Opening and mutual appreciation

Dr. Isaac Eliaz. Thank you so much for being with me here today. You truly is a mentor to a lot of us in this field. You really led the. Yeah. LED the knowledge and exploration, the research.

You know, for us to kind of head in a direction where we can solve this, this very difficult problem, you know, called cancer. But you've you've done so much more than that.

So thank you so much for being here with me today. Yeah, Michael thank you for having me. I love our conversation. You know, both of us have a passion and a commitment for integrative oncology.

But I love whenever I meet you in whatever situation. Formal interview is a friend. It's not only the exchange, the ideas, it's the it's the exchange of our heart, you know? And I always come inspired.

So I'm looking forward to another great interview and the journey that will be meaningful for us in secondary, but mainly for the people who are listening and viewing.

Yeah, I'm so excited. And you're you're someone I mean, you've been proactive in in medicine for 40 plus years. And and it's not only the physical aspect, you know, the, you know, working as a medical doctor, but you've explored mind medicine and meditation.

You you have gone out, and kind of meditated for months in isolation. And, and so there's, there's so much more that you bring to the table other than just the, the, the fiscal.

Take this herb, do that. IBB, you know that that you know and that's what is so amazing. Yeah, yeah. yeah. Thank you for sharing this with the audience.

And so the aspect of the mind in our own journey is aspect of understanding. This reality has always fascinated me as a child, actually kind of when my own and I was fortunate.

My father was a civil engineer. So we traveled a lot all over the world Africa, Brazil and then Korea, the age 15. So when I was in Korea, I studied the martial arts, taekwondo.

I was lucky to practice with the national team, but I also got to visit different Buddhist temples and got exposed to meditation and yoga at an early age.

And I've been following through with practicing and learning. Now it's about 50 years and as I gained slowly, slowly more knowledge in training in Western medicine, and she had so big having a masters of Science in Chinese medicine, healing heart, you know, healing out with focus on cancer with it side by side.

I also integrated my own, you know, exploration, you know, spending hours a day for decades meditating, spending for 20 years, 2 to 3 months, a year in the mountains and really contemplating the meditative process, but specifically in relationship to healing.

Early exposure to meditation and healing

And as part of it, I was a doctor and student of some of the greatest meditation masters in the Himalayas, and I could see how they can heal in a way that just is impossible to the ordinary mind, where they can be very sick in one day, and the next day you wake up and they just walk.

And I've seen it more than once. And, when I explored it, I really understood that the secret of this you, they don't

hold to concept. They don't hold to reality. A solid.

They recognize and rest and live in the impermanent, illusory quality of everything that expresses itself outwardly and inwardly. So I'm starting with fancy words, but actually this is an experience.

It's not something we can understand logically. So for me is an insight I had this insight real talk about really a little bit later on, actually added here in a way where I'm being interviewed and I'm doing my first healing open heart, face to face retreat in the United States in many, many years.

But is part of it. I really see this as my third act. And as you know, I have a lot of second acts, some of them very important. Like I might focus on the Pharisees and and removal of galectin three for treatment of sepsis.

It will save potentially millions of lives. But I really believe from my experience, from my knowledge, that the mind can heal anything. And this is particularly important in challenging in cancer.

So today I really want to talk about this aspect and take the viewer through this journey so they can get a sense of their potential. And when you get a sense of the potential, Michael, you get this, an innate sense of optimism, like people are sometimes.

I didn't know that. I'm like an eternal optimist. I did a friend visit a friend of. Isaac, you know, you're an eternal optimist. I didn't really it was in the here.

It's sometimes not that I have my moment like everybody else, but it's really the point that when you understand that everything is changeable, we are truly magical, limitless.

Not limitless. You know, in a in a grandiose, narcissistic way. Limitless is it. Everything and anything is possible. And it's us. It's our mind, it's our concepts, our constrictions that doesn't allow us to don't.

It doesn't allow us to get there. And when we understand this and you know this very well, I know how you practice and what's behind the tool that you have.

So I know it resonates with you. When we connect with this, it gives another twist, another power to the drill of healing, of breaking through, through our constriction, and in this case, through our cancer.

So that talk to me a little bit about impermanence and cancer. I mean, because that, that is that is such a powerful piece of knowledge to understand.

Like you were saying, if you're recognizing the impermanence of things, that you have the power to change. So actually impermanence or lack of impermanence is at the root of cancer.

It's a it's a prime, an innate inherent source of cancer. And what do I mean? We from a meditative point of view. And again, as we said, we never know where we're going to go.

