Introduction and Guest Credentials

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Doctor cousins functions as a holistic physician, psychiatrist, family therapist, and cutting edge researcher on healing diabetes naturally, as well as a world renowned spiritual teacher and educator.

The New York Times calls him the fasting Guru and the detoxification expert. He holds an MD PhD from Columbia medical school, a doctorate in homeopathy and diplomas, and are used to clinical acupuncture and holistic medicine.

And the list goes on and on and on. Doctor cousins is an amazing human being, a true leader in the field of both spirituality as well as health and healing.

Really honored to have him here with us today. You're going to learn a lot in this interview and make sure to go visit his website. Doctor cousins.com.

It's Dr. Q's Ian's dot com right after this interview. Doctor cousins thank you so much for joining us. They said it's great to always talk with you. You always do such good work.

So I'm pleased to be on your show with you. Yeah. Thank you so much. I mean, I love this perspective that we're going to be diving into today, which is more of a spiritual perspective around having a cancer diagnosis.

And this is, I think, one of the most important pieces of dealing with any chronic disease is having a deeper understanding and awareness and connection to our spiritual well-being.

And and we're talking about grace and the importance of spirituality while struggling with a cancer diagnosis. So, you know, I'd love to open there. How would you define grace?

So the the beauty of grace is it's not something we can do by ourselves. It involves being open to the divine. And I'm going to say divine intervention and to have a deeper view, a deeper understanding of what's going on.

So when I'm working with people with cancer, you know, if you don't get that this is a bigger picture of your life. This is an opportunity to really wake up spiritually.

Grace has to happen.

Defining Grace and Spiritual Awakening

So grace is when you're allowed a higher level of insight, spiritual insight into the bigger picture, and that grace from the spiritual insight, which is what's so important here, allows you to be, considerably more at peace with what's going on, whether you go to heal or not with cancer, but just to be at peace with the unfolding, because you have a deeper spiritual understanding.

And that's kind of the meaning of grace. It's it's the outdoor worship of us. It's, you know, we can do a good diet. We can do different things. But grace is we're open to a much greater mystical understanding that the door opens and we can have that.

So that's Grace is the door opening to a higher understanding of what's going on? You know, it kind of makes it reminds me of, you know, conversations I've had with cancer survivors or Cancer Conquer or Cancer Thrivers over the years and, and a number of whom I've spoken with that, you know, I'm talking to eight, ten, 12, 15 years after

their cancer diagnosis and they're now cancer free.

And they're telling me that cancer was the greatest thing that ever happened to them. And at the time, it was the worst thing that ever happened to them.

Right? But somehow over that period, they had Grace come into their lives and eventually, I think, woke them up to realizing this was an important thing they needed in their life to help them transform and change and transcend into a better version of themselves.

Is that kind of how you might, you know, see Grace, appearing in people's lives who have cancer at the at what level? But there's another level is grace.

It kind of opens a spiritual window to see the bigger role of God's play and the take. And this is what I write about in my book into the nothing. Oh wise experiences that are an opportunity to grow spiritually.

Grace is when you're able to see your experience from a spiritual point of view and are able to grow spiritually, which as far as I'm concerned, is the main purpose that we've been put on the planet is to grow spiritually.

I think you link money or power or honor or anything like that, but really to grow spiritually, to merge back into the one. And so that's what I, I'm really talking about.

Is it you see the bigger spiritual picture of why you get cancer and you are then able to make choices that help you evolve whether you live or die. You get to evolve spiritually from the experience.

That's what grace is about. It opens up a door or a vision or an understanding. The, the everyday, living. It's not about, okay, go do a lifestyle, okay?

But it, you know, it's it's a bigger the door opens to a bigger vision of what's going to, you know, allows you to grow spiritually. So how does that tie into somebody's spiritual practice?

And also like, why then is a spiritual practice or even a deepened or broadened or, or elevated level of spiritual practice important for somebody who's been diagnosed with cancer?

Well, what's the door opens with grace. Okay. You you then start to look at what is this about? Why do I have cancer? Well, okay, I may have been eating junk food.

