Introduction to Joe Dispenza and Zero Limits

Our guest right now is someone that I've been so excited about for weeks to be able to interview. I first met him and we were just talking earlier. I can't even remember how long ago it was, but he was at a meeting of the Transformational Leadership Council, which he's a member of and I'm a member of.

Also, I, I never met him before, so I didn't know what to expect. But he gave this amazing talk at that meeting. I think the meeting was in Hawaii. And it's what he taught us you're going to learn about today.

But what he taught us, there was something that I've used for probably the past eight years. And not only that, I'm shared it with so many people all over the world because it's an incredibly powerful technique.

But before we get into that, Joe Biden really who is our guest today? Joe, thanks for being on is a prolific author. He's written over 80 books. One of my favorites is Zero Limits, which you're going to hear about today.

But he's written so many other books, and then not only is he a writer, he's also a musician. And I didn't know this about Joe until I saw his bio, but he's recorded over 15 albums, so you can go out there and hear some of Joe's music, too.

How do they get that? Joe's out on Spotify? Or where would they find that? It's everywhere. ITunes, Spotify, Amazon. Wherever you find music, you'll find some of my stuff.

I love it. Joe is one of the most inspiring speakers you'll ever hear. He's thought of as one of the top speakers on the planet, and he's created all sorts of really cool programs that you can take advantage of.

Let you know one at the end of this, and then also make sure you check out his free gift. But Joe, thank you for being part of the Global Energy Summit.

It's really great to have you here. I'm I'm flattered. I'm honored to be included. This is a major project. It's a major mission, and I want to make a difference as well.

Yeah. So, Joe, back when I first met you, I think your book Zero Limits had just come out or maybe had come out a year before. And you talked about this concept of zero limits, and you told a fascinating story of how you discovered it.

And I can you start off by telling us that story? Because that's what captured me ten years ago or whenever it was I heard it. This story is like, unbelievable.

So can you can you start off with that story? I can, and I would advise everybody to fasten their seatbelts because this story, as you know, at this point, time is, is mind stretching, it's mind blowing.

And the very first time I heard it, I dismissed it. I said, it can't be true. I thought, it's an urban legend. It's something people created just to have something magical to believe in.

But I heard the story so many times I thought, I need to go find out if it actually took place. And to my astonishment, it had. What I'm referring to is I had heard the story, as you know now, about a therapist who helped heal an entire ward of mentally ill criminals.

Now that by itself, to get everybody's attention, got my attention. Yeah, right. But to go deeper, he didn't heal them by working on them directly. He healed them by working on himself.

Now, this is a mental turning point for anybody listening and following, because that mental hospital was a state hospital in Hawaii, and it was for the criminally insane.

Those patients had to be shackled or sedated because they were truly dangerous. Doctors would quit. Nurses would quit. Social workers would quit because it was a hellish environment.

The state needed to have a therapist there because they needed their funding. They found a therapist who would go there. But he said, I'm not going to do the therapy you want.

I'm going to do the therapy. I know, and I'm going to do it in my own particular way. So if that's the deal, we'll make it happen. And they agreed because they were desperate, but they didn't know what they were getting because the therapist who went there was practicing an unusual Hawaiian healing technique.

The Hawaiian Ho'oponopono Origin Story

And I say it's unusual first, because the masses didn't know about it at that point. Today they do because of my books, including the one, you know, zero Limits and because of the talks I've been doing.

But back then, nobody knew anything about this Hawaiian healing technique. The technique is called whole or pono. Pono. And most people, when they first hear it, go, how?

What? How do I say that? How do I spell that? And I just say it's the whole whole method. Just call it the whole method. And so I heard the story and decided I wanted to find out if it was real.

And I went on a quest. And again, back then, there was nothing on the internet, and it was very difficult to find anybody that knew anything about it.

But I hired a private investigator. I turned over the rocks. I looked under the roots. I looked everywhere, and I found the therapist, got them on the phone.

We hit it off. He invited me to his first seminar and back then again, the seminars had like 12 people in it. Yeah, nobody knew about this healing modality at that point.

And I found out that what he used in that mental hospital for the criminally insane was an inner directed healing technique that was entirely focused on his inner perceptions and inner peace.

