Introduction and Guest Credentials

Doctor Dawson Church, this has been one of the interviews that I have anticipated doing for such a long time. I've been wanting to have you on my podcast for years, and I am so thrilled and honored to talk to you.

You have inspired me. My career. I discovered June around 2013 and I was even more excited to know we both fellow South Africans. I just knew immediately that, well, you just, you know, you your brilliance is very evident and having that common background is wonderful.

You have such an incredible expertise and background and research skills and qualifications, and you help millions around the world. And it's an absolute honor and pleasure to interview you.

And I know you're going to help so many people across the board today. So welcome. It's a joy to be here, Caroline. Oh, it's a joy to talk to you. So I'm just going to you're going to tell them a bit more about you, but I'm just going to tell people that Dawson is a bestselling science writer and author of three award winning books.

They are outstanding books. I have all of them, and I've studied them from cover to cover. The Jean in Your jeans broke new ground by showing that gene expression is influenced by emotions.

Mind to matter is based on hundreds of studies showing that our brains play a key role in constructing the reality around us, and that's something I really want to get into.

In Bliss Brain, he demonstrated. As we cultivate peak state, our brains rapidly rewire themselves for happiness. I want to get into that. It's so beautiful.

He's the founder of the Veteran Stress Solution, which has offered free PTSD treatment to over 22,000 veterans. Incredible. After retiring from active business management, Dawson has continued to teach and inspire through his presentations, podcast books and blog posts, and I follow Joe Dispenza as well.

And I know he's a good friend of yours and he has a quote about you. It's action of forward, of mind to matter. And it's so beautiful. I want to read it.

Dawson is one of those people I can email or call and ask, how long does it take for trauma to consolidate in the brain as a long term memory? And he will, without hesitation, tell me the exact time it takes the best references, the particular research studies, as well as the scientists who conducted these studies.

It's as if he were giving me directions to the local supermarket when I discovered this. That's when I realized I was not working with an average scientist.

I was in the presence of a super mind. Dawson is brilliant, charismatic, loving, and full of life, and I cannot agree more. So once again, welcome. And Dawson, would you like to just tell the audience a little bit about your background?

It's so extensive. What you do, big overview. And then we'll dive into some science and then some practical stuff. Yeah. And for me this has just been the outgrowth of curiosity.

Like how do things work and why. And so you asked us the questions. And of course we all ask those big questions about our, our own lives. Why am I here?

What's the meaning of life? Why is my life the way it is? And I began very much the same way as a teenager and really pondering all of these questions and finding answers initially in psychology, spirituality, and then when the

whole field of medicine began to become popular in the mid 1980s.

So acupuncture, acupressure, thought field therapy, various kinds of mind to better therapies began to become popular. I got curious about that and began to study them, and then eventually realized that they had a huge potential for for healing and that quantification was was powerful.

In the first study I published in the journal called Integrative Medicine a Big medicine journal peer reviewed journal, we found we looked at the the mental health, the anxiety and depression among a group of mental health professionals and medical professionals doctors, nurses, psychologists, chiropractors.

And we gave them a one day workshop on releasing their stress. And our discovery was that they were between the morning and the data points, they were releasing 45% of their anxiety depression symptoms just using energy therapies.

And that study under the early 20s really made an impression on me. It was low data. In fact, I was so, so startled. Carla, I was working with University of.

I was and I emailed them back. Once they sent me the Excel spreadsheet, I said, what, do you guys mind checking your data? Because something's clearly wrong here.

Nothing in psychology or spirituality suggests that you can have a 25% reduction in anxiety and depression in one day, but they emailed me back and said, absolutely, that's the data.

And we're able to show I'm actually able to show in multiple studies, multiple replications of that study. That's a normal result from applying energy.

So that learns to quantify it. And I then go into the biology that I said, if our anxiety and depression is going down, then our cortisol must be dropping.

So I did the first big study of cortisol again around 2008. 2009 began to collect data from five sites on that card.

Research Background and Energy Medicine

It's huge, massive drop in cortisol in just one hour of treatment with emotional feedback techniques and energy therapy based on acupuncture and much greater reduction, and actually twice the reduction in anxiety and depression.

Use a talk therapy. So that again gave me hard data. They did more clinical trials looking at the gene expression of people who were getting better. I found that all kinds of genes were changing their expression.

They looked at little particles called micro RNAs that stick to genes and either silence them or promote them. Found that those were improving. She wants to do with anxiety, depression, and traumatic stress.

And so it's just been a great adventure for me, following these these breadcrumbs and having a ton of fat along the way. And producing a lot of great work and changing people's lives as well.

You talk about energy medicine. Would you mind defining that for for my listeners and viewers? Yeah. And if people want to see what the research looks like, there's a website that you can go to called Energy Medicine bibliography.

Com and we define energy medicine on that site. That that site, by the way, is a shorthand that lists hundreds and hundreds of research studies. And they are using energy medicine for cancer, for Parkinson's, for Alzheimer's disease, for mental health issues.