We are going to meditation before we go into cancer. We as human beings have interaction with what comes to our senses from the outside, what we see, what we hear, what we smell, what we touch, okay, what we taste.

And we have interaction with our own inner feeling, body sensations, thoughts, emotions. And we react to them. We react to them from the point of view of identifying with ourselves is solid, is permanent.

Despite the fact that there was a date we came to this world, and because there's going to be a date where we're going to leave this world and we we to outside phenomena, not just people listening to us is solid and we create an opinion about it.

So this is how we live in a reality that really is not absolutely true. It's really we believe in hold to the illusory, changeable quality, which is the absolute truth, quantum physics.

if you look at any philosophies, they all agree on this, okay. There's nothing to do with religion or belief system. That's how things are. They always change.

We lost the ability to do it. It's very inherent. You know, you can say from a Judeo Christian point of view, that's a fall from heaven. You know, the, the, the current, the fixation in Kabbalah is about fixing this misunderstanding.

And same in Buddhism, same in many places. So looking at this, how does this relate to cancer? Because we are made out of tens of trillions of cells, not millions, not billions, but trillions.

Each of these cells has up to 1 million reactions a second. Just imagine an infinite number, right? We also in Torkelson share that from my perspective, the figure you and I can talk and hear and think is nothing less than a miracle.

Within this, cells get created and cells die, but the cells have a recognition that they are part of a larger community called Michael and Isaac, and they are doing their best to keep this system alive.

And Wednesday, they work hard, and once they are done, they just die. Threw up of process and a new cell comes. And over time there is more dying than than regeneration.

And our physical body lives. So there's always an impermanent process. And while we can't accept it, maybe emotionally or mentally, our body knows it.

It's inherent in it. But when a cell gets confused and it loses the ability to understand that it's impermanent and it's it's a part of a bigger community and it wants to survive forever.

Survival is, at its root, not recognizing impermanence. Then it decides to become independent and not to listen to the system that tells it, hey, it's time to die.

It's time to go into this. Your next young, young brother is waiting to take over. And this is our definition the cancer cell.

Impermanence as the root of cancer

And when this cell, this stronger, this drive to live independently, the less differentiated the cell, the less it listens to the body systems and the more it becomes cells focused.

You can call it narcissistic, and the more it wants to expand and conquer, which is the metastatic process metabolic metabolism, the metabolism of the cancer, the ability to survive in a stress fight, survival and environment compared to a regular cells.

The Warburg effect. The I will be I call it that. I know a lot of your speakers speak about and they say it's the cause of cancer. Even this is not the cause of cancer, Michael.

It's a result of our lack of ability to recognize impermanence. Now, when we recognize impermanence, everything changes. For us. It's like touching the divine.

Our reality changes forever. So this is not the topic of today. This is what I teach this part of healing in my retreats. But the trick is how can we deliver this message to the cancer cell?

That's it Michael. That's what we are trying to do. We tried to kill the cell so normal cells can take over. We try to re differentiate the cells. Right.

You and I talk about it a lot. Can we make the cell less aggressive. And often we see right which way people holistically in the cell suddenly become this aggressive doubling time goes down.

The cell becomes part of a community. Very different strategies re differentiation and attacking. Right. Very different. And we often have people who are very excited in integrative ecology patients, in doctors who don't have enough of a sophisticated view.

And they will throw attacking methods and anti angiogenesis and we differentiation too many messages. You are confusing the environment. The latest fatigue not not our focus.

So the spiritual meditative journey is to get the cancer cell to let go of this survival mode, of this hypoxia, of this inability to take a deep breath.

And the causes for this are endless. They can be hypoxia per se. They can be toxins, heavy metals and mycotoxins, pesticides. They can be injuries, physical or emotional.

This life, they can be deep traumas that we'll talk a little bit about the they can be genetic and epigenetic. They can be a tendency to lose their ability to repair like the A gene, you know, and then of course, the chance for getting cancer is higher.

But it doesn't mean you're going to get cancer. So all of these really and so this is looking at this is the root of cancer not engaging the mind in the heart in in in your healing is like it's like using side highway side roads and not taking the big highway.

So if we integrate this approach into our other healing methods, the results are completely different. And, you know, I often talk about the fact that when we as healers, as doctors, can refine our understanding of the patients, we can heal them with less fancy methods.

Right? We can heal them with a simple, simple message. And I've had some amazing experiences like this when I treated people who came out of meditation retreat with one cup of herbal tea and the most aggressive cancer goes away because it was the right time in the right place, and the person was profoundly letting go.

