Human Potential: Recharging The Human Body Battery Transcript

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Introduction to Dr. Greg Eckel

– Welcome back to the Global Energy Healing Summit 2.0, I'm your host, Jason Prall. And with me today is a good friend, Dr. Greg Eckel, who I always enjoy talking to, he has spent the last 20 years developing and refining his unique approach to chronic neurological conditions.

In addition to his experience in clinical practice, he uses a combination of naturopathic and Chinese medicine. He has a deep personal connection with chronic neurological condition since his wife's Soraya past of Creutzfeldt Jakob disease, which has no known cure. He took a deep dive into research which uncovered regenerative treatments for longevity of the brain and overall health and while navigating the grief and loss of his wife. He came through open hearted and gained an even deeper appreciation of the preciousness of life, remarried and renewed.

He is on a mission to help humanity thrive. Dr. Eckel, thanks for joining me. – Thanks for having me. – Well, you really are one of those guys that that when I'm in your presence, I do feel the sense of joy and an appreciation for life.

And I don't know if that is fully because of the tragedy that you that you had to go through or if that's just always been in you. But I definitely find that those experiences, especially as I get older and they start to appear in my life more and more seem to bring us back down to to the preciousness of life itself and the reason I think that you both you and I are doing what we're doing, which is to try to preserve health and bring the joy out of life. So I just wanted to reflect that to you.

And I'm curious how that has kind of educated you through this experience. – Sure, and thank you.

Grief, Healing, and Radical Optimism

You know, I think I've always, I've kind of always dubbed myself a radical optimist and you know, cup half full or half empty. I've been a half full guy my whole life, but in particular this, you know, life trajectory of where, where I've been. And in recent years with, as you mentioned, my wife Soraya had a rare neurodegenerative condition called Creutzfeld Jacob disease.

I knew she was always one in a million. Unfortunately, the medical community agreed with me on that one. And it just got to a point where in navigating grief and loss, it's tragic and it was heartbreaking and I never knew, you know, love could exist like that in this plane of existence.

And to then have it gone. It was like, gosh, this is ridiculous. So I could have done multiple things with that. I could have, you know, turned into drugs or alcohol or avoidance or you know, suffering and don't get me wrong, I suffer with the rest of us really well, I can do that, I can do that.

But I also didn't want my suffering to be for not, you know, I uncovered, I took a really massive swing at looking how do we regenerate the brain. And it came up with some amazing, amazing research and finds and then, you know, ultimately real world results for people.

Now, unfortunately, what I found did not help Soraya one iota, but it left me that whole scenario and trajectory. It left me, you know, ripped open as a human, you know, layered on this, reinstated my faith in the oneness of all, in such a beautiful and profound way and thinking, you know, and I could just be making up a story at this point and very well may be, but I liked the story and that we wrote this before we got here and it was, you know, perhaps we've gone through it multiple times in multiple different roles, but it was to wake each other up and it has allowed me to speak directly into the heart of the matter with thousands of patients since Soraya passed.

I was doing it before, but at this level because we don't know how long we're on the planet and having such

experience such loss firsthand, it maybe it just freed me up to allow me to speak into it to open my heart even more because, you know, it's how the light gets in is in the breaking of the heart.

And so that aspect and bringing that into a clinical encounters with patients and developing a whole fleet of bio energetic centers, has uniquely positioned me to be the picture of thriving, to really embrace all things human. I mean, it's the tragedy and the joy.

I mean, to have that polarity and then to really experience it in, you know, we're pretending to be separate in this reality. All of the great traditions talk about that. But then how do you make it real in a clinical encounter? How do you bring that into a therapeutic or transformative space? Because that ultimately we want to make results in the real world. And as we were talking before, we hopped on is like, how do we really ground this?

Because we can get esoteric really quick. It's fun to float around in the ether. But ultimately it's about how do we make a difference today where people actually feel the difference? – Absolutely. Well, it's it's funny you mentioned that it might be just your story and I think what are we if we're not our stories, right? I mean, really everything that we experience is some story, right? It's it's some version some perception that we have about reality about ourselves, about the world around us about an experience that while true is only a piece of the truth, right? And it is our version of the truth, right? And what's fascinating is we can change these, right? And so, again, you know, when you suffered a tragedy, you have a number of different stories that you can sort of right in that moment, and you can claim, right? And that's what I find is that we own our stories and we become our stories and so it's just an interesting perspective to, to kind of maybe look and say what, what story am I telling myself?

