Managing Your Emotional Energy & Core 5 Elements to Live with Energy on Demand Transcript

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Introduction to Five Element Theory

Well, today it's role reversal. So, me and Greg are here again. However, I'm interviewing Greg, so I think he was introducing giving away our videos in the summit.

But if you didn't know, which I'm sure you probably do by now. So Doctor Greg is as well as being a natural. He's also an expert in Chinese medicine. And, you know, one of the fundamental sort of tenants in Chinese medicine is five element theory.

And the reason we're just doing this special little video on five element theory is because it's it's something that's relatively simple to learn for yourself.

And but it's very, very applicable in day to day life. So it really actually just helps balance your energetics, your life, etc., just knowing some of these principles.

So I guess without further ado, we could just go into the interview so well, Greg, like from TCM, what on earth? What actually is energy and qi and like all the C people want energy on demand.

And what do you actually mean by that? You know it is it's qi right. Q I or c h I or in Japanese that's k I qi. It's energy, it's esoteric. We've been talking bioenergetics for the whole summit.

And you know, you know, when you don't have energy, right. It is the force that moves blood in Chinese medicine. It is life force. Life energy. You can practice Qi gong.

Chai is energy. Gong is work. You can do tai chi, which is very energy like increasing energy.

What Qi Means in Chinese Medicine

So there are practices through time that have been developed to increase your internal alchemy or your energy. And then there is your energy, the key.

And it's always that she moves the blood in Chinese medicine. So there's not one concept that stands alone there, which that then ties into this whole aspect of, maybe that's one thing, because probably some of us in the West think that she is some pure like energy, woo woo thing, but but actually for the Chinese, it is it is actually all mixed in with like oxygenation, nutrients, movement.

Oh yeah. So there's prenatal chai and postnatal chai. Prenatal chai is what your parents gave you. Your genetics, postnatal chai is what you're putting into your mind.

What you're putting into your body, what you're doing with your body. So it is all inter. It's it's basically it's a really ornate, very well articulated system.

And it incorporates the biochemistry, the physiology and the bioenergetics all into one. What I love about the system as well is it's really mimicking nature.

This component of how you let into the five elements and having some basic understanding of them and applying that to your life is, you know, it is a natural, procession of like, mimicking nature.

Nature is so ornate. It's so complex. It's it's so natural. Right? I mean, things just flow when things are in nature.

They're not thinking about how to be a tree, how to be a rock.

They just are. The same thing with us people is when we start thinking about it, we get further away from the concept. So it's just being in in this state that we are that that's really the root for change for us.

And so what what is actually the purpose of five element theory. Like is it basically to balance your energy. So you know, you're you're roughly in harmony with with your environment.

Is that is that the idea?

The Five Elements and Natural Cycles

That is, you know, there's five they matched organs with emotions, with the directions, with the elements. And so, you know, I always start out with the heart, the heart being the emperor or the empress.

There's no separation of mind and body in Chinese medicine. It's all heart centered medicine. And why I love that as a framework, the heart represented by the color red and the element of fire.

So it's, you know, burning with joy is is one way to think about that. But then you look at, okay, the ashes create earth. And so, you know, we've got the spleen and the stomach is in the earth.

And then at the core of the earth, metals appears. That's the lung. And then from the lung, from the metal, the core of the earth, we get the liver, which is the season of spring.

And from the spring it leads naturally into summer, back to the fires that happen in summer from the wood burning. So you have this natural transition in between the elements.

You know, again, then as that tree burns, it creates rich soil of the earth, and it's a never ending cycle. And then you have the different elements that overlap and in balance or control the other ones, when you look at the natural characteristics of the natural item, whether it be earth for spleen and stomach or metal for the lung, kidney, I actually I passed over kidney, which is water.

That's wintertime and out of the winter. And then comes the the wood of the spring in the liver back to summertime. So it's that endless natural cycle that we've got.

