Introduction to Module 4 and Nervous System Basics

Welcome back to Becoming Cancer Free seven simple, effective and proven steps to take back control of your health. This is a nine module masterclass for helping you learn how to become cancer free.

I'm Nathan Crane I'm really excited and honored that you're joining me for this module. Now, we've already covered a lot in the first three modules. If you haven't seen them, make sure to go back and watch them.

Accepting and overcoming the fear of death, as we covered in module one, is critical to your healing journey. The Three principles and the practical strategy I taught you in module two is foundational for helping you take back control of your health and support you in moving forward on your path of healing.

And the four key traits, three expert qualities, and nine interview questions I share with you for building your Integrative Success team in module three are essential in helping you achieve success.

Now in module four, we're going to dive into one of the most impactful aspects of healing and that is your nervous system. Your nervous system can be your best friend or your worst enemy.

The choice is truly yours and it's either life or death. Getting this one right is that important? But how do we understand the complexities of parasympathetic versus sympathetic?

Innate immunity versus adaptive immunity. Central nervous system versus peripheral. Well, here's the good news. You don't have to know everything about the nervous system or the immune system, or the central versus peripheral or parasympathetic versus sympathetic.

To understand how it works and what you should be doing to optimize it. Well, it is your choice. Obviously, it's not necessary. Tons of scientific researchers dating back hundreds of years have already done most of this legwork for us.

The complicated part is sifting through the data and understanding what it all means, and putting a practical plan into place to optimize your nervous system so you can enjoy the healing benefits of being in homeostasis as often as possible.

And that's what I'm going to do for you in this section. I've spent 15 years already sifting through this data, interviewing hundreds of world leading experts and cancer survivors, and spending thousands of hours researching and experimenting myself.

So my job, and really, my passion, is to keep it as simple and straightforward for you as possible without getting into too much data, scientific jargon, etc.

I want to give it to you simply so you don't get lost and paralysis by analysis and information overload. Okay, so with that said, there are some key elements you do need to understand about the nervous system so you know the basics and the foundations of how it functions and how you can optimize it.

So let's first we're going to lay out a basic framework. And then we'll get into the step by steps that allow your body to be its own best healer. Sound good.

All right. Let's dive in. First off, the nervous system is composed of the central nervous system, which is made up of the brain and spinal cord. And it's composed of the peripheral nervous system, which is made up of the nerves that branch off from the spinal cord extending to all parts of the body.

Pretty easy right? Within your nervous system, you then have the parasympathetic and the sympathetic responses. These are critical to understand how they work and how they could be working against you.

And we're going to go into more depth on these two specifically throughout this section. Again, we're not going to get into all the details and science and all the stuff with the whole nervous system, but parasympathetic and sympathetic are really important to understand.

And we're going to cover the base foundational pieces about this. So you are much more equipped to actually turn your body into its innate healing power that it was designed to be.

So para para meaning to go beyond okay, parasympathetic, go beyond sympathetic and simple. Coming from the Greek root of pathos means feelings or emotions.

So literally going beyond feelings or emotions. Now it is much deeper than that. But that's pretty accurate in terms of what actually activates parasympathetic response or the sympathetic response.

Okay. So we'll get into that more in a little bit. Then as part of this whole beautiful, incredible, amazing thing we call the nervous system. You then have the innate immune system and the adaptive immune system.

We'll cover what the slight differences, but really we're just going to talk about the immune system in general. Throughout this module, the innate immunity refers to nonspecific defense mechanisms that come into play immediately or within hours of an antigen appearance in the body.

Antigens is a fancy word for toxin or a foreign substance that enters the body. These mechanisms include, you know, physical barriers as the skin, chemicals in the blood and the immune system cells that attack foreign cells in the body.

This includes immune responses like coughing enzymes in the teres fever, stomach acid, and mucus all a natural and healthy part of your body doing its job to help remove invaders.

Do you remember as a child, you may have, or you may still think for your children or grandchildren that when someone has a fever, it's bad? You want to try and get rid of the fever?

Well, in majority of the cases you don't want to get rid of the fever or the fever is doing its job. It's heating up your body. It is helping to sweat out the invaders.

It's doing a whole host of functions within the body to help your body heal. Now, the small, tiny percentage of where, you know, fever can be potentially dangerous is if the temperatures go well above, you know, what is, considered, survivable, if you will.

And that's like tiny, tiny, tiny percent of people who ever have a fever. If you have a fever, most of the time it's it's good for you. Just like the body is putting out all this mucus is putting out these tears is coughing and phlegm.

It's like your body is wanting to get rid of even throwing up, right? Your body's wanting to get rid of the things that are, that have come in contact with it, that are causing an immune response.

Right. That's your innate immunity. Now, second, kind of immunity or immune response is called adaptive immunity. And that refers to antigen specific immune response.

The adaptive immune response is more complex than the innate the antigen otherwise known as toxin or foreign substance. You know, it's first got to be processed and recognized in your body.

And once an antigen has been recognized, the adaptive immune system creates an army of immune cells specifically designed to attack that antigen, to attack that toxin, right.

Or that foreign substance. Adaptive immunity also includes a memory that makes future responses against a specific antigen more efficient. So, for example, if you come into contact with a form of the flu or any virus for the first time, your body, depending on how well your immune system is functioning, will get to work producing immune cells to attack and remove that virus.

Sympathetic vs Parasympathetic: Fight or Flight vs Heal and Thrive

If your immune system is functioning at its highest capacity, you'll likely never even experience symptoms. Or if you do, they're pretty minimal right now.