And they show that all of these but these therapies have an effect on those conditions. And so energy medicine is,

is these that these are therapies that explicitly are focused on the body's energy systems.

And you can measure the body's energy systems recently with devices like a galvanometer, skin galvanometer, you can measure that with an EEG. They change the electromagnetic field around the body.

So you can measure them on an MRI. And we are electro magnetic beings. Things tend to happen at the energy level much, much, much more immediately, far before long before long way before there are visible outside the body.

And then the field of measure E equals empty squared, E comes first energy and then meter follows. So that's the definition is that these are therapies that explicitly use energy to to make a difference.

And these are therapies like EFT meditation can be classed as an energy therapy. You change you energy. And we see massive shifts on both the MRI and the EEG with certain kinds of meditation, acupressure or acupuncture.

Both change the the body often very, very quickly. Reiki shows a healing touch laying on of hands. Prayer is affecting people's energy and again those electronic signatures of their bodies.

So it's using things other than material approaches to healing. And again, that's bibliography that our nonprofit has compiled shows that it affects all kinds of diseases.

These are all downstream from energy. And this is the big thing that I want to stress for the viewers and the listeners, is that we talking here about evidence based research?

And Dawson has published extensively. And this as you said, the energy field has published extensively for the views that are familiar with my work. This is basically back on your biology, mind, brain, body connection, which is what you were looking into, using the mind to change the brain in the body.

So I just wanted to orientate my listeners, see it. This is what they hearing all the time. But you're such an expert in such specific areas and I'd love to touch on you.

Say you, there's so many things that are that I want to ask you. It's going to take me hours to ask you. So then you've got an hour and then that's that's why I'm so excited.

This is only part one. There's going to be many more parts that I hope you'll come back and share with us. But let's talk about epigenetics. It's very it's very in at the moment and it has been for a few years.

And it's something that I think is really worth. You have a you have a really good way of explaining it in a very understandable way to gene in your genes.

You have a whole section dedicated to a whole chapter. Could could you? The ultimate epigenetic engineer. I love the name of the chapter and I mean it kind of links it with everything else.

And your work on genes and things. So however you want to approach it. But if you can maybe define a talk a little bit about that, and it's a great way of understanding this whole concept of, of mind to matter, which is the name of the second book.

Yeah. And epigenetics is simply the change in gene expression that isn't dependent on changing the DNA. The DNA is the same. And yet a gene expresses or is silence.

It's turned on, its turn turned off. And this is unlike a that is a result of a change in DNA. So, for example, when species of all their DNA mutates and we see new species emerging over time.

And so that's the the way that that species change over time based on our DNA shifts. And actually, I was about to give you five examples. Well, I'll just leave it at that.

We all know what being change means. What is so interesting about epigenetic changes that it's happening without any change in the underlying genes. And one of the most fascinating examples of this were the settings by Rachel Yehuda on Holocaust survivors.

And she found that the granddaughters of women who'd survived the Holocaust in the 1940s had the same epigenetic signaling as the granddaughters, the daughters and red parents.

Grandmothers had the same epigenetic signaling as did the mothers. And so in three human generations, we find that these epigenetic shifts are persisted and are passed to durations.

Other studies with mice and rats show them going seven generations and for example, fear. Fear can be passed along several generations in animal studies and presumably of humans as well.

So and you may be fearful of something. You may be anxious about something, you may be angry about something, and you may feel it. Anger in your body.

It might feel very real to you, and it could actually just be an old epigenetic pattern from your great grandfather, who was stressed because he was fighting in the American Civil War, or because he was a pioneer, or because he was a really close environment.

And, you know, but one of the wars in Scandinavia in the 1700s. So we have all of these activity tags, which are often driving our behavior. And a lot of these energy therapies are able to remove those in that one.

So yeah, I mentioned we were studying veterans, was a randomized controlled trial of veterans with high levels, chronic clinical PTSD. They had flashbacks.

They had intrusive thoughts. They had hypervigilance. After ten sessions of this energy therapy called EFT, their symptoms dropped dramatically. That drop of 50%.

And these flies in terms of symptom levels, their gene expression changed. So how their genes were working changed. And those little epigenetic tags that were attached to their genes just popped up.

It was absolutely amazing to see how genetic tagging that is associated with depression just going away over the course of those ten sessions. So these energy therapies are powerful both at the level of things like neurotransmitters and hormones, norepinephrine and all of the other array of stress and relaxation hormones.

They go right down to the level of affecting us at the level of our gene expression. It's incredible to know that we can. There's such strong evidence showing that we really can get three of those generational things from, you know, the epigenetic research that you've just described, which gives us such hope for being able to manage the struggles of life and manage those traumas that happen.

They don't have to crush us. They are crushing. But there's ways through, and that's what you feel work has shown so dramatically. And the work that we do as well with my team as well, it's it's incredible.

Dawson, this is incredible. There's so many directions we can go in. But I think to, to to bring this home, you've done a lot of research showing how we can influence a genome.

You've mentioned the PTA studies with veterans and so on. And the dramatic change in increase. You also work with people. You work with people on the stage.