So, in short, he was using whole Pono. Pono back at the hospital. And what that meant was he would look at their folders and as he looked at their folders and their charts, they would find out one was a rapist, one was a murderer, and one was doing some other dastardly thing, and he'd feel what he was feeling inside himself.

And this and I'm really stressing this because this is how whole funnel works. Yeah, he wasn't trying to change the patients. He was noting how he felt about the patients and as he noted how he was feeling and he was repulsed, he was enraged.

He was embarrassed. He was confused. He was curious. He was all kinds of different things. It was those different feelings that he used and directed how upon approval on and in fact, the word how upon a pono means to make.

Right? Right. Yeah. And what are we making, right? Our perceptions. So he looked inside himself, saw all the emotions as he was looking at the charts of these patients.

And he would do the very basic form of home upon a Pono. There's lots of layers to it, but the very basic form is for phrases, for phrases you say inside yourself, to your connection to some would say God, somebody else would say divinity, somebody else might say nature, somebody else might say guy.

It's some sort of higher power. But I think we would all agree we're part of the we may call it something different. So

he's saying before phrases. Yeah.

Before you get to the fourth phrase, I want, I want people to really understand what's going on here. Yeah. Because when you told the story, you said the energy was so bad in this institution that paint was peeling off the walls.

That's true. And because energy has a vibration, right? So the energy in that institution, that's why doctors were quitting. And and so they get this, this doctor that you're talking about, doctor Hugh Len and and he tells them, I'll come in, but I'm not going to meet with any patients.

Right. What you said is unusual technique like, whoa. And they still hired him. They were so desperate. And he worked on himself. I hope people really understand what Joe's saying there.

He he because he didn't he didn't meet. I mean, he probably met patients at some point in time, but that wasn't his mode of therapy, which is that's what rocked my mind when you first told it.

He took responsibility, right? Yes. Oh, and Tom, that's one of the biggest concepts for people to grasp in this whole story here. There's 2 or 3 things that I want people to get is real takeaways, and one is all the healing that you want to see.

Take place out there with other people, with the globe, with the universe, whatever you want to call the healing that you would like to see take place out there actually takes place in you.

Please listen to what Joe's saying. This is so powerful. It is the first. Then whack over the head is to realize you're not healing the outer. You're healing your perceptions of the outer and your perceptions are in you.

That's the first layer. The second layer is what you just hammered home. And that was the idea that you are responsible. You are responsible. You are 100% responsible in whole pono.

Pono. There is no blame because they look at the outer as being a kind of mirror, a kind of illusion. It's a little Buddhist in the sense that you're looking out there, and what you think you see out there is actually a projection of what's in here, right?

So if you want to change anything out there, you've got to go in here and take 100% responsibility. So those are a couple of the key. Statements or foundations to hold up on a Pono right there.

So going back to the doctor who left, he's noting how he feels as he looks at the charts and he's not feeling very happy. Yeah. And then he's connecting inside himself to his higher power.

He often used the phrase divine. So I will often say he was connecting to the divine. And then the four statements he's saying, or a kind of a prayer.

There were kind of a petition there, the simplest of the simple. He's basically saying, I love you. I'm sorry. Please forgive me. Thank you, I love you.

I'm sorry. Please forgive me. Thank you. He doesn't say them out loud. He doesn't say them to any of the patients. He doesn't say them to the social workers.

He doesn't say them to the other doctors. He doesn't say them to the hospital administrator. It's an inside job. All four phrases are spoken as a internally, as a kind of petition or prayer to what I end up calling the right something.

Joseph Campbell said it was the great mystery. I'm like, it's the great something, the great something hears this. And what? What's he actually doing?

He's saying, please forgive me or my ancestors for anything I thought, said or did to help create the situation that

I'm perceiving. I'm sorry for. However, I've been unconscious for my ancestors have been unconscious in the creation of this event.

Thank you for healing it, cleaning it, clearing it, deleting it, making it right. Thank you. I love you from my life. I love you for this process. I love the divine which pulls us back into that connection.

These four phrases is what Doctor Cooling was saying inside of himself as you look at the charts. Within a few months. These patients remember mentally ill criminals sentenced to be there right?

Within a few months, they're off sedation, they're not being shackled, and some of them are being released. Yeah, amazing. Within four years, virtually all of them were released and the ward was closed.

Unbelievable. And this is what I got from the horse's mouth, so to speak, because I found the therapist. His name is doctor Holly. Aquila who? Len. Yeah.