So there's another level like that. You know, and maybe been eating me. Which is going to increase your rate of cancer, of different cancers, or whether it's breast cancer or three times more prostate cancer, 3.6 times where, you know, okay, I'll stop eating meat, but that's not really what we're talking about.

What we're talking about is once the door, the veil lifts, you begin to understand how important spirituality is in your life in terms of dealing with this.

So in some traditions it said your last thought. This is more of the yogic tradition. Your last thought before you die is where you start your next life. To.

Okay. So there's a huge emphasis on focusing God as what it's all about. And leaving your body with the name of God in your consciousness. There's big focus.

And some yogis literally they, they, they live in cemeteries. So they are constantly aware of the temporary dis of the physical body. Okay. And then we get to what I teach is my book is nothing.

The personality is a case of mistaken identity.

Spiritual Practice, Prayer, and Daily Discipline

So you say say that again the personality which is your physical body, your ego body, your emotions, your thoughts are a case of mistaken identity. We are the spark of God.

We are the truth of God. And it's up to us to really, really get that. So cancer is a very, focused time to be able to wake up to that truth. And that way the grace is you see it as a gift.

Where do you live or die? You see it as a gift. So how does somebody come to that doorway and be able to then pass through it? How does somebody invite that moment of grace into their lives so they can see and experience and feel that higher spiritual potential and reason for the cancer diagnosis?

So again, it depends on what level you are at at a certain level. Just pray to God to give insight and understanding and healing. Is where is the starting point?

Okay. So but the healing is not necessarily that you're going to survive. The healing is to wake up spiritually. The grace perk. So you simply pray to God with that.

Now, if you're already doing spiritual practices like I talk about the six foundations, you're you know, you want to, what do we turn to? I at least 100% vegan and for cancer, 100% life, generally 80% life food outside of that, for most people.

And you want to do breathing exercises, expand your consciousness and yoga studies, which expands your body because with age we contract down service and charity.

What are the great ways to draw? Grace is service and charity. So even if you have cancer, it doesn't stop you from doing service and charity, and that can really elevate you working with the spiritual teacher.

Play can play a big role in helping you wake up, because the spiritual teachings there allow you to more or less wake up in a better way. And there is much meditation to me.

Meditation. I'll put it this way. All I ever learned from life was for meditation, sacred relationships and playing football. So you get to playing football.

We're joking. But I'm not joking because that's where I as I would be on my limitations. Yeah, the grace of having a divine experience right playing football begin to happen.

Sacred relationships is a spiritual path. They can awaken you, actually a path to liberation. It can be okay. That's where the grace comes in. And, meditation is where you touch in the fact that there is really a light of God within every person.

And the more we we connect that light of God, which would say our soul, the more we're connected to the divine and the more we're we're able to receive grace.

So all that's going on. So. So, yeah, at one level, you, you know, you're praying to God for can of you know what? What can I do? How can I wake up here.

Second level. You're already somewhat awake. Like you're opening up to Grace. And so it's a time to intensify your spiritual practice so that when you leave your body the yoga tradition, really somewhat in the Torah tradition, you leave with the name of God on your lips.

And that's kind of a very subtle but very important teaching. So you leave, and then in the next lifetime, you begin with that. So it's a, it's a, it's a way of re beginning your life.

Now obviously the spiritual awareness that everybody's thinking that we reincarnate. But I can tell you absolutely the Torah teachings. Reincarnation is part of it.

You know, Abraham and Sarah were incarnations of Adam and Eve because, Jesus talks about the incarnation. At least 46 times in the New Testament. Obviously, you have that in the Buddhist tradition, in the yogic tradition.

These things are not an accident. So if you understand there's a continuum and you link in to the continuum with your spiritual practices, then you're able to leave, the body which you understand the body pursue as a case of just taking the day.

You're able to leave that and go to the next part of the journey focused on the divine. That's beautiful. I mean, that's it's a it's a beautiful place to imagine ourselves in being.

And I want to take a just a brief step back. So you mentioned a little bit about diet, and I want to first preface here, you know, for everybody tuning in.

In relationship to, you know, the best anti-cancer fighting diet. We've done three interviews with world leading experts on this subject, and I know you have so much information there as well, but I want to encourage people to go listen back to these interviews on, on, the science of, of diet and nutrition, which is everything you just spoke about it a plant based diet, living foods, you know, high, high, nutrition, etc..

