Introduction to Dr. Cathy Goldstein

– Welcome back to the global energy healing summit 2.0, I'm your host, Jason Paul. And with me now is Dr. Cathy Goldstein. She's an acupuncture physician who has been practicing integrative medicine, combining the best of energy medicine with the latest scientific discoveries to treat her patients since 1988.

Cathy specializes in energy medicine, the century old science of using energy to heal the body restore vitality and reverse aging. She has been a leading physician in bringing cutting edge techniques to acupuncture, chiropractic and the traditional medical field, Dr. Cathy has been training positions in mind, body connection to healing and the advancements in vibrational energy medicine for over 35 years.

She has a special interest in functional medicine and functional skincare. She believes your skin is a direct reflection of your health and Kathy's gonna share tools today and techniques for cellular rejuvenation. She's gonna share her insight into the energy highway and how to connect and bring health and vitality to the entire body through the liquid nervous system. Dr. Cathy, thanks for joining me.

– Thank you for having me, Jason. I'm I'm very happy and excited to be here. – So I'm curious how did you get into this field of energy medicine? I mean, it's a, it's an interesting bridge and I find myself in the same place where modern science is super interesting and we're discovering so many cool things and then we have these sort of ancient philosophies and understandings about the body and about life and about chi and prana and sort of these deeper aspects of the energy systems that don't really get highlighted in in the western medical field or at least they didn't used to and now I think they're starting to bubble up with the advance of sort of biophysics and quantum physics. And so we're at this really cool intersection and I feel like people like yourself have been working with this for decades at this point um can really help bring this to the forefront and and really help integrate this for us.

– Right. Right. Yeah. And I, you know, like you're saying energy medicine seems like we we thought of it as energy medicine is the way of the future. Well now is the future, right? So energy medicine is just, I feel like the uh the only way that we're going to bring absolute health and rejuvenation to our body. Um you know, and of course uh my interest in it is in energy medicine actually came from traditional studying traditional chinese medicine.

How Energy Medicine Bridges Science and Tradition

Um You know, I have uh certainly my own story about my personal health and you know hospitalized for three months, almost died several times and you know that struggle to go, okay, well maybe Western medicine isn't the way I want to go and really just shifting to more energy medicine based uh Things like acupuncture and neuro emotional technique and um vibrational frequencies by a photon frequencies and things like that, that over my 35 years of practice have really honed into developing that perfect vibrational frequency that the body can actually understand.

So that's kind of my segue in there? – Yeah. Well I mean that seems to be kind of a big key, right? Because we're taking you know supplements and we have of course pharmaceutical drugs and no question these have an effect on the body.

Right? But the question is is that I've always had even with some of these nutritional supplements that that seem to be pretty good, you know what we have minerals and what have you?

The question is always what form are you taking? Right? You take something like magnet, right? We've got magnesium citrate or take three and like we've got all these different chemical sort of structures and forms and and and what is the body doing with that? Right?

It's not just such a simple thing that we can we can really understand. And so um we work with things like herbs

and not only just herbs, herb extracts, but full herbs, right? And then of course we get into things like chinese medicine and now it's not just like one herb.

No, no you're taking like seven herbs and the reason is because they have the synergistic effects and they're working on multiple systems of the body and different channels and and there's a balancing effect. Right?

So same thing with Ayurveda, we see the same thing, we see these sort of conglomeration of herbs working together and it's understood by those practitioners on a deeper level.

Right? So so how do you think about that in your sort of training in chinese medicine, how these energetic of herbs and supplements and these types of things are working with the body. – Right. Right.

So you bring up so many good points. That's just kind of really, I feel like so important to just kind of hit on a couple of those. Which is that one you talked about the whole plant and you know in in uh in the world of whole plants, it has both the antidote and sometimes the toxin and the antidote to that toxin. Right?

So that's why it is a whole plant. The other is when you talked about vitamins and or drugs but let's go vitamins and what kind of vitamins that you take?