So for me, my commitment, I'm I'm going to be about 60, almost 65 years old a few days before 65 when the summit airs. And the commitment for as much time as I have left here is to share this, to share all the knowledge and the decades of training ahead, because I've seen people's markers get better, I've seen people's cancer get better, and it is not an easy process.

It's much easier to change our mind how we think, how we feel. But to get to the cellular level of this cell that is no longer in relationship with our system, it is challenging and it them.

So there are many refined steps. Of course, it's not for one interview, but the idea today is to introduce to people this potential because honestly, it's amazing.

You know, when I sit and I meditate, you know, like this morning watching the ocean and the episodes and experiences that arises and you want to share it. Wow.

And then you've to realize, well, when Isaac, this is 50 years after it now, took you 50 of to experience this. So obviously you got you want to share it and it's going to take time.

Each person has their own pace I was slower, some people are faster, but the idea really is that when you put the mind and the heart into this understanding, then sky's the limit.

I love the love. I mean, to me, I like what we're talking about. You have different levels of of cancer therapy. You know, you have the, the the aggressive kind.

You you burn you cut. You you, you know, you, you know, poison. And then you have the next level, which is kind of more of the integrative aspect. You know, where we bring in vitamin C, ozone and, and we clean out the, the mycotoxins, they have a metals.

And, you know, look at the environment and all of that. So that's kind of the next level of therapy. But then, you know, what you're talking about is, is that take going beyond that is going more at the source.

You know, because it seems to me that these chemicals and heavy metals and pathogens, they accumulate in an environment that supports its existence and, and that, that kind of holding to that, it kind of forgetting the impermanence where you're trying to be permanent, then you're having, then you're pulling in materialistic substances that are in itself kind of holding that permanence in that tissue.

And, and then for us and to be able to shift that energy that exists within that tissue that's trying to exist for itself and trying to say that I can live forever and kind of shift that back to normal, normal existence, which is, you know, with like, every breath, you know, you breathe in, you breathe out, you know, you live, you die, you you fall asleep, you, you know, and as that kind of waves that are coming.

So if we can then open that communication to that tissue and recognize so it recognizes that it is going to be okay and, you know, not be afraid of dying, sort of say, you know, because, you know, death creates life.

Oh, wow. This is a this is I mean, you really said some amazing thing. Almost feel like I need to interview you on points because communication is a key.

A cancer cell loses the communication with its environment. It feels isolated in many things, can make us isolated toxins that create like a coating or damage.

Right? Galectin three with lattice formation, emotional trauma, traumas in general will make us isolated. Then when isolated, when we cook in our own thought, in our own feeding, and there's not no oxygen, we isolated, even if there's oxygen around, doesn't come in, we start to ferment, right?

We start to heat, we start to get inflamed, we start to get upset. And the more upset we are, the more aggressive we become. And you can see it in cancer, right?

Sometimes, you know, you see a lymphoma patient. The lymph nodes are bigger and smaller and bigger and smaller. You can see the personality, the feeling of the cancer of the day.

Right. So it's very true. It's about the communication with the cancer and really about allowing the cancer to feel safe. So you can see, you know, it's okay I don't need to fight.

And then the next step to recognize, wow, my part of the community, I did my part. And now it's time to let go. And suddenly you have cells that are going back into a process, you know.

And I have now looking back at some cases from the early 90s, I mean, you can see very aggressive cancers becoming less and less and less aggressive. And once you give them that, once you attack them, especially when you attack them, when you know it's an attack, it can just gain time.

Like I'm an advanced patient, metastatic. And they are like this for many, many years. And then you use chemotherapy and you attack them. Then all the gains are gone in like five minutes, you know?

Right. That's one of the illusions of getting like a partial response of a tumor. But the person lives actually for a shorter period of time or there's no quality of life.

So a lot of these relate to this integration. And, you know, in Chinese medicine, the most important book, the most esoteric book in Chinese medicine from about second, third century B. C., not really totally and often in depth that I studied the lineage of it for many years.

It's called the Book of Difficult Questions and the Book of Difficult Question in Three level of doctors the mediocre Doctor Who tips 60%, the very good doctor that helps 70% in the sage that helps 80%, and the sage helps by not doing anything, just by showing the way to the person.

And the person can make the changes. So we integrate the levels that you talked, all these three levels integrated together. And it's okay to use aggressive treatments and it's always okay to use mild treatments.

But the question is, where are you coming from? If you come just from the point of using many methods that is followed, you can get the method. Don't work. Oh my gosh, you're lost.