And is it really true? And is it the, the only truth? Or is it the biggest truth? Or is it just a tiny little sort of fraction of the truth? This little little constricted truth, and I'm sticking to and holding onto. And I think as I speak with you about some of these things and I love this, the area that you're in which is talking about the oneness and and how do we even really get into that one and bring it into this world of health?

Oneness and the Root Cause Approach

Because, you know, I find that in integrative medicine and functional medicine and we're talking about root cause medicine, we're talking about holistic healing, we're talking about the entirety of our health, but I often find even when I'm practicing at get the conditioning kinda creeps in and we kind of get narrowed and focused again and we're looking at the liver and we're looking at the thyroid or we're looking at the traumas or we kind of start fraction ng this stuff out again.

So how do you actually even think about this sort of in this oneness factor when it comes to health. – You know, in the statement or through the statement that I do not treat disease or illness I treat heart centered dynamic beings moving through time and space and looking at it, you know, I'll give you a for instance, heavy metal toxicity is a, is a thing and with heavy metals tends to become chronic viral infections and in my past I would say, hey, we've got to clear the body of those metals and then the viruses will go away.

In my current understanding of it is around having the ability, perhaps the viruses are there protecting the entity, our innate intelligence from the medals.

And lo and behold in talking with a team out of Israel, they actually think the same way of, you know, maybe in the innate intelligence of the, of the spirit and the body that are homeostasis are are homo dynamic status is always health, you know, and our disease or suffering is separation from source and so if you start looking at the patterning of the universe and in this oneness principle of okay, if everything is meant to be in health and wholeness, why where does the suffering come from and how do we get back to source or oneness and it starts to change the approach. It changes the questions that I ask, It changes the understanding as far as what is the process because it becomes much more complicated of Okay, well this individual right in front of me, is it ancestral traumas or lineage components that could be happening, is that, you know, is this their, you know, their incarnation and they're learning in this sphere. And I don't have an answer to any of that Jason other than it does change my perspective. It changes what I'm I like to say, I do a lot of nothing all day. You know, it's the innate intelligence and it is the information coming in that really creates that homo dynamic or wholeness or deep peace or health.

And so if I could be a catalyst, if I can hold, not even hold that, create the transformative space that allows the possibilities for that healing. Really reflecting back to the individual that the actual, you know, it's like that cat Stevens tune the answer lies within it truly is us here like, and there isn't an authority who knows better than you.

Now. My job as Doctor the root word is dossari or teacher. And so it's to educate, it's to have deep presence and listen and then reflect back to the entity, to the individual, to the intelligence of. Okay, you're actually telling me exactly what the path is. It's almost like fractal medicine in that it doesn't matter what system you use, as long as it's resonating for the being, you percolating the information. It's making sense to you and your intelligence, then that's the path to go. There's not just like one diet, there's not one magic supplement, There's not one magic drug, there isn't a one thing that we could be doing to bring back health because everybody has their own path. So it's, you know, we mix a little bit of all kinds of systems in there, it's kind of the eclectic Dr. Greg approach in the oneness principles, but, you know, we've got naturopathic medicine, Chinese, all of the systems that you can kind of put together that I can grok or comprehend.

But that's kind of what resonated with me and then what attracts people into interface with me is, okay, well that that actually makes sense to me. That resonates. Yeah. – Yeah, I love that.

And because what you're pointing to with naturopathic and Chinese and aggravated and all these functional and integrated. These are these are frameworks, right? These are maps that you can follow toward the same end, right? And and what you're pointing to, I think it's fantastic and I love the languages that you're using.

It's the same type of work that I do one on one with people is is really showing up in an open hearted, unguarded, reflective way and in meeting the person in a dynamic and from there, the intelligence emerges and it's not coming from my brain or it's not even necessarily coming from my mouth. In fact, there's a deeper somatic co regulation of the nervous system, there's all kinds of things happening at that level.

And so that to me, again, what you're pointing to is the real deal medicine, so to speak, right? And although this is called the global energy healing summit. And it's really important to talk about energy, especially on on all levels. Sometimes we don't talk enough about the intelligence, the innate intelligence that's there, right?

Because if we can trust that, if we believe that is there, then we can actually sort of this the small version of me, this little sort of guy that likes to call himself Jason and try to figure things out that that little ego part can relax, right? And we can just settle and allow the intelligence to do what it does, right? And I think that to me has been the greatest gift.