One of the things that's really really significant is is understanding the concept of chirality, right? So we have this left spinning energy frequency that net that works with our nature, right? And so when you take a an herb versus a synthetic even supplement, what happens is is that that that's left spinning in our body can completely utilize it. But when we use something synthetic you can't actually duplicate that. Left spinning.

So we duplicate it with Mirror, which means it has left and right spinning. So now the right spinning blocks the receptors, the left spinning takes up some of the receptors. So you're getting about a quarter of the receptors that are utilizing potentially a synthetic or even if you know, even if it's natural but has some synthetics. So I love that concept that you're talking about in like in the in the energy of of herbs in Chinese medicine.

one one of the things that I love to really delve into is is all of the different levels of energy and how our body and how our body and our this human you know organism communicates with those energies not just the energies of the herbs but also the bio photon frequencies that we that we're using in energy medicine to actually create those vibrational frequencies that our body can understand and heal from.

– Yeah this is a big one that I'm seeing now um you know we're seeing the sort of advancement of light therapy is becoming more popular in the west um and so we're starting to take the leap into frequency medicine into this idea that that these energies that are seen or perhaps unseen in the case of UV light or infrared light right can have an impact on our body. And now modern science is showing us these things and this is something that of course is it's been used um medicine, medical qi gong in chinese medicine in innovated some of these ancient techniques and of course we've got chanting in some of these humming and singing and all this sort of this is all vibrational um and its effect. And so um I guess that's my question for you.

How are you using some of these things in your in your practice now? What's this vibrational medicine look like in your practice? – Yeah. So I actually like to think of the the body is as a healing system. Right?

So we have the cardiovascular system, the digestive system, the respiratory system, but we don't actually in telepathic medicine have a healing system.

Well, energy medicine is really driving that healing system and the healing system really is uh is the process of what I consider three different types of system.

There's the nervous system which is which is like the physical nervous system super slow. Uh It's like, you know, flying from new york to to London in a jet.

It's super fast. But it's still going to take time.

The Healing System: Nervous, Liquid, and BioPhoton Pathways

So that's the nervous system that we learn with and that we perceive of information when we learn that that stove is hot. It takes a long time for the perception of the heat to go to our brain, The brain to send it back and then realize its heat and then the nervous system having to go pull your hand away. Right?

So by then you're burned right? Um And of course we learn which is a really great you know, process fortunately. Um Then there's what I call the liquid intelligence or the liquid nervous system. The liquid intelligence is everything that carries all of the different um neural peptides. The intelligence of the body.

Uh you know things like um hormones. Now peptides are cells are a collagen making machine. And I say that because the amino acids and amino acid sequences that are that are cells produced by the thousands, the thousands in every single one of those cells has to always responds to its environment. So the type of cells that were reproducing is really important. Um You know, and that's where that kind of comes into like a healthy cell versus an unhealthy cell.

And what we learn, we learn how to reproduce healthy cells. But we also learn to reproduce unhealthy cells as well. And then the third part of that healing system I refer to as the bio photon highway.

Uh And that is the super super um fast and and the ability for the body to perceive of things both in internally externally. I'm gonna say the human organism because it's you know, just the universal energy as well. It's instantaneous.

So that liquid nervous system, that liquid um intelligence is pretty fast. You know if you do an I. V. In one arm in ivy and another and you inject uh like B vitamins into that arm and you draw the other one at the simultaneously you'll see the B vitamins in that draw. So it you know that's that's nanoseconds to have that information infiltrate the entire body.

The bio photon energy field is uh is even faster than that faster than lightning. So I I like to think of it as like, so here's a great, here's a great kind of realization for me that I put together with um you know, something that that had happened to me, that I went, oh, that's the bio photon.

Um when I was about nine years old, my my dad used to show us like the real the real videos, you know the films. And um after many years it broke and I was probably about nine and he went to fix it. I had my elbows resting on the dining room table about three ft from the machine that he was fixing.