You'll be literally doing a workshop and people change. And so you've developed this EFT emotional Freedom technique. You also talk about meditation and tapping.

So I'd love you to talk now about how you've taken some of, you know, taken your research, developed hands on ways of helping people to be able to help themselves.

And they can learn to begin to find out all about where they can learn and from you and get help from you. Do you want to start by explaining emotional freedom technique and then go into the details?

Because you also say amazing things about meditation and why? For some people it doesn't work and how you go to just things and you know, you've got a lot to say around that.

What is the easiest way for you to be able to help us understand emotional freedom techniques? Emotional Freedom techniques is a really widely used technique.

We, as we find that about 40 million people worldwide use it. There are well over 100 studies in the English language peer review journals. There are over 100 studies.

Other countries. Other languages. Tagalog, Arabic, Hindi. Many other languages. Other. As you have studied all over the world and it's phenomenally effective at it's really, really quick and uses acupressure rather than acupuncture by having people tap to stimulate acupressure points.

And these acupressure points are measurable, we can measure them with a skin galvanometer. They have a very particular energy signature which separates them from the surrounding skin.

And when we use the API with people, we have them recall troubling memories.

Epigenetics and Inherited Stress Patterns

We also have them rate those memories on a scale of 0 to 10, like one veteran I worked with had been in in terrible battles in Iraq and the worst day of his life, as he told it to me, was when a friend of his had been killed and he was given the job of cleaning the bloodstains of his friend's uniform so that uniform could be sent to this soldier's next of kin.

And here he lost a friend, and now he had to clean this uniform. And the uniforms smelled really, really bad. In fact, he was dipping the uniform in bleach, and he had to run out of the medic, had a hyperventilate, fresh air, and then run back in again because the smell.

So here it's triggering sights, sounds, and there is immense grief. And as he rated what he pulled the worst day of his life, it was a ten out of ten in terms of emotion.

And I just had him tell those stories and he was tapping on acupressure points. What he told them after doing that for about 30 minutes. And he really went into the the details of the event.

Absolutely. Horrendous. I think details about the event that actually tell you the, the, the, the PC version of it of because if I tell you bill details, I'd be traumatized some of the people listening.

And so we went into those details with him, the graphic details of that. But we were tapping. So what we see of the brain in, in in cases like that, every are people looked up to an EEG. We see that the emotional brain, the limbic system is highly active.

It's all lit up during the recall, things like that. As we tap, it gets quieter and quieter and brighter. And after tapping with him for a little under half an hour, he could tell the whole story again at a zero, and it dissipated all of the emotion behind the story.

And so the facts were still there. Didn't change anything. The that's what had happened. He lost his friend. He had that horrendous experience and he was up.

How about it? And in fact, he wound up saying afterwards he said it was an act of love. I'm so glad I was the one who signed for him, because I could send that uniform back to his parents, back in the US.

And it had been blessed by what I did. And so his cognitive frame or the event had flipped completely, and he now is at a zero for the emotion about it.

That's what he does. That's what combining triggers and fight or flight and triggering the emotional brain and then adding acupressure, which causes us down, does it deep, creates all of the fear in those memories.

It's slow, the memories, but now they are minus the fear as we should the energy around them. The acupressure. Well, it's incredible. And I've heard you explain on numerous occasions how this actually works because you, you know, you describe the basic build out, how does tapping actually work?

Because it's very popular. Now everyone's talking about tapping. But when I hear your explanation, it's one of the best that I've ever heard. Would you mind explaining how exactly it works?

So when we have the recall of a triggering memory, whether it's a childhood memory, whether it's an adult trauma, when we pair that with a non triggering mood stimulus, then something obviously happens.

A memory system. Normally if you are thinking about the car crash, your mortgage being underwater, the terrible divorce, whatever it is that is troubling you, you think about that and you have a rise in cortisol.

You have a rise in adrenaline, norepinephrine, just as though that thing was still happening at the brain and mind can't tell the difference between an event recalling with vivid emotion and one that is actually happening.

So what you're explaining the car crash when you're really reliving the fear of it in the present moment. You know, the car crash was ten years ago. You're still triggering the release of cortisol and all of that biological.

So that's what we have people do deliberately. And if you do that without an effective intervention like EFT, you retraumatizing a cell. You are lining up all those neural pathways again.

And we know that neurons that fire together wire together. So you're making those neural pathways bigger and stronger, and you're having them fire more efficiently by retell the story.

If though you retell the story and you pare the retelling with a neutral or positive stimulus, light tapping. Tapping works well. Breathing works well, doesn't work quite as well as tapping that tapping method works extremely effectively.

Also, eye movements use I'm a Dr. use eye movements and EFT and I remember some tapping are in read to be effective at rewriting hard drive. We use set up our brains now was the Maori system in our brain has this neutral stimulus of tapping eye movements paired with fight or flight in the memory.

It realizes the memory is not a current threat to our survival, and it removes all of the epigenetic tagging, removes all of the salience, it changes that memory, and we reconsolidation that memory back into our hippocampus, back into the parts of our brain that hold those memories.