Energy Medicine and Clinical Outcomes

I feel like I'm only scratching the surface in that realm every time that I find myself in that, in that place, it's like it stabilizes more in my system that there is a natural intelligence here.

And that is the thing that is doing the quote unquote healing or that's that's that's that's directing the path and allowing the path to reveal itself moment by moment, right? And it's it's really us that can perceive it and and trying to learn from it, so to speak. But this to me seems like the gold mine and I think you're right, it's like it is that frame of reference that you're taking, it is the perspective first the questions that you're asking and the position that you're coming from that allows this realization I think to take place and I will say I don't know about for you but for me it has been challenging in the past to kind of to step aside almost right because in order for that intelligence to express fully, it's like I got to get out of the way.

– Yeah, so it is, it becomes like a spiritual practice of practice and it is that component why I purposefully say I do a lot of nothing all day and you know, it's 22 years later of learning and interfacing with people and you know going to continuing education and my own understanding of reality etcetera and yes, somebody is driving the bus and nobody's driving the bus, so if you are trusting it is that stepping into the unknown, the mystery and having some bumpers and some framework so that you know there's a safe environment, you've established rapport, there's a professional relationship as well, these things need to be layered on for safety for trust and for transformation and so there's an intentionality that comes in there as well and you know really in the energy healing component, it

really, you know, that's where you can start to really get out there but we have technologies that we've put in as when I say we have become the flagship bio energetic clinic, well we have in the works were doing trainings of other providers and certifications and um teaching on top of a learning platform as well as a research platform.

So we're utilizing all of the facets. So it's not just made up fun. It's also we've got some really hard science behind us too. And so it's incorporating, you know, I've said that, you know, frequency is the future of medicine, which is now, that's light, that sound, that's intention. It's non local healing.

I mean there's so much research coming out on all of those topics where you know, I think it's kind of fun. We like the words woo woo. It's fun to say woo woo. But actually when people say woo woo and they're kind of as a put down, it's showing the ignorance of the individual because the amount of research that's coming out on the wu is really profound and in super exciting. And then ultimately that research getting transmitted or put into clinical care and getting clinical outcomes in the real world of what's that mean? Means people noticing the difference and for instance, on that I had a patient I treated for a decade and Sandy uh was she's amazing. She's still alive.

You know, seen her through a decade of her life hypertension, diabetes, overweight hip replacement, like smoking, like all of the things you're like, gosh, you got, there's a lot of work here. Did really everything biochemically physiologically with her still had high blood pressure.

Didn't matter if we use drugs, herbs and you know, acupuncture Chinese medicine just couldn't get her to budge. Now she credits us with helping her walk, keep her mobility get out of pain, you know, withstand the, you know cultural attacks, things like this, but still had high blood pressure.

I gave her an info. Sue tickle, just programmed information within a day. Her pulse resting pulse rate fell from 80 beats per minute to 60 beats per minute. And her blood pressure went from 1 50/90 to 1 20/80 in one day. And we had been working at this for a decade now it is maintained down there, but that is the power of not just intention or woo. That is information in a frequency coming into the body and allowing the intelligence to say wait a minute.

This is health over here and attracting and pulling there. We weren't treating hypertension, we weren't treating, we weren't against anything, there was no fight, there was no war, There was no battle like those like that language ng, I really want to make sure we put an end to it because it's not helpful to be at war or battle.

You know the war against cancer. These things, the language ng is the words matter. You know, it's kind of that like abracadabra is our words speak into reality.

They create reality as creators accessing our full potential of our frontal cortex is and all of the possibilities that exist. You can't explain that in Newtonian physics of you just gave her some information into her body. Like programmed information and info Sue tickle.

Like what was that? You know. – I love this. I love this because you know, it's so funny. We have all these examples around us, right? We can program information onto hard drives, right? We can be light carries information, right? We we know this, we can we can do this, we can program crystals, right? This is this is computer science, like fundamentally right? And then we also have we have just hitting us right in the face with our clinical trials, right?

The gold standard is double blind randomized placebo control trial, right? We have to control for placebo, in other words, because people's beliefs are so strong, they can create realities that they shouldn't be able to to create, right? So we have to control for that.