And I convinced them to allow me to write the book which brought this to the world, which is the one, you know, about Zero Limits, which he coauthored with me.

Taking 100% Responsibility for Perception

And I went to the social workers. I went to the people that were there. So I can verify this astonishing story. And this is why I wanted to write it. And this is why I think everybody, even now needs to know this.

Oh, yeah. Good. Because I thought if he used this to heal mentally ill criminals in a state hospital in Hawaii for the criminally insane, what can you and I do with our everyday challenges?

Amazing. That's where. Yeah. And I just what I after I learned it and read the book, I started applying. It had some amazing results and I still had to keep reminding myself it's not about the outside world because we're so addicted to saying it's that out there that's the problem.

The problem that we need to heal or make right is inside of us. These people healed in this mental institution, not because he talked to them or did therapy or there were no drugs involved.

It was literally one human being taking responsible ability for what he was feeling about them and these crimes or things they had done and healing that in him.

And then the outside world changes when we heal and make right what's not right within us. Right? That's what that's that's that's the point that I had to keep reminding myself of several times to get it right.

We believe me, I didn't get this the first time around when he first told me, thank you. Oh no. I was wrestling with it as well. I remember one time Doctor Who land was telling me, he says, have you heard the phrase you create your own reality?

And I would say, hell yeah, I'm one of the ones who write about it. I get on Soapboxes and say, you create your own reality. Yeah, you're in the secret and I'm in the secret saying it.

Yeah. And he said, well, if you create your own reality, doesn't that mean everything and everybody in your reality was created by you? Yeah. Well, that's taking it where I didn't wanted to go.

Yeah. Most of us draw a line in the sand and go, yeah, I created it up to here. You created the rest of it? Yeah. And it's your fault. And Doctor Who saying, now, if you create your own reality, your reality includes everything, including the people you're complaining about.

The global situations you would like to change, transform or heal all of that. And this is the other. Oh, God. And I so get excited. And at the same time frustrated because there's such big concepts that I want to get across.

And I sit here like this bottle of dynamite wanting to explode. And one of the things I want people to realize is that everything they see out there that they consider to be a problem is experienced inside themselves.

Yeah. When you really get this, when you really say, I've been complaining about my boss or I've been complaining about the economy, I'm complaining about the president or whatever is going on in the world right now.

I'd really like to heal it. We forget that everything we are deeming and judging that needs change is coming from our perceptions of it. Yes, if we didn't have a perception that it was bad in some way, shape or form, we wouldn't think anything of it.

Yeah, and this is a clue, because if it's all stemming from our perception, then where does the change need to be? It's in our perception. So how upon opponent was looking at ourselves as we're movie projectors and what we're projecting from our skull, from our mind body system is the reality that we are thinking is real, right?

But the reality that we're thinking is real is actually the motion picture that we created. And we projected. And then the next leap of faith, if you will, that in.

For me, it's very practical and real since I've written three books about this at this point, I've done numerous seminars, three of them with Doctor Who Learn.

And so I've gone into the deep end here. And when you look at everything that needs to be changed and you realize it's all in you, this gives you enormous power to transform the world once you change yourself, much like Doctor Who landed magically in some sort of quantum physics way that I can't explain, there's a ripple effect.

And those projections, like inmates in a mental hospital, they change. Yeah. They change. Yeah. It's amazing. It's astonishing. You know, I read that in AA, they have a phrase that says if you spot it, you got it.

If you see it in the outside world, it's in you. What are you really saying is in you, which is which is very, very powerful. And I want to I want to go back to something you mentioned when you talked about the four phrases.

And I know we'll come back to those in a in a few minutes, but you also as you describe them, I love how you describe it's not just in me, but even in my ancestors, because yes, a lot of us, are running old patterns from our ancestors, from our nursing patterns, from their parents, and energetically or we saw them do it when we were a child and we had no filters at it all came in.

So it's not it's not like we're terrible people. We're just unconscious. Almost. Yes. And but I love the fact you talked about, like, healing it, going back to our ancestors.

And one of the things I love is when we heal it in us and heal it in our ancestors, then moving forward, it doesn't exist in in our children. Right. And the people we impact.

So yeah, you are you are shining a light on some very important concepts that are, in many of them, already validated by modern science, epigenetics, for example, and Bruce Lipton and Joe Dispenser.