But now it's just a memory. It's just a terrible thing that happened. But it's no longer an emotional, terrible thing that happened. So people describe the death.

They describe the divorce, they describe the the time in combat. They can describe it still. And their emotion is not rising because that leap between the two is broken.

And our does is a clinical trial of show that when you break that link between the embed and going to fight or flight physiologically, when you break that link one time, it's amazing.

You test people six months, 12 months, even two years later, and we find this little neutral fight or flight response in response to the memory does not come back.

So it's a permanent solution for these mental health issues. And you say that you see something incredible, a permanent solution. And I want people just to hear what you're saying, because the traditional biomedical biomedical model that's been so dominant for the past 40 years, the messaging is if you have PTSD from any of these kinds of things, will kind of let you know that's it.

And there's a lot of sort of external things like medication and sound involved. And it's it's a lot of talk therapy and a lot of different toys with you.

And it doesn't it, as you keep saying, we can retraumatize us. So, so what are you doing with what's happening with this kind of approach is that you're enabling people to take those tangled knots of networks that were driving them and weaken those and disentangle them and take all that energy out of them and all that negative energy out of them.

As you say, the salience is reduced. And then they can then remember, that's it that's happened to us is ever going to go away. But you've changed what it looks like inside of you and what plays out in your future.

So instead of just learning to live with it and kind of suppress it with the sort of diagnosis and medication in the current models, you actually rewiring and that's, you know, that's key.

We talk about that on my podcast all the time in terms of the wiring and getting free from it. But and you said it because we get stuck in our bodies and our minds put to work through our bodies. And this is what your work is doing.

It's helping us to get to the fog. That's right. It literally is rewiring our brains. And that does take a while. Like you don't just break in your old bundle immediately, and the work are very tenderly the one.

The Nobel Prize for medicine for. This shows that, it takes a while, but for a while is a five years. The wireless is about 2 or 3 weeks before those neural bundles start to fall apart, which is really encouraging.

So if you've been an angry, reactive person and maybe been an angry, reactive person for 50 years, you've built a ton of neural wiring about about that worldview, about that, that way of handling things.

If you're a pessimist and you just are used to seeing the world through dark glasses, you have something negative to say and a negative take on things.

I was actually at, at a at a concert last night with my wife, and we were sitting next to a bunch people, and one of the men there was like that. He just everything happened.

He had some kind of negative, sarcastic spin on whatever was going on. And I would tell my heart, go out to the poor guy because that's his worldview is so ingrained now in its neurobiology that he can't he's not aware of it.

It's unconscious and it's moved to that level of just behavior. But the good news about it is, just as we form neural bundles rapidly now, we form neural bubbles much more rapidly than we do them.

So every night when we're asleep or papa, we spend these brief periods of time that the vivid dreams our eyes are moving around in our head like crazy, rapid eye movement sleep.

That's what our brains are firing and wiring. And we're creating new neural bundles. Let me drop that down into deep sleep. Our brains slow down dramatically.

It's the slowest brainwave. Then we're pruning those neural bundles. So we fire a lot at wire. Lot that rat like blooming sleep. We prune a lot and not like movement, sleep.

But the pruning does go on. And we do put away those neural neural pathways. So if you're learning something new, you'll be firing and wiring all this great new new wiring in your head.

Say for example, you are that negative, this pessimistic, angry, reactive human being, and you make a dramatic change. You say, I'm a fix myself. I'm I'm making a different choice.

And then you make that resolution and you get to meditating the tap, then what happens to those old neural bundles is interesting. People are forming new bundles, and the old bundles, after about two weeks start to fall apart, and after a few months, the body has unpacked them.

So you thought, well, don't even have the wiring for that anymore.

EFT Tapping and Trauma Rewiring

So what we see, for example, in Tibetan monks and Christian and Franciscan nuns after a while is that the amygdala, which is one of the main stress parts of the brain, it it sends a signal down into the body to go to fight or flight.

The amygdala after a while begins to shrink. And these nuns, they aren't using the fire alarm of the brain anymore. And so that reactive part, that stress part gets smaller.

Another part that shrinks and these months and turns is the nucleus accumbens, a part of the brain that's highly active and cravings. So fentanyl, cocaine, heroin, cigarets, alcohol, team chocolate, the nucleus accumbens is all lit up in people who are seeking reward.

Really active in addicts. And what happens in the months and nuns is they're not addicted anymore. They're not compulsive anymore. The nucleus accumbens begins to shrink.

You have a smaller brain. Hydra. What? The bureau is the executive centers of the brain. They grow the emotional regulation centers of the brain grow.

You are able to regulate negative emotion. You feel that, and you're starting to come out and you've got a handle on it. You've got a knob, a control volume.

Control it, and you dial down your anger. When you build, that part of the brain is called a ventral buffer, medial prefrontal cortex, and it runs right from your prefrontal cortex all the way into your emotional brain.

And it's just like a control lab. You can even use it to dial down those negative emotions. When you use a control knob, often enough, dialing down all that negative thinking or that negative feeling, you also gain the ability to dial up positive ones.

