Introduction to the Interview and Emotional Healing

Hello, everybody. I'm Nathan crane. I'm your host for the Global Cancer Symposium 2.0. Very honored that you're joining us here for another great interview at the Cancer Center for Healing in Irvine, California.

Today we are joined by Liliana Partida, who is a, clinical nutritionist here at the Cancer Center for Healing and you have an incredible specialty in helping cancer patients dive into the emotional healing aspect of their lives.

And so, first, you know, thank you for for joining us. And I'm really excited to to get into this topic with you because, what I've been hearing and learning more and more about this, technology that you use to help identify, you know, traumatic experiences in people's lives sounds really fascinating and incredibly helpful for anybody dealing with cancer.

So, yeah. Well, you know, as a nutritionist, I have a wide scope because it's very emotional. Anything that you, you know, put into your mouth has got to have a component of why am I eating these foods?

And so with especially with cancer patients, they're very confused about their diet, which really actually makes them very fearful about, you know, what they should do.

And so we deal I love dealing with them with their emotions, because really it is the foundation of what the nutrition and even their whole program is going to be all about.

Most patients have not dealt with that emotional aspect because it's not something that traditional medicine really puts their focus and attention on.

And so what we have discovered is it is the foundation. And so one of the tools I use is called E box. It's from a company called Zito, and it's a bio communications device with biofeedback technology to it.

So it's beautiful because very, very quickly I am able to ascertain what cellular memories are blocked and what organ systems. And through that, you know, even though I tell them it's not really talk therapy in regards like a psychotherapist, because I'm not trained as that, but I am trained in, and biofeedback technology.

And so, what it is, it's a, it's a voice activated. So they have a headset on and I just ask them very simple questions and, then what happens? It creates what we call a perception index.

How Biofeedback Reveals Emotional Blocks

And so it'll be a little chart and it'll have 12 different little pi kind of, triangles in there. And so depending on what is it that we're talking about, it'll show me on a perception index of how their body has experienced that topic that we're on.

So for example, even with diet in their fear behind what I should eat. Right. It's like okay, there's an underlying root even just in, their sense of self-worth, you know, am I able to really, accomplish this.

And so it's so important to really look at, everybody as an individual person. And so with the emotional aspect, one of the beautiful things about it is that your body never lies.

So it's like, I trust the machine. So, so much now in the first time when I started using it, you know, I kind of was doing kinesiology just to kind of just double check myself and then as I continued, I said, my goodness, this machine is amazing.

And everybody who does it says, I can't believe just in that one sentence, you told me all that you told me about my childhood. And I said, well, I'm not I'm not making anything up.

All I'm doing is interpreting what the machine does. So with this perception index, like let's just say, for example, it shows an inflammatory response emotionally.

Let's just say somewhere in, somewhere in the liver. Okay. And so, so when we look at that, it's going to be a conflict. So all emotions are conflicts.

And I'll say to them, okay, well, what I'm seeing here is this is an emotion that's showing up in the liver and it's anger, which means, and I tell patients anger is actually a, an action hormone.

Okay. Something has got to change. And so what, that something that has to change is necessarily that what is making you angry? It's my perception of what I think it is based on experience that I had that's triggering a response.

So if I can get to the, you know, kind of like, okay, let's look at this. You know, anger is not that. It's a it's an action hormone. But if I stay in it without change, then I'm mad at myself, right?

And when we're mad at ourselves and what happens is the body starts to express itself, potentially in a disease. We have a, we have sympathetic, response which is turned on more often. Yes.

Right. We're inhibiting the, immune system from doing its job of eliminating cancer cells. Exactly. And long term of that over years and decades. You know, we end up with all kinds of chronic diseases.

Exactly. And that's sympathetic dominance that flight or fight. Cancer patients are in that a lot because they're in fear. So high levels of cortisol, which will increase the inflammatory response.