Diet, Life Food, and Spiritual Nutrition

And Doctor Joel Furman, is the first one I'd encourage people to go listen to as part of this series. Then Doctor Thomas Loti and then Doctor Nathan Goodyear, you will really start to build your, info vault around, you know, the diet that's going to really support your body.

From a scientific standpoint in healing. But I and I know you can talk about this for hours. And you. That's right. And I've taught on this for decades.

But what I'd love to invite you, Doctor Cousins, is share with us why this diet you spoke of. You know, new animal products, living foods, plant based, you know, nutrient diverse, nutrient rich.

How does that, open us up to a deeper and more fulfilling spiritual experience? So perfect question. So I don't have to go. All I can say about live food is that it gives you the most life force.

That's all. I want to go there. So what we're talking about from a spiritual point of view, which is my basic work, spiritual nutrition is how to eat and a way to become a superconductor.

The divine. Just think about that. What are we talking about? You're leaving your body. Don't you want to be a super conductor of the divine? Yeah, I think so.

The Life food diet best helps you move in that direction because it opens you up to levels of perception that you can't get when you're eating meat. So I'm going to talk about the meat eating part of it now.

Okay. Just because so when you, eat meat, fish, chicken and dairy, you are taking in the energy of death. I mean, my other spiritual teacher, sort of a kind of percussion and said, you know, when animals killed, you know, the fear and misery and pain goes into its teaching, into its tissues.

And when you eat that, you're taking that fear of misery and pain into your tissues, into your consciousness, and therefore it undermines your spiritual development because you're filling your not just your chakra systems, but what we call coaches, which are layers in the mind with misery, pain and fear and the energy of death.

None of that is exactly uplifting, right? That's pretty obvious. So when you go to plant based, you are avoiding, that pain, misery. And so for the death which you would take with you into your, you know, next cycle.

So on another level, then what I'm saying is, is that by going to a plant based or vegan diet, I'm not talking about life food right now. You are creating a situation where you're not fill yourself with the energy of death, misery, pain.

Well, clearly that's not what you want to have when you're leaving the body. You want to be elevated. You want to be at the highest spiritual, active.

Okay. And that takes us to the third level, is you're actually taking in the animal energy. I mean, there's souls and animals have souls, but is that the same level soul as human soul?

So you don't want to go backwards into an animal soul while you leave your body? You want to go to the highest frequency of human soul. So that's another piece to the story.

Okay. Let me sum it up a little bit. Life food vegan diet helps you become a super conductor of the divine. It supports the flow of the spiritual energy which in the West we call ra Kadesh.

In the east we call Kundalini. It opens those, flows it up, unblocks the channels which we call nannies, 42,000 nannies, 72,000 adults, and, the main $3 eat up and go to sugar.

And that's all good. But and so you have a huge increase in the cosmic flow when you're eating a plant based diet versus the energy of death, misery and pain.

That's level one, okay? We don't want that where we're leaving our body. And then level two is it expands your consciousness. So you can more focus on God.

And you're not in the animal soul but in the highest level of human soul. So those are kind of the subtleties here. Now, we also know that a life food diet, you know, and and I'm sure the other speakers talked about is, is really life food.

Vegan diet is really the best diet for healing for cancer. Okay. So you know, that's already been proven in a variety of ways all the way back to the 1820s where people first began to wake up to the importance of diet.

So it's on all those levels that the diet plays a role. Okay. You can heal from a life of that. You're not taking the energy of death, but more important, you're not taking, again, this is more sophisticated, more from a yoga position.

You're not taking the animal soul into you and downgrading your soul expression. Your, by doing plant based, you're upgrading your soul expression, which, of course, is pretty important if you're going to leave your body, so that that's kind of like, not to be level talk about, from a spiritual point of view of why, a vegan diet is so important.

Yeah. I love that you, you shared that perspective, a deeper understanding. You know, I originally got into, you know, a live food vegan diet. Ten, 11, 12 years ago, primarily, for health reasons.

