Introduction to Dr. Isaac Eliaz

– Well, welcome back everyone to the medicine of Mindset summit. It's Jana here, back with you and I am really looking forward to this conversation with our next amazing expert.

I want to introduce you to D. Isaac Eliaz, he is a leading expert in the field of integrated medicine, specializing in cancer detoxification, immunity and complex conditions.

He's a respected physician researcher, bestselling, author, educator and mind body practitioner, he partners with leading research institutes including Harvard, the National Institutes of Health Columbia and others and he's co authored many studies on integrated therapies for cancer, heavy metal toxicity and others.

This gentleman is very, you can tell, okay, like I mean there's lots of accomplishments here and that's why I'm so thrilled that he's with us today. He's the co founder and medical director of Amitabha Medical Clinic, that's his medical clinic in Santa Rosa, California.

And this gentleman has pioneered the use of therapeutic apheresis as an adjunctive blood filtration treatment for detox and chronic degenerative conditions.

And he and I have been just kind of chit chatting before we hit record and he is just a lovely person that I cannot wait to get to know a little bit more.

He sent me a copy of the survival paradox. We're gonna get into this today. This is his brand new book which just if you guys could see this book, it is full of Orange highlighter because I was just learning and absorbing so much of his amazing this. So Dr. Eliaz, thank you so much for being here today at the medicine of mindset summit.

– No, thank you for having me and I want to tell you medicine of mindset is my life journey, you know, started when I was 15 years old. In fact I had interested in it even before I didn't even share with my family, I would sit in my room and read books in an unfair opus optical books and how the mind related to health and so I'm so thrilled that there are these kind of summits because to start with the end, when we connect our mind, anything and everything is possible, it's really, it's not a question of a belief system, it's a question of truth because since everything is changeable, everything is possible and the moment that we make the shift inside of us, everything is possible.

The Survival Paradox Explained

I know it from my own life journey for my own health journey, from working with so many cancer patients for decades and from from teaching meditation and healing everything is possible.

So with this as our background, I'm so excited to be this is the summit. I'm actually truly excited to make some kind of a contribution to. – Oh my gosh, okay, well that makes me feel amazing. So thank you for that.

Now, we are going to dive into like I showed before the survival paradox your brand new book and why don't we start there? This book has been getting a lot of attention, why don't you help our audience understand um just an overview of this concept, what you call the survival paradox and how it relates to both health and unhealthy, what we would call disease? – Of course, and we'll do it in the emphasis of the mindset summit.

So, survival paradox as it sounds, is really offering a new paradigm shift, a new paradigm in how we view our health and how we view our illnesses. So we are wired to survive Well when I say we are wired to survive each of our 50 trillion cells which has about one million reactions a second is wired to survive. Our organs are wired to survive.

We are wired to survive as as as a person as an entity. And and our communities are wired to survive. And when we look at the mind, we do it by making sure that we stay alive and that's really the power of the mind.

So because we are wired to do it innately, it's built within us from really beginning less times. And as such its automated. So it's automated through the autonomic nervous system through the sympathetic system that responds to a to a to a threat by other fighting which equates to inflammation, which drives every disease. But it's really the abnormal survival response that starts it.

And inflammation, from a mind point of view relates to struggle relates to reactivity to relate always being on guard and never being relaxed because when you're really relaxed you can really when there is no inner sense of danger, the survival responses just melts away and we do it by balancing it with the power sympathetic system.

The problem is that when we live in such a way our biochemical system turns on and sends biochemical signals called alarm proteins. And the big one I've been researching for almost 30 years and made a lot of the discoveries about how to block it and what it does when you block it, it's called collecting three and you block it by using modified citrus pectin.

It's certain modification of acting. But from from from our perspective, our biochemical system is now turning into a survival mode. And as such we move into an inflammatory state or we run away flight or fight fight fight or flight which means we run away by hiding by creating a micro environment by creating a shield. So medically it will be biofilm, arteriosclerosis, places where infections hide cancer cells.

But emotionally, psychologically spiritually is being isolated. What happened when we put a wall between us and the outside, we become disconnected from the outside.