And so, when we identify these emotions and we talk about it, and I really kind of get them to understand, okay, how do we deal with anger? Okay. Because all of us are going to get angry hundreds of times in our lives, like I millions of times.

But it's how do we show up for it? Yeah. And just say, okay, obviously, you know, I'm being triggered. I've lost my emotional intelligence. There's no reason for me to continue on in this conversation.

How do I back away without being passive aggressive? Yeah. You know, and I just help patients look at that person straight in the face and say, it's obvious we're not going to get anything resolved right now.

So let's just talk about it tomorrow. And why tomorrow? Because tomorrow we've had we've cleared all of those cortisol, all that benefit out of our system.

We've had that rest and digest back to parasympathetic phase. Hopefully they had a good night's sleep. But when they wake up in the morning I say, okay, ask yourself, how do you feel and how do you feel about that?

Instead, you can just say, I'm I'm mad. I'm mad as heck still, right? Yeah. But they they're not don't necessarily want to do what they wanted to do yesterday.

They might wanted to spank their child. They might want to to have, you know, tell their husband they want a divorce. And so what I ask them to do is say, okay, now you still feel that charge, but underneath that charge, what is the emotion?

Okay. Now the emotional emotion might be self-worth. You know, the you know, whatever that conversation was made me feel that I'm not good enough. And so, again, it was triggered by an event that happened in the past.

So, you know, kind of like Nixon says, you know, it says, well, how do we look at it? We can say, my beloved, I'm in

pain right now. Can you help me? Right. Because think about it.

When you were a baby, you cry. And when you cry, someone comes to your aid. This is a cry of hunger. This is a cry of a wet diaper. But as adults, what begins to happen is now we have a voice.

And instead of crying where you would have sympathy for any child that would be crying instead, it sounds like complaining, right? And then that complaining triggers the other person saying, well, I don't have love either and you're disrespectful to me.

So what happens is the people start pulling away from each other rather than really being able to be vulnerable. And with cancer patients, you have to create a healing home.

You have to allow vulnerability to take place where the patient really is able to to talk about their feelings without having conflict, that that other person thinks that's their fault, right? Yeah.

Anger, Stress, and the Bodyu2019s Healing Response

And so I'm really big on creating a healing home along with the family. Bring the whole family. And how can we show up for each other, right. Because if not, then what happens is that the patient ends up holding a lot in and everybody starts feeling inept.

They don't know how to help you, so they start retracting. And that's not what we want because we need connectedness. I mean, love is the most healing, medicine you could possibly have, right?

Right. And, you know, I was reading a book yesterday. They were just saying, you know, you know, oftentimes medical doctors, when they think there's no hope, they don't pay attention to you anymore.

Right? And then and then all of a sudden, you're isolated and in the hospital and so forth. And so you don't have that tenderness. You don't have, you know, that, you know, just that companionship of just I'm here for you no matter what.

And so the E blocks were very, very, able or, really very quickly able to identify what emotions are and what organ system. Now, I use a lot of German medicine, you know, hammer work.

Right. And so it's beautiful because, he had an incident, he was a doctor, medical doctor in Germany. And, his son, his young son is like, 18 years old.

Had, an accident, and he he was he was killed. Okay. It was such a shock to the system that months later, I don't know if it was months later, but it was when one year he developed testicular cancer. Yeah.

So he started saying, wow, you know, I'm going to start researching, you know, trauma patients and cancer. And what event happened that trigger this sympathetic response that stayed there.

Because obviously you can't do anything about something like that. Right? So you're in stress for a long period of time and you don't have that rest and recover.

And so he started doing a lot of research and started realizing that there was a definite correlation to a traumatic event that later caused a disease.

And so it's a beautiful a recall healing. It's a wonderful book. Everybody should have that. What's the name of the book called Recall Healing, Recall Healing.

And we now know those can even be tracked through neuropeptides at the body. Right. And that's how he did a lot of his test was through a brain imaging scanning.