If your immune system is not working at its highest level, then you'll likely feel very sick. And if your immune system is severely compromised, you can die from that virus.

Which is why the majority of people who have died from Covid, for example, are elderly people who have multiple chronic diseases and compromised immune systems.

But once your body makes antibodies and you survive the antigen, then when you come into contact with it again, you're exponentially more likely to kick it out of your system without any symptoms.

Hence the term asymptomatic, which is a good thing to be. Now, B cells and T cells are the major types of lymphocytes involved in adaptive immunity. B and T cells can create memory cells to defend against future attacks by the same pathogen.

By mounting a stronger and faster adaptive immune response against that pathogen before it can even cause symptoms of an infection that your immune system working for you, right?

Additionally, T cells and B cells are responsible for killing cancer cells, right? So this is a really important part of the immune system to understand.

And it's not only T cells and B cells. There are a whole host of other cells we don't need to get into. But they are responsible for killing cancer cells.

That's your immune system's job. Beautiful function we have. Right? Our body makes cancer. Our body gets rid of cancer. Our body makes cancer. Body gets rid of cancer.

Your body doesn't catch cancer. It's not like a cold or flu or virus. Your body doesn't get cancer from somewhere else. Your body doesn't get cancer from the toxin.

The toxin doesn't. Put cancer in your body. The toxin affects the environment of the cells, turning the cells to cancerous. All right. We'll get into more detail of what that is.

You know, later on how that works. But I just want to get that point across because I know this is a huge eye opener for a lot of people. You might already know this, but if you don't, it's a profound way to understand cancer.

Your body makes it. You don't get it, okay? Your body also gets rid of it when it's functioning at its highest level. And so finally, the the final system we're going to talk about in this module is the lymphatic system.

And I call the lymphatic system the superhighway for removing cancer cells, cell waste, pathogens, etc. from your body. It does it by generating white blood cells to seek and destroy pathogens and abnormal cells, cancer cells in the body.

It actually removes it, filters it back through, sends it out. It's a whole complicated process, but anyway, lymphatic system gets rid of these cells, gets rid of the antigens, gets rid of the cancer cells, and so forth.

Now with these systems, you have all of your organs that play a role, from the liver that cleanses the blood and

removes chemicals to the heart that pumps the blood, and also communicates with the brain and produces hormones to the intestines that host trillions of bacterial and viral cells that host nutrient metabolism, maintain structural integrity of the gut mucosal barrier, modulate the immune system, protect against pathogens, and so much more.

Yes, there's a lot more detailed aspects of the nervous system the immune system, lymphatic system, and so on. But they're really not necessary to go into detail here, as we mainly need to focus on the key elements of the system that both cause cancer and eliminate cancer, right.

So we can help you move beyond fight or flight into heal and thrive. So in addition to this module in steps four and five and six, we'll be going into more detail on specific steps you can take to enhance all of your bodily systems that contribute to maintaining a regenerative, wholesome, and healthy body.

But for now, let's focus on the sympathetic and parasympathetic responses of the nervous system. Do me a favor and get a piece of paper and a pen and write these down real quick, side by side on a T chart like this example.

Okay, so on the left hand side at the top, we're going to write down sympathetic. Go ahead and write that down. And on the right hand side at the top we're going to write parasympathetic.

Please go ahead and write these down okay. Remember by engaging participating writing you are embodying this information a much deeper level which is going to help you on your healing journey exponentially more powerfully.

Okay. So please follow along. Please write this down. All right then under each one here's what we're going to write. We're going to start on sympathetic.

Then we're going to move to parasympathetic okay. So under sympathetic on the left hand side we're going to right survive okay. Go ahead and right survive under sympathetic and underneath survive.

We're going to write fight or flight. Fight or flight right. That underneath survive under sympathetic. Then under that let's write adrenal response. Adrenal response.

Then under that let's write anger fear stress anxiety resentment anger fear stress anxiety resentment. Now under that we're still under sympathetic. Then you're going to write disease slash.

You could write cancer but really disease in general. Okay. Now on the right hand side underneath parasympathetic. Here's what we're going to write okay.

You're going to write thrive thrive. Write that underneath parasympathetic. Then underneath that we're going to write rest and digest rest and digest.

Then under rest and digest we're going to write immune activation immune activation. Then under that we're going to write compassion. Love. Peace. Happiness.

Gratitude. Again we're going to write compassion. Love. Peace. Happiness. Gratitude. Then under that we're going to write Health and Healing. Health and healing.

All right. You got it. So you got sympathetic on the left side. Parasympathetic on the right side okay. And underneath each one now you can understand what the main differences are okay.

So now that we've identified the main differences between sympathetic versus parasympathetic, which aspect of your nervous system do you think you should have turned on and activated the most often?

That's right. Your parasympathetic nervous system your parasympathetic response. Right. And here's the biggest differences. The sympathetic nervous system otherwise known as fight, flight or freeze, otherwise called by my friend and colleague Bruce Lipton as the adrenal system.

It's meant as a survival mechanism. Now, if you're in a car crash and need to bust out of the window before the car explodes or your child is trapped, you need to use all your power and strength to save them or someone's chasing you and you need to run for your life, or a predator is nearby.

You need to freeze and remain absolutely still. Don't even breathe so they don't see you. That's all about survival. When the sympathetic nervous systems kicked on, your body releases stress hormones such as epinephrine, adrenaline, and cortisol.

Your heart rates increases. You have an increase in cardiac output. Blood gets sent to your arms and legs so you can function more effectively if you need to run or fight back.