So we inherent we know that belief is fundamental to this process and we have to get rid of it. So sometimes that it's interesting that it can be challenging for us to take that next step in this very logical progression, which is that your beliefs and and and programming this belief into anything that can hold uh an energy signature can can do us favors.

Right? And so, I think you're right, this is like I'm seeing more and more of what I maybe would have classified as

more mainstream doctors or maybe even not even say that. But I would say that the mainstream is now the Fringe has now become the mainstream like this we are now in we're mainstreaming this idea of info su tickles of programming information into substances liquids that can that can help us. And so and I think again even more so when you believe that that works so now you have the intention of the individual.

And look I've done a lot of Ayahuasca with some indigenous healers from around the world Central and South America. And this is what they do with Ayahuasca.

It's not just the brew that they drink of course it is psychedelic and we know some of the D. M. T. And the harm align and we know all these things how it works but they are praying and chanting into the medicine itself and not only do they believe they know that that impacts the effects. And I directly experienced the impacts of a very very talented and powerful indigenous healer who has learned from a long line in his lineage how to do this. And I experienced it directly and seen it many times. So they've been doing this and of course they do it with chanting. I was in the Himalayas they do this uh with the buddhist and the bone healers and the Himalayas they do chanting it goes into all the traditions right. And so it's really interesting that it's been there just waiting for us to sort of rediscover the possibilities.

And now here it is at our front doorstep in this sort of Quantum Revolution in science and it's really cool to see doctors like yourself and so many others now bringing this to the surface in these public forums without fear of ridicule and like probably would have happened 20 years ago, right? I mean this is really an exciting time to be alive with this new medicine.

– Oh it is.

Bioenergetics and Heart-Brain Coherence

And you know, I think that ridicule is still there honestly. There is, you know, not as much, it is not as much but you know, I've talked to some high level NIH researchers and they will not come around me like no way not this institution, we are not doing that. So what we've done it's like fine, I'm gonna Buckminster fuller it. I don't need the institution that is on disease and sick care to give me credence or allowance to do this medicine because we have clinical evidence that it actually works and by getting people well we create the new system where the old system becomes irrelevant and we're not, it's just, I'm not interested in proving to the institutions that are banking on illness and disease. Like it's just broken.

We all know it, we're experiencing it, we have loved ones that have gone through it and it's tragic. It's like, gosh, this thing is really broken. So why not? Just if get curious is what I say is, but get curious. Run your own experiments.

I mean, I was actually just talking to some researchers this morning to put in the program on all of our centers to create that outcomes research, you know, artificial intelligence, you know, gets bandied about like it's going to do this or that. But you know, we've got chat GPT and other things where it's like, oh, it's actually a lot closer than I thought.

But so why not start using that in clinical encounters in on a platform to collect data to feedback to clinicians, providers, coaches to help iterate and create change even faster in the world.

And that's what I'm super psyched on that. Like it gets me up early in the morning and staying up late at night to get this going because it really the time is now we live at an amazing, amazing time and having people speak into this reality rather than what we get is doom and gloom otherwise. Right?

So, you know, kudos for you and putting this summit together and really educating people about the possibilities of what actually is happening now. – Yeah. And one of the big movements that I see in this sort of new medicine is really centered around this idea of bio energetic, right? And it comes down to the fact of how energy is stored moved cultivated and the efficiency of of our biologic system as a whole.

So take me to that level. Right. I mean we've we've talked about sort of the holistic aspect of where we're going and the intentions, the energy and how it can influence our health. How does it actually filter down into our body and work on the sort of biological level? And how should we start thinking about that?

– Yeah. Great, great question. So in particular you start with the embodiment this receptor that we have this body and our mind. And we haven't even been taught how powerful this entity is. You know, every year I'm in practice I get more and more confident speech taking into it. Like we get to see a lot of spontaneous remission, which means people healed. And you know, that's the western approach of okay, well there's no, you can't say healing in Western medicine, there was a spontaneous remission means they have an unkillable condition, they no longer have it.

So it's one the foundation stuff is tuning the body, the bio field, your body battery, the connective tissue, the living matrix. You know, I've been doing Chinese medicine and amazed and in awe every day, you know, we put a needle on the, you know left elbow and it treats the right foot.

It's like how in the world does that work? And because of the energy meridians in the body. Well where do those flow that's in the connective tissue and so you want your body to be efficient.