You know, in regards to, you know, talking about these emotional events and so forth. So I love German medicine. So again, when I look at it, I say, okay, the that the disease, you know, say it's breast cancer.

Okay. So then you're looking at unrest in the nest. Yeah. You know, it's the inability to help some child or somebody that, you know, love a parent. Things of that.

And so speaking of that, you just reminded me. So I did an incredible interview with Doctor Keesha Ewers who's part of this symposium. Go watch that interview. It's extraordinary.

She's this is like she told me, this is one of the first times she shared this depth of her story to an audience. Because of, you know, how personal it is.

And it's truly like, it's it's heartbreaking and heart opening at the same time. So she, you know, was sexually abused as a child. And so she dealt with that her whole life and noticed it was, you know, interrupting her own relationships and how she was, you know, emotionally involved with people.

And, and then she found out later. So she was dealing with healing those emotions and so forth and doing a lot of work there. And then she found out later, as she was older, as her, as her children were grown up, that her own, son was sexually abused, by one of the babysitters that she had babysit them.

And so she took it. I mean, just, you know, and so she took that in as so much anger, the inability to be able to protect my child. Right. And so she blamed herself so, so aggressively.

Right. And, you know, you have to hear her tell a story. It's incredible. But the short end of it is within months after that traumatic the trauma of her taking on the blame and the anger and the guilt and all of that.

Within a few months, she had breast cancer. Oh, yeah, I know. And and then she healed it herself using, you know, natural healing therapies and emotional healing and all these things.

And now she's cancer free. Yes. So, you know, it's just speaking to the testament of not only this, this gentleman's work, and the great work that you do, but the power of understanding when we hold on and harbor these negative emotions, you know, they absolutely can, manifest in the body as cancer or other diseases.

Right. And you know what I love about her, too, because actually, she's a good friend of mine is that, she's not afraid to breech death. The idea of death of patients. Yeah.

And so it's good because, you know, that is probably the most fearful thing is all of a sudden we realize our mortality. Yeah, we realize the vulnerability of it.

But then also, too, is that healing isn't just getting over cancer. It's healing the soul. Having that connection between I'm not separate, you know, from from my soul, from God.

And so, again, you know, a lot of patients will say to me, you know, cancer has been the best thing that has ever happened to me because I've reconnected back with my spirituality, with my family.

I was just burning the candle at both ends, you know, again, in that high, you know, cortisol lockdown and, and they look at it as a gift. And I love to hear that because I look at everything in life as a spiritual experience.

Okay. Why did this happen and what do I need to learn behind it, even if it's the most terrible thing? Is, is it? How can I take that information and be and let it be my, you know, my springboard into my purpose, right?

Trauma, Transgenerational Patterns, and German New Medicine

Absolutely. And so that's why I try to get patients to do it. They can walk in sad and crying. And I let them they come out, they walk out laughing and smiling, you know, and and it's contagious because, you know, we all want to

feel good.

So the evil beautiful because very, very quickly I can identify emotions. So so you're identifying emotions with this bioenergy bio energetic device. Right.

And and the emotions and the trauma and where they're stored. I mean, you gave one kind of practical tool for people. Obviously, if you find yourself in an argument or, you know, a disagreement, you know, I get in disagreements with my wife from time to time, right?

We all get in disagreements, arguments. One of the things I do is what you just mentioned as well as, in the past, I would just keep hammering until I try to get my point across, you know, which never helps, never works, makes a situation worse.

So, so quicker and quicker and sooner and sooner over the years, I'm like, oh, I need to just stop, let it go back off, you know? And then in a few minutes we're fine. Yeah. Right.

And whereas before it might take hours or days, it's literally minutes and we're fine. And we're talking we both let that go. Actually not just me anymore. We both do it.

And guess what? Two minutes later, we're having a friendly conversation. Yeah, not about that thing anymore. Right? It's like, let it go. Right? But so so those are like some practical tools in the moment.