That's when you start to write poetry and sing songs and dance and play and laugh a whole lot more, because now you're dialed up all positive emotions as well, and that's refined over time to people.

So that William encouraging thing is that even if you had been an S. O. B. your entire life and you've been miserable and angry and pessimistic and made the lives of those around you miserable by the contents of your mind as you change when you tap, when you meditate, when you pray, read inspirational books, listen to programs like this.

Yeah, absolutely. You are changing your brain. And it starts with just two weeks. Those old neural pathways started to collapse. Oh my gosh, I feel like goosebumps going everywhere.

It's just like everything you're saying is just brilliantly explained and just so incredibly true. I just 38 years in the field to see this with our own research.

And I'm so excited. When you spoke about the neural bundles and taking around about 2 to 3 weeks, we found that in our research as well, that that's the time that reconstruction, the deconstruction, reconstruction.

And then there's a stabilization process, which is another probably six weeks or so to about a nine week sort of cycle before we have behavioral change.

And yeah, that's it. We can do this, we can drive this. We could drive that neuroplasticity and drive those changes in our brain with our mind and our minds, with the messy part.

I mean, you just so brilliantly explained, I'd love to talk a little bit about In the Brain, you talk about how we cultivate peak states in our brains, require themselves for happiness, and you talk about how you love to meditate.

And so before we dive into that, dive into that, let's quickly just first talk about meditation and how not everyone can just close their eyes and meditate.

You talk about your own experience when you were much younger, I think was 15, when you had your first experiences of trying to find meaning in life. So I'd love you to talk about meditation and how these different ways of doing it that were easier for people.

And then I'd love to talk about how you find that you spend those few hours, and then you come back and it's kind of hard to get back into the day to day stuff and business and team meetings.

And, you know, it's nice to stay in that beautiful bliss state and why, but how we can use that to improve our daily life. So three parts to the question how you got into it.

Well, two parts made it to the meditation side and how it's good and how it's great, but how can be some people better with it and then how you the bliss states and how to sort of use that and to enhance our own lives.

Yes. And it's worth both reducing stress the techniques idea of t and building resilience, creativity and joy with meditation. And I learned meditation when I was living on a spiritual t when I was a teenager, and I was really not in, good shape, and I was ten, 12 years old.

But I just want to get out of this world. I did not want to be here. And just a whole lot of things happen. And I just wanted to make an X. I just I just couldn't bear the thought of living.

And one day I was lying on my bed in absolute despair, and I suddenly had this extraordinary feeling that I was floating. I was floating in this sea of bliss.

Open space was. It was empty space. It was full of light. It was this absolutely profound experience of all the universe. Now, having read other accounts of this, it is described by Christian mystics, Sufi mystics, Jewish mystics, people of all the faith traditions, and they call it the void or the Great Silence, a number of names for it, but it's something that's a common mystical experience.

It's actually that mystical experience is the pinnacle of all the world's religions and spiritual traditions. Usually somebody, the founder, whether it was whether it was Moses, whether it was Jesus going into the wilderness, whether it was Muhammad and his journey led by the Archangel Gabriel through all the levels of heaven.

They had this experience of the void. And then they come down and stands their two followers, and things go from there that I suddenly was in that place at 15 and drifting for a while, came back.

That changed. I came back knowing there was meaning and purpose and love and joy to be had. Nothing much changed by outside life immediately, but at least I knew there was a there was a place to go.

It turns out that something like 70% of people, by the time they turn 20, have had some kind of what they call anomalous. It's it's like that. So the majority of people actually are having these experiences.

And my response was to go and join a spiritual organization, study the perennial philosophy. Elvis Huxley, Alan Watts, Ram Dass, Evelyn Underhill, all these great mystics.

So I spent many, many years doing that. And I did work on my cell. Meditation was one of the things we learned. We learned energy healing, but meditation really was not satisfactory for me.

The meditation master said, close your eyes. Still, your mind and our minds are inherently meant to be active, so I can still my mind. Then eventually I learned part math, I learned it, I learned self-hypnosis, I learned biofeedback, a neuro feedback.

And one day I said this thought, well, 2008. I thought what would happen? I was actually in a conference where all these practitioners of these various methods were were touting how great their stuff was.

I thought, well, I thought it was all great. What if I stacked it all on top of each other every tapping this a neurofeedback. Did the heart coherence method did help self-hypnosis?

Did some mindfulness like a layer cake, stacked them all on top of the other, and bingo, suddenly I was in this profound deep state where this organizer, a few months later, I said, can I do this with all the members of the audience in this whole conference?

Because she said, okay, so I did, with a whole roomful of people, watch them all come into heart and brain coherence as a go wow. And many of them came up to me afterwards and said, that was the first time in my life I've ever been able to hit the kind of deep meditative state I've been aspiring to.

So I called the like for free on the web. Thousands, millions of people have downloaded it now and used it. It's just called. Meditations. And yeah, it's really it's really it's a combination of all those things.