If you come from the point of the sage, there's there's always the space where another option can come up in this process is for the doctor and for the patient.

And this process goes all the way to the last breath, all the way. How is the death process going to be? How can you help the letting go? How can you heal the community around the person?

Sometimes the last moment of a person has the most healing for the family, for their community. That's the biggest reward. I do this kind of work on specific people.

So all of this comes to the mind, and all of it comes to this idea of letting go, of letting go of this survival life. What is survival is holding to things that are impermanent, is is permanent.

Communication, trauma, and the survival paradox

This is why this term, this survival paradox, the title of my book, is much more than just a title. It actually holds, a door to our whole reality. There are so many ways to look at it.

And so today I really want to focus on the on the essence of it, because that's really where that's really where the miracles happen. They've been right there and then.

Yeah, it's a the survive. Yeah. Tell me a little bit about survival paradox. I mean we and you've done so much research, you've looked at it from a physical point of view, but also it is, you know, like in the vein of what we're talking about today, you know, looking more about the, the energetic, the the identity and the attitude of, of the tissue.

where it enters, it doesn't feel safe anymore. And then it had to shift in how it's behaving. And so, so to explain a little bit for people out there, because, I mean, if they don't have your book, they need to get your book.

It's it's more it, it's yeah. You just got to get it. So the survival paradox really expresses who we are. We are innately, inherently really from beginning list time, always have this drive to survive.

It's part of our evolution. And and it's what keeps us alive. We can't we can't survive in this world without it. But it's part of surviving the tools to help us survive as the same tool that causes the suffering and pain, the same tools that shorten our life, the same tools that get us to be sick in the same tools that drives cancer.

So because it's built in us, the initial response is automated. We can't control it. It's our sympathetic system, right? We fight, we get upset, we fight or we run away and hide out of fear.

We freeze, fight, flight of light, fear of light of fight. So we freeze in. The freezing is a quality of isolation which is so prevalent these days, right?

If somebody doesn't have your opinion, you either fight them or you just isolate among people who have your same belief system. It's like one organ in your body, like one tissue in your body.

But this tissue for the kidney to survive it is to get blood. And the blood has to come from the heart, you know. So the always there's always the communication.

So in this sense, the, the sympathetic system responding with fight or flight can be balanced with the parasympathetic system. When we just relax there's a basic quality of meditation, but it's not the meditation we took

here that's more like the the mindfulness that is really important.

It creates relaxation. It creates dissociation from the drama and the neurosis and relief of the body. But he does create dissociation. It's inherent in these techniques, and we feel relieved.

But the problem is that the signal very quickly goes to the biochemical realm. In the biochemical realm, different, allowing proteins expressing themselves.

I did a lot of research on galectin three, and now I'm focusing on a few on pulling galectin three, and we are finding out in large animal studies we are just submitting for publication to a very high to peer review journal that in pigs we are able to shut down completely the sepsis process within 45 minutes to an hour.

It's amazing. By removing these tiny amounts of galectin three, you can't even see with your eyes. So why? Because we are moving the upstream protein, right?

That's what I explain many time for us today. The upstream protein is no longer the top. The upstream protein is a byproduct of our mind holding. Instead of letting go is like closing the dam.

There is no flow. There's no flow. Everything stagnates. You get out of steroids, you get fermentation, you get abnormal cell, and you get a survival mode.

And as a survival mode, glycolysis is a survival response, a short term survival response. A long term survival response is ketosis. This is why both.

This is why ketosis is not a long term diet. It's a fundamental mistake. And and I remember to when I was teaching in A-frame and I think it's let me see for the person.

And he went on the stage and I told him, Mark my words, give it a decade and he will see it's a mistake. You can use it at certain times. It's amazing, like chemotherapy and radiation.

So it the same thing. The survival response keeps us alive. But it's not a long term solution. It's not a long term solution for the quality of our life here.

It's not a long term solution for what we give to the next generation, to offsprings. It's not a great solution for our ancestors because time goes in all directions, and it's not a great solution for a spiritual path for evolvement.

We are constantly in a fighting in the survival mode. It's suffering, you know, it's an okay, so we live another five years of suffering. You know, this morning I was I I'm lucky.

Now I'm, you know, I took a long swim in a sit in and I meditated, you know, and honestly, I could do this for the rest of my life. I mean, here I am.

I've done so many things, but just this spaciousness, and I could I was telling myself, I think you are happy right now. I could feel it. Okay? And I really want to share it.

I could feel it, Michael, in my cells, in my mitochondria, you know, and I didn't need to go into a cold bath and hot bath and do these and run a marathon.