But if we peel we put the walls inside, we also become disconnected from ourselves. And so we live a life that is numbed and is disconnected and we're really not alive. And if we go the flight route and if we go the fight right route we always are reactive, we get upset from everything and a lot of it is because of this imbalanced survival response. So really the spiritual journey, the health journey in the ultimate level is to is to dissolve the survival response and we are built to do this physiologically, we'll talk about it later, I don't want to jump the gun, but this is really why the survival paradox is so profound, and that's why I get very positive feedback. A lot of it from health providers, from psychotherapy is from people say, wow, I'm viewing life and my interaction in a different way and the beauty of it is that our body is built to survive as we are alive and it has a cost and our body is built, its evolutionary spiritual journey is to overcome the survival paradox and we are built to do this, we just have to connect with it.

– And so, you know what I love about what you've just explained is that we deserve more than just surviving right? You know, in a nice little box, we do deserve more. And I think sometimes for people that have been diagnosed with the disease or living with chronic pain, you're right, those walls go up because that's just it's it's maybe it's a safe place to be or you think the people around you don't understand what you're going through.

And so this idea of mind body medicine that you have been, you know, so connected to for so many years, I would like to know more about your insights around meditation first of all.

And then secondly, follow that up. You talk about The catch 22 of positive thinking. Let's talk about that your perspectives on the importance of meditation and then and then can you help us identify what is that? Catch 22 of positive thinking.

– Yeah so my perspective on meditation is you know will take in many levels to really go deep you know it's a journey, it takes days but I will I will put it aside for a second and I will touch the catch 22. So we talked about and I since we it was a question we wanted to discuss, I already started working on my answer before.

So we talked about creating these walls right? And I said these walls actually physiological walls are called fibrosis. The tissue literally hardens. You know there's a separation so the walls between us and the outside world because let's say somebody got really traumatized so they can't handle the pain so they shut down and but so we can shut

down from the out world but we also want to shut down from our own pain so we become disconnected. So if we, the way I like to really explain it is let's say we have 100 units of death in our being if we go to the deepest place where everything is free we're the only thing we experience is love and compassion regardless of the stimulus, we respond innately we don't fake it, it's who we are.

You know, there are some great beings like this in different traditions, you know, Dalai Lama is an example in other traditions. People that you see them and they just feel their love, you feel their compassion so that somebody who is completely connected.

Most of us leave it like 0.5 out of 100, maybe 0.

Meditation, Positive Thinking, and Healing the Scars of Survival

1 Let's say we leave it. five units out of migrated 5% potential in this 5%, we can be this genuine. which means not honest to how we feel. So the cancer patients comes, they're totally freaked out, they are fearful, they are, they're in despair. They gave up and you ask them how you're doing.

They say, oh, I'm going to overcome this. It's not a genuine answer, it's not coming from the death. Okay, so that's the beginning of the catch 22 positive thinking, but that's not the main and then people actually connect deeper with the reality and give you a more genuine genuine answer.

But if genuine answer may come from one or two or 5% of their being. If they were able to dive in to fall into dropping into their depth, they will find a very different answer.

So they are driven by conclusions by by a reaction that are coming from a very thin part of their being and that's why I call it a lot of negative thinking covered by a very thin layer of positive thinking.

And you can see it in people who do terrible things and are very angry and aggressive. And on the weekend they go to the place of you know if they are Jewish or Muslims or christians or Buddhists they go and pray to somebody outside and for five minutes they feel good about themselves. They go back and they go to the same habits, right? We knew we know quite a few people in this way so there is not genuine connection, they haven't steered themselves.

So the journey is an inward journey and in my book when I described the survival paradox and described the metabolic and the biochemistry and the inflammatory and circulation and modify it'd respect and they talk about the heart of survival.

How is the heart? The survival of the heart is where we can overcome the survival paradox. And then in the solution chapter, the detoxification chapter.

But then there is chapter calling, healing the scars of survival. And I tell my story how since I was 10 years old I had this pressure in my chest when I would push like this would be very painful and I just knew it's not mine and and upper upper big scoliosis and as I was working on myself it took decades I think maybe 56 years ago it really finally changed.

I realized the time holding the pain of my grandfather was named Isaac who is 10 out of 10 siblings were killed in the holocaust by the Nazis and he died at the age 50 from stomach cancer which he couldn't stomach the pain.

And we found about it only 55 years later when my grandmother died and she and we were in a grave site and my mother suddenly mentioned it. So when I actually was able to overcome it with meditation with psychological work with the letting go of this contraction, not only my pain went away and my chest is really open.