And then as I was, you know, eating healthier and not eating animal products anymore, cleaning out my digestive system and practicing more and more meditation and spiritual practices, and sitting with the Buddhists and the monks and chanting with the Hari Krishna and so on and so forth.

I started having a genuine inner, deeper compassion for every living being, for all the animals, you know, for myself, for people. And and there's something to be said about that.

Is this deeper spiritual connection starting to unfold even more fully, you know, by removing that dead animal flesh, as you said, animals have souls.

Absolutely. How can you not see animals and not see that they have souls, they have personalities. They have, you know, energy and life force and and all of that.

And you remove that out of your body and it's and it's amazing what can happen, you know, mentally, emotionally, spiritually. And we already know all the physical healing benefits of it as well.

So, I want to encourage people to read your book, Spiritual Nutrition, where they can go much deeper into that

subject as well. Yeah. And I and I also to, talk about it into the nothing we're really what I'm saying.

Death, Immortality, and Into the Nothing

It's a little different than dying. Okay. I've had near-death experiences, and you go down the tunnel, but you're still an astronaut, okay? If you go down the tunnel into the light and you, you know, merge into the light, but there's still a you.

And I think that's important. So when people die, there's still a you there, you're in an astronaut, you're going to reincarnate, but they're still, you know, into the nothing.

This is why it's important for preparing for death to is that you merge into the nothing which is prior to time, space and energy. Okay. Prior to the astral form, prior to existence.

It's it's the first day of what we call genesis of where she was just a primordial chaos. But within that is no form. So into the nothing is you enter into no form, you merge into the wood.

Now why is that useful? If you've got cancer in your in it's clear your day. It's useful because when you go through the experience of merging into the nothing and dissolving your individual kind of, separation from God, the individual ego.

And I mentioned it 2 or 3 ways here. So we're we're born, we go into I am this, I am a man, I am a woman. I am a, you know, a dog catcher. Whatever. Then the I this is different, that there's just a sense of self.

Okay. And that that in a sense in my, in my book into the nothing I talk about my journey of, learning about the mystery of death. Actually, that was the first 33 years of my life because I had to be what I was when years old.

My brother die. When I was a teenager, my father died. I was 21, a mother at 33. So I, I got what's this mystery of death? And what I learned is after I received power from so removed to know the awakening, the spiritual energy, I learned that the soul is immortal.

So that's not an intellectual learning. I knew that before. It was a direct experience that the soul is immortal. That is one of the great benefits of spiritual life, because you're not in fear that, oh, the soul is immortal.

This is going to continue. So let's just focus on the highest octave rather than going into fear, okay? Would you get the souls immortal? And now into nothing is even growing beyond that till you merge to become what?

But there's no you. So the Torah says you can't know God and live. That is meaning you either let go of your attachment to the ideas and there's only God.

So there's different levels of this understanding. But in terms of death, you know, the you're you understand that the soul is immortal. That's really how my life started, as a, TB at 1943.

You got TB. Well, you go to die. You don't have brewery, no medicines, no anything. But my mother to her loving care and also my father really gave me input and I survived.

But but my entryway was death, you see, so it's like, okay, what's this mystery? What is this about? Okay. And it took me 33 years. That was my cousin question till I met my spiritual teacher.

So we looked at a to really get it. And I only got it after I had the what we call the Kundalini awakening. And I've been empowered to do that. I actually helped do it over the internet now with people every morning between nine, nine, 30, you know, and the wooden person, that's what we do with the touch, but we can do it through the eyes.

But my point is, would you understand? There's no death for the self. You're out of fear. That's grace, you see, because you're at peace with the whole process.

Because you're immortal. You're so immortal. Where are you going? Well, I'm leaving this physical body, and the next is of my body, so. Okay, it's it's far less of an issue.

And once you get that, that grace, would you wake up to that level spiritually? And the spiritual energy has been awakened there. And for me, 1975 the.

Okay, well, what do you worry about? And so all the fear associated with death dissipates because, you know, you're mortal. So I'm kind of tying it all together there.

You know, it's so empowering what you just said as well, because it's often the fear of death that is, causing us to react to something like a, chronic health condition in a fearful and negative way, which is perpetuating the disease cycle in the body.