I was just relaxed. Cancer cannot grow in such an environment, you know, it just doesn't have a chance. Now each of us come into it in a different way.

My grandfather, ten out of 12 siblings, were killed by Hitler. He had to stomach it in his stomach. He died at age 50 from cancer. My father had to to fight in the independence war in Israel.

It was a struggle. He died from cancer at 61. So I am lucky. I'm doing well at 65, you know. But and so this is

genetics. I got one heck of a genetics, you know, so I really have to put working to keeping this spaciousness.

But for the cancer cell and for the cancer patient it is so important Michael. You know this so and and you know you and I share it I don't say it lightly, by the way, for people listening because there are many very good integrative doctors.

Many of them talk about meditation. There are very few really understand what we are talking about. And Michael is one of them. And also in your book, you will express it.

So really this is I know, I know you well by now. You know, we did we did a summit together in any case. So we really have to understand when we connect to this place, then our healing journey is a healing journey.

Because for a healing journey to be a healing journey, we have to experience the moment. If we are waiting to get better tomorrow, we are goal oriented.

We are not living in the moment. We are projecting our energy forward. That's not a healthy process and in this sense, the mind gives such a different flavor to everything.

And that's why I am so as you can see, it's going to be crazy. I think you're an old man. I am so excited like a kid. Well, what to do? Part of it is my personality, I admit, you know, but part of it.

I'm excited about it. I got training this freaking thing for four years. You know, I just want to share it to today's many level is the first time I'm giving this kind of interview.

Just just on this, you know, this one. I want to talk. I don't want to sublimate. I know a little bit about them. I don't talk about, you know, I want to talk about about really.

But the bigger thing. And I mean, you know, thank you. I mean, you're. Yeah, you're such a leader in this field, and I really appreciate it. And I really honored to get to kind of talk to you.

And, and in regards to this, one of one of the things you were talking about, your grandfather, your father, you know, you we we have these kind of traumatic events or cellular memories, that we that, that and we also talked about the survival mechanism in the body, that how trauma us and can kind of program ourselves into that survival mode.

And as we are born, you know, it's, you know, within our lives, you know, generationally, you know, this kind of epigenetic changes are taking place. You know, that are wired to survive, you know, so we are already in that kind of a survival state, you know, which is, was beneficial at that time because when you're at war, you know, you need to be able to be in that survival stage.

You need to fight the tiger, and you're kind of sympathetic and, and, and, you know, so you can survive the moment. But and and as and kind of next generation then we're inheriting that because we are thinking that that gives us an advantage to survive.

But the environment has changed. The situation has changed. and that can be generationally or it can be as a child. We have events that took place that were traumatic.

And so we create, you know, some epigenetic changes, you know, so we could survive. Is something like that happen again? So how how can and a lot of these things are we're just unaware or we're, we're not recognizing that we're carrying, you know, these things with us that this baggage.

And so we're already primed, so to say, to be in this survival state, how can we kind of become aware and start to shift these, this programing so that we can then move towards more of that, that, you know, that the state that you're talking about where each cell in themselves are just happy they're communicating, they're connected.

They're community. They. Yeah. How can we do that. Yeah. You know, I it's really it's really the whole journey and I, I'd be delighted to share some, some, some milestones.

But before doing this, you said a very important sentence that I kind of want to repeat. What? Everybody said. This was the best we could. This benefited us at the time.

This is what we call a pro symptom. The body always want to survive. I mean, we need survival is at the core and it will come up with the best solution at the time.

And these solutions, while they keep us alive at the moment, you hear from people in captivity for from hostages, for example, who come back, you know, were released and say, oh my God, I never knew I was depressed before and then I never knew where these powers came from. It was amazing.

And then once they come to a safe environment, then the trauma comes, then it all breaks loose and it's a terrible hell, you know, you'd you'd suffering so in this perspective, what benefited us is the past is no longer appropriate in the present.

And our role of healing from trauma is letting go of this holding to something that no longer serves us. So it really moves understanding. And actually it is the honorable Jenny passed away.

They do it, you know, and we use broken and we inject a scar in the scar. Get smaller, you know, you do it I do. How is this possible? So the German medicine would say you are changing the membrane potential.

Yeah. Yeah. That's that's biochemistry for 45 minutes actually was broken even less. The brain no longer gets the message from the tissue that something is wrong.

And as a result, it. Let's go. It is scar that is 20, 30, 40 years get smaller sometimes 10%, sometimes 80%. I mean, I've done hundreds of these and that it finished.