So that was how I stumbled into it. And that if you are both using a evidence based meditation technique like that and tapping, you get the best of both worlds.

That's incredible. I love that, I love the layered cake. I could just see it, and I could just see you taking the whole conference through that experience.

And I'm aware it's a very I'm aware, feel it committed. And you've got this just for a moment, because I know people are thinking, I've got to do this.

We can. People start learning to do a meditation and EFT techniques. We can start learning that from you. We're going to maybe a little I want to ask a couple of other questions before we do an exercise.

So the quickest way in is just going to the website. Dawson by name. Dawson gift. Give T Dawson get com and you download the free EFT manual and you will find all the tapping points on the last page.

In fact just open to the last page. Just use the last page on anything that's bothering you. Now again you'll do that to ten test and you'll love this working right away.

If you're worried about a future event coming up, if you're worried about it, physical disease, headache or pain, just try that. Just downloaded Dawson Gedcom.

Turn the last page and tap. Without any preparation or trading, you'll see what happens. People tend to have a reasonable amount of reduction in their symptoms the very first time.

Also, Dawson Jet.com is a free eco meditation tract which I really recommend because that track has been shown in a clinical trial to produce rapid remodeling of two parts of the brain.

One is the part of the brain that pulls us in suffering, and the other is the part of the brain that has to do with compassion. It dials up the compassionate activity in the brain.

It dials down the suffering heart. And that meditation is at Dawson gibson.com to still there. Give it a try and you'll

you're likely to feel it in your body right away.

That's incredible. So that's something that that so the Dawson the eco the eco meditation that's the lead cake. So just everyone knows about the it's in that it's still I love the I've got the cake in my head now so that's beautiful okay. Wonderful.

Now you people one of the things that you say a lot in your work, in your books okay. In first we didn't cover this cover the, the bliss point, the chemicals with the bliss point is talk a little bit about that.

How that anandamide or whatever. Can you talk a little bit about that? Bliss points a little bit more. Yeah. I really got curious about these neurotransmitters in 2018 because in 2017 in October I had a shadowing bed.

And at midnight, just after midnight on October 9th, 2017, my wife shook me by the shoulder and said, something's really wrong. And I ran outside and there was this wildfire just sweeping down toward our house.

We live in Northern California, where there are a lot of wildfires, and we had just a few moments to throw some people. The car keys spread to the car as we drove out all the trees branches were catching a light above our heads.

Oh my gosh, nightmarish experience. We just got out. Many of our neighbors died and some people lost their homes. It was just. And it was just this, the beginning of this wow passion for the county, because so many people were homeless and there wasn't any any space for them.

All the deaths, all the all the disruption, it took many, many years to rebuild. And so what I was but I was what I was doing. Like the next morning I woke up, we got we got checked into a hotel right away, many, many miles away.

I woke up the next morning. I realized I have to meditate right now because I'm so this this regulated. And I did that Caroline advice. I meditated, I told myself, just dropping back into my body.

I became calm and I suddenly shifted dramatically with meditation. I'd been meditating at that point every single day for over 20 years because again, using tension, using meditation, I knew how to do it.

At that point, I built this resilient brain. And so the next year, which was a horrendous hearing for other reasons, we lost our life savings up to the fire.

We lost, of course, all our possessions, our houses. Sorry. Burnt to the ground. We have all these losses. I would sit there and meditate and I would feel happy, healthy, abundant, prosperous and in ecstasy.

And some of my friends thought I was nuts. They thought I was in denial. Hop in the sky. Be sitting there ecstatic. Up is lost. Absolutely everything.

Well, I began to get into anandamide. What is anandamide? The bliss molecule we find in the brains of monks and nuns and mystics, and you just wind up having huge amounts of this molecule sloshing around in your brain with eco meditation.

And it's the same molecule that is active in C, the molecule of marijuana does. So the same receptor, sites in the brain. This is called the body's endocannabinoid system.

Internal cannabinoids. So we have external cannabinoids like a lot of internal cannabinoids like anandamide. And they are incredibly pleasurable. Serotonin is just like psilocybin magic mushrooms docs with the same receptor sites as psilocybin.

Same thing with dope. Mean same thing with with with nitric oxide. So I was sitting there in the mornings in meditation and I was in ecstasy, despite the fact that my world had just.

Fallen apart. Around me. And so I began to read about this, write about it. And I wanted to share this with people. And that's where the book was for and actually wrote Let's Pray in the year after.

Oh my gosh. In the middle of this utter disaster that destroyed everything so which had me happy. This has nothing to do with external circumstances. It has nothing to do with it.

Whether you have money, whether you own a house, whether you're in a disaster. We are resilient beings and we can find joy. We can tune in to the grace of the universe, and we can look with all of consciousness and be in that state of bliss, regardless of what's going on around us.

So the book This Brain is what grew out of that. And then these, these, these neurochemicals I mentioned a few earlier, they make you feel absolutely fantastic.

And the other thing about them is they are highly addictive. If you have that don't mean and serotonin and anandamide in your brain, high levels of dopamine that pleasure neurochemical again fentanyl contained heroin.