And that gang will tell you that a lot of what we are demonstrating in our lives hasn't come and didn't come from our free will or our conscious choice.

Right? We actually inherited it or downloaded it from our great great grandparents. And sometimes they had issues or illnesses and it would skip a generation or two and then show up in your life and know what you're thinking.

Especially people who get into the Law of Attraction because they start beating themselves up thinking, I did this. Yeah, you didn't do this. You inherited this and you were unconscious to it, which is why it's very important.

The Four Phrases and Inner Healing

And how often upon that we point out that we simply weren't aware and neither were our ancestors. Now, Tom, I got to point out that when I teach the four phrases to people, they usually object.

When that gets to I'm sorry, or please forgive me. Oh, because they think I didn't do anything wrong, I should I say that. And so I have to point out that this is not about you intentionally doing anything wrong. It's more about.

And you use the word being unconscious to thoughts and behavior. The example I use is if you go to a grocery store and it's busy and you bump into somebody, don't you?

Naturally, turning, go, I'm sorry, ma'am, and I'm sorry is not an admittance that I need punished because I intentionally did something. It's more of an awareness that, oh, I'm sorry, I was I was looking at the eggs and I didn't see you there.

Yeah. And so please forgive me, I wasn't alert. That's the purity of saying I'm sorry. And please forgive me in the for phrases. Yeah. So I love you. I'm sorry. Please forgive me.

Many people been taught where you use sin, and then you go, you know, plead for forgiveness and flog yourself. And that this is completely different than that.

It's more of just an unconscious, you know, bringing that unconscious challenge that you have and just saying, hey, I didn't know I was doing this. I apologize, I love your analogy to bumping into someone because you always, oh, I'm sorry.

And, you know, it's not like, beat me up. You know, I did something terrible. It's just I love that. That's a great call out. Well, there's a purity to it.

I've also used the example of, you know, my father died fairly recently. And when people come to the funeral, they very often say, I'm sorry. Well, if you look at this in a very logical way, it's like, what are they sorry about that. Didn't kill them, but they're feeling sorry in a very natural way as a sense of compassion.

Yeah. I'm sorry that you're going through this. There wasn't anything I can do about it, but I'm here for you. You know, those are extensions of the meaning.

And that's what you want to look at with the four phrases and whole upon a pronoun. None of this is about punishment. None of this is about feeling guilty.

None of this is about a sense of self righteousness. For yourself or anybody else. All of this is about healing. And by healing yourself, you get to heal anything.

Everybody, all the situations, everything that you perceive that is out there, you get to heal it and you do it on the inside. Yeah, I love it. Hey, Joe, when you talked, when I first saw you do this, you had a whiteboard and you just that analogy.

Can you talk about that of getting to zero and. Yeah. Yeah, yeah. I love thank you for pointing that out. What I was reaching for in that talk, and in some of my books and speeches that I've given is a visual for people to understand.

And in that particular talk that you heard, I had a whiteboard on stage and I made sure everybody noticed the whiteboard. I said, look at the whiteboard.

Look how clean it is. There's nothing on the whiteboard. And I was I was urging people to see it as this fully state of all possibilities. There's nothing on the whiteboard.

It is under scribing. And I'm hoping people in their mind are doing the visualizing a whiteboard. And it's white. There's nothing there. Yeah. And then in that particular talk, I started talking about all the different ways we can change ourself.

Now, the people in the Transformative Leadership Council, these are the these are the wizards of transformation in the world. And these are some of my heroes.

They're my mentors. They're my role models, all of these people. And I would say, what are the various ways, you know, that we can change. And as they name them, I started writing them on the whiteboard.

Well, within about 15 minutes, the whiteboard was gone, meaning it was covered. Yeah. With all of this stuff. Now, on one level, we understand we need different tools to help us awake.

But on the point I was making there and I'm making here, is as we keep writing thoughts, ideas, methodologies, insights, even I love you. I'm sorry. Please forgive me.

Thank you. On the whiteboard we have lost the whiteboard. We've lost the purity of the moment Doctor Who Lynn taught me and I think it's in the first book because there were limits that in any moment you're either coming from inspiration or memory.

Memory means that we are reacting because of the programs on our brain. In a sense. It's like our brain is a whiteboard, but we have just saturated it.