People can physically see it and I can feel this openness but my mother who was not able to watch any movies or serious about the holocaust. Suddenly in the eighties was able to start watching tv about the holocaust because it was a multi generational healing.

So that's an example of me connecting to a deeper way. So how do we do it? We do it by peeling the onion layer after layer after layer. So the first stage and I often have in my book in the last chapter of Ring the survival paradox where I have a diagram I talked about us having and thought after thought after thought after thought, we have one solid line where we don't recognize the gap between the thoughts and then one thing that came into the modern world in the last 5 10 years is mindfulness and mindfulness is the first step. First step only actually but a very necessary step where we slow down, right? We follow our breath, we become more present. And then gaps happen between the thoughts and oh my gosh! There is stuff under the thoughts now.

We are starting to look at really what we are thinking and what comes up sometimes. What comes up is pain and traumas, sometimes what come up is amazing insights and sometimes what comes up is amazing experiences, meditation experiences, good ones or bad ones, why people see lights and stuff where people have difficult emotions and believe it or not in some way it's more beneficial for meditation to have difficult experiences than to have amazing experiences.

Why? Because just like we were holding its thought and grasping to it and and couldn't let go when we have an amazing experience, we hold our amazing experience. Oh my God, I'm a light and I have this amazing thing. And then when we actually holding to something, when you hold the water it becomes ice, it doesn't move anymore.

So we got to let go, let go. So the next process when we got to, when we get more into mindfulness is to connect with the ever changing quality. So if we look at our mind china in our mind, we think right when we think we stop right, you know things flow and then suddenly we think about something, we stop time and we think it's actually things are not flowing.

The organs that always flows is the heart, the blood always flows in the heart the moment the heart stops, we're not here anymore. And that's why the heart is our biggest healer. So when we move from mindfulness to harmfulness to what I call open heart medicine, that's really the coin that I actually wrote my second book already Haven't. Now I have to write it in Hebrew have to move it to to English. So now we connect with our heart and we connect with our heart. We connect with our biggest healer with our infinite healing potential.

So when we are saying when I say that we are built to overcome the survival paradox and we are built to have infinite healing potential. Our leading organ in the body is the emperor in Chinese medicine of our body. The organs that we can't survive with for if it doesn't work well for even a minute or two allows us to do this.

So it's beautiful to really look at the physiology of the house because the physiology of the heart explains why what I'm saying is so valid and in this sense we all built to do it. So it's easier to really learn it.

We're not trying to teach something that we don't know our mind knows how to grasp and how to react right? I react. You react. So when we try to practice a spacious mind that doesn't react. The terms reactivity to responsiveness that moves from the head to the heart, It takes time, right?

We know from our experience. But when we connect to something we have anyway in our hearts, that's like coming home, you know, it's so much easier. And then suddenly the first thing about connecting with our heart is connecting without feeling oh my gosh, I don't feel so great.

I'm not positive about some of this. I'm a lot of feels about my illness, I'm afraid I'm gonna die. You know, one of the most relieving things for cancer patients is when you finally talk to them about death.

So, oh my God, finally I can talk about my fears. Finally, it's okay, I don't have to pretend because you know, New age positive thinking creates so much this genuine dialogue.

Everybody needs to keep right, you don't want the patient to be to feel bad. So you can't tell them that you are worried about them. So everybody is. And what happened whenever we do something that is not genuine, we are wasting energy limited energy.

So we don't feel as well. Right? So once we open this pocket of stagnation of hiding of isolation that biochemically

relates to collecting three, that's why it's interesting that certain diseases will get better when you meditate will also get better when you use this supplements like modified it respecting because you are dissolving the isolation on the biochemical level and on a psychological level. So this is a medicine.

This is the real medicine. This is the meditation journey. Meditation journey is a journey of letting go. That's it. And meditation is not what we experience. It's one of my favorite things.

Meditation is not what we experience. It's our relationship with what we experience. – Can I ask just to get this clear in my mind, Collect in three shows up in our body when we have a stress response correct? – Yes. It's always in the body because it's there there to respond because the survival. – Yeah, – Yeah.

But again, it will express itself when we have a stress response and we have a danger response. – Yes. Okay, So then for that purpose, right? You're you're walking down the street and you're like, this doesn't feel I I feel like I should get off the street and get back where there's more people, right? There's going to be that that collecting three is going to show up in that moment. So, it has a purpose, correct? – Yeah.

