an oxidative therapy. So I'll make sure we come back to that after you guys get to watch a few more of the talks where that, that comes in.

So that we have a good guideline. And I think, yeah, we've got one other question here before we hop into our, live healing experience. So what? This is awesome.

Thank you so very much for this question. And, I'm, I have I'm on the side of it pops up on the side. So that's why I'm looking to the side for a moment.

What are the most common signs and symptoms of Lyme in children? And how can, health care providers differentiate Lyme disease from other common childhood infections or illnesses?

So this is a big, big topic. We, Darren and I talk a little bit about this with Alyssa Song, later in the in the week. But one of the things, is the classic kind of the thing we don't want to miss is this summer flu.

Right? And with Covid in the past, it's been tough because now we have a viral illness that was rushing through the summer, too. So but over the summer months, if you're getting something that looks like middle of the winter influenza, that's kind of one of our first red flags that it's probably not influenza.

And now we might want to look at Lyme disease. As a possibility. Certainly. With children, the presentation does tend to not be so classic. If we step back for a second, with rashes, the CDC says the rashes are present about 70% of the time when I review the medical literature across the board, depending upon the paper, it's 40 to 60% of the people get a rash.

So let's call that 50%, which means about 50% of people don't get a rash. So the rash is not your number one thing. The other thing is of the rash, is like the M rash.

Everybody's there are erythema, migraines, rash, which is diagnostic of Lyme, is mostly thought of as a ringed, you know, rash with some central clearing.

And that's they call it the bullseye rash. But if you look at the medical literature, it's 20 to 30% of all erythema, migraines, rashes actually have that.

So the key here is that about 30. Let's call in the high end 30% of the M rashes. Of that 50% are bull's eyes. The other ones are just like purple splotches, red marks.

They might be multiple. So just know that the rash isn't always there and it's not always really what we think it is. The other thing with kids, it's important is one of the common presentations for kids is isolated abdominal pain.

And so isolated abdominal pain is, one of these things where it doesn't make sense. Right. We've checked the foods, we've checked, we've done the endoscopy, we've done all this stuff that you need to do in regular medicine.

And you're still like, why is this kid having belly pain? We've biopsied Lyme, the Bartonella, and even mycoplasma pneumonia from the gut wall in the past.

And it's this is one of the things I learned with Doctor Charles Ray Jones when he was nice enough to allow me to

shadow in his office, pretty much, you know, every week for years was that this is a critical thing.

And I see leaky gut. I see food sensitivities going away. If we look and we find Lyme and then we treat people, for that. And a lot of times we think, oh, we're going to create leaky gut or we're going to create a problem for someone, you know, food sensitivities in response to chronic antibiotics.

And sometimes you will. But a lot of times I find we're healing the gut because there's also a concurrent infection there. So we find the balance. The other thing with children is they're not really able to, oh, depending upon their age, always tell us, you know, what's really going on.

So we see a lot of, sort of acute, abrupt or semi acute meaning over a couple of weeks behavioral change. And this is where we can see regression at school.

We can see, you know, regression and handwriting, art work, behavior. I've seen kids who just all of a sudden start stabbing other people with pencils and forks.

You know, we sometimes when people have Bartonella, they I've seen kids who want to kill one kid in their family, but nobody else. It's some of these oddities.

If you see a tic like a Tourette's style tic, come on out of the blue, or they're doing this kind of thing, or they're the eye blinking, or they're doing some sort of grunting or or finger things that could also be, an acute tick borne illness, and the other and typically what happens is we end up missing it right away because it's just minor flu, right?

For like 3 or 4 days in the summer. And then come October, November, something happens. So that's where we see this. And we also have this overlay map with pans and pandas.

So the pans is pediatric acute onset neuropsychiatric syndrome. And what happens is when all that Hap that occurs that can over to Lyme and Bartonella could trigger the regression itself, or it could trigger autoimmune encephalitis which then sets it up.

And we have even more regression. So there's some of the big things. But GI stuff jumps out at me, kids from a mile and a half away. The other part, too, is growing pains.

Growing pains are real things, and bone pain from Lyme and Barbies are real things. So that's where it gets a little more challenging. And that's one of the reasons we, you know, created the mentorship group.

And again, you can just go to Tom moorcroft.com/mentorship if you are a practitioner and you can learn more about that program. But that's part of like the nuances.