It gets it will never go back because the channel has been cut has been severe. There's no more disinformation. So that's really the journey of healing from trauma.

So with this in mind, I want to step back and look at what is 12. So every time we have an experience in life experience it comes from the outside. My God, you know, with who is inside.

And this experience doesn't completely vanish without leaving a trace is a Buddhist, say like a bird flying in the sky, like riding in water.

Open heart medicine and the role of the heart

If it disappears without a trace, for example, a baby with it gets a cut in the cut completely healed or in utero. They've done experiments. If it leaves the trace, the scar, the trace, the fingerprint is a trauma.

Pure definition because it's no longer allowing you to be completely fresh, unlimited, limitless in the present. So in this sense, we all go through endless traumas in our this life genetically epi, genetically people who believe in past lives, in past life.

That's why you see tendencies in families, right in, in tribes, in, in religions, in countries, etc.. So certain traumas are repeated more times in certain traumas also deeper.

In Chinese medicine, we call it the loop pattern. We loop around the trauma. The stronger that you can feel it in the pulse, the stronger the loop, the more problematic it is.

So we need to clean the loop. We need to clean the trauma and what it is. It's the process of letting go. That's it. There's nothing to hold. The process of healing is only about letting go.

Anything and everything goes. It's very hard, practically impossible. It is possible, but very rare to let go through with in mind because our ordinary cognitive mind analyzes and thinks, right?

Right now I'm talking, we are listening to each other and the audience is thinking about the reaction. Now I'm a little bit more trained. So if people talk to me for most polls, the vast majority of the time, I think and I process through my heart, I don't process in my head.

But it took me decades of training. Okay, in my stubbornness and obsessiveness about meditating, it's one place where it actually helped me so I can think, I can talk, I can hear from my heart takes time.

Instead of connecting the heart to the head, the head dropped into the heart becomes inseparable. Okay, so the mind analyze, it stops. Mindfulness creates spaciousness and quietness.

And now a two hour, three hours, we lose it. We go back to the neurosis, the heart never stops flowing. The heart always flow. There's nothing that stays the moment the house has a skull.

The moment it stops you look at your watch. You count. With three minutes in, your life is open. So the heart inherently flows. And let's go. And the brain inherently stops and freezes. Time.

That's why it's a movement from mindfulness to heart fullness. Now, for me, as a practicing meditator, this vision ahead in early 209 from a great meditation master from the 14th century to specific astrology, they are clear.

Knowing what I got was called great perfection, medicine, timeless, healing and freedom. Go tell it to somebody else, okay? Nobody can understand this.

Really. What it is, is open heart medicine. In this way. There's so many layers. That's why it's a journey. But it's the basis of it. And that's specifically related to cancer.

It's the basis of it is it's the ordinary cell, the ordinary tissue is self-focused. It is the boundary. It decide what it wants and what it doesn't want.

It takes in what it want. It pushes out what it doesn't want. It reacts to the environment. Just like the survival response. The heart open heart, the hands open in the heart.

Accept everything. No judgment. So any dirty blood comes into the heart. If we can get the cancer cells to behave like this and shift to this, all cancers are going to be healed spontaneously because all the cancer mechanisms, all the mutations will just go away spontaneously.

Okay, so the heart has it inherently in the heart instead of fighting, just says, you know what, I just connect to the universe. I would friend with the universe of the breath.

It's infinite. The universe can hold any trauma, anything, anything. At this time. I think for me personally, Michael, and I think Florida is a great example geographically.

I saw it once. I wasn't in the hurricane, but it's a sunny day, the sky is blue and you humans and use it in 48 hours. It's going to be a hurricane, right?

And everybody puts the sax, but you see the beautiful sky, I mean, and then the hurricane comes and everything gets devastated. And the permanent phenomena, their houses, the properties, the cars get distracted, destroyed, terrible.

And sometimes even not 24 hours later. Right. The sky is blue. And if nothing happened, that's the power of nature. So the heart accepts. The heart accepts with an open heart on one ordinary level, because it accepted the role of taking the suffering.

What cells don't want connect with the universe transforms it and gives them without judgment that innate love and compassion that that is the essence right of of Judeo Christian religions.

You made the right one. I'm not an expert in Christianity, but Jesus taught that the essence of compassion is an expression of an enlightened mind. In Buddhism, that's that's universal.

But we are built to do this. Okay? But the heart in a deeper level, I, I'm kind of sharing with you, pretending nobody else is going to listen. The heart can do it, really.