It serves us for injury repair. For for danger repair. Unfortunately, it does it by creating inflammation and fibrosis and immune dis regulations, for example, if we look at the covid, okay, the spike protein of the covid, guess what? It's almost identical to collecting three.

Why? Because the virus wants to survive? And what does the spike protein do? It creates an abnormal immune response, right, What is an immune response too strong of a fight, What we call a cytokine stone. So, as part of this virus trying to survive and attaching to the lungs we get an inflammatory reaction.

It's not the virus that damages the person. It's a response the immune response that causes damage. So for example people who come to the emergency room a very large study from Mexico city in 2020. People who come to the emergency room with Covid. Regardless of how bad is the lung involvement this is pre vaccines lung involvement. The level of collecting three in the blood will determine who will get sicker and who will make it to the I.

C. U. Later on and who actually is gonna die. And I published papers on showing the people who come to the I. C. U. With sepsis with with blood infection.

The level of galectin 3 at the time of admission. If they have no kidney disease will determine who is gonna get key visit in the I. C. U. And who died from the sepsis later on why It's an alarming. But from the mindset point of view we want to change the mindset of being alarmed.

Now naturally galectin 3. 11 effect on the brain so it will disrupt the blood brain barrier and it will stimulate glial cell the cleaning immune cells of the brain that will cause narrow inflammation that will drive many diseases.

So for example the Alzheimer plaque. Have 20 times more 10 to 20 times more galectin 3 than normal brain As part of this fiber optic response. So my personal journey is one level, you know, I'm a bonafide research grants and studying now the ability to remove galectin 3 through apheresis.

That's my being an age grant as a treatment for sepsis for acute kidney injury. And at the same time I have my spiritual meditative journey that started at age 15 and then I spent 20 years, about 2 to 3 months, a year in the mountains and 10 years half day, which we half day life. And now I feel that I'm in my sixties, I finally wrote a book and I feel I need to share my heart and a little bit I learned with with the world because I, I kind of dived into it periodically and all the different esoteric things I I learned, I was, I was fortunate to be the doctor of some of the greatest meditation masters in the Himalayan and and as a result, you know, I also got very unique teachings from them.

But it all boils down to an open heart. It's an amazing thing. So whenever you're ready we'll talk about. – Yeah, let's um we're gonna, we're gonna get into the, into the blueprint of of the heart next.

Galectin-3, Modified Citrus Pectin, and the Science of Detox

I just wanna make sure our audience understands because you said it but I want to make sure it wasn't lost on them that I think you called it modified citrus pectin and meditation because people might be might be thinking like, oh my gosh how do I how do I decrease my level of galectin 3 and they're probably googling right now. But you don't need to google were those were those the two kind of – Yes modified suspected specifically it's called pectasol that has 80 published papers. And when you look at the published papers and pectasol and galectin 3 is 10,000 papers you will see that they address the health of the kidneys, the liver, the lungs, the brain, psychological health. And how is it possible because it's blocking this nasty molecule And it's also removing heavy metals.

So there is if so that's why in my opinion is the most important supplement one can take. But at the same time my what I'm trying to share. So this is something that is part of me and I've done it for decades and I published papers and it's kind of part of my legacy, you know and and I'm proud of it.

It's amazing. It's saved. It added tens of thousands of years of life already to other people. But it's really when we connect with our heart Anything and everything is possible and our health can really turn around very dramatically.

I was quiet quite thick two months ago and I'm 100% capacity and a big part of it was my mind and another big part of it was that I did therapeutical phrases and I took rector soul and I took my supplements.

But it's really the power of the mind and the reason is because we never know what our next thought is gonna be. So we always have a choice to change. – You know what I love so much and I'm gonna ask you I know we want to get to the hard conversation and we will. Yes but you know one of the I want everyone on this watching this interview to understand that Dr. Eliaz didn't just think of all this when he was a doctor.

Like can you talk about in your book? You write the story about I think it was the friends of your parents who were like leading researchers um you know where I'm going with this and I believe it was yeah. Can you talk about that?

Because I just feel like that is significant. Those downloads when you were a teenager have impacted how you show up today. And that's part of when we connect.

So I was 12 years old and we took a walk to Ruth and Leo Cohen in our neighborhood in Israel and they were both PhDs in organic chemistry and at that time in 71 Israel was well known for its citrus industry and there was the key scientists in the biggest conglomerate for processing of situations into juices and jams etcetera and out of the blue Ruth Cohen turned out to me says Isaac one day they will find a treatment for cancer from the citrus fruit.