And he thought he finally got it together and he turned it on. And I heard this big bang and the next thing I knew, I heard my my dad saying, keep your eyes closed, keep your eyes closed. A piece of glass from the bulb exploding, which this bang that I heard, which we know sounded super slow, right? With the electrical storm that had hit that piece of glass had hit my eye and I was bleeding on my eye.

And you think to yourself, okay, Was it timing? Did I you know, did I blink at that? At that exact moment? Probably not. That's the innate intelligence.

That's the bio photon energy that I perceived of that, so that my slow nervous system that would tell me to close my eyes, like touching a burner was actually engaged. And that's what I think of as the bio photon frequency. It's also the area where I like to really kind of retrain the human organism to um to develop cells in vibrational frequencies of healthy cells.

So that whole system working together. – And so how does acupuncture fit into this? Right. So, you know, people are familiar with acupuncture as a sort of general concept, right? But I don't think there's a lot of still a lot of the gray area in terms of people's understanding about what's really happening.

You know, is it in the fashion that that this is working? Is it in sort of these energetic channels that that can't really be seen by a microscope? What is it that that acupuncture is doing? And how does it uh interact with this sort of

liquid system? – That's I love that question because I think chinese medicine is one of the things that taps into all of those different energy frequencies.

And um I years ago when I was in school, I was trying to figure out well how, you know, how is it that she goes through the body? Where is it that that actually can happen? It wasn't something that we really understood and you know, I thought to myself based on my on my uh you know, pre medical school information that we'll fashion runs interconnected through the entire body. And I think that's where you're saying, does it run through the fascia. And they actually our research studies that show that there is an energy field that does run through through the fascia.

Um And I think that's supplied by the lymphatic system and the and the vascular system and all kinds of things that kind of integrate with that. Um But I also think it taps into that chinese medicine also taps into the energy frequency of it as well. Um So I think that that combination of that liquid uh that liquid nervous system and that energy highway being able to integrate together and re educate the body to not just do something different but actually to learn how to function on its own. And I think that's the key to why, you know, acupuncture is so advanced and why uh you know, any type of medicine that's addressing the energy medicine as well as um You know, looking at the root causes is it's about not giving your body something but teaching your body something. And I think that kind of is that underlying thing for me about functional nutrition functional acupuncture.

You know, not just do the pain points, but how's it going? How am I going to get this body to function better? And then, you know, that came all the way through to functional skincare.

– Yeah. And so that's that's been sort of a big part of what you do, so that the skin and and how that sort of a marker for overall health in the body?

So, talk to me about that. How did you get into skincare? Why has that been kind of a focus for you? – Yeah, yeah, it's kind of funny because most of my patients are are, you know, chronic chronic illness is autoimmune, last resort, you know, some really um suffering, you know, a lot of suffering, And so people do ask me, how did you get from there to, you know, actual skin and skin care?

Acupuncture, Fascia, and Functional Healing

Well, I, because of my history with Crohn's disease, I had done all of the right things and I happened to just kind of catch myself in the mirror when I was about 49 and uh I I got like one of those true looks at myself that you don't always really get and I felt like I looked like I was 60 and I it was kind of mind blowing for me because I was eating right, I was exercising, I was doing acupuncture and what I realized is is I realized that I was I was imprinted, I was carrying all of that stress, all of that illness that was showing up on my face and, You know, a couple of different aspects to that is that one the um emotions, the expressions, the emotions that we express get actually stuck on our face, unlike they do on our physical body, you can really see it on your face because we're such a you know, if you haven't done Botox all over your face, you can actually really feel people based on, you know, the lines and the creases in the in all of the expressions that we make.

So when someone is suffering, we can feel that we can see the suffering in their face. So that was one aspect. – Yeah, I want to touch on that because there's an interesting aspect to what you're mentioning because and I've read a lot of this in um like relational books um and how we how we understand emotion in others, right? And and a lot of it has to do with our subtle perception of of facial features and the ability to sense these sort of facial uh the smallest but the tiniest bit of changes in the facial expression, right? And that's how we not only can understand the other, we actually feel that in our own bodies, right?