So GI stuff just weird stuff. Weird weird weird, you know, and so many times if they don't present acutely right within a couple of weeks of the tick bite, you're going to see them later on showing up at the behavioral regression.

And that's really a big sort of neon flag, you know, red sign for me, red flag. The other thing is I will say my daughter, a couple of years ago, went on a school trip and, in retrospect, about a week later developed a fever.

For the next three weeks, we went to every all the doctors. We did all this stuff. We need to do, and nobody knew what it was. And I'm like, my kid has a fever that literally has not been below 100 point for, five, for three weeks.

This is not right. So once I exhausted them, I drew the Bézier done. Connie and my Crotty panel, along with all the other Lyme stuff, sent it off. Two days later, she passed out and ended up in the emergency room with low blood oxygen and low, and anemia.

So low red blood cells. And there threatened her with, like, exchange transfusions and all this other stuff and a critical care visit. But thankfully we were able to get her stabilized in the ER.

And when they found nothing that they knew what to do, they called it a virus, took her home, started treating her for the year because I knew that I was done dealing with the rest of the system, and they had already exhausted all the other things her sent.

Her fever broke within 12 hours, and three days later I got the blood test results. That was positive Bobbsey had done. Connie subsequently treated her for nine months and now she's without symptoms.

So you can get just like an acute presentation. But this was in November, right? And this was they went outside. Ticks are still out. You usually don't see symptoms for 4 to 6 weeks after a bite, although in her case it was about a week after.

And Berbizier does that because it reproduces in the red cells. So it can be sooner. So just with kids, just keep an eye on those things.

Ozone Therapy and Lyme in Children

And the nice thing is that early diagnosis, early treatment is really what it's all about. So that's why I'm really so thankful that you're all here and we're all part of, this summit together.

It's like, let's all share with one person so that they can get this information and they don't have to have their kids suffer like I had to, or have to suffer for 13 years like I did.

And hopefully we can also teach you guys the things that help minimize your suffering. Quick last question. Although I said that a second ago. Yeah. Vaccines.

We're going to talk about vaccines. I think it's day four, day five with Taylor being, a great, really objective conversation. We will be talking about it there.

So if that, lecture doesn't answer your questions, please come back to that, live one and let us know. The long and the short of it is they're they're working on an mRNA vaccine for Lyme.

My concern is the original, Lyme Rex vaccine. About a third of the people who got it, which is about 3000 people or so in the third. So about 10,000 people total.

About a third of those people had Lyme like symptoms that we didn't know what to do it because it was caused by that 31, kiloton protein or band that responds to the protein that allows, you know, that the, Borelli border fry, which is the bacteria that causes Lyme expresses in a tick.

And the problem is our human body doesn't like that one. So now what we're doing is we're doing the same exact thing with the, current one. It's we're looking at 31 again, but I understand the science behind it.

And we talk a little bit with Taylor about that. We can dive deeper into it. It's coming. But I'm going to take a deep breath before I jump on the bandwagon.

An actual well made vaccine to prevent Lyme disease would be amazing. And join us definitely for that talk with Doctor Taylor being because she's actually going to tell us, teach us the things that we need to know so we know what questions to ask rather than just make a, a judgment call based on our emotion.

And it's what she is literally the best person I've ever seen talk about vaccines because she's super passionate, super scientific, and doesn't tell you what to do.

She tells you what questions to ask so you can make the right decision for you. We have a really great dialog on that, so I hope that's really helpful.

I want to say thank you to everybody for all your questions because it's amazing. And so I wanted to transition

here. We've got about 25 minutes, to just a brief, healing experience.

If you really enjoy this or want to learn more about these things, I after the webinar, after the summit, we're going to have a webinar on June 14th to tell you more about the way we implement this.

And that's just Tom moorcroft.com/masterclass. And that's just we're going to really dive deep into how we help people create their own strategy for doing this and creating an approach that works for you.

So over the week, like I said, Darren and I are going to be sharing different things. I have a couple of special guests, including, my, friend Doctor Alana, and she is going to teach us the pain paradigm that commonly will bring pain from a seven, eight, nine out of ten, down to 1 or 2 within ten 15 minutes through the experience.

And so she'll be doing that for us, next Monday evening. So I'm really excited about that. And we're just going to build on these little things that you can do.