And it hit me. And 24 years later when the first study on what if I did respecting with Dr. Avram Ross which I collaborate with now came out I called her from San Francisco. I told Ruth I don't expect you to remember this but you told me this thing and now I need your help.

And she put me in touch with protecting scientists and years and I did and then I developed the modified citrus pectin and then she actually exactly died a year or two later and her husband came when I gave a big lecture about modified citrus pectin it was maybe 2000 and something I don't remember the year 2007.

Or then yeah Dr. Leo Cohen actually came. He was in his late 80s he came to my lecture. It was many people have actually acknowledged that you know, it's because of him. They gave me the idea they put me in touch with the effective scientists. And then this journey started, it was initially focused on oncology. It was my interest but then I started seeing that it's affecting memory and blood pressure and circulation and joint pain.

And I realized wow modified citrus pectin is attenuating the inflammatory response and then the immune response. So I made a lot of observation which I which I invented and but what is amazing for me is that when you dissolve the latest formation, the quoting that is created by collecting three, you're dissolving the isolation, that's one part of my life.

And when you connect with your heart, you dissolve the isolation. So in this sense, I'm my my life journey really,

really encompasses both of these. And in this book, I come from collecting three and I dive into the deeper levels.

And then my other book, I come from open heart medicine and I more whenever it comes out, I hope it does. – Thank you. Thank you for sharing that. I just it was I mean, one of the many stories that stuck out for me, where I think that At 12 years old for you to, you know, to get that that gift, that message and then later to be able to um yeah, just do what you do has been absolutely amazing. So, let's tap into the physiology of the heart.

You talk about it that it contains the blueprint for unconditional love, compassion, and infinite healing. So how do we as humans people here on this summit? How do we tap into that truly transformative healing ability. – So, the first step is to really recognize it.

The Heart as a Blueprint for Healing

So, if we look at our body has already mentioned, every cell in our body wants to survive. It is part of the process the cell takes in nourishment and puts out what he doesn't want, what it what it's considered toxins not good for him throwing it out. So we do it with the membrane of the cell.

So the cell is many levels our smallest independent unit. And within the cell there's a mitochondria that produces energy. And if we are in a place of safety and not in a survival mode, we produce energy very efficiently. 36 molecules of a T.

P. For one glucose. And we in a relaxed, efficient way. And we are healthy on all levels. When we go into survival mode, we produce energy in an unhealthy way and it drives practically every distance. So we have this boundary and it's in the same level in the tissue level in the organ level where we take in nourishment and we put out what we don't want.

The only organ in the body will behave differently in the heart. The heart takes all the dirty blood, everything everybody doesn't want. But instead of pushing it away instead of judging and saying, I'm gonna take blood only from the liver, but not from the kidney, only from the brain, only molecules that came when you were eating good food 10 years ago and not molecules that now breaking down that you got five years ago when you did it.

Food. It takes everything in. It has to take otherwise, it won't be able to fill in with blood and give blood later on. So the heart has to take what we don't want, what you know in a Buddhist concept, people will call our suffering what we don't want our toxins.

What is toxic to us would usually react to it takes it in. It connects to with the universe through our breath. That's something that we often are not aware of when you breathe, especially through the mouth. When the connection is very quick to the London to the house, the molecule of air in our mouths, china is connected to the whole universe. Think about it right?

And within this universe, everything that happened in the past had an effect on what's happening now and not to make things too complicated. Everything that is going to happen in the future has an effect now because time goes in all directions. But I'll put this aside.

I don't want to complicate things. So we connect with the universe where our drama. It's not a big deal for the outside world. It accepts what we don't want.

We get clean air that exchanges in the lungs which serves the heart. It comes back to the heart and the heart gives it without judgment. The heart gives it everywhere they are older.

The main artery of the heart is the rigid artery. It doesn't decide I'm gonna send blood only up only down if the abnormalities it will affect it where the blood goes is decided much later on when it gets too small arterials to other organs. Were then our willing and dealing and judging who is supposed to get start. So the heart connects, takes what we don't want, connect with the universe and gives without discrimination and very important for everyone listening who does the heart nourish first the heart first nourishes itself through the coronary artery. So this is self

love.