We have just filled it with programs and data, some of which we downloaded innocently, some of which were born as we came in, some of which we wired in ourselves with free will and our choices and our experience and so as a result, when something happens at any moment, we go through the wiring in our brain to find out what's the appropriate response.

And that response is coming from memory. The alternative is that's put aside and you allow inspiration to come through. 99.999999999% of the time. We're coming from memory and where we want to come from, where divine can speak through us, or the great something can speak through us is inspiration.

And that's why I had the whiteboard up there to remind people you can erase through Hola, Paula Ponto can erase all the stuff on the whiteboard, and there's the purity of the moment and availability to inspiration.

Awesome, I love that. And so if somebody is listening to us now, watching and listening to us now and has a disease, has an illness, they will not overcome or heal from that illness by just running the same memories, the the memories that are on their whiteboard, so to speak, are probably part of the reason that their body is saying, hey, you know, I'm, you know, you need to pay attention.

And so the illness is created. So how does somebody use this? Because we've talked about using it to heal others and heal the world. How do people use hold on a piano to heal themselves?

What is the can you talk a little bit about that? Now that's a great question. And actually the process is the same. Whether you think it's you're healing yourself, you're healing the world.

Because when you're healing the world, you do it by healing yourself. So the process is identical. So let's go with what you just said. Somebody has been diagnosed.

They're told that they have a disease of some sort. You have a variety of ways to respond to that news. Okay. For most people they're going to fall into their memory.

And their memory is it's bad. It's bad in some way shape or form. I know it's bad because other people have had it or maybe they died or maybe they suffered your memory not inspiration.

Your memory is kicking you and all the programs are kicking in, and suddenly you're in this moment and you have a relationship with your disease, which is based on a perception.

Most likely the perception is not good. You're not looking at it like, well, this is the good thing. You're looking at it

like, this is a bad thing. What do I do?

So how will polo? Polo helps you focus on how are you feeling about that disease and how are you feeling about it? And maybe you're angry. I mean, truly pissed off.

Yeah, maybe you're bitter. Maybe. Who knows? Whatever is going on here, they're afraid. Yeah, yeah. Or fear. Definitely. All of those different things would would be there.

Some of which we would argue was natural. But in the whole Pono Pono, the goal is, as the word says, to make. Right. Where do we want to go? Well, you asked me about my t shirt, eudaimonia, which is the state of pure happiness, pure, non-judgmental bliss.

It's an ancient Greek word where we want to go.

Whiteboard, Memory, and Inspiration

Is there. And if we're sitting there and we have a disease and we don't feel so great about the disease, that's when we use how Apollo Pono, what do we use it on our feelings of being upset.

The upset can be described in any number of ways. As we said, fear, anger, rage, whatever. But that's what we want to aim in at. And we're aiming the four phrases at that feeling as we're kind of pretending we called up the divine, the great something God, and said, I'm sorry, I don't know what in me or my ancestors contributed to the creation of this, but please forgive me and them for our beliefs, for our memories, for whatever aspect helped create this.

Thank you for healing it, for removing it, for releasing it, for deleting it. I love you for this process. I love you for this healing. I love you for taking care of this issue with all of my ancestors and all future generations.

Because the rule of thumb is once this is healed in you, it's healed. And everybody, I love that. Yeah. Which is why from a global healing standpoint, that it's all on us.

That's all on you. It's all on me. We can take it in. So turn to answer that. It's it's an inside job. Using how you feel about whatever the issue is to get to that place of eudaimonia or peace.

You're looking for. You're looking for a state of serenity. You're looking for a state. And word I like is imperturbable ability. You're looking for that state of being like, well, I'm at peace with this now.

A peace with this doesn't mean you're not going to do it. You might still go to a doctor, you might still go to surgery. You might still check out all kinds of alternative this, that or other.

Because when you delete the interference between you and in perturb ability, you may be inspired to check out something that does do the healing. Yeah. So this is my boy.

So when you talk about and the book is titled Zero Limits, when you talk about whole Pono. Pono, we're cleaning out all the old memories. Yes. And then we're letting you call it, inspiration or the divine.

Really? Then guide us, because now it doesn't have all these old memories that are clogging up and robbing us of all our, our senses. Now we can have divine inspiration and move in the right direction.

And also when, when you when you clean out all those memories. Because one of the major causes of the illnesses is stress. Where does stress comes from? Where does stress comes from?