So during our experience today, I'm going to ask you a couple of questions. And so I just want to give you a heads up on them so that you can start thinking about them.

And really it's all about just settling into your heart. And that's where we're going to start. So that you can be open to these things and open to receiving that healing that you truly deserve.

So one of the things I'm going to ask you to do during the the experience is to think of someone or something that brings you a tremendous amount of joy.

Overwhelming sense of love just brings you alive. It could be something from the past that you used to do. It could be something that you do now, or someone you love, or something in the future that you can't wait to do.

But just when you think about it just makes your heart kind of feel really open and light. And so whenever we're doing these things and this is a litmus test, I use all the time when I ask myself a question or I'm about to do something, make a decision.

Two things that help me. Does it make me feel more open in life, or does it make me feel more contracted? And so obviously, or I think obviously, the more open and alive is what we're going for and another place to look.

And the reason we use breath so much is I learned that breath is your litmus test, for if you're stressing your body too much. And so I learned particularly, I started this path, this journey through yoga.

And it eventually grew and grew and grew into a whole lifetime health practice. But with yoga, they said, it's not about being a contortionist. It's really about allowing yourself to be aware of your breath.

And if you're doing yoga, it's movement on breath, not the other way around. So if I were trying to get into a posture, my teacher was like, if your breath is not full, you've pushed too hard.

So if you're straining and you can't fully breathe and you would like to back off because the breath is the most important piece. So when you're making a decision or even you're asking, so what is the thing that brings me joy?

Does it do you feel like you want to take a deep breath? Does it open your energy just a little bit? That's all we really need some of the other questions to just ponder as we go into this, to allow you to kind of release anything that might be holding you back and be open to new possibilities of healing is how do you feel about your current state of health, and what would you truly love your health to look and feel like?

And one of the things here is if you're if I ask you to look at something and you're not a visualizing visualizer, let's go with what it feels like or what it sounds like to you.

It's just there's no right or wrong here as long as you just put yourself first. And that goes to the next question is

like, what is holding you back from allowing yourself to give 100% of yourself, you know?

And how could you be truly allow yourself to be put first and receive healing? So we're going to start and I'm going to see I don't know if I don't know if the team has the ability to let me screen share my, audio because there's a I know in the regular one, I can stream my audio and it doesn't look like we can, but I will start mine in the background and hopefully it will get loud enough because I have some really great backing music from a guy by the name of Chris Collins.

So I hope that will come through on this. I don't know if anybody can from the team can just let me know if you can hear that. Because I've got my fancy mic on.

And I don't know, audio yet. That's wonderful. So what I'm probably going to have to do since the little carrot's not on my screen through the webinar software, I'm going to change my mic so I might not be as good, but let's see if that gets you guys some audio.

And they're also trying another thing you know. So thank you guys for doing that. Hosts. Thank you for there. You guys make it. Give me one second. Thank you for your patience.

And I believe y'all should have some sound now. Thank you so very much for helping me with that, guys, and for bearing with us. All right. So as we get started, we'll be about, you know, 18 minutes or so.

We'll make sure that you get back on track for the summit and the rest of the day, take a moment to find a position that feels right for your body, that can be seated or lying.

Comfortable here. Whatever feels right for you. And I invite you to take a nice deep breath in through your nose and let it out. A nice sigh of good feelings.

And with your next breath in as you exhale, allowing your eyes to close. Allowing your body to move into a state of relaxation. Simply allowing yourself to breathe and.

And our. With each breath in. Breathing in gratitude. And with each breath out. Relaxing deeper still. Just bring to mind what you would like your health to look like.

And whatever emotions come up with this. Fear, lack, frustration or whatever it is. I'm not a next exhale. Just let it go. Allow it to release. And one of the quickest ways to calm the nervous system.

Is to become aware of your heart. Just that space behind your sternum, in the middle of your chest. And with each breath in, just imagine that you're breathing directly into your heart.

Feeling it fill. And with each exhale. Relaxing deeper still. And as you continue to inhale through your nose. And exhale. Become aware of any thoughts that you associate of fear, anxiety, lack or illness.

And with each exhale, these thoughts are effortlessly released. Allowing greater and greater space in your heart. To receive. And now. Bring to mind that someone or something that you love so much.

Holding them or its image in your heart. And with each breath in. Filling your heart. With love and gratitude. The simple act of breath. Awareness and gratitude for something you love.