Yeah. Maybe we should give an example. I mean, I could maybe give an example. Yeah. From, from this year. So this year I got the dreaded C-word, but we got the dreaded C, and, it was spring, I think April or so.

And then anyway, we kept having, like, lung issues all year. And, you know, I was very into juicing, actually, and I didn't realize juicing was putting all this, cold and cold and damp cold into my body and doused my body, which was actually making, sorry.

Lung was cold, which is lung. Sorry. Metal. Yeah. So just the make me is making mine. You know, it was blunting out my my muscle and actually, the moment I stopped juicing and started having, like, you know, nice warm soup, some bruise, this cough went away, actually.

Yeah. And so that's just a little, little example of how you can balance your elements if you, if you have some knowledge about it. Yeah. Another one, you know, kind of a classic one is waking up at three in the morning, in 3 a.m., that every two hours the energy is in a different meridian and the meridian.

It's the end of the energetic cycle, which is the liver. And then 3 to 5 is the beginning of the lung time. And that's the beginning of the energetic cycle.

So long as the beginning of the energetic cycle, liver is the end of the energetic cycle. So a lot of times people wake at 3 a.m. because they have this classic liver lung block.

Balancing Emotions with the Elements

And between the liver and the lung, because the liver actually will overreact on the lung. When we look at the five element theory. So you can layer these concepts on each other, which is really which is very, indicative of the, the organization of the universe, basically.

So, you know, there's these nuances, like you mentioned, different plants, different foods have different energetic qualities that those flavors and qualities are associated with.

The different organ networks. I've, I've found it very helpful. And, you know, actually, like, we, like we, we actually cook our meals in reference to, to five elements.

And then we have all these rest recipe books. So we love it. Or recipes for certain things or on the word personality. So we'll do a bit more words and obviously we've been doing some better last few months as well.

But how how does it relate to emotions? Because, you know, it's probably one of the most sort of predominant way it shows, for sure. So in the heart I'm going to start I always start with the emperor or the empress in the heart, and that's joy.

Is the positive emotion there? Moving into the lung, you get into more grief or sadness? The melancholy of fall. Then you get into the kidney and fear.

Right? When somebody is in acute fear, sometimes they'll all of the energy will go down. They'll like, pee their pants. If it's an extreme fear, then moving out of the water or the kidneys with the fear, you get into the liver, which is worry or stress, aggravation, anger.

You get red with rage. That's liver fire rising and then coming back out of the liver. Coming back into back into the heart. And I skipped over the spleen and stomach, which is worry.

Folks that are worried, have a lot of deficiencies. One of my teachers would call it a spleen g deficiency. He would stand in the front of the room. Doctor Tong, five foot two, Chinese professor of, acupuncture and herbs and his, it it resonates with me, you know, with the, the spleen qi deficiency in this high voice.

And it's a very big component in the in the West, I think, because a lot of the worry that we do, and, and components of the elements of food that we're eating too.

So how can you, how can you actually balance some of those emotions? So depending on like if you're stuck in, let's say it's sadness or grief, we don't do that well as a culture.

So you look at, well what balances out from the lung. So the lung again was the metal element comes out of the earth, the spleen in the stomach. From there you have the heart, which is the fire that burnt the wood that created the earth.

So you could actually the heart over acts on the lung so you can create with more joy. It will overcome the grief and the sadness to balance or control uncontrolled sadness or grief.

Interesting. If, let's go to the liver because that's another big imbalance of, a wiry pulse or a liver energy stagnation. Yeah. What what overpowers frustration?

Castration. We'll move on to the audience. The entrepreneur emotions. Indeed. Big entrepreneurial emotions. Well, movement really is one thing that will help move the energy because of a stagnation.

Pulse Diagnosis and Wearable Biofeedback

So if you look at the liver again, so we go from liver to heart, which is the fire, which then goes to the earth, which

then goes to the metal, which then goes to water.