Anyways. So coming to that awareness of, whether it's just through the thinking mind and starting to practice to believe that my soul is immortal, my soul is immortal, but the deeper level of that is feeling it and knowing it and experience seeing it as you said, then then there's no longer the fear of death, which now, if that fear is gone, you can act from a place of consciousness, of awareness, of love, of compassion, and your choices are going to be so much more supportive of a healing path anyway, right?

Exactly. And again, exactly what I was trying to say in part of the work I do, what people are doing is help them get in touch with the fact that they're souls immortal.

Beautiful. Okay, let's prepare for that mortality, the tribulation of your soul by going out of the highest octave. Yeah, yeah. Beautiful. So, as we, as we wrap up here, I, wanted to ask you.

So you mentioned you do. Is that you do shocked. You part with people online? Every morning. Do I do Monday through Friday? You how do you how do people learn about that?

So, do you have Facebook? Okay. Right. And so, pretty much by, let's say between 9930, I you can do it by look, by touch in this case, obviously it's by looks, it's, you know, we're we're not having physical touching so much.

And I give it over the internet. They just tune in to me on Facebook. Do people sign up for it. Where do they go? Just go to your Facebook. I understand what you're saying.

I think it's just open. We do have a I have another website called Tree of Life. Dot. Amen. Mighty networks.com. And they can get it that way too. Okay.

But basically just go on Facebook and dial me up. I don't know doctor cousins.com or you know any way you can get into Facebook and get me on Facebook, just put my name up.

It's somewhere between 9930 at this point. California time for the next few weeks.

Closing Thoughts and Resources

That I do though, but I look at a lot of people, maybe 90% of the people I'm working with, you know, have that awake. You know, I am doing also, I just finished and I do a monthly, spiritual meditation retreat on the internet.

So once a month I'm doing the meditation retreat there a few times a year, I'm doing spiritual fasting. This is all over the internet. Given the context that we're living into, you know, temporarily, fasting, which it also zero point course, which is, the yoga or what we call a yoga with the book.

So doing there a few times a year as well. So that's kind of the what I've been doing as a way of supporting everyone in this, this obviously strange, you know, lockdown situation.

So that's what's happening now that they get my book into the nothing which they can get a doctor cousin.com,

they can actually go into the nothing book.com, which is a funny website, but it's good.

And that way they could kind of get it directly. They could get it on Amazon as well. And also they can go to Tree of Life webinar that SEO it all of those are ways of kind of getting the book and the book as teachings, people get shocked about for the book.

It's really designed to have this spiritual awakening from the book is with, beautiful. Yeah. I just want to say, you know, thank you so much for for all the beautiful work, you know, you've been helping so many thousands of people, from a nutritional standpoint, a physical standpoint and a mental, emotional healing standpoint and all of this beautiful work from a spiritual perspective.

So what I love about, you know, what you do and the work you've done for decades is help the whole human being to not only survive, but to thrive, to be healthy and happy and whole and have a spiritual, deep and spiritual experience.

So I just want to, yeah, honor you. And thank you for all your great work. Thank you. And I really honor and bless you. You continue to do this good work.

And I just kind of want to say what I've kind of highlighted with this is I called the Holistic Way of Liberation. In other words, because spiritual teachers tend to focus on the just the spiritual part.

You do traditional teachers, you talk about you nutrition. But my approach is, a holistic way to liberation. So it's kind of a redefining and optimizing at every level.

That's kind of really what we're putting out here. And it's great of people get my book into the I think you'll get all the teachings in a very layered way with the purpose of helping a lot of people just awakened from reading the book literally, literally because of the pictures and the different things I put in it.

So, in our context today, you know, we have we have our internet, we have books, we have a way to kind of awaken because the most important thing we can do now is create as much awaken as possible.

And that's why we started talking about at the beginning, what's going on today is a huge opportunity to wake up spiritually if we get the grace to do that.

And part of my work right now is activating as much grace as possible on the planet. Beautiful. Yeah. Thank you so much, Doctor Cousins. And I want to thank everyone for tuning in to the Conquering Cancer Summit.

Please share this with friends and family together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.