As part of loving others. We nourish ourselves in order to nourish others and this part of nourishing others. So how do we go about it in meditation, our heart is built to take, suffering difficulty toxins connect with the universe and transform them into nourish nourishment and walls.

And if everybody anybody doesn't believe it, just put your hands on your chest and you can feel the heat of the heart and it will fill your chest and we'll start going everywhere.

The electromagnetic field of the heart is 100 times bigger than the electromagnetic freedoms the brain. There is more information coming from the heart to the brain and from the brain to the heart. Which means how we feel in our heart is affecting every cell in our body. It goes a few meters, every cell in our body is affected by how we feel in our heart more than this.

People around us are affected by it. So when we connect with it there is an enormous potential for transformation because cells work on electric potential and if we change the electromagnetic field, we are changing the electric potential in the body.

So we do it by connecting to this transformative quality of the heart. And it's the whole training, you know, it's called mind training. We first create space and then we start developing responsive qualities that are not reactive anymore.

No. So if somebody causes us to be upset, we are suddenly able to see why they are upset. And while we may have the anger in the first moment, we'll teach ourselves to respond with compassion. So that's a thought quality.

But over time, suddenly a stimulus comes to us where in our heart, not in our head and instead of getting upset, we feel compassion for the person. Well, we just change the physiology of every cell in our body.

And that's the power. And there's so many studies on it, right? So because it's happening physiologically anyway, it's much easier easier to add the mind training and the hard training. And the other thing, which is very fascinating.

That again, I've made one thing about the reason why I teach it, I made his connections between physiology and meditation that were not as clear before and that every organ in the body nourishes itself before it does its work.

The heart nourishes itself only when it finishes its work. Only when the blood goes out of the heart. It has done what it's supposed to do. Only then it takes care of itself. That's another example of the selflessness of the heart. So the selflessness of the heart.

The giving of the heart is the hard survival and that's our fixing organ, that's the organ that will allow us to connect to our inner being to make this life a journey of growth of meaning of evolution and because it has such a big feel to connect everyone and as you and I know and so many people were living in era which is so contrary of division of hatred of separation of either my way or the highway, but that's not how the heart functions, it's how other organs in the body functions, but not our hearts. – I can't tell. Like, so I've been just gauging my emotions as I've been listening to you explain this in such a beautifully, you know, simplistic way is that and I just I feel like I have so much joy right now for what you're we're sharing because I've never heard someone position the heart in that way that it truly is self self love is is literally within us. Like we have an organ that is are you know, for those of you who love Star Wars, it's like our Jedi master, it knows exactly you know what what to do – And you know, Jana we just met but I'll take I will push I'll take my luck, you can feel that something inside of you is a little bit different, right? Like, like your sensation comes in a so that's that's the transmission of love. You know, I'm a beginner in it, but as long as we're aware of it. That's a connection, that's a connection that is not verbal and this is the medicine for the world, you know, like my our daughter is a true meditation and ambassador and many years ago we were talking, we were walking out in our in our property many years ago, my God, almost 20 years ago, and we were talking about the Israeli Palestinian conflict and she was, I think she was like 12 years old, and she was turning to me said daddy until an Israeli person won't be able to feel the pain of a Palestinian mother and a Palestinian mother won't be able to feel the pain of an Israeli mother, we're not gonna have peace, you know, we all are in the same boat, so

when we have the reactive approach, it affects the outside world, what is global warming, global warming is inflammation, it's hits, you know, of course it will happen because everything is heated up, you know, So the beauty of it for me, for you with the summit, for anybody who is listening and contributing when it's really dark, every small light makes a big difference, you know, when the sun is shining and everything is in harmony, we don't need to talk about it, it's obvious, but in these times that's why I talked about the importance of your summit in these times when it's dark, you know, summits are very, very I mean these things are very meaningful because they offer light that can be seen from very far away because of what we are in our current affairs.

Clinical Practice, Miracles, and Whatu2019s Missing in Health Conversations

– So beautifully said, I want to ask you in your clinical practice, you know when you're working with your patients and you know you're talking about mindset and health and disease, how do you how do you help as part of their experience with you? How do you help them access more of that healing mindset? – So I do it on the one on one when I work with people, I do it when I teach meditation and healing which which which I thought more in Israel for a decade. I'm now finally going to teach more again here and the idea is that you could, you know, because of my decades of experience, I'm not a psychic person but I can feel where people's minds were fearful and what's going on in their body. So I kind of connect with it and actually create some healing but I don't tell the person and I'm not, oh look I know you have this, you know, it's not about me, it's about letting them get to their experience and then when they share, wow, I feel this, you know like you said, I feel more joy okay now that they it's their own revelation, it's not my telling them. Now I guide them and I show them how to work with it and it can be a visualization, it can be certain acupuncture needles.