So we go back to the metal that would be breathwork will move the breath is qi or energy. So doing breathwork and in clearing, clearing the lung meridians.

So that's a, that's a big one that will move over off of the agitation. You know that irritability, restlessness, short fuze along those lines. Easy. Are you able to share your screen, buddy?

So, Oh, yeah. Sorry. I want to share my screen. Yes, yes, let me do that. I will let you that. Sorry about that. Perfect. So you know what's been pretty, pretty interesting is over the actually over the past couple of years, we've been we've been looking at the whole TCM pulsed stuff.

Well, let me ask you this. So, how do you at the moment detect, detect someone's pulses? Like, you know, do a TCM diagnosis. So through one, through voice scans, through the nest platform, and then to actually take their pulses, the three pulses on the right hand, three pulses on the left, the the width, the depth, the rate and rhythm of the pulse.

Got you, got you. So in, anyway, over the past couple of years, with basically what we call a data scientist, and we basically were like, looking at the shape, of all of these TCM pulses.

And you can see here that this looks like a normal pulse. Right? And, this one here, that's a, that's a slippery, slippery pulse. And you can see it's a very distinct shape, and very different from the normal pulse.

And there's like 30 this 13 of these pulses, like hurried, rapid. So before you blah, blah, that, that basically we're able to identify and this very basically is very distinct maps that will describe the shape, the shape of those pulses, which means, dot, dot, dot.

We're basically able to well, we're basically able to detect it with algorithms. So you know what. That's an old device. I should just put that out so they can.

Oh, that's that's a new that's actually what it looks like a new gem. So, you know, that's an old bear kind of shape. And you know what's very interesting?

So from this finite element point of view, we've basically taken, you know, a bunch of these different, pulses and then made correlations to the five elements so that like, yeah.

So we have like, so with the emotions for instance. So like fire, is impatience. Well it was joy. We we made it. We made it gratitude honestly because we wanted, we wanted something for people to focus on so they can focus on on gratitude.

And anxiety to faith is the, fun grief to connection fears, courage, frustration to, to decisiveness. But long, long, short life skill. What, like a wearable now can show where your different emotional states are?

And they say in translation, you know, it is like people get an A right, a right twist, I would say of, you know, like there's a lot of spiritual philosophies where, you know, people want or the philosophy want, you know, says like, be be the change and like, and, you know, you can get into this whole thing of like, well, you know, I need to do this.

I need to do that. But really, ultimately the simplest way of changing yourself is, is actually just through awareness. Because from awareness, you, you can over time, you get an understanding of your situations.

You know, how you're interacting with with other people. And then from that understanding, like reality actually will just change you because you you've got a you've got a better understanding.

So basically what you know, what the where Will is doing is help is helping to bring awareness to where your emotional state is. And then you can, you know, then you can put more sort of understand being and thinking

behind while you're in that, you know, why you might be in that state and, and love it.

You know that the component for how you have measured. I know I shared with you now I'm going to publicly share that I was a little upset because, you know, I've been studying pulses for 25 years and I've been like sitting at the feet of masters that lifetimes, like they're going ward to ward, measuring pulses through their fingertips.

And then during that modern science could do it for you. I know in lickety split in, in with better accuracy. You know, in, in the time of covid of, like trying to find a way into people's living rooms in a healing way, not a creepy way, but in a healing way.

And came across the ness, system using that with the voice scan and then with the measurement of the pulses with the pulse ox and some of the prototypes, it's like, wow, this is eerily accurate.

And, actually does a better job, I will admit publicly, than the the fingertips of a trained professional. It is really awesome. And I love the awareness component of it, because where your attention goes when you become aware of your state, it's actually it's way easier for you to change, you know, you know, and then, you know, and then we add these, like, we add these personalized meditations to help you know, to help, to help you shift from what's this one here?

So is courage. So, like, the opposite of courage is it's fear. So this one's has to go from fear to courage. We have a meditation, and then we have a little, slight haptic bias signature.