It comes from memories. Typically when you clean those out, just the environment is more pristine. It's going to be more likely to heal anyways, right?

Right. Yes. And this is where there can be a spontaneous healing, because what was contributing to the healing is now gone. It's a little bit similar to going back to the mental hospital with all those patients.

They had to be shackled or sedated in the beginning, as Doctor Who led worked on himself, they started to get better. They started to get better because there was some sort of peace in him that radiated out.

When you talked about the walls, and the paint wouldn't stay on the walls. One of the things they were trying to do before Doctor Glenn got there was to change the environment.

And I thought, well, let's go paint the walls a happier color and a brighter color. But the paint wouldn't stick to the walls because the walls already had.

And I'm going to put this in quotes. The memories of the hell that was in the hospital. Yeah. So the new wooden stick and that was trying to change, doing a direct let's change the outer kind of an experience where what we learned in whole person of Pono is the change comes from inside. Yes.

Yeah. And memories are energy. That's all they are. Is, is stored energy. Right. So you're you're deleting that energy. That's that's not allowing you to heal.

And Doctor Hewlett as he was healing others. Right. He was he was also healing himself. He was evolving and and and this is an important thing to get time, if you don't mind me telling another story here.

In the second book that I wrote about how upon upon the first, as you mentioned, with Zero Limits, ten years later, I wrote a book called At Zero, and that's where I wrestled with some concepts that people had brought up from ten years of it being out there in the world.

But I was thrown in the fireplace in the sense that my mother went into the intensive care emergency room, and I was on the road, and all my family was in different places, but we were all called to come home.

So we all go to Ohio, which is where I was born and raised, and I go to the emergency room and she's in the intensive care, and this is so intense that there's four other people in the room with her, and four of them die while I'm there.

Applying Ho'oponopono to Illness and Stress

So this is very serious life and death moments to go. Kind of a business. And I am the oldest in the family. My brother, my my brother's sister, my dad, they're all there.

Most people are quiet. Nobody knows what to say. We're all in a state of confusion. I am confused, angry. I don't know what to say. And all I knew was how upon upon.

I set up beside of her bed and I started doing I love you. I'm sorry. Please forgive me. Thank you, I love you, I'm so. Please forgive me. Thank you. It's important to realize I was not trying to heal her.

Yeah, I was trying to heal me. Yeah. I looked inside myself and I realized I am not at peace, I am not. I got chills now, reliving the moment I was not at peace.

In this moment I am mad at God. I am mad at myself. I am mad at my mother. I am mad at the situation. And so I have, this this doesn't help. This is not a problem, Apollo.

This is not me being a beacon of healing energy. So I did the four phrases on me. Yeah, and I probably did it for an hour. Everybody sitting there, everybody's quiet. Nobody knows what to do.

Maybe they're praying. Maybe they're crying inside. I don't really know. I'm saying I love you. I'm sorry. Please forgive me. Thank you. And I'm only doing it to achieve inner peace.

I keep stressing that so the nurses come in a little later and they say we have to leave. You know, visiting hours are over. We leave the next morning, we go back.

My mom's sitting on the side of the bed. She's talking to us, she's released, and she lived for another four years. Wow. Now did our partner Apollo heal her?

I don't honestly know. Oh, Apollo. Apollo healed me. Yeah, and maybe by healing me, that healing energy went out and touched the people that were closest in the room, including her.

So when I say that this is all an inside job, I am living proof that the only way to do any of this change is inside yourself. Doctor who did it with mentally ill criminals?

I've done it numerous with all kinds of people, including my own mother. Yeah, and then the book, at zero was loaded with story. So with zero limits. And people have used this process to heal their animals, to heal their relationships, to heal their finances, to heal virtually anything that anybody could ever name.

Yeah. And it's such a simple process. And yet people need to keep reminding themselves, you're not saying the phrases to anything outside of you. That's a big working on you.

I remember flying back from, because I when I learned something, I always tested, okay, is this really going to work? And so I'm flying back from I think it was Hawaii that that where I met you.

Ten years ago or however long it was. And, it was flying, and there was a child on the plane that was, a little baby that was, that was distressed and crying and screaming.

And I've got kids. So my kids have been that kid before, but everyone was like, really uptight because this child and the parents are trying to sue the child.