So it's interesting that you mentioned that and you this is you know, I think what you're saying is correct is that we're able to feel people when they're going through these challenges and these these painful experiences.

But before you continue to I want to I want to understand what was it for you that that unlocked this sort of Crohn's disease and got you out of that cycle because I think a lot of people are dealing with digestive issues and they're doing all the things that you're talking about, they're eating right or better than most people right there doing things like acupuncture, they may be doing a whole host of a variety of treatments and they can't seem to get out of the

cycle. So what was it for you?

What did you learn about that in terms of getting out of this sort of chronic disease cycle? – A key factor for me was acupuncture. I actually was in premed planning on going to medical school, got really sick, ended up in the hospital for three months.

Did acupuncture felt better than I had ever felt, completely changed my trajectory, right? Um So that worked for me. However, uh it was because we have our natural patterns are predisposition. That is a lot of times when people get stuck in the different um you know, patterns of illness. So there were two key things that made a difference for me. One was dealing with the emotions, the neuro emotional complexities that our nervous system uh uses for just survival is key.

And when you were talking about um you know, facial expressions and relationships and things like that, I can totally relate to that because that's actually a lot of what I study and teach other physicians. So you're talking about the prefrontal cortex on a subconscious level, sending information to the limbic brain, that limbic brain, which is our emotional brain having some experience that we can draw from.

That says, oh this this is this is this person feels this. – We have mirror neurons to o, right? That we're that we're now that we're just mimicking the people are around. I mean that's what's so fascinating to me is that when you're around people that are uplifted and they're feeling good and we can actually pick up on that partially due to mirror neurons, right? And for around people that are really suffering, really going through stuff, we can also pick up on that right, right limbic residents. In fact actually that's how a baby regulates their temperature, regulates their digestion regulates, right?

So that it is, it is the most, I mean we could do a whole section just on this, it's just the most fascinating and the research that's being done on this is amazing.

Um So uh the other aspect um to stay on task here, the other aspect of uh you know what was beneficial for me was also understanding the energy frequency component. So that I actually was developing tools as well as using tools that were teaching my body how to vibrate at the frequency of a healthy cell, at a healthy healthy Um Chakra, at a healthy Meridian, at a healthy liver, healthy spleen so that there there is a perfect vibration if you will to healthy those healthy cells.

And so for me in that process of the 35 years of you know going going through, what is that? What is that? What is that? Is is that it's about finding the way that we can communicate with the body in a way that it not only can hear but understand and replicate and that's actually the key. And that's why I talk about the bio photon frequency or that bio photon highway is because that is a vibrational frequency that um I can expose someone's body to externally that is loaded with those frequencies.

Skin Health, Stress, and Cellular Rejuvenation

The that vibrate at the frequency that the body can pick up on that bio photon light energy and learn how to with you know with that constant exposure, learn how to vibrate at that frequency to reproduce a healthy cell.

And going back to how that connects with the liquid liquid nervous system or the liquid intelligence. Is that that's where I go back to saying the cell is a collagen making machine. So you know that that's the connection right there. – Yeah you have you have on your true energy um site for for skin care. You have this this wand.

Maybe you can talk about this is very interesting. Um It's it's uses uses it's called the sonic energy wand I believe. And it's got like a it's charged with a magnetic frequency.

Right? So talking about that, how did you develop that and what's going on there? How does this work? – Yeah. So you know um it is it is sonic and it is magnetic but the secret sauce is the frequencies that I've imprinted into it.

Um That's a little harder to kind of put out on a on a page because people don't really understand that aspect of it.

Um Always I mean I feel like we're in we're talking that language now and we both understand and I'm sure the people, yeah exactly we're getting there. Um So uh the wand is a it's actually um a stainless steel imprinted with frequencies that replicate a healthy cell and what I actually call because it speaks the language of beauty frequency, a beauty frequency.