Blood flow reduces to the intestines, suppression of insulin happens, and the biggest kicker of all, your immune system and anti-inflammatory response gets deactivated.

Now again, listen to that last part. When the sympathetic nervous system is kicked on, when it's turned on, when it's activated, your immune system and anti inflammatory response gets deactivated, turned off, downregulated, no longer working for you okay.

Now sympathetic fight flight or freeze is great for a short period of time because to save your life from a catastrophic event, your body takes all the energy away from your immune system, which your immune system requires a lot of energy, and it puts it into what's needed, like your extremities and your adrenaline in that moment to save your life or save the life of someone you love.

But how often do you find yourself in a life truly life threatening situation? Not very often. Right? But then why is the sympathetic nervous system turned on most of the time?

For most people today, we'll cover that in just a moment. But here's the important takeaway. We were designed to have the sympathetic nervous system activated once in a blue moon.

And yes, that's a highly advanced scientific term blue moon. Look it up. And we certainly weren't designed to have it activated every day, which is happening right now to most people who live in the modern world.

Why is that? Because people are living in a sympathetic state majority of their waking hours due to two main reasons. Write this down. Reason number one watching the news.

Believe it or not, watching the news is one of the primary reasons why most people are in a sympathetic response every single day. The news is meant to and don't induce low levels of fear and anxiety in the viewers.

Why? Well, because they're scientists and marketing experts have found this out. And so they told the executives that, you know, when people have constant states of low levels of anxiety, shock and fear, they'll not only watch longer, but they'll become addicted and watch every single day.

Don't believe it. Stop watching all the news right now. Don't watch it, don't read it. Don't listen to it on TV, newspapers or radio. Ever again. Right now.

Stop right now. No more news for you from here for it. Could you do it right now? Without question. I mean, honestly, could you do it right now without question?

Unless you've already done this, it seems like it'd be a pretty challenging thing. Right? And there's one reason why. It's because you're addicted and they've made it addicting on purpose.

Now, I know nobody likes being told they're addicted to anything, but the truth is, if you have hesitation at all and have any fear or anxiety or doubts into your mind at all when thinking about stopping something, whether it's sugar, smoking, alcohol or the news, then it is a form of addiction.

Okay? And the news executives love this. They love us. Being addicted the more viewers means the more advertisers, the more advertisers means, the more money the networks make.

It's truly all about money to these guys. It's not about news anymore. And that's sad that we've come to this point in our society, but it's the truth.

They have made it feel like if you stop watching the news, your life will end right. You will not have any connection to the outside world, you'll be left in the void and you have no idea what's going on in the world around you.

That thought alone creates fear, and that fear keeps you watching, so you'll be stimulated by more fear. It's truly a vicious cycle. One that we have to learn to get out of if we truly want to heal.

But do they only show negative, scary, violent stories that instigate low levels of fear, anxiety, and worry 100% of the time? No, only about 80% of the time. Why?

Because they've also found that if they never show something positive like a cat being saved from a tree, or a funny YouTube video, or a local business opening their doors and giving free food to the homeless on Sundays, then without that positive hit of dopamine, once in a while they would scare people straight, meaning they would eventually stop watching the news.

Think about this for a moment. So with the majority of stories being about fear, violence and negativity, and a small portion being something positive to give you a little lift from all that negativity, they keep viewers addicted for decades and keep billions pouring in to their pockets.

But why is this important? And does it actually affect your health? The answer is emphatically yes. It's because every time you feel slightly anxious, angry, upset, sad or afraid, your sympathetic systems kicked on, which means your immune system is turned off.

And this doctor, Thomas Loney, says in my award winning documentary film Cancer The Integrative Perspective, he says there is a cure for cancer. It's called your immune system.

And when you have a fully functioning immune system, your body will remove. Cancer is exactly as it's designed to do. But when your immune system is not functioning fully, cancer finds its way through the cracks and it proliferates.

So watching, listening to, or reading the news every day puts your body into fight or flight. Even on a subtle level, you might not even recognize it, and your body doesn't even have the opportunity to go into its natural healing state, right?

Because you're in a sympathetic response then. Now watch what happens, right? So the news is like one of the catalysts. It's not just one thing. It's not the only reason, but it's certainly a catalyst.

And it is one of the main reasons so many people are in a sympathetic response every single day. So, so your sympathetic system's already kicked on, right?

You just watch the news, you listen to it, you read the newspaper, you heard about the latest bombing, you heard about the latest terrorist attack, you heard about the latest anthrax threat, you heard about the latest Covid scare.

You see more and more people dying every single day. Oh my God, it's me. I'm going to diamond a diamond. And I always people are dying. I got to wear my mask.

I got to wash my hands. I got to stay home.

How News and Stress Keep the Body in Sympathetic Mode

I can't go out. I can't go outside. Right? Constant, constant, constant state of fear. Now your sympathetic response is on. Then you leave. They leave for work and now you get upset by the traffic.

Okay, sympathetic response is still on. You have a client call and cancel their account, you know, which makes you feel worried for your financial future.

Or, you know, the boss comes in and says, hey, we're struggling. You know, I don't know how long we're going to make it. We can barely get through this. Right?

You're worried about your financial future. You see your phone bill or some bill come in and you cringe because it's higher than you expected. You open a letter and maybe it's from a debt collector, right?

You fear for your financial security and worry if you even have enough money to live for another five or 10 or 15 years. And on and on and on and on and on.

And so it's not only the news, it's the compounding effects of all the negative stories from the news, on top of all the little stressful situations you find yourself in every single day.

And that's what leads to the sympathetic fight or flight system being activated majority of the time for most people. So what's one part of the solution?