I'm also a licensed acupuncture in addition to being, it can be, I always, you know when I treat people, I always put my hands on the person and and and really not allow their body to really shift. It can be a supplement, it can be a procedure. The trick and the secret is, the deeper I can go in my insight. The deeper I am where I'm coming from, the less I have to do to create a change. The ultimate doctor in Chinese medicine. They said the sage is the doctor that doesn't do anything. And there is a story right in my book about that. If you read about the woman who came with her advanced cancer and disappeared for six months after the first visit and then how she healed and then how she died and the mountain lion that showed up, that's an example, I didn't do anything. I just allowed her to create her healing And in this sense one of the great sentence I like often to use even as towards the end of the interviews, it's one of my favorite thing is it not everybody will be a miracle, but anyone can be a miracle.

And this is true. It is true because everything is changeable. How do you create a miracle? Well, if we look at the definition of a miracle, a miracle is something that is unexpected, right?

The more unexpected it is the more it's a miracle. Well if we all are gonna repeat our same habits and it's the same thing and behave the same way and think the same way. There is no room for an unexpected thing to happen. So miracles requires change and change can be forced change like mindfulness and being more slow and the ultimate change is not holding to anything.

Complete freedom, complete freedom of the mind, complete freedom of the heart. And I've had the fortune to meet with such meditation masters whether diseases disappeared in like ours because they were in a place of letting go.

I just needed to guide the energy to the right place. There is still a very famous woman may be the most women meditation practitioners in in the Himalayas who I met now eight years ago and she had advanced cancer that they couldn't even scan and I just gave her treatment for a few days and it just went away and now it's eight years well she had the power in her mind to really do it.

So these are the more extreme cases but it's a human quality we each have because we each have a heart and our heart contracts and expands our heart connects with the universe and all the all the all the knowledge is out there.

All the wisdom is out there. So if we connect with it, we remember to be humble, we remember that we are beginners that I remind myself all the time. That's why I take time to for myself and I always study.

I always go, I always study always. I mean I'm an eternal student and I accept that there are certain things that you just won't know, you won't know them logically. And the more we go in this journey, the more anything and everything is possible. The true it's truly is, I want to really inspire people everything and anything is possible.

– You've repeated that a few times and so I hope that is that's landing and resonating with our audience and and maybe with everyone watching. If you just the first person that comes into your mind, that's not a coincidence who you know, who landed for you, wouldn't it be great if we just doubled the impact in this moment?

And you told that one person that just came into your mind? One thing that you took from from this interview so that we could like, like when you throw a pebble in a lake and you see it permeate out, that's what we're trying to do here at the summit.

And so Dr. Eliaz tell me what you feel based on your years of expertise and all of your experience and the research that you've done at this point in your career?

What do you feel like what kind of ruffles your feathers a little bit. What do you feel is not being talked about enough? – I think that, well it's a lot of things and you know and the epidemic of course affected some of it. I think I think we we don't truly recognize our healing ability. We really have an unlimited, infinite healing potential.

And that's one thing. The other thing is that it's not talked enough is that we're exposed to so many toxins actual toxins. And I've done a lot of research on heavy metal but pesticides, life was eight which all of us have in our body. So we have to take a step in using lessons of them in our garden in our yard but also detoxifying because we can have the best mind and the best meditation. But if we are bombarded with with poisons on a chemical level that affects our cell cell cycle, it's gonna affect us.

But I want to go back really. When we look at our journey, we need to be open minded, we need to be open minded. And one of the important things that really helped me.

It's one of my mantras in the last five, many five years. Is that what if I'm wrong? What if what if I'm wrong? What if what I think is not correct. It really helps me to let go. You know and listen to another opinion and then sometimes I talk to my friend, let's say with the covid people on the extreme.

No, the other pro vaccine against vaccine and man. So it's funny the people who are pro vaccine. I try to to show them one side, the people who are against vaccine, I try to show them the other side.