Has been scientifically shown. To improve heart rate variability. And immune system function. So keep holding that wonderful image that lights up your heart.

Right in the center of your chest. As you breathe in love and gratitude. And relax with each exhalation. Allowing your heart to receive. Love and light.

With each breath in. And with each exhalation. Allow your heart to share that love. With every cell in your body.

Vaccines and Summit Wrap-Up

For your body is always working in your favor. Together. Doing the very best for healing. You're on the same team. And no matter what it looks like externally.

All your cells. Their goal is optimal function. And full expression of your soul's purpose. So with that next inhalation, breathe in that love, light and gratitude and fill up your entire chest.

And on that exhale, shower every cell in your body with that love. And allow yourself. The opportunity to receive. Open your heart. And receive the joy, the truth and the health of who you really are.

Keep breathing. Aware of that amazing heart. And nourishes and cleans your entire body. And being all. That no matter what comes your heart's way. It cleans and recycles it.

And sends back out nourishment and loves. And the beauty of the heart. Is that it knows it should nourish itself first. In order to be present and fully aware.

For the rest of your being. And allow yourself to become aware. Of how simply amazing you are. And how? By putting yourself first. And receiving healing. Now.

That you can be present more for the rest of those in your life. And you can be an inspiration for all of those around you. First, shine your light. And then allow that light to be seen by others.

So breathe it in and in that light and love right into your heart, filling up your body. Sharing that energy with every cell in your body. And allow that love light, energy to permeate all your cells, every nook and cranny in your body.

And allow that to go even into the skin cells and beyond. For by healing our cells.

Guided Heart-Centered Healing Meditation

We can help heal others. And we can shine that light of hope. And joy with all those around us. And stick with your breathing. Make it tangible and be in your body.

Filling up your lungs and hugging your heart. With every inhale. Each and every particle of oxygen. Experiencing greater and greater awakening. With each breath.

Feeling the vibrancy and aliveness. Of your heart. Showering. Love. Every cell in your body. And as you continue to breathe in this love and light. Supercharging it with that sense of gratitude for that thing you are most passionate about. No.

That as the love flows, it has the ability to overcome anything, any illness, any grief. Any apparent harm. Effortlessly dissolving. Fully reaching peace.

Love and gratitude. Returning to the Source of Love. That is the natural source of transformation. For love is life awakening to itself. Now. We're safe and perfect.

To effortlessly transform your body right now. Effortlessly allowing yourself to receive the appropriate. Health transformation. The one that's just right for you.

Receiving that transformation now. Now. Just take a moment. To feel your body be fully present. Taking a nice deep breath in. And out. And when you're ready.

Come back. Becoming more aware of your body. Knowing that with every breath you take. Self-love grows and grows. You effortlessly express the radiant heart within.

Allowing your higher light to shine. For all to see. And as you allow your Higher self. The light of your passion to fully express within you. And it trickles into the lives of all those around you.

You're receiving the healing that's just right for you. And you can come back to this feeling and this healing experience simply by focusing on your heart, focusing on your passion.

And simply breathing. So I want to say thank you to everyone for joining us. Today, day two videos will be up very, very shortly, I think two minutes.

So we're right on time. I hope you really enjoying the summit. If there's anyone that you know who could benefit from this information, please share. Together, we can make a huge difference in this world coming together for these group healing sessions.

Coming together for a summit like this is what really raises the healing vibration and the love vibration across the planet and in the healing. Like I said, from my own experience, I needed to do a lot of this.

And then all that medication and herbs and all the other cool stuff we talked about work even better. I think there's a time and a place for all of it, and right now we're getting all this amazing information to help heal our body, mind and spirit, as well as heal the world because we need it right now.

Trying to remain serious at the end here. But we we we can do this together. And so I really appreciate you guys all being here. And tomorrow, our breathwork session is going to be a little more upbeat.

We're going to do breathwork with intention first, and then we're going to have some really cool music where we're going to be breathing in beats. So we're going to be working on a similar way our intention, our healing, our heart.

We'll introduce a little bit of breathwork that where we have that breath hold, but it'll be a little more energy than, say, maybe getting in the zone of our heart today.

It's there on a you'll see which one works for you and why. I use a whole bunch of them at different times in my life. So thank you very much for joining us today and enjoy day two of the summit.

And again, much love, peace. And for your day ahead and we'll talk to you all soon.