You don't want to be in pain. You want to have full communication of the system. Chiropractic is based off of the spine. You know, freeing up the weight of a nickel on a, on a Spinal level can decrease conductivity or information transformation from your body to your brain by like 95%.

Like you don't get 95% of the signal with some interference. So it's clearing up all of the interferences in the body. It's then efficiently getting the charges the positive and negative charges through the cell wall from the gut to the intestines around the heart field, the heart has the largest electrical field of the body.

Can go out beyond 10 ft around the body. It's been measured that far sometimes even longer, depending on the entity emitting the field. So it's getting the embodiment down. Those are the foundational work and you know, you've covered that in a lot of talks and then so it's priming the receptors of the nervous system of the body to actually receive more information than what you ever dreamed possible.

Like you can ask for it. You can get more signals than what your awareness has allowed. So as long as you have an awareness of it then your receptors are open to it. But if you're just walking around head down, like I'm surviving today. You know, you're not, your receptors are not open if you're in limbic or amygdala, like what traumas you're in sympathetic dominance that shuts off the access to your prefrontal cortex, which is where all of the cosmos live.

You know, there's a saying in Chinese medicine, you are in the universe, the universe is in you and you can shorten that to you are the universe and the universe is you, because it is truth. Like we, I've learned that in Chinese medicine and I've said it for two decades and just in the last few years woke up as the universe in a in a meditation, no drugs involved, just pure meditation, waking up as universe and I have that memory in every cell of my body and it is a truth for me.

So it could be story Jason, but it's a great story and I also have this evidence through time from these ancient classical texts where these ancient beings, our predecessors said yes, this is the truth. Like we are, we're going to transmit this through time. So looking at those levels, we can take a voice scan hologram for your whole bio energetic for your body field from your voice. Now, how does that work?

What does that mean? Well, you know, there's a regular therapy right? There's a point on your ear that I could put a needle in that treat your whole body, there's Korean hand acupuncture, I could put a point for anything on my body here.

The Japanese have horror diagnosis on your abdomen. We're familiar in the west with reflexology on our feet, like different points represent different areas of the body, the microcosm and the macrocosm. You are in the universe, the universe is in you all of these levels and layers lined up to resonate with the embodiment in the receptacle, to create wholeness and, you know, ultimately my implicit now explicit messages, if we can get people into heart and

brain coherence creating from their hearts, we can create the more, most abundant loving environment that our hearts ever knew or could desire faster than we ever dreamed possible. But it's getting enough people tuned in to that possibility that, wow, we actually, what we see out there represented in the 10/1000 it's actually just coming out of us. Like so if we can get that deep peace, that healing the the heart portal kind of open and primed.

That is I mean, that's where true change happens, you know, and it's really what is exciting to me is that we get to talk about this. You know, you said you're kind of coming out of the closet with this Dr. Greg.

Yeah, I think this is what I've dedicated my life to and this is what I want to be speaking into because, you know, it is how change happens and it's, I think it's, the time has come. – Okay, Dr. Greg, we're back, we had a little bit of a technical malfunction and it's a new day here, but we're going to pick the conversation up where we left off, which was in heart brain coherence. And so this seems to be a very worthwhile objective is to get into heart brain coherence. So the question is, what's preventing us from sort of naturally being in heart brain coherence, and then how do we sort of initiate that in ourselves?

Living from the Heart

– You know, That is the trillion dollar question right there, Jason. So the the component of being out of coherence. So what is coherence? Its meaning that the heart and the brain have lined up energetically, you know, the field of the heart can go out 27 ft or greater depending on the being on how far we can project or are energetic space takes up. And that is a bigger field than what the brain creates. Now, we all, you know, in Chinese medicine, there's there's no word for heart, basically. Brain heart medicine, it's all heart centered, right? There's no mind, body medicine, there's no separation of self, it's all heart centered medicine.

And so what takes us out of the heart? Well, traumas take us out of the heart, the limbic system, the amygdala and the limbic system under stress takes us out of coherence, we get into our minds, you write a dangerous neighborhood to go into by yourself up here and it's that looping and sometimes the mind takes center stage where ultimately and coming from a Chinese medicine perspective, it is really the heart, the emperor or the empress that should be leading the show in its rightful space as the director. And that makes sense to most of us as humans, right is we all want more love and affection and connection.

We are heart centered dynamic beings. And so having that ability, you know how we get knocked out trauma, stress toxicity, you know, the harried nature of life. And it's that remembering of coming home to ourselves through breath, work through mindfulness through, you know, putting the monkey mind back in service to the emperor empress the heart.