It's actually really simple. Watch the news once a week. Believe me, you're not missing anything. I once went ten years without watching a single TV or listening to the news, even once in those ten years.

And and then when I this was between the age I believe, at 18 or 19 to 28, it was somewhere in there. Just decided I didn't own a TV, didn't watch news, wasn't interested, was meditating a lot, was focusing on my health.

And and I just saw the TV in the news had no benefit to me at all. And so here's what's really fascinating. When I saw the news again after ten years, they were literally saying and reporting the same negative types of stories they were ten years earlier.

It was the same story, different day kind of scenario. It was like seeing something from The Twilight Zone. It was like, you know, I went back ten years.

It was like nothing changed, right? And that's literally what happened. So by only watching the news once a week, you're giving your sympathetic system time to harmonize during the week and get out of the constant fight or flight mode has been programed to be in.

Now remember, there's only one part of the solution, but it's an important part. Set a day in time to watch the news, whether it's Sunday at 5:00 pm or Monday at 7 a.m..

Whatever it is, one day, one time, one hour. But make that the only day and time of the entire week you allow yourself to watch the news again. You will not be missing anything, I promise you.

They repeat the same news stories over and over and over and over again throughout the entire week. Anyway, because those news stories, the ones that get the most viewers, the ones that instigate the most anxiety and fear in people, they're going to repeat to you again and again and again and again.

Okay, so you don't need to hear it 100 times in a week. Once in a week. It's plenty, trust me. And don't cheat by reading the newspaper or listening to the radio.

Wherever you get your main source of news one time once a week, that's it. Whether you like the newspaper or you like. That way you also don't feel like you're missing out on world events, but you're not bombarding your mind and your, sympathetic nervous system with this fight or flight response every single day.

Okay, so don't cheat. Don't read the newspaper or listen on the radio or watch TV after you've already got your one hour of news, all right. Or 30 minutes. Whatever works for you.

When I listen to the radio in the truck, when I'm driving, I have about five stations I cycle between. I listen to radio for the music. Okay, the moment the news or commercials.

Come on. I've literally trained my nervous system to immediately hit another station. I don't have to think about it's automatic because I've been doing it for so long, so I never listen commercials or the news in my truck.

It's just automatic. If I'm listening. Music. It's music. That's it. All right. You can do the same for you if you want. And when I want to see what's going on around the world or in our country, I check on multiple news stations maybe once or twice a week, max, depending on, you know, what's going on, what I'm teaching on.

You know what? Maybe I'm doing a video or a master class like this. I need to see what's going on. Whatever. But usually it's once a week, maximum twice a week.

Okay. The problem is, all news outlets are politically biased. So this is a really important thing to understand. If you think my news station is the best, is the only one telling the truth, I can guarantee you that is not accurate.

So if you're thinking you're getting the full truth, you're mistaken. And I'm sorry to say this, but mainstream media outlets only tell you half truths.

Even alternative news outlets only tell you half truths. Don't believe it? Test it yourself. Turn on CNN, left Winged News and watch them report on politics.

Then immediately after, turn on Fox or Sean Hannity or, you know, Tucker Carlson or any of these, you know, right wing news and watch them report on politics.

They'll take the same exact event, exact same situation, but flip the narrative to support their biggest advertisers and their main audiences political viewpoints.

I'm sorry, but that's not news. That's manipulation. And here's the problem with that is it creates more and more division between human beings. It creates more and more anxiety and fear, and it creates this me versus you competitive mindset, which does activate a sympathetic response.

It's not creating unity among people, and compassion and caring and support is creating division and fighting. And you know, this is this is what they want.

It brings in more viewers, more advertisers, more money. And you want to go deep down that rabbit hole. You know, you could find out that there's even a deeper agenda involved and all that. We don't need to get into that.

We don't get into politics. Whatever your politics are, I respect and and, you know, I won't get into that at all. What I am telling you, though, is that whatever news you're watching, it is politically biased and they will never tell you the full truth.

Okay, so it's such an important piece. And I said, prove it to yourself. Go watch CNN, NBC, you know, any more left wing news and go watch Fox anymore right wing news and and see them report on the exact same story 99% of the time they will report on it separately.

And usually you can easily tell with their political bias because this one is bashing Trump and this one is loving Trump, or this one is, you know, bashing, the new Green Deal.

And this one is loving the new Green Deal. This one is bashing this center. This one is loving the center. It's all politically biased. Okay. So so what can you do in this world of news.

You know that we call news, which is really half truths is what we should call it. Let's go watch the half truths today. Well, here's what I do. So when I want to know what's really going on, I will watch left wing and then I'll watch right wing, and then I'll watch something slightly down the middle, like PBS.

Right? Even they're biased, but they're a little bit more down the middle. And then I'll dig deeper through some internet research and interviews, watching experts from both sides speak.

You know what? And then I'll listen to some more alternative type of news. It's not necessarily mainstream. It's sad, but it's the only way we can get the full picture of what's really going on in our world.

You know, here's the truth if we took the money out of news stations, would start reporting real news again. But we're not there yet, so we each have to be diligent about what we allow in our minds and our bodies via these information gateways.

Okay, so second thing, write this down. Second thing to do to overcome the debilitating effects of negative information, influence on your mind and your body is to feel your mind every day with more positive information than negative information.

This will give you a more positive and productive outlook on life in general, and it'll help you relax. Activate the parasympathetic response. Remember, power means beyond, so that's going beyond or above the sympathetic response.

And very importantly, the first and last things that should go into your mind every day and every night should be positive, uplifting, happy and peaceful.