And you have to catch yourself doing it. You have to practice it. But what about getting to the deeper I mean that doesn't really get to the underlying cause.

But there's another aspect of this. So there's actually a treatment phase. So again, you know, to what you just said is this if we can all just let go of having to be the need to have to be right.

That's a huge thing. I don't need to have to be right, that someone doesn't need to be wrong. And so with the blocks beautifully, it not only is it, biofeedback giving me information, but it also has a component where we actually do the treatment.

So I kind of call it emotional acupuncture to some degree, because it's trying to move the stuck pattern in that frequency. So along with the head set, we'll select a specific, a musical tonality that will serve as a vibrational frequency.

And they have their hand on what we call a cradle. It's like a big old mouse. Right? And it sends, frequency, electrical hertz. And so the dermal part of the skin will pick it up and bring it to their whole body.

And then again, with the headset, we have the frequency of the music, we have the frequency of the actual vibration going through the body. And so then I have them speak again and I can see when it sticks itself.

So for example, if I have something that, you know, every time they speak, it's an anger and it's an anger and it's an anger, then I know that's a transgenerational wound.

So really it starts from the time you were in conception. What was the mother's emotions? Right? I say happy mama. Happy baby. Right. But I mean, we know that through Bruce Lipton's work and epigenetic and all of that, you know, good work, that absolutely what you're saying is so true.

I mean, trauma can happen. I mean, most trauma actually happens, and you don't even know it happened because you were a very young child or, you know, even in the womb.

Yes, absolutely. And so, you know, oftentimes like and I and I really noticed this with people who have phobias, and I'll say this. Oh, I'm just so deathly a scared of flying in an airplane.

I said, oh my gosh. What what created this post-traumatic stress for you? Nothing. My mother's afraid when her mother was afraid. And then I find out down the line there was an incident.

Okay, so on a cellular memory, what happens? And it's a survival thing. It's a primal survival that the body will literally code that in regards of this, is danger.

Beware. Yeah. And so you can be genetically coded for a response based on a behavior for survivability purposes. Yeah. So this may be not your story. So I can see and I can tell a patient this is not your story, but you're holding onto it and you have the beautiful capacity to release it not only for yourself but for your generations to come.

And your children. How do you how do you get your patients to release this? Well, so basically, when you when you're doing the, biofeedback aspect where they're doing the musical therapy and then they're doing the, vibrational frequency, I so I, record the next voice mapping.

And so if it has moved from, let's just say the liver stuck pattern, and now it's moving into, let's say the heart area, the cardiovascular, are they saying something.

Yeah. So they're speaking. So I'm asking them questions. Ask him questions as they're doing this. And yeah. And each time they have their responses. Yeah.

If I'm they ask me a question I will create a perception index because a computer will generate that. So every time they speak I take opportunity to record their voice.

So then I give them a whole map on, you know, everything that they feel they may have an issue of topic specific. The most I would say the most common one is what emotions compromised my immune system that I got cancer.

Okay. So then I say okay well let's look at that. Because what we really want to do is look at it in regards to it's part of the causal. And in regards to how I responded to this.

Yeah. It's not that it's not going to come up again. But then I might step back and say, you know what, that's not worth that response because it compromised my immune system and created this.

So basically what's happening is you're you're guiding the patients to discover more awareness about themselves, correct. About the whatever that blocked, you know, emotion is a traumatic emotion.

So just the awareness alone is starting to unravel and release it. And then, you know, you have the frequencies both in the through the body, through the ears to the brain.

And, and you're guiding them to release these emotions more and more as you're doing this process. Exactly. And then okay. And then when it, when a, when a how I know that a client is finished patient is they have what's called a release pattern.

And so we'll show on the computer a release pattern. That means that their body is not resisting the session that day at all. Okay. So it's beautiful when I tell patients it's not necessary that you have to have it every time you come.

It's not that it doesn't work, but then there's another component. There's another little tentacle that's associated to it that we need to get to.