All of these things recruit the dopamine response in the body. In the brain when you meditate your domain can rise 65%. You're getting like you know, it's like mainlining you know, and you're just you're getting. There with no side effects. Or chemicals.

But no side effects. Yeah. Yeah. And see, why don't you want to do it again and again and again and again and again. And your brain just gets used to being in these little states, and you just go from being wherever you were to be in ecstasy pretty much all the time.

While that's just another.

Meditation, Bliss States, and Neurochemistry

I'm just well, that's beautifully explained. I've read about this research for years, and when you explain it, it just all comes to light. And I'm sure you went through all of that.

And thank you for turning that into something that we can all learn from. Okay, I'd love to get into a tapping exercise, but just before we do, you're going to I know you need about ten minutes for that.

Would you just explain to people that tapping can bring up traumatic emotions and and memories? And it's really good. You've got practitioners available.

You've got a you've got an app, you've got all kinds of support for. If people are doing this and things come up that they need help with. So would you mind just talking a little bit about that and then taking us through a tapping exercise. Yeah.

And so you want to be tapping on what bothers you bad if you had a history for example, or family violence if you have PTSD it is persistent self-sabotage.

Then tap for things that are manageable and don't get into those kinds of memories you want to work on with a practitioner while that you got a dose. Dawson, giphy.com.

You can download the free resources, then you'll find a link that says practitioners and find a certified clinically empty practitioner. And that person can help you with those persistent problems.

So if you're traumatized, don't just move ahead, EFT or any other therapy. Make sure you're working with a culprit vessel. But for most things that bother us, we can just use self-help.

Tap ourselves and it works. So yeah, we'll do a little tapping exercise and you'll you'll feel the shift not just in your body, but also that you're able score 0 to 10.

And as you do this exercise, I want you to pick something that is manageable. Pick something that happened within the last two weeks. Don't pick something from a long time ago.

Don't pick something in your childhood. That's what the practitioner is a fork. So pick something or recent and as you tune into whatever it is that's bothering you.

That recent event could have been a fight with a loved one. A dispute with a family member or a team member could have been a disappointment you had. It could have been a financial loss.

But again, make it a recent problem that you can remember now that as you think about that, score it on a scale of zero through ten, the zero being no emotion, ten being the maximum possible emotion, and then also just you and your body.

Think about the event and where do you feel that event lodged in your body. That's the energy part of this and that's what's going to change. And then also give you a better name.

So if, for example, it was a fight with my teenage daughter, then you can just call it the fight. If it was watching your your retirement portfolio drop in value, just call it the portfolio.

Just give it a little tag, a name that we can use for the tapping exercise. So write down your number and write down your title as well. Write it down on a piece of paper.

Write it down in the base and we want you to write it down both the number and the name. Because we found people's numbers drop so quickly that they can't remember how big a deal that thing was to them.

Five minutes before. And I can just as well. Do you may well forget. Oh, that's I think bother. I've done it already. I've written it down. I've given it a name. So everyone do the same thing.

Okay. Don't give me a name. But, Caroline, give me just your number. I put a ten. A ten, okay? And this was in the last two weeks? Yes. Okay. Just making sure.

Yeah. And now, as you focus on the name and what I'll do is I'm gonna make a series of statements you can follow along with either verbally or in your mind. I'll just call it the event, and you'll think of the event and you'll give it your own name.

So start by tapping over here on the side of your hand with the fingertips. On the other hand, this is called the small intestine meridian, and it's where we start every tapping routine and say either in your mind or out loud.

Even though I remember this bad event. I'm breathing now. I got through it. I am safe now. I'm okay. This bad event, I wish it hadn't happened. It shouldn't have happened.

Substitute the name of your own event. It did happen. And I came out the other side. I'm still okay in my life. Is basically okay. Despite the bad event.

Again, focus on the bad event. That was the focus were in your body. You feel that bad event and the emotional impact of the event. And notice your breathing.

Notice there's nothing threatening or survival right now. Even though you're thinking about the state of bad. Now tap on the top of your head. This meridian runs all the way down the back of your body.

Governing Meridian and just ready. Focus on your name, your title, or the bad event. Focus on that title. Focus on your body sensation and the event while you tap.

Take two fingers and tap or your eyebrow meets the bridge of your nose. You can tap one side. You can tap both sides. Keep your eyes open. Focus on the bad event.

And again, we're changing the energy in the body and changing the energy in the brain. When we do this, when we tap and release that negative tagging or the event, tap on the side of your eyes.

Focus on the event. Tap under your eyes. This is a really important point. This is where your stomach meridian ends up under the pupil of your eye. As you tap, focus on the event.

Focus on your body. Notice your breathing. Think about the worst detail of the event. What was the single most emotionally triggering detail of the event?

As you breathe. Tap onto your nose. Tap on your chin right below your lower lip. Focus again on the event. Your title, your body sensation. Then your breath.

Tap right under your collarbone where it meets your breastbone. A useful thing for fingers. Here. Feel your breath. Focus on the event. Notice you say you got through it.