So there's a lot of therapeutics that we utilize with healing trauma. I mean that's the elephant in the room. That is finally getting addressed on all of the different myriad ways. It doesn't mean it's just like woody Allen talking on the, on the, you know, sofa with taking notes.

You don't have to relive all of your traumas. I mean you've done extensive traveling around the globe on that topic right there. And so, having the ability to heal dropped back into coherence, The heart lining up with the brain or the brain lining up with the heart almost a you know, a nice figure eight when you look at the neuronal connections between those two.

There are quite extensive. And so using therapeutics to help heal the body, remind the intelligence to be at rest in parasympathetic into healing, allowing the heart portal to open.

And even beaming, you know, I call it, you know, professional love beaming is really what my job is and now I'm recruiting all of you to do the same is to open your hearts.

I mean it means you've got to get vulnerable, that means you've gotta you've gotta heal yourself on some level to allow yourself to be open like that.

But leading with your heart opening, your heart being vulnerable is really how we get there much quicker than we

ever dreamed possible is dropping into our heart space creating from there. And that's how we we actualize heaven on earth much quicker than we ever dreamed possible. – It's funny, you know, you use a lot of words that I've heard from other cultures, right? In the sort of South American indigenous cultures, they have stories going back through their generations that talk about a time when humanity wasn't sick. And we were living from the heart and it was only when we started living from our heads or from our minds, then we started getting sick. And so I thought that it's an interesting story to tell, right, the validity of it in actual terms, who knows? But conceptually that makes a lot of sense. And so again, they don't speak about heart mind heart brain coherence, it's actually just living from the heart, it's all coming back to the heart. And so it's living from that place, right? Which means all the actions that you're taking are from the heart, right? All the all the meditations that you're doing right, they have a fundamental basis of being in the heart, all the actions, all the things, everything comes back to living from that place, right? And so I love the things that you mentioned to, it's almost an exercise to get out of the head, right?

As you said, it's like that's the goal because in so many other ways we can't not live from the heart, right? It's like already there were living from the heart, but we have these other things kind of getting in the way or mucking things up, so to speak, mainly the mind and the brain in the head and and all these sort of conditions that that we place, right? So it's actually just quieting all that stuff down so that we can recognize what it's like to live from the heart and and truly be from that place, right? And I recognize that myself so much of what I'm doing and thinking and saying and the behaviors and all these things are really coming from conditioning, they're coming from trauma, they're coming from a place that is fundamentally about me from a younger version of myself are more or less developed aspect of myself trying to get some need met right, and it's not from a bad place, it's just usually trying to find connection or trying to find meaning or trying to find love or acceptance or something fundamental safety, right, is the most fundamental. And so it's like when we're living from that place, then the mind has to come in and kind of do some work, so to speak, because there's a lack of trust, there's a lack of real understanding on that sort of developmental level.

And so I just, I guess have a real recognition in my own life of what you're saying to be true. And it's constantly me aiming to live only from the heart, so to speak, right? Like that's the thing, that's like, it's like really just getting back to that place, what happens as we do this, right? So as we start to maybe start to get in touch with that and more of us are living from the heart, more of myself is coming from the heart.

How does that manifest in my world, what what you see on the, on the levels of the health and well being and finances and what, you know, all the things that we would classify as sort of the human experience.

– Sure. You know, it's as if we have this document over here, of the way the, the way the world is the reality of like if we're enjoying the way reality is, we can just grip onto this document to show like, well, here's all of my supporting evidence as to the way the world is right, but if it's not serving us, I just implore you to get curious to drop that evidence because it's not serving you. What we are projections are projections out here in reality are just reminders to say, you know, are we being the changes Gandhi, one of my heroes said is be the change internally.

We as we change ourselves. The external manifestation also changes. And, you know, people might be saying, well, what is he saying? What Dr. Greg talking about? Or maybe I'm just sparking some curiosity of, well, maybe I should do some experiments for myself.

And that's what I would encourage is as you change the internal, you know, it's an inside job folks, it's really in there. The answer lies within it truly does. And, you know, my job as a provider practitioner is just to have deep presence and listening.

Because people tell me exactly what the path is that we need to go for them.