That doesn't matter what is my opinion. I'm not putting it. Just look, there is nothing that is black and white, you know, so this whole epidemic and the geopolitics created in even a greater division between us. So it's really being flexible and being open hearted because our heart is always open.

Just connecting with it. That's where healing is going to come to the world. And I think there's a movement of amazing people like yourself who are taking the time to connect people together and put the summits together and interview people like me and others and you know, it's like another small light and another small light.

Eventually it's gonna change the dynamics and the things are gonna turn around. So I'm I'm an eternal optimist optimist.

Daily Mindset Tools and Closing Remarks

And when they ask me why it's what I already told you guys anything and everything is possible. So why not be an optimist? Right? – So before we bring this, I feel like this conversation could go on for hours and hours yet. But let's just let's just end by gifting our audience some of the mindset tools or non negotiables that you use in your own life. – Yeah. So because we are so busy, I make a point of doing something for my mind and hard before I go to sleep and when I wake up and the reason is if you do it before you go to sleep, it affects your sleep quality. And if you're sleeping anyway by not making a regenerated spiritual healing experience and I do it when I wake up, it affects the day. So at the end of the day you can sit in your bed and you just, if you can with legs crossed or even lie down,

you kind of review all your day activities and anything that you have done, that was beneficial for you.

It was beneficial for other people. You rejoice anything that you have done, that you regret, regret something you've done for yourself, regret hurting other people.

You truly let go, You truly let go. You don't feel guilty about it that's holding you, let go. You you recognize and let go. And then you can just sit a daily with eyes a bit open or closed is fine. And as you see it, as you inhale you see white light coming through the top of your head and feeling all your body until your body feels like it's more full of light, it's lighter. You can specifically bring the white light to your heart. Even put your hands in your heart and feel the heart open and when you feel that you are more relaxed that the tension is dissolved.

That's when you go to sleep and when you wake up you take three deep exhalation kind of releasing uh just relax, let go. You just sit for a few minutes and militant Hugh meditate until the sleepiness opens up and you get a sense that your space is more open And then you stay, it can be a minute to 5, 10 committed for half an hour is great until you feel, wow, my visual field, my experience field is wider.

I'm less contracted now. You're more ready for your coffee in stimulus and tv and emails and WhatsApp and whatever the mind is more spacious. And by creating this spaciousness, you create spaciousness internally in your body when you create spaciousness in the environment around. So that's something simple.

That's a great that's a great time investment, the great return on investment that I've learned and somebody that is very busy and the other party just stay open minded and you recognize, recognize that things are changeable.

So when you have a difficulty, just take a few deep breaths and just relax into it and try not to contract, not progress and then everything else will happen from there.

– Well, I have taken so much amazing information from our chat. I think that the two things that really resonated for me are just again, the way that you frame the heart, the blueprint, the, the self love aspect of it, that was really amazing.

And then just your mantra like what if I am, what if I am wrong? And it's such a, it's such a great question because it's so simple. But yet in a moment it changes you know that the hardness that might be you know might be impacting how you see things.

So I want to thank you so much. So if you're watching this in your health and wellness resource library, this book needs a space. Please consider ordering the survival paradox. I loved it.

I found it easy to understand the stories that Dr. Eliaz shares bring to life, the concepts that he's talking about. So you get to actually read about success stories and real people that have had lots of not so great stuff going on in their lives and then it just those miracles, the unexpectedness. And so I'm a huge fan and I want to thank you for being here on the medicine.

Now if someone wants to connect more with your work, is there a website they can go to? Where is the best place to connect? – The basis to go to DrEliaz.com, DrEliaz.org, alliance.com and if people want to find about this specific picture, they can go to pictureson.com. But you can come to dreliaz.com. I got a whole team of of researchers and content people.

We put out quality newsletter once once a week and I speak a lot and and I will I do plan to start later in 2023 to offer some some some retreats because it's really accomplishing, you know, close to 50 years of meditation practice.

– Mm So much goodness to offer in this world. Thank you again so much for saying yes for this project, you're welcome. Alright everyone, you should know this by now. If you've been here throughout the week, I give you the same instructions as reminders. So it's time that you get up, move your body a little bit, you know, get if you're if you can get outside with your feet on the ground, take some big deep breaths, refill your water bottle and we will

meet you back here for another amazing speaker at the medicine of Mindset summit.