And the reason why is, well one is the face when I have a body one in a face one and the face tool actually you're using it on your face. So you're actually touch all these acupuncture meridians and you're doing a specific protocol that does lymphatic drainage that gets rid of toxins. And in the meantime that imprinted frequencies in the wand, our lymphatic drainage, repairing the lymphatic system.

Um And then also increasing collagen production, a lasting detoxing this all of the things that have to do with making a healthy cell. So uh and then out of my own curiosity of my my uh you know neuro brain, I had to test it. So I actually put that protocol with Dr.

Pugliese who's you know the big muckety muck in in in beauty and testing different high end skincare products. Um So I did a 30 day trial on it. And he actually called me within 15 days and he said I'm not really sure Or how you are getting these results, but these women look like they've had many makeovers.

He had no idea about the frequency, but he understood, you know, maybe it's the magnets, you know, maybe maybe, you know, it's the protocol itself. And I'm like, it could be, but you're not going to develop 25% increase in collagen in 30 days when it takes 45 days just to start college and production. That's that's frequencies, those are the frequencies. So I was actually really thrilled with that outcome. – Well, it's funny because, you know, these type of things that when we can't explain something right, like our brain kinda gets stuck, right? Like we see something is working and we think, okay, well, it can't be this kind of weird nonsense she's talking about, there's got to be something else in there, right?

And so, you know, I do find it fascinating. And look, this is the this is the conditioning that many of us, probably most of us, not all of us are stuck in on some level of how reality really works.

And it isn't until something sort of shakes that that loose. And then you have to kind of readjust your model of reality. And I've had to do that many times in my life thinking I've got a grip on what reality looks like and how it works and then something comes along.

And I'm like, okay, well, clearly I know nothing. Um, and I can't explain that, you know? And so I think it's happened enough times for me that I've I've loosened my grip on reality at least enough to be open to the possibility that something like this can work right now, and it's not an endorsement that anything, any one thing is going to be that works great or is works for every person.

But I think it's really important, especially as we go forward into this very interesting reality that is emerging to keep an open mind about how these things work, because otherwise I find that we just get stuck, we get stuck in an old paradigm, right? And you can actually just look at this and with science itself, right? Um for those who grew up watching star trek right? Like the things that they were doing in that show 40 50 years ago are now reality in a way that surpasses what they were even imagining, right? So, so it's just an interesting thing with these, with these things around health, it doesn't seem to be as complicated, I think as we once thought, or we were once told that things are happening on a level that is so subatomic, that is so subtle, so to speak. And that subtlety can be so profound and powerful. Right?

So talk to me about that because I know someone practicing energy medicine that you deal with this all the time, I've seen this with marma, points with acupuncture acupressure, we have foot reflexology, we've got things happening in the in the teeth that when you fix their fixes, the other parts of the body, right? There's so many little things that um that have really profound effects and sometimes it doesn't seem like much is happening.

So maybe give you some examples of how you that shows up in your world and what you kind of make of all that. – So um that's a I love the topic. I think that one of the words that you used was emotional reality and I think that that has a lot to do with um you know how, how we are willing to perceive things or not and you know, sometimes

people, people will uh say, oh that was such a great treatment or I feel so much better. And one of the things that I don't always talk about in my in my practice is that my intent when I'm treating someone is hyper focused, it's hyper focused in that, you know, on what level am I affecting the body, You know, there's the there's all of those different planes and I think that energy component is the one that speaks the loudest to the body.

So, you know, for example, well, you know, we mentioned with the with the wand having those frequencies in it on the, on the face that you can actually see things that are reversing in the aging process that you wouldn't even think possible.

In fact, actually, even 10 years ago, the biggest issue I had was too good to be true, not possible, Right? So you're that paradigm on what's possible when you're talking about energy, medicine is so different.

Um and it is hard because we do. It's it's have you, you've heard the story about the, about the shaman who's looking out into the water and he sees ripples in the water and he goes every day and he sees ripples in the water.

And one day a ship comes to his into his vision and it took him days or weeks. I don't even know.