Flow, Acceptance, and Closing Remarks

And so what does it look like? It looks like? Maybe there's then more serendipity in your life, Maybe more ease and grace, maybe more flow. There's less angst, there's less friction.

Things become, they just start coming to you rather than you having to go and get them and being surprised at and

elated on how things show up for you.

I mean it's, you know, a lot of times, you know, my work is I, you know, get up excited like a child on Christmas day, like, oh, what, how is it going to unfold today? Right?

If I'm in the flow now, I don't have every day, I'm striving for every day like that. However, that's a fun, that's a fun game when you get to it of like, wow, how is this mystery unfolding today? Because it truly is when you think of the vastness of what is going on in this reality, I mean it's really hard to comprehend or grok all of it, right? I mean, you know, I get to a point where it's like, okay, it's not even worth it, let me just listen to this stream or enjoy this tree.

You know, one of my favorite things is I love to watch the trees breathe when I start to get so occupied up there. It's like, okay, let's just watch the trees breathe first, just make it simple.

And so that's the component of what does it look like, It can be, you know, more magic, more grace, more ease, serendipity, better flow. Where things just start appearing and people show up of like the a team that's coming to support you and you know, that's what it looks like when you're incoherence – And to me this is like this is the juice. This is the end goal in my perspective, right?

We can look at again the finances, we can look at romantic partners, we can look at relationships with our kids, we can look at all these sort of external outcomes of things. And because a lot of times those are triggering again these sort of more childhood, childlike, undeveloped aspects of ourselves that we're trying to get met and fixed, but fundamentally when we walk their life with that ease and that grace and that acceptance, then all these external things can modulate as they will and they just don't affect us.

I mean, I actually noticed that recently, you know, I mean it is a perfect example. This interview is that we had some technical issues on my end of the internet was kind of a mess as I moved into this new house. My microphone just went out, so I'm switching up my microphone and so what's cool though, is that I can look all this and go, hmm, what's my role in this?

Is there something within me right now? That's a little bit disturbed, it's a little bit distorted. How can I kind of get re centered, get back into sort of heart coherence right, get back into that state.

So that's one aspect as as, as my world sort of gets more chaotic or gets more smooth, I'm constantly looking back at myself going, what am I, how am I being in these moments? What's contributed?

How am I contributing to this? And then sometimes I can't quite figure that out. But even if I can or can't, there's also another level of acceptance that things just naturally ebb and flow. So there's that's what's cool is that I've kind of let go of trying to control it all. I'm looking at my role with with sort of curiosity and then also accepting things as they are that sometimes things are a mess that's going to be okay, right? And we'll just swap out our mike and order a new one and we'll get this other one fixed and we'll we'll splice together this interview and it'll all be okay. And so that's just what I've noticed in my life, is that sometimes I have amazing flow and things are are beautiful and it's great and sometimes a little bit more chaotic and it's unless subject to just go to try to control it all. First of all.

And then I'm also less subject to to kind of just be at the whim of the universe as if I don't have some kind of role in this, as if I can't sort of control my own destiny and sort of get to the eye of the storm and no matter how chaotic it is around me, there's me here that has a role in this, right? So to me like what you're describing here is it rings so true to me and I'm very much in this sort of journey of like really getting more and more familiar with this stuff and resolving some of these things within my own system so that I can live from that place of the heart more usefully without so much effort without so much sort of mindfulness, it just becomes my baseline state right to stabilize that. That's what I'm looking forward to because I can see the benefits of it. And to me it shows up everywhere in my life – For sure and you know that component around not even getting stuck in like oh there's like static because otherwise, you know, life would be actually quite boring if you didn't have those obstacles or travesties that arise. I mean, there is a piece of the learning, I think in this reality of what we incarnated into.

So one of the things that I always say to myself is may I flow with effortlessness and grace and ease, finding solutions to any perceived obstacle that arises in my day. And just as a reminder because it's like the universe will challenge you. Like are you sure you're in your heart?

Like let me give you this and let's see how you handle there. So it's like, you know, you're like the gong master in with life coming at you and can you stay in the heart? I mean, that's – Ants with it.

All right. – That is the work. Yeah. – Totally. Dr. Greg has been so fantastic. I love where you love what you're doing. Tell people where they can find more of your work. – So currently at bVitalPC.com.

Soon to be energyforlifecenters.com. So, we're we'll see you there on the interwebs. – Beautiful. Thanks. Dr. Greg, appreciate it. – Thank you.