The Clinic, Healing Services, and Closing Remarks

It's the space of getting a signal into your body and then your autonomic nervous system recognition recognizes that signals. So, like, if you're not listening to the meditation, your body will actually automatically recognize that.

So, you know, if you get this tiny little thing it's like you're awesome. The nervous system will know that actually, right in that moment you're in fear and it help it.

It just helps shift you to to courage without, you know, getting to do some 20 minute meditation. Lovely. So yeah, that's that's energy that. Yeah, that's the wearable and the five elements, which, you know, which if you if you're listening to this summit be the first time that it's actually available, which is, energy for life icon with a number four sort of energy with the number four light.

Love it. Oh yeah. It is really I'm super excited that this is coming out. And, you're sharing it with the world. Doing this, we have anything else to share?

Five elements. You know, I think just the component of I really love this system. It's time tested. I like to say it's more landscape or pastoral oriented in that it is about mimicking nature.

And, you know, we like to think in the West where up in the gray matter, not attached to the environment, but ultimately it is our home, the biosphere.

And so I love that it really brings us home, to ourselves, into the planet. And it's in a whole system that has really survived that time test. Yeah, yeah.

And I also just want to add, even though Craig publicly admits it publicly and it's says fingers are as good as a device. He does he does have this wonderful, amazing, clinic that in Park City.

So, if any, if any of you are passing through Utah or, you know, want to want to have a healing holiday, stay in a hotel and go, you know, well, why don't you tell one thing you tell people, Craig, like some of the amazing things in your clinic because honestly, like, people need to hear like you've done all this summit and honestly, no one knows what you actually do.

So yeah. So I mean, you know, one the root word of doctor is DOH. Sorry, teacher. I love this summit. I learned so much interviewing everyone. And we are creating these nodes, these recharging centers.

It's a wellness and recharging center. Be vital a wellness and recharging center. It's a love beaming beacon of light. It's joy filled providers and staff and patients thriving.

And that's the whole premise of how do we help folks get into brain and heart coherence, creating the more beautiful world they know and desire. Well, what does all of that mean?

It's very flourishing language, but we're really here in the real world, making a difference for people moving the needle. It's, you know, 30 plus years old folks that are just not into big pharma, Western medicine.

Has it served you? You're looking for a different route. You want to do it more naturally. We're working on all of the levels from physiologic biochemical to the bio energetic and tying that all together with sound healing and laser activated and guided very small embryonic stem cells.

We do EEGs of the brain. We do longevity testing. We've got some really cool hyperbaric chambers and we've got ozone. So a lot of these lot, we do ketamine assisted psychotherapy.

So check out the website. We're really into individualizing programs. We love working with groups of folks that want to create training. Do we do? I say we I mean, it's it's great.

It's great clinic. But, we occasionally turn up, for these like, little group, like group healings, crystal ball sessions. Oh, yes. It's it's, and to give Greg some.

Well, Greg and we met at, actually this mastermind, where these like Nobel laureates, the basically the, like the top of the top of research is, you know, meets and like share all the latest, latest information on, you know, on health and keeping people alive.

So like anyway, so Greg has a very, like he knows he knows all this medical and but backwards achieves that the cutting edge of the medical end. But it's so it's this beautiful fusion of the energetic and the naturopathy and the say all his staff have, have a, have a lot of a lot of love.

So, you know, it's it's the only place is the only clinic. Okay. So, and, well, I happen to live nearby, so that's great. Thanks. A very nice bonus. Thank you, Harry, for the kind words.

And, you know, it really is. You know, we need these recharging centers and these beacons of light to help recharge us as there's more and more, you know, chaos and, in, in our worlds.

And so we're really looking to help organize people get get us all into coherence, charge us up so we can share that with our communities, our loved ones and ourselves.

Perfect. Well, I think with that, we will let everyone sits, be vital and energy for life to websites and brands for everyone. But thank you Greg. Hey, thank you for.