And the event was really bad. And the worst part of the event. Was bad. Across your arms. This tap under your arms. Level with your elbows. With four fingers.

Tap one more time. Over here. Side of arm and focus on the name of the event. Now stay with me here. I'm going to give you some complicated instructions.

First of all, take a breath now and score your event again. Think about the event and see what your number is. Now do one more thing before we wrap this up though.

So your number has probably gone down. So maybe a zero, but it may not be a zero. And it goes up says an eight to a four or a seven to a three or something like that. So we'll work on the remaining three.

Now with those eye movements, views and different energy therapies. So you'll you have your new number. Write that one down and we'll see if we can release that remaining emotional intensity with eye movements.

Here you tap on the back of your hand and then keeping your head steady don't move your head around. Just keep it steady. Look all the way up to the ceiling.

They thought the event look all the way to your right. Focus on your body sensation. Look all the way down. Think about the event. Look all the way to the left.

Not moving your head. Eyes only. Look all the way up. Look all the way to the right. Focus on the event. Notice here. Breathing. Look all the way up again.

The event.

Getting Started with Resources and Next Steps

Look all the way to the left. Look all the way up again. And breathe deeply. And put lives here. I stopped tapping. Now focus on the event again one last time and write down your final number.

What number are you now to write that down? Let us compare it to you for a score. That's how energy shifts reality. Wow. Amazing. And this is yours. Okay, so it's drop to 4 to 5 from a it's a 50% drop, which is pretty good.

Yeah I do the eye movements later on and you're likely to see a further drop down. Well drop further yeah for sure. Oh wow. Thank you. That was I feel that I feel different I definitely feel different.

And I've done this before. But then you've gone through your course and everything and this is it's just beautiful how it works. It really does work. Is there's so much more to cover.

We can people where else can people find? Well, official books are available everywhere. Books are sold. What's a good place for people to start? Obviously get the gift and go to gift those, those at gift and get these things, these resources. Maybe just summarize for people what would be step one two, three next steps.

Oh that's great question. Step one two and three. So yeah. Step one is Dawson Gedcom. Download the manual tab along with the diagram in the last page.

Manual is only 60 pages long, so should downloaded it. Dawson Gedcom. And then use the last page and just try it on. Add something all by yourself without a practitioner.

Then the meditation. Use meditation tomorrow morning. Use it first thing in the morning. Meditation works best early in the morning. Wake up in the morning.

Do the meditation right away. It's free. It's downloadable there. Use it immediately, then you'll see all sorts of other links are certified practitioners.

You can go and make the put one of them off on the first session is free. It's powerful to have a knowledgeable person, and there is a vast amount of research on a lot like the Research League, and you'll find clinical trials for weight loss people on average lose weight where they do a self-study course or work with the practitioner, and they keep on losing weight when we track them 1 to 2 years later, the weight doesn't that they've had lasting behavioral change.

So work if you have a weight issue. If you have a relationship issue or money issue, find a practitioner who specializes in that and work with them. Take an online course.

We have one on anxiety. We have one on insomnia. On somebody. Someone has been done by over 10,000 people in the comments on the the website. It's a it's a science based course.

It's really short. Each episode ten episodes, each episode is under ten minutes long. So it's not a big investment of time. I think a lot of money, it is something like 20 or $30.

It's it's just dirt cheap. And we all this work in the hands of people. So we make all of that. I start as affordable as possible. And so you can go there and you can learn those solutions for insomnia, anxiety.

And we have many online courses like that you can take it'll stay alive. So you can take a live workshop with me, one of our trained practitioners. That's the easy way to get into it.

You really learn thoroughly in a life hands on experience. Those are between one day and four days. And finding a certified. We have had thousands of people do this and say, wow, I want to do this for a living.

And they make a great living as well, because they're these practitioners are highly in demand because they are so effective. So we have practitioners working at the Cleveland Clinic and the Veterans Administration at Johns Hopkins, many hospital systems, Kaiser Permanente, but a lot of independent practitioners, some of them part time, some of them full time.

And we have a certification program. It takes a year. That's a rigorous program. Those workshops are accredited by the American Medical Association Psychological Association. Wow.

Really solid science. So that's the final stage, the ultimate practitioner. And then you learn EMT will offer to others. But also when you do that your own health will change.

We found that our practitioners had massive shifts. Their blood pressure drops an average of 8%, their resting heart rate drops, their cortisol drops an average of 35%.

Their immune system improves dramatically. So all of these physiological changes to you while you are in the

training program. So there's this whole range of things available all through that Dawson gift card Lake.

Oh my goodness. Wow. I mean say the big well they thank you so much. Brilliant wonderful. Such a great talk. Such a such a great interview. Thank you for everything you're doing.

I'm so looking forward to part two three and part four one. But even people just people just need to listen and listen to this again. Thank you. Dawson, it's been a it's been a pleasure.

Thank you so much for joining me today. Live is meant to be a joy, and it's my pleasure. Thank you. Thank you.