It can really accept because it recognizes that the essence of all experiences is pure to begin with. That's the equal tasted the equanimity in everything that's the divine.

People who know Hebrew. In the Bible it says A we are formed basically in the image of God, which means this divine, this equal all pervasive quality is a we were and with this space, anything and everything is possible.

So one person is upset, the other person is happy. This expression from the same place we are quoting the expression in the delusion and we hold. This is a survival drive.

Okay, I've never talked about this in such a depth in public. Okay? If we let go of it, we hit it. Okay. And you can see in the very sick cancer patients are not very sick with very deep trauma.

It's such people I feel like crying thinking about it so many years later. And there were angels. There were two pure to hold the pain of the trauma. And no matter how much they tried, Michael, they couldn't let go.

There was a level of fear. There was a level of skepticism. It was the level of just not completely surrendering. And that's where belief in refuge plays, plays.

A part in the spiritual part doesn't always correlate with religion, of course. That's the letting go of the complete surrender. I remember I was like a lousy meditator, okay?

But I was obsessive about it in my teachers really believed in. Don't ask me why. I guess it's the end of the journey. There was a reason, okay? And when I got stuck, I just opened.

I just opened, I recognized my limitation. I was it, I was in the mountain. Just just literally cry or just let go, let go, let go. And then, you know, until something happens, you know, so if we can get into this letting go process, then anything and everything is possible.

The issue in difficulty in cancer is that while we can do it from recognition of our mind, of our heart, the cancer tissue is isolated. It's not communicating easily with the message of us is a whole economy.

The whole person, because our boundaries no longer from a physiological, biochemical perspective, includes the cancer. The cancer becomes an independent entity.

When we take the pulse of a cancer patient, we identify the pulse of the cancer in the pulse of the person and the relationships between it. The journey of healing open heart medicine is to melt our boundaries so they can reach the cancer cell.

And you can take a piece of ice and you can break it to pieces, and you get many pieces, small pieces of ice. Or you can melt the ice with the sun of love and compassion that come from a place of freedom is not, oh, I love everybody.

Everybody is, you know, it's when you are free. Only love and compassion can come as long as it's your motivation from the first moment. That's why motivation is so important in meditation.

We spent a lot of time developing the motivation, recognizing we are all in the same boat. We are all having

difficulties. We all want to be happy if we really make this the prevailing motivation.

And if every cell in our body listens to it, there is healing right there. And you can now think how you can correlate certain supplements, certain ingredients, certain treatments into this kind of understanding.

And I promise, from my experience as somebody, you know, who develops the disease and to develop the test on a protocol, and only person did they feel no cure.

And quietly in the United States, all by the hypothermia. No, I don't do it. I can disclose when you add this component. That's when it turns into magic, not only in art, but magic.

Real alchemy, real alchemy. And I've seen in my own, I think that only alchemy can explain the same time. I am, as you know, a bonafide scientist in Aids grant.

I'm a reviewer for the NIH, I respect science, I work with the best scientists and doctors in the world and have all the respect for them. And I value the quality and the importance of regulatory approvals and of being, you know, discriminating in of scrutinizing effectiveness of treatment.

It's essential. But within it, for me, science is not what guides me. It's what I use to substantiate my multidimensional creativity. And this is really a little bit is short window into the power of healing trauma, which is the essence of the cancer.

It's the essence of healing from kids. Yeah. We and I kind of want to reiterate the point that you're making. I mean, in the mind, that's where we create permanence, you know, that's we we we solidify things.

So with our minds are trying to use our mind to heal the cancer. There's only so far you can go with that. But the the heart is, is always you know, it doesn't solidify it.

It's always it beats, it moves. It never stops. It never changes. It's like a river that never. Yeah. It's never the same river twice. You know it's always, always moving, always changing.

And so, you know. Only through the heart. The power of the heart. Then you can then permeate the body with that impermanence and and even the heart, you know, and I was kind of picture in my mind.

So you have the, the tumor, but the tumor, you know, creates all these blood vessels to feed itself for its own existence. So it is dependent on the heart and, and the heart still gives, you know, it's still even though the tumor in itself is sucking the life force out of the body, the heart doesn't judge.

It just still gives and and it doesn't. So if you and the tumor, you have the microenvironment around it that controls a lot of the existence of that tumor.

Practical healing approach and retreat invitation

So the, the more of, of the, you know, what you're talking about that, that love, that compassionate love, you know, giving with the heart, the heart, you know, open heart, meditation.

Yeah. That will then start to shift. And then the microenvironment, then that it will start to kind of shift and integrate, you know, those cells all of a sudden they start to, you know, lose that separation, because, you know, because the heart is just freely giving all the time.