Frequency Tools and the Sonic Energy Wand

It took him a long time to actually be able to see the ship. He was familiar with the water, but had no preconceived idea of what a ship was. It wasn't in that olympic brain to have to have a recall.

So when he called the rest of the people and show that to him, he had to describe it to the point where they can start envisioning it so that they can actually see that. And then it came to reality.

And I think that that's really exactly where we are when we're talking about energy medicine and and and the ability to just open the mind a little bit and be able to listen to, you know, listen to uh stories like this and interviews that you've done, so that people can start to just crack the uh whatever phase they're at because we all have our limitations. We all have our emotional reality.

When you said, you know, you keep learning and then you realize, I don't know anything, right. The more you learn, the more you realize, you don't know. And there's so much truth to that, because sometimes when we're even talking to each other and everybody lives in their own emotional reality, it's like how are we even able to communicate?

Right? So everybody has that um perception. And I think like you said, the more I can talk to people about energy medicine and its possibilities and those three levels of the of the healing system, uh we don't talk about the healing system. The healing system isn't isn't isn't a thing, you know what I mean? So, but when we do talk about the healing system, we're talking about quantum physics and energy.

And um you know, one of the stories that I really love is is that really makes sense to me. And kind of is mind blowing is they took the scrapings of a guy's mouth inside his inside his mouth and they put him in Peachtree dish in a perfect solution for it to survive for those cells to survive, right? And thrive.

And uh they exposed the they put this, they put the peach tree dish in another room and they exposed this guy to an emotion. And so the emotions have that liquid nervous system where he secreted hormone substances, neuro neuro transmitters, information substances and were measurable in the cell in the other room at the exact same time, that cell was expressing those same information substances, right, reacting the same.

So is it distance? So they take the cells to another, you know, when they fly into another state and they do the same experiment over and they are simultaneous, simultaneously reacting the exact same way. It has nothing to do with time and space.

It has to do with that bio photon energy highway that is instantaneous. That in in the in the greatest potential for healing is to be able to tap into that use the tool that make a difference to understanding uh and to actually not

even understanding, but that vibrates at a frequency that your nervous system understands that your body understands that your meridians understand. So I would say that being able to use those tools in the office, um you know, I've all kinds of different energy tools that I use with patients that make a huge difference for how people heal, how fast they feel hell and how long they stay healthy for because it's about re educating and that kind of the full circle for you asked me about disease.

So, you know, making sure that you're, you know, I'm constantly exposed myself to frequencies that are balancing. – I think the biggest aspect to that sort of vibrational frequency that we can be in, is that how we're controlling our own state, right? So in other words, even if I'm miserable and I'm and I'm depressed or I'm suffering in some way.

It's really wild how I can stand up, put my hands on my hips, smile and hold that for for a minute or two and all these these cascades of signals start to change, right? So even my external circumstances may be triggering some emotions in me or whatever the case might be.

There's something that I can do to actually flip that on his head. I can I can change my state with a little bit of breath work with a little bit of just going outside in nature uh you know, being outside in the sun, going for a swim in the ocean, walking on the beach, laying in the grass, being around friends and family and loved ones and going to a comedy show and like there's a million things that we can do to change our state, right?

And and you know, we were talking about the limbic system earlier and that's one of the things that I've really gotten into personally. I really love the dynamic neural retraining system. D. N. R. S. By by Andy Hopper.

She goes into the limbic system in this way and and part of that process of healing limbic wounds or limbic injuries is keeping yourself in this in this sort of bubbly happy, cheerful state, right? And hopeful state, right?

So it's it's it's watching these testimonials of people healing. It's it can be going onto Youtube and watching dog or cat videos, right? Like this is what's so powerful to your point about the sort of living matrix that exists regardless of distance, is something fundamental about being in a state of healing itself.

– Right. Right. I totally agree with that.

Changing State Through Mind-Body Practices

And I think that the, like the neuroscience part of that um really goes to when you do that state of, you know, holding up your chest, taking some breaths, you're tapping into the recall of how your body feels when you're in that state. So it sends out through the liquid highway.