Okay, we'll get into more details later about what an ideal daily routine looks like to keep your body in a parasympathetic healing state as often as possible.

But remember, the more often your body is in a state of peace, tranquility, compassion, love, gratitude, and happiness, the faster your body will heal, plain and simple.

Because your immune system is turned on and helping get rid of cancer cells. And it doesn't mean you shouldn't put yourself through healthy stressors.

I'm not saying all stress is bad. All of it is bad. No, like intense exercise, for example, is actually quite the contrary. Intense exercise is one of the best ways your body adapts to stressors and actually releases endorphins that trigger the healing response.

But we'll cover that in more depth in step six of this masterclass. Okay, so now going back to to, we had two reasons why most people live in sympathetic fight or flight state.

And so here's the second reason is because they're programed to look at life through a negative viewfinder as either stressful, hard, competitive, challenging, or even impossible or unfair.

Right? They've been taught that life is an uphill battle. It's do or die, it's early. Bird gets the worm. It's little dog. Stay on the porch. It's make it or break it.

It's not fair. It's only rich people make it. It's. I can't get a break. It's. Of course that happened to me. It's. Money doesn't grow on trees. It's.

I have bad genes. And the list goes on and on and on. I mean, how many times have you heard any of these sayings or some version of them when you were a kid or even as an adult?

These ideas, when heard enough or experienced in your physiology through emotion and repetition, become our beliefs. They become our subconscious programing and these beliefs cause us to take action, to continue to

support these beliefs, to change our lives, we have to change our beliefs and to change our beliefs.

We have to know which beliefs are sabotaging us. Okay, I've often heard Bruce Lipton explain. If you want to know which beliefs are sabotaging you, look at your life.

Which things in your life come to you pretty easily, gracefully, without a lot of effort or struggle. Those are positive beliefs that you have that support those areas of your life.

Now, on the contrary, which areas of your life do you always seem to struggle with? Is it your health or your finances? Is it relationships or is it your job?

Whichever areas of your life you struggle with, you can be 100% sure that you have beliefs, usually unconscious, definitely subconscious, that are causing those areas of your life to suffer.

Now another belief that causes tremendous stress for people continuously activating fight or flight is time. And that destructive belief is not having enough of it.

I watch loved ones torture themselves daily with this belief. They're always rushing, always stressing, always wanting to be somewhere else. Be perfectly on time. Be they're not here.

Not accepting life as it is. Feeling like they're missing out. Feeling like once they get there they will be happy. But here now are not happy. And it repeats itself again and again.

And I truly feel for them because watching them constantly stressed out, anxious, unhappy because they believe there's not enough time. Here's the truth once you can let go of your attachment to time and learn to appreciate every single moment, whether you're where you want to be right now or not, then life becomes so much more joyful.

And yes, you can have that joy. And the great bonus is that your immune system is kicked on. Parasympathetic is turned on in. Your body is healing. Remember, the goal is to keep the parasympathetic nervous system turned on as often as possible.

The more often and the longer it's activated, the more quickly you will heal. Now, looking at three more of the most destructive beliefs is sabotage. This every day is the belief that we're not good enough, the belief that we aren't loved or can't be loved, and the belief that we don't deserve it.

A great book to read. I highly encourage you to read this on the subject of beliefs is The Biology of Belief by Bruce Lipton and some additional empowering resources I can encourage everyone to listen to.

Are my interviews in the Health and Healing Club, with Bruce, with Greg Braden, and with Master being Tunku. And so here's the biggest question of all how do we change our beliefs to support our healing?

Well, we have to reprogram your subconscious mind, which is part of our mind in which our beliefs live. And how do we do that? It's actually quite simple.

There are three main ways. Write these down. The first is repetition.

Reprogramming Beliefs Through Repetition, Validation, and Installation

The second way to reprogram the subconscious mind with positive beliefs is validation. And the third way is installation, repetition, validation, installation.

Okay, repetition means repeating the same belief, the same thought, the same words, the same action over and over again. You do it over and over and over again. Repetition.

It starts to embody a new physiology, start to create a new belief. Validation means that you confirm your new beliefs to yourself by recognizing when it shows up in your life through confirmation.

You're validating. Oh yeah, that is true. That thing I've been thinking. It actually happens all the time. It is true. Oh, it is true, it is true, it is true. Oh, it happened again.

It happened again. Oh, okay. That belief happening. And now this is true for negative beliefs to sabotage you, right? You look for the negative things.

People always cut me off or. Oh, there's so many bad drivers here. I hear this so much. It's funny because it's like, I hear this from people I know where we live.

Like, this city has the most worst drivers. It cut me off all the time. And I'm like, I've been living here five years and I've seen one bad driver. You've been living here two and a half years and you've seen a thousand bad drivers.

What's the difference there? Are we driving on different streets? Are we driving a different world? No. My beliefs only show me people drive normally if I'm safe.

Right. And of course, they're bad drivers. For some reason, I just don't see them. I don't, get attracted to them. They don't come and cut me off very often. Right?

Doesn't mean it never happens. It means 90% of the time I don't even notice it or it's not happening to me at all. Versus someone else who has a belief they someone cuts him off.

Oh, wow. The city has bad drivers and then other personalities as bad drivers. Oh, this city has bad. This is bad. And all of a sudden repetition validation.

Now they really believe the city has bad driving. That's right. There. You can see every bad driver out there. And they're going to attract every bad driver to them.

That's how it works because we're all energy, remember. And energy attracts and repulses with positive and negative polarities. Talked a little bit about this in previous modules, but those are the first two repetition validation.