Releasing Stored Emotions Through Frequency Therapy

So again, I don't want them to get stuck on I have a releasing pattern or didn't work right because the session is going to work no matter what. And so what kind of experiences have you seen with oh my gosh, tremendous experience.

You know what's really interesting, Nathan, is a lot of patients will say to me, Liliana, what you did in those treatments, I feel, is what how I really beat cancer, really this is.

And they'll say to me, the thing, you know, like, these are people who've overcome cancer. Yes. Like, yes, definitely. And they'll say, you know, I've got a reoccurrence.

And the only thing I didn't do because I did everything was the emotional work. And I'm here to do emotional work. And so again, it's beautiful. And I hear this so much all the time is to say, you know what I love most?

One of the things that I loved most was this emotional work, because it really made me recognize that I had so much more control than I ever thought possible, and that the brain is so malleable.

Yeah, it's just like, okay, if we can think of, you know, positive hypnotic suggestion, why not? The brain doesn't ask permission for you to think, right?

It just blah, blah, blah. Like I say, it's kind of like a, you know, one of those Morse codes. And before you know, is sending all these signals. You're like, wait, you know, as I just say, you know, you got to be, a hall monitor.

And, you know, when that critical voice comes in, you have to look at, like, a bullet. Yeah. This is a bullet on my program, and I'm a mama bear, and I'm going to take care of that child within me, okay?

The subconscious mind, you know, that's been, you know, created all these belief systems, you know, from birth to 7 or 8 years old. Because what's going to trigger you your whole life?

Yeah. You know, like Bruce Lipton, you know, you know, the changing the, the mindset in regards of your belief systems to change your biology and the epigenetics.

And I'm a firm believer on that. So I think that for many, many patients, with or without cancer, right. Because it's not just for someone who has compromised immune system, but everybody finds an incredible amount of benefit from it.

I have never heard and you just get beautiful process, you know, because men are more skeptical. They're like, my wife maybe come in here and I look and they're like, you know, wow.

And they cry and there's emotion and it's beautiful. Yeah. So if we can allow for vulnerability to take place, then healing well, for true healing, you know, we have to allow that vulnerability.

We have to get to those stuck emotions. We have to get to those traumas and release them. Otherwise, we're never going to fully heal or awaken to our highest potential, right? Yeah.

I mean, I've been teaching, a very simple concept. I ask people this question all the time. We've been talking about this for over a decade. And I say, if right now in your life, if every single thought you had right, every thought you had manifested in your life physically, the moment you had the thought, you'd be really mindful about your thought.

Oh, yeah, you'd be really, really mindful. You'd be. You'd be like, you'd be a Zen monk, you know? You would have total control of your mind. You wouldn't have a single negative thought.

I mean, everybody would be masters by the time they're five, six, seven years old, because we would teach our children how to do it. And we know, you know, you don't want to think about, oh, my God, an airplane could hit me today, and then an airplane hits you, right?

Or or, you know, oh, my God, this virus is going to kill me, and then you die, right? Like you would be so mindful of every thought you had. Well, we may not have that in our current reality, but it is absolutely true, right?

That that the more you have these repetitive thoughts, these fears, anxieties, doubts, worries, concerns, the things

that are not real, they're not true.

They may feel real, but they're not real. They're made up of the past or the future, the worry, you know, or the the grief or the resentment or whatever it might be from the past and the fear of the future.

And continuously living in these thoughts do ultimately manifest in our lives in one way or another. Oh, absolutely. It just takes longer. Oh, it takes longer.

So we still have to be very, very mindful, as you said, the mama bear on the playground. I love that metaphor because we have to be like the guards of our minds.

We have to be so mindful about what we allow ourselves to think, what information we allow. It's why I don't watch the news no more than once a week, you know, just to check in once in a while.

Because if you watch the news every day, you're just loading your mind with fear and unfortunately, garbage, you know, stuff that is designed to make you feel anxious to down regulate your immune system, to kick on the sympathetic nervous response. Right.