And just like it was going on and on and on and I all I did was I worked on me. I worked on how I was feeling about that child and, and how I was feeling about these screech things and, and this noise.

And I just worked on me, and I did it for probably 5 or 10 minutes. And the child did not cry or scream. The entire rest of the fight was a long flight, and did did I do that?

I don't know, I don't care. I worked on myself though, and it was really powerful and I've had so many other another, funny experience where I was driving up to Los Angeles and my daughter was being recruited to play for UCLA for soccer, and so she had taken a train up on a recruiting trip.

We live in San Diego, and my son and I were going up because we were going to stay there and my wife couldn't come, and I'm driving. We're running late for the meeting with the coaches.

I'm driving like 95mph on the highway. Right. And I'm thinking, well, you know, I'm not going that much faster in other traffic. And then all of a sudden, you know, I was feeling like a little bit of fear, right?

Like, you know, worry about what? If something happens and. And I was feeling that fear, and all of a sudden in my rearview mirror, ni I got pulled over, and then I could really feel it pop up, and I'm like, you know what?

I'm not trying to heal anybody, but I'm going to start using whole porno. Between the time the guy gets out of the car and comes up here, I'm just because when he shows up, I want to be me.

I don't want to have the memory of being pulled over. And, you know, all those times I've gotten tickets in the past and I just started cleaning that.

And so 95mph, though, you know, you don't get a warning. I walk up, it says, you know, you know, you know, your speed and go, yes, sir, I really apologize.

And, and but, you know, I'd cleaned it. I didn't have any fear. Now, I was just having a conversation with him and he said, okay, well, listen, I'm going to give you just a warning.

Make sure when you pull out, you drive a little bit, you drive a little bit slower. I might turn to my son. Like, did that just happen? Like, did that just happen like, that was that was a major ticket.

Now again, we're not making any promises on it I hope. Right. Yeah. Don't start speeding all of a sudden. Yeah. Exactly. But the beautiful thing is it it frees up these trapped memories that are in you, that are clogging up your ability to really live a healthy, fulfilling life.

Now, Joe, how how do you suggest people do this? Like you had mentioned, maybe having it running in the background? Or do you wait for a feeling? And are there ways to speed up the process of of healing?

Those are great questions. When I first learned the four phrases as simple as they are, I had to be reminded first of all about what they were and second of all, to do them.

And so I'm a great believer in having yellow stickies. And so I would write a piece of paper. Right, I love you. I'm sorry. Please forgive me. Thank you. Want to put it right on my computer.

And that would be my reminder. And then I found that very quickly, not only did I know the four phrases, but I started to say them fairly automatically at this point.

I've been doing it for 15 years. I think it's the background audio in my head. I used to say some background tape in my head, but it kind of dates me.

So it's like there's the background digital audio in my head that even as I'm talking to you, I love you. I'm sorry. Please forgive me. Thank you. What's going on?

So I've heard from everybody. They put reminders on their phone okay. And so the phone will go off every hour or so.

Personal Stories and Daily Practice

And it's just a little reminder. Say I love you. I'm sorry. Please forgive me. Thank you. Nothing wrong with putting stickers all over the place. Your dashboard, your refrigerator, your mirror, your ceilings.

When you open your eyes in the morning, there it is. And you know I love you. I'm sorry. Please forgive me. Thank you. People like me. It's a lifelong ritual that.

Yes, do it when you're really struggling. This should becomes a part of your. Well, let me say two things about that. Because you asked what could make it work even better or faster or get quicker results.

I have found that when you are actually feeling an emotion that's bothering you, that is the ideal time to focus home Pono. Pono and say the four phrases because you have the red hot heat of an emotion burning in you, it's pretty hard to hide it, pretty hard to dismiss it, and very easy to focus on.

And it's there. So if something's upset somebody this morning, yesterday, whatever it happens to be, I would bring it up. And as you bring it up inside of yourself, know what you're feeling.

If you can put a word to a grape, you don't need to because the feeling itself is going to bring you the attention. And then as you're bringing the attention to it, you can say, okay, and this is talking to the great something inside yourself, your own intimate dialog.

I'm sorry for sure. Me thank you, I love you. And just a few times of doing that, the other thing I want to point out is that I have gotten profound results by learning to say it all the time, and my example for this is I don't.