And the third one is instillation. Instillation means that you instill the belief into your subconscious so it sticks and then becomes automatic. But it's not enough to just say it.

You know, as Tony Robbins teaches you, no matter what, you know, your thoughts are on Tony Robbins or just personal growth. Hurrah, guy. Which is really not what he is.

He's actually a profound psychologist and helps people totally transform their lives at a subconscious level. But as he teaches and as the Heart Math Institute scientifically has proven, you have to wire it into your nervous system.

How do you do that? You do it by utilizing the combination of emotional energy and physical application. Now here's an example. Let's say you want to instill the new belief that your body can heal itself, just like the belief we covered and started instilling into your subconscious in step one of this course.

Well, first you need to acknowledge and break down the new belief, right? We wrote it down. Next, you need to repeat it every day to yourself right? Repetition.

And as part of that repetitive process, you need to use positive emotions and physical application to make it stick. In this combination, whether through feeling emotions of gratitude while placing your hand on your heart, repeating the statement to yourself every day, which is what we've done with that belief in step one, which is activating every area of your brain that generates new beliefs, just like we practiced in module two, to help you take back your power for healing or by shouting and jumping up and down excited, celebrating yourself in your new belief.

But for sure, it's proven again and again that by writing it down, repeating it every day and applying positive emotions with physical application is the fastest way to create new, uplifting, positive, and healing.

Believes in your brain and your body and it's proven by science. This actually works effectively. And as Bruce Lipton teaches, it's not your genes that determine your destiny.

It's the environment which your genes live. And if you change the environment, you change your genes, you change your destiny. And in this case, the environment we're changing is reducing the stress causing chemicals of adrenaline and cortisol and replacing it with dopamine, serotonin and endorphins, which are all healing chemicals.

The question we have to ask ourselves is this do we want to look at life is something that is happening to me or against me, or do we want to look at life?

That is something happening for me to support me? The answer to that question changes everything. One person will live in constant stress, fear and anxiety, while the other will live in constant peace and wonder, happiness, health and joy.

Even with the most positive outlook on life, you will experience stress. It's part of being human, right? But its power over you is limited. It doesn't last long and it disappears quickly, returning yourself back to a peaceful, happy, healing content state.

The choice is really yours. Once you understand the power of beliefs, you literally can choose to change your outlook on life. And life can go from a vicious, terminal, unfair disadvantage to something that's here to support you, awaken you, uplift you, and help you be fulfilled, healthy and happy.

I know because I personally went through this transition in my own life. I went from an alcoholic, lying, thieving, homeless drug dealer as a teenager growing up in Bozeman, Montana, who saw life as vengeful, hateful, hurtful to.

I became a sober, honest, loving, caring father, husband and teacher who sees life as beautiful, supportive, meaningful and enjoyable. Do I still experience challenges? Of course.

A number of years back, I lost my business. I got sued by my partner. I went half $1 million in debt, unintentionally hurt my own family members like my mom, financially, lost my house, moved my wife and two kids and two dogs into a small RV, pissed off a lot of people, and seemingly lost everything I built up until that point.

So yeah, I took other challenges too. But did I let that stop me? Know? I regrouped, I meditated, I went inside my mind and heart, my body I built it.

I built upon my years of personal strategies for overcoming challenging situations. I discovered my lessons and learning opportunities. From the experience, I focused on what I truly wanted.

I continued improving my own belief systems around life, money, and business, and within only eight months I was able to start rebuilding from the ground up.

Now stronger, wiser, more financially secure, and definitely more healthier than I've ever been. I could have laid down in the dirt, let life stomp all over me, right?

But I realized it wasn't life doing it to me. It was my own experience needed to help me gain more mastery over my life, my business and money, which I hadn't learned how to do very well up to that point.

Honestly, I'd just never had any education on it. I'd be a good money manager. And, you know, I had some subconscious, limiting financial beliefs that were hurting me and the dreams and goals I have of being able to help and serve millions of people around the world and donate millions of dollars to good causes and all the good things I've had to go in, look at those subconscious beliefs that were hurting me, and not only reprogram those, but implement proven actions that lead to success.

And usually those actions and habits are quite simple. Just as I'm teaching you throughout this masterclass, the simple things that have effective transformational capacity in your life. Now I'm here to tell you that life is truly a beautiful thing.

When we understand that it's nature, that it's harmonious and collaborative, not competitive and evil, we do begin to see life is working for us. Life is supporting us.

Life is here to teach us, to uplift us, to help us become better in every single way. Viktor Frankl and his book Man's Search for meaning, talks about how losing one's humanity in the Auschwitz concentration camp during Nazi Germany, he and other prisoners would find opportunities within themselves to see the beauty and the laughter and the meaning and purpose amidst the terror, even if only for a few moments a day.

Whether it is watching a sunset or looking out over the horizon or watching some grass sway in the wind. He talks about all of this while they were beaten, starved and murdered unjustly.

Some prisoners were able to see beyond the pain and suffering to find the beauty and grace of life, and once they were able to hold on to something to live for in the future.

This is where the whole basis of logo therapy is based upon, whether it was seeing a loved one again, or having a book to finish writing, or a project to work on.

Once freed, something that could help them have any sense of meaning and purpose, they were able to hold on to life even in the most devastating, terrorizing, unjust human experience one could ever imagine.

And they were able to prolong their lives beyond what science thought was even possible at the time, because they had pretty much zero nutrients, not enough calories, even feed a rabbit every day because of fear and brutality, extreme working conditions, and extreme exposure to pathogens and sickness.