So it's like we have to be the best guards of our minds that we possibly can. Oh, absolutely. One of the things that I tell my patients is check in with yourself every couple hours. Just check in and say, how do I feel?

I'm feeling a little anxious right now, or I'm feeling a little depressed. Well, look at it and say, what value does this emotion have? You know, is it making me feel better?

No, it's actually making me feel fearful right now. And I so could get out of the future and get into the present moment and say to yourself, do I have empirical knowledge that what I'm thinking is true in order for the time going to say no, right.

Mindfulness, Present-Moment Awareness, and Closing Thoughts

And so if you want to get out of the future, because that's where fear live and get into the present moment, because in the present moment you can find joy in anything.

You can have a mindset of gratitude regardless. So all of a sudden your whole chemistry is going to start changing. And we know disease is all about imbalances metabolically and inflammation.

So emotions when we aren't able to resolve them and they're conflict, it's inflammation. And it goes to organ specifics. According to the emotional component that's associated with that organ.

So I tell my patients it's really important to get to get out of the future and be in the present moment, because a future scary, right? It's like, I don't know what happens over there and stay in intuition.

I intuitively know that there's sunshine behind those clouds, even though it's been rainy and cloudy for days. Right? Right. Or you use the power of your your, vision, the power of your, imagination to visualize a positive future, which is what I do every day.

You know, it's like visualizing, how healthy you want to be, the energy you want to have, the experiences you want to have. And that alone, you know, without attachment.

It's not like I have to do that. It's just. Oh, that's it's you start to feel better, you know, you're grateful for everything in the present moment. But you can utilize the future for, for creating good things in your life.

But if it's the worry of the future and the concern and the fear is you're talking about, it's just going to create things, it's going to just basically draw it right to you, magnify it, get your attention on it.

And a lot of patients will wonder, you know, how many sessions are, critical in order to really, resolve some of these issues. And I tell patients no less than three, but five is important.

So we can do general transgenerational healing. Five sessions, five session. That's really about it. Yeah. I mean, five is the minimum that I like to do because then we work on, releasing the stagnation of mother and I, and I actually am able to say who you patterned after emotionally on a, on a, on a DNA, RNA replication as far as emotions.

Yeah. So we do, mother, we do father, we do. If they're married. Husband in the association. Right. Because they had the different belief systems that they came in to had to harmonize so that they could have, you know, a fruitful relationship.

And then we do South. So after I kind of say, okay, here you are, this boat. Right? But you've got all these boys on you that's dragging you and not really allowing you to go through life.

Maybe if you didn't have these beliefs about or even accommodations that you had to do with other people. So I say, let's take all the boys off and then we can see how you're tracking.

It's moving to the right hand side. Okay. Now we can start working on you. Yeah. And then at the end, we do what's called topic specific. And that's again what I would say.

Patients want to know what emotions compromise my immune system. Did I end it here. So most all patients will do at least five sessions. I've got patients that are on 1015 sessions because they just love it.

They'll come in and say, oh my gosh, I had the worst weekend this weekend. I've just been I can't calm down. I've been able to sleep well. And then they do a session.

They're like, oh my gosh, that was so helpful for me, you know? Yeah, that was really that's really great. Beautiful. Yeah. Yeah. It's it's it's amazing the work you're doing.

It it's amazing is you know, I continue to learn about more of the healing technologies that are here at the, at the center. And, I just want to thank you. Thank you for your time.

Thank you for thanks for sharing with us. And, Yvonne, even without a box, this awesome, beautiful. Well, thank you all for tuning in here to the Global Cancer Symposium.

Make sure to share this with your friends, family, colleagues, anybody who needs to hear this information. Also, if you want to learn more about VOCs or working with Liliana and the doctors here at the Cancer Center for healing, go to Cancer Center for healing.com.

Again, I'm Nathan Crane. I wish you all ultimate health and happiness. Take care.