You said you live in San Diego, so you don't have, snow blowers, but you probably have, the street sweepers who come out most big cities have street sweepers who come out at three in the morning and they sweep the streets so that when we get up at seven nine, whenever we get up and we go to work or go get our coffee, the streets are clean and we never think anything of it.

Yeah, we never think anything of it because most of us don't even know. Most cities have, street sweepers who are out there cleaning the streets so they're easier for you to go 95 miles an hour. That and those who have, snow, they've got the snow plows that go out, usually in the middle of the night, so that when you get up, the snow is gone and you can drive on your road.

How upon opener was like the snow blower and street sweeper of life? Yeah. When you sit here and you do, I love you. I'm sorry. Please forgive me. Thank you, I love you, I'm sorry. Please forgive me.

Thank you. With no real specific anything in mind, you're just kind of saying it as a kind of, you know, the Indians will have mantras, the Catholics will have a rosary, and they'll be saying, how may Mary's and the whole popolo imagine that you're saying it as a kind of prayer or meditation as you're doing it.

It's cleaning your path through life. Nice. So this is one of the biggest reasons to do it. Hello? Pocono is your street sweeper. It's your life sweeper.

It can get rid of mountains and bumps and holes and hills before you ever got to it. And so you go through your life, and there'll be a breezier quality to it, because what you might have hit for is all met already released, I love that.

Yeah. And the point I just want to stress over and over again, because it took me a while to to get it to work. Cleaning inside. We're not we're not looking out and saying, you know, I'm sorry.

Please forgive me. Thank you, I love you. We're not looking at someone else. I'm sorry. Please forgive me. Thank you. I love you. We're looking inside and saying that we're in our minds and our hearts and our souls.

We're the divine is right. God is everywhere. So. So we're going inside of us and healing inside of us. And then not only do we heal, the outside world heals.

I hope people watch this interview with Joe several times, because it may take you a little while to get it, but once you get it, it will change your life.

It's so amazing, so powerful. And Joe, there's, there's a, a site vitality, life mastery. Com that has an intro to whole porno porno. Is that correct?

Yeah. There's actually several different products there that should be of interest. Everybody is watching something like this, but there is an introduction, the whole promo. Pono.

If you go to Vitaly, which is my last name, vitality. Vitality, life mastery.com and just poke around, you'll find it and it's free. Awesome. That's amazing.

And then also you have a free gift for everybody. So please check that out on the Global Energy Healing Summit website. You're going to want to download this.

You see how much value Joe has and what a great heart and soul he has. Joe, what's what's the most important thing you want people to remember from everything we've talked about today?

What do you what do you want to make sure they remember? If there were one thing? It's kind of cruel to put it like that. You know, force me to come up with one thing and I'm teasing you.

I would say the one thing is everything. Everything that you want to heal, everything that you want to attract, everything you want to accomplish, all begins and ends inside of you.

So profound, so amazing. Joe, I've loved having you on our summit and I look forward to seeing you again in person one day when we're out traveling again.

But right. Thank you so much for your kindness, your love, your wisdom. And one one final thing I want, that that also I should have brought up the phrases.

Final Tips, Resources, and Closing Thoughts

You've mentioned them in a couple different orders. The order really doesn't matter per se. It's a good point for the. I'm sorry. Please forgive me. Thank you, I love you, but you've said it a couple times and you can say them in any order.

There's 2 or 3 things that are worth pointing out that you brought this up. One is you can say them in any order at all. That does not matter. I love you, I'm sorry. Please forgive me. Thank you.

You can mix it up, start anywhere you like. The other thing that people often ask is, do I need to feel it as I say it? Okay. And I once asked Doctor Who Len, that he said, no, not at all.

It's just important that you're saying my own experience has been as you say it, you will move in the direction of feeling. So if you're saying I love you but you don't really feel love, you say it enough times and it starts to engage.

So I would say, keep in mind, say that any order. Second of all, you don't need to feel it to say it. And third, you never have to say to another person, this is all a intimate conversation between you and your connection to the great something.

Yeah, I love it. Thank you so much, Joe. You've helped us. Thank you people with your work over so many years, and I just can't wait for people to be able to see this interview and learn from you.

And and I've learned so much from you. So thank you so much. Love you and appreciate you being on this summit. Thank you. I'm grateful. I love you as well.

And Godspeed to everybody watching and listening. Expect miracles. Awesome.