And like you said something very amazing and I that's I was looking for my pen to write it down. So I remember the heart still gives the regular tissue will not give.

The regular tissue will fight with the attack, will isolate the heart. Still gives. Why? Because the heart has boundless love and compassion and the heart is essence.

I would see that the cancer is behaving. That is because of its own trauma, because of its own pain, because of its own suffering. And in this sense, this is how boundaries get, get melted.

Exactly. This is how the medicine gets to the heart. And then with the supply, we can try to help. The heart can cancer. Let me give you a hand and try to make your normal cell, or you are really damaging everybody around you.

We have to get rid of you. I'm not doing it because I'm angry with you, but out of compassion to the whole body. And then you fight the cancer. So your starting point is different.

Just like we said in the beginning about the medium. Mediocre, very good and safe. You use all the tools, but you come from the point of view of the sage.

And when you put the heart into your practice, when you put the heart into your medicine, when you listen to your patient with an open heart and then, in that techniques.

Right. For example, the more we read notes about our patients in advance, in the more we have opinions about them, we are limiting the possibilities. We already have an opinion what the patient needs before we heard about.

So it's interesting in this day, because of legality, we have to do some of it. But like how I practice, I read the summary in just 1 or 2 things like the pathology.

I don't read the labels, I don't read the other things. As the patient tells me the story. And this summary, I know, okay, I really know it, but I don't have an opinion if the patient telling me the story.

Okay, now let me look at the related data. Another piece of the story. Let me look at the related data. So I'm not pushing the agenda, but I'm allowing the patient to unfold.

And that's that's part of the healing. But yeah you're so right. The heart doesn't give up on anybody. There's a kindness of the heart. Right. The heart really is the expression of the divine within us.

It's really, you know, you know, there's this very, very famous saying in Hebrews, it God examines our heart and our kidneys to see who we are. Very interesting.

So yeah. So it's so true. And that's why there is so much healing potential there so much healing. And something we've been kind of talking about, open heart meditation.

can you tell me a little bit about what that is? I mean, what what how how can people learn about it? How can they get going? And how how can they what what should their next step be?

I mean, have we've given them all this information, the potential, of what should the next step be for, for people listening? So heart open. Heart minutes is really something that I created out of my very extensive training for decades, putting esoteric component into simpler words.

And so now I see how much more of it. It's my focus on my monthly webinars or on zoom. on on, on, on zoom broadcast a one day zoom retreat. And now I taught in the United States many years ago, about 15 years ago.

And now I'm coming back and I'm teaching open heart medicine on a face to face basis to begin with. At some point you are to forward that. Me also do a few days where people don't have to like stay in a hotel.

They can stay wherever they want in a centralized place. There's something about the person, the the seeing the people, the giving them a hug. You know?

And so my, my next retreat, my first retreat of actually open heart medicine proper is going to be in Hawaii, in the Big Island on September 18th, two 21st.

People can go in 2024. People can go to my to my website dreliaz.com or dreliaz.org. dreliaz.com. There are a few spots as we as we talk already, but I know me always expand the spots against the opinion of everybody else because it's hard to say no it to a certain extent, but I'm bringing people to my to my Pure Land and bringing people to the place where I have meditated hundreds and hundreds and hundreds of times over the last ten years.

You know, I mean, 2 to 4 months a year that I'm here and every morning I go in every evening, get going. I sit in it, meditate in it, swim, and I feel the energy.

So it's like it's my home. It's where I heal. It's where I got some of my most important insight of open heart medicine quite a few years ago. And so I I'm so happy.

I feel like I'm inviting everybody to come to my own home, to the home of my heart, you know, and I'm, I'm I've been excited about one single thing for a long time.

And I've done many of these, but it's it's a new it's a new cycle. It's what I want to do. It's going to start the whole process. And I've told this, you know, in other places, thousands of people.

But I feel I have to bring, you know, to the US and share it here. That's it's my whole know. Well, it's such a beautiful gift that that you're sharing and and it, it's such a, I mean I and I'm hoping all the listeners can really understand the, the powerful potential of this type of medicine.

and how this is the foundation I, I feel, you know, through all healing, you know, because all the cells, if they can resonate along with, with the same energy that the hard task of of just giving and letting go and being present.

and so, you know, you sharing this gift, I think it's, it's such a, such a wonderful, wonderful opportunity. And thank you so much, Dr. Eliaz, for for spending this time.

I love our conversation. Thank you for having me on the summit. Thank you.