That liquid, you know, intelligence. It sends out those happy neurotransmitters and hits those uh hits those receptor cells. And then they start producing the amino acid sequences for happiness on that cell to a bunch of different cells.

Right? So that's the that is I that I think that you explained it perfectly. And then of course, you know, for me, I kind of go into that's the science, that's the science of that whole dynamic of the different types of the of the nervous system of the energy system and things like that.

It's why I you know, it's it's why I've done meditations. You know, like I've I've put together meditations specifically for tapping into that bio photon highway and that liquid nervous system or that liquid intelligence.

So that your you can start generating the familiar um uh parts of the limbic brain that no, oh, this is happiness. I can do this. I can put that out there and then start infiltrating, infiltrating the body. – Yeah, it's it's really it's really wild how all this is um sort of programmable, so to speak and write.

And if anybody hasn't hasn't downloaded those, um it is is it a free gift? So you can download these these amazing gifts from from Kathy here to help reprogram these cells. And I say re program because I think that while all of us come into this world with, let's say trauma at birth itself is a trauma coming into this reality is traumatic in and of

itself. But we have ancestral trauma, we have cultural trauma, we have trauma on the land.

We have all kinds of things that that we're still working through uh locally and globally. Um we can re program because there's a fundamental, it's it's not like we come in as a blank slate, I guess it's my pie. There's actually some cellular memory.

There's DNA there's something here that we, that our body innately understands what it is to be healthy, right? And and it's it's really interesting, you know, when you talk about postures and positions and and the words that we say that like it's all when you get down to this level that we're talking about, It really helps to, to, to ground this into reality because then you start understanding that how I speak matters to other people, to plants to the world to God that how I speak internally to me in my own mind and my conscious thinking and my subconscious thinking and emotions that matters right, The music that I'm listening to matters right, Like how I'm standing in the posture that I carry my shoulders back and my head held high and my slouched over, and this all really, really matters, right? So these are the sort of global signals that the body is both sending and responding to um and there seems to be kind of a master control are known as I write, the sort of the great awareness that is me, that that can seem to uh dictate this whole process.

Right? So, I mean, this is the empowering aspect, I think of this message that you're sharing is that when we can accept this level of that all of this happens on this sort of subtle, energetic and maybe even not so subtle level, then it starts to influence globally um your liver, your kidneys, your spleen, your thyroid, anything that might be going on can be affected both positively or negatively based on all of these things we're talking about here, it's truly amazing. – Yeah, yeah.

And I think that, you know, when you're talking about um being able to generate, just kind of faking it till you make it if you're feeling down, you know, to be able to get your body to express the happiness when you are doing that, you're replicate your body is learning how to replicate that sells and as much as that might seem really challenging, especially if you suffer from depression or even have, you know, some really stressful things going on in your life.

It's all a balance game, right? So if you catch yourself in the negative state and you bring up your positive eventual, that negative state goes down and your positive state stays high. So it's it's a balance game.

It's exposure, it's exposure to those frequencies, those vibrational energy that you're both doing intentionally as well as subconsciously, as well as using the tools that vibrate at those frequencies, those are all really helpful for all of the different levels of cognition, um, and subconscious and you know, that just the energy of the body itself to really be able to live in that vibrant lifestyle rather than having to struggle with it while we go through that process.

– Yeah, it seems to be about stabilizing this, right? And you can you can make the same argument for, you know, a golf swing, right? And and it takes if you want to be good at golf, like you're gonna have to swing that club thousands and thousands and thousands of times.

But as you do it and at the beginning it's very difficult. You've got to think about all these things, your muscle memory to try to replicate this thing and to be in that sort of flow state with it is challenging.

It's it's it's not easy. And yet over time it starts to become subconscious, unconscious behavioral patterns that can do this thing really well, right? And the same thing is with this sort of this vibration of healing, so to speak, the state of healing.