Which state do you think the nervous system was in 99% of the time, except when they were sleeping, which he talks about. Some were terrorized even in their sleep, while others drifted away into, you know, paradises which those ones, it was actually helping them heal as their sleep.

And we'll talk much more in depth and sleep. But their sleep, as they were actually able to activate the parasympathetic response. But most of the time, which system do you think was turned on in Nazi Germany?

Sympathetic, right? Fight or flight? They were in a constant state of fear and anxiety. Not only. And on top of that, they had no nutrients and their bodies were starving and dying.

And yet some of them, like Viktor Frankl and many others, were able to survive that. How? Because they found those little moments, they found a life purpose to hold on to.

They found the little moments of grace and of peace and of beauty amidst the terror. And the truth is, there's a lot of similarities we find among conquer.

Cancer, I call cancer conquers, especially in their mindsets. Every person I've met over the years that I've interviewed who has overcome cancer using these methods I'm sharing with you all, have told me cancer was a wake up call.

Actually, it was a blessing. It was the greatest thing that ever happened to me. It helped me realize that I need to take better care of my health. It made me focus on what truly is important in my life.

It made me a better partner, a better parent or grandparent, a better friend. Doctor V, for example, told me that as a naturopathic doctor, she couldn't believe it when she was diagnosed with breast cancer.

How could someone like her get cancer? She was doing everything right. But when you've been in this field long

enough and you talk to enough people, you come to realize when someone thinks they're doing everything right but gets a cancer diagnosis, they're clearly missing something.

And for doctor V, when I asked her what she knew intuitively was the main cause of her cancer, she instantly knew, as many people do. She said she wasn't.

She was working too hard, she was stressed too often and she wasn't taking enough care of her mind, her body and her emotions. Even if you have the best diet, you exercise daily.

You have air purifiers and alkaline water. You take Epsom salt baths and do infrared saunas. When it comes to the power of the mind and emotions to either cause cancer or reverse it, there's nothing is powerful when the when the sympathetic fight or flight system is activated due to stress, fear, anxiety, worry, anger, sadness or jealousy, your immune system is turned off and you create the perfect environment for cancer to grow.

Now imagine bathing in those stress chemicals for multiple hours every single day for multiple months, every single year, for multiple years, every single decade.

Guess what? Cancer is imminent. Elaine Gibson, two time cancer survivor. When I asked her what she did differently the second time to fully heal from stage four cancer that she wasn't doing before, she told me that she began meditating and meditating for about two hours every single day.

Again, even though she was doing everything right physically, she was missing one of those most important aspects of healing, and that is keeping the mind, brain and body in a parasympathetic state as often as possible.

And that's exactly what something like meditation does. Doctor V one of her most important steps. She's identified and coaches thousands of women in helping them with cancer that, she states, helped her tremendously to reverse cancer and live her life with more joy and health and energy is to heal emotional wounds.

If we want to heal physically, we have to heal emotionally, to heal emotionally and keep our bodies in a state of parasympathetic response as often as possible.

There are really three effective ways that we can do this. Okay, three most effective. Now there's more, but these are three most effective. So please, please write these down.

Number one meditate daily okay. Meditate daily. And we'll get into to more of that.

Meditation, Energy Healing, and Emotional Healing Practices

Number two practice energy medicine and ancient healing practices like wisdom healing, qigong yoga and breathwork. Practice some form of energy medicine and ancient healing practices.

Powerful one wisdom healing qigong, yoga or more of the deeper ancient forms of meditative yoga. Not just the stretching and physical stuff, which is also good, but more of the meditation side of yoga and breathwork.

So a lot of science and breathwork and how it actually activates your parasympathetic response and activates your immune system. And number three is do subconscious healing work through something like hypnotherapy.

We've got to get in that subconscious and heal subconscious healing work. Hypnotherapy okay, guided meditation, breathwork, mindfulness and visualization practices are all scientifically validated forms of calming the fight or flight response and activating the healing response within your body.

Which ones are the best ones, you might ask? The ones you will do so master big Dog always says the ones you will do. Those are the best forms. Those are the best forms of meditation of any practice.

If you don't do them, it doesn't matter how good they are, you must consistently practice if you want to see results.

So you gotta do the ones that you'll actually do.

Remember the three principles for taking back your power one. Become your own healer, two be patient, and three never give up. Now, a daily meditation practice is one of the most important tools we have as human beings to become our own healers.

And guess what is free Tibetan throat singing, chanting, ohm. Yoga nidra, visualization journeys, Daoist meditations, qigong meditations, chanting with the Hari Krishnas, Native American dancing ceremonies in sweat lodges, Christian mystical prayer, and so on.

They're all good. I spent 15 years so far experimenting with all of these. Try, try different ones. Mix and match. Find something that you enjoy and find something that you'll stick with.

Okay, one of my favorite complete energy and meditation healing systems is wisdom Healing. Qigong is taught by Master Ming Tung GU. You can find him inside the Health and Healing Club.

You can also find him online at Chi Chi Chi center.com. One of my favorite meditations is sitting at the beach or in the mountains watching the sunset.

Something just relaxing in nature. Is that a form of meditation, you might ask? Absolutely. It comes to mind, relaxes the nervous system and activates your healing response.

I also love listening to guided meditations. I practice qigong, I partake in Native American ceremonies. I chant with the Hari Krishnas, I practice sound healing.

I do all of it, do prayer and you can do all of it too, if you want. With the internet, you never have to leave your house if you don't want to. Even though I personally prefer being in person or out in nature, I also use my phone and headphones and listen to guided meditations in the comfort of my own home, which is which is nice and easy.