It may take some of us some effort um and some actual conscious intention and behavior and action at first. But but imagine if you were to do that constantly, right? And we see this in in sort of these healing practices and modalities around the world, whether it be in an Ashram or or what have you.

But it's this constant state is this consistency of being in this state. And then eventually you just live from that stage, right? And that to me is worthwhile. It's a worthwhile pursuit.

Aging Gracefully and Where to Find Dr. Cathy

Um not to just assume that like, like this were masters over our body and saying, you know, our body should just be healthy. And it's like, well, no, I am my body right? Like that is a reflection of my my state as it is. And so if I want my body to be healthy, then I must be healthy. And when I say my I'm my mind, my emotions, right? My my entire being as it's in that state, then the body will reflect that. And I think you've illustrated that really well with the skin and I think I totally agree that the skin is a really good reflector for us for overall state of health. It doesn't it's not it's not perfect because not everything shows up in the skin necessarily, but very good indicator of what's going on.

And I think with that to going back to the skin, it's not just this, it's not just this beauty organ, right? Um I mean, I look at my my three year old skin and it's like, you know, it's like the most beautiful skin ever. And it's like holy smokes.

Like this is what perfection looks like. We were all there at one point. And but it does serve a function, right? It's an organ system and so creating health inside and outside so that we have as well functioning skin organ system does serve us well internally as well too. So it's it's really, really important to take care of it on on all these levels.

– Yeah, the inside out, outside in, you know, and I think that's why I did the face and the body, the, you know, the body when we were talking about all of the different systems.

The lymphatic system is so underrated in how our health is as well. Because it is it everything that the everything that the that that the vascular system does, everything that the cardiovascular system does. The lymphatic system does times 10, you know, it it uh it actually even delivers nutrients.

So one of the things that we don't really pay attention to is actually helping our lymphatic system to detox. So that was, you know, that's why I did the body, the body sculpting stone as well is for just that reason is it's a big part of, you know, cleaning up the system so that it can breathe.

And if it can breathe, it can heal and if it can heal, it can take in nutrients. If it can take in nutrients, it becomes that that collagen making machine, you know, and in in the concept of aging, anti aging and aging, I'm not necessarily a fan of the word, anti aging, but it's descriptive in the sense that we age prematurely when we have negative thoughts and negative, you know, and illnesses and uh emotional stress and that's such a big thing right now too as well as just, you know, chronic illness and things like that.

So, um yeah, it's it's definitely a factor on the outside in from the inside out, they work together. – Yeah, I love it. And then, and I agree, I mean in this in longevity space and I prefer this term longevity and I'm pro aging, right? I think we can just do it gracefully.

Right? – Like that's exactly what I say. – Yeah, yeah. Yeah. It's a beautiful aspect. – That's exact, that's so funny. – It's important, right? Like aging is something that I think can be embraced and if we're trying to fight this process, which is natural and it's going to happen then I think we're just creating and it's like a war against war is still war, right? And so it's like we create this internal sort of combative relationship with the process that is inevitably going to happen.

Then we're just going to add sort of fuel to the fire. Right? And so I think if we embrace it, we accept it. We look at it as a beautiful process and we can harmonize with it.

And and also still have the, the idea that we can extend. We can, we can lengthen this and slow down the process of aging, so to speak. We can lengthen this time and age gracefully and not prematurely. Like you said, that seems to be a much more worthwhile endeavor. And so I applaud the work that you do.

I think it's fantastic Dr. Cathy where can people find more of your stuff? – Well, we can send them to the true energy skincare um dot com And uh we'll also make available though the meditations that you'll be able to get some information from that as well. And uh and I've got a great community of women supporting women aging gracefully uh and uh making sure that we're not aging prematurely inside out outside in on that. And and really focusing focusing on um bringing love and light, bringing, you know, each other and uh no great, you know, great process. – Beautiful. Thank you so much for coming on today.

I really appreciate it. And uh, best of luck with everything you do. Thanks. – Thank you. Thank you Jason. I appreciate you having me on.