But here's the key the more progressive your cancer is, the more meditation, qigong, and energy healing you should be doing. Plain and simple. If you expect to drive across the country on a half empty tank of gas and you know a broken down car and a muffler that's hanging off, think again.

When Otis, while in reverse kidney cancer using wisdom healing qigong and cryotherapy using integrated approach. He was practicing multiple hours every single day, practicing multiple hours of wisdom, healing qigong every single day, meditating, doing subtle energy movements, doing the sound, healing multiple hours every single day.

When he laying Gibson reverse stage for lymphoma, she not only improved her diet and exercise, but she practiced meditation for one hour every morning and one hour every night, two hours a day for how long?

For as long as it takes. Remember, be patient, but never give up. Stay focused. Stay committed. Stay dedicated in your chances of overcoming cancer will increase exponentially.

And what about deeper emotional healing work like hypnotherapy? Well, here's the truth hypnotherapy is like taking 5 to 10 years of meditation and emotional kind of work and cramming it into like three 90 minute sessions through meditation alone, especially various forms of meditation, qigong, sound healing and so on.

The natural process that happens is that more positive beliefs start to replace negative beliefs. Old emotional wounds begin to heal. The body enters a parasympathetic state, more often activating the immune system and root and removing cancer cells from the body.

And the mind starts seeing. Life is beautiful, joyful, and supportive. But it takes time and there's nothing wrong with that. But if you want to go deep and go fast, then various forms of hypnotherapy like rapid transformational therapy that Marissa Pier teaches is one of the fastest ways.

It's also not for the faint of heart. You're going to get into some dark and scary emotions you've locked away long ago, and those stuck energetic emotions are actually contributing to your disease.

But you're going to feel them and you're going to experience their pain. And the beautiful thing is then you're going to release them for good. But if you choose that path, I strongly urge you to follow through with the minimum of three sessions and make sure to do everything exactly as the therapist instructs you.

I've watched some family members do one session and I noticed a positive change in them immediately, and they did themselves as well, but they didn't follow through with the 30 day process that they were told to do, and they didn't do any of the other two follow up sessions as they were instructed.

And I watched them go back to their old ways. Okay, emotional healing is like physical healing. It takes time and commitment. Don't sell yourself short if you're going to do it, then do it fully, no matter how dark and scary.

Because in the end, you will thank yourself for following through because you'll finally be free of the sabotaging beliefs that have kept you stuck in depression, fear, anxiety, and disease for far too long.

And the truth is, you deserve it. You deserve to be happy. You deserve to be healthy. You deserve a great life. How do I know? Because that's my belief.

I believe everyone has come to this earth to live a life of joy and meaning and purpose and health and happiness. We all have that God given right. We just are often missing teachers early in life to show us the way.

But you can have all the health and joy and energy and vitality that anyone else has. You just have to believe it. Follow through with every step of this program we're going through together and stay committed to the process.

And finally, before we wrap up step three, we have to talk about sleep. Why? Because sleep is the most easy, effective, and beneficial way to heal. What happens when you sleep?

You guessed it, your body enters parasympathetic rest and digest. It enters a state of healing. But even if you think you know a lot about sleep, understand this not all sleep is equal. During sleep you have four main stages.

You've got awake, light, REM and deep. The most beneficial stage of sleep is deep and deep sleep. Your body produces HGH, human growth hormone, and releases other chemicals that lead to cellular rejuvenation.

The immune system is modulated in your body is an absolute healing mode during deep sleep. Now, in addition to deep sleep being the most healing for your body, REM rapid eye movement sleep is very important for the health of the brain and for balancing mood and creating a deeper sense of well-being as well.

Now, most sleep experts recommend that roughly 25% of your sleep is spent in REM, and 15 to 25% is spent in deep. That means 50% will cycle between light, sleep and awake.

And just so you know, awake is actually usually not saying they're consciously awake. You're not like walking around the house awake, even though you might if you get up to pee.

You know, these are small amounts of time throughout the night where your brain and body are. Actually, the heart rate is up. It's elevated. You're physically awake even though you feel like you're asleep.

Okay, but here's the most important thing about sleep. If your sleep cycle is inconsistent, you don't sleep well, you don't sleep enough, or you do things that cause your sleep to be insufficient, then you're literally shooting yourself in the foot and missing out on all the healing benefits of sleep has to offer.

And remember, sleep is one of the most effective and free forms of healing you can do for your body. It doesn't cost you anything. So how do you know how much sleep you're actually getting?

You need to use something like woop to track it. Woop and other heart rate. Whatever heart rate monitor you want to use, but can track your sleep and tell you exactly how much of each stage of sleep you're getting.

I promise you'll be surprised at the results when I start using Woop to get better sleep. I was getting eight hours of sleep every night. I thought I was getting eight hours of sleep every night, right?

I was in bed for eight hours. I'm like, okay, I'm getting eight hours of sleep every night, no problem. But I wanted to optimize my sleep and I wanted to understand more about it.

And boy was I wrong. I was only getting 6.5 hours at first. Can you believe that? Eight hours in bed and only 6.5 hours of sleep. But here's the interesting thing.

Over time, as I began optimizing my sleep, the same eight hours in bed now often equates to 7.5 hours of sleep. So I became more efficient, mostly by implementing a couple more of these seven core sleep principles I already knew, but just wasn't doing okay.

And before we get into them, I'm going to share these seven principles with you. I want to tell you, you know, something that I personally do with the group because it is a Bluetooth device and we know that excessive exposure to Bluetooth emfs, things like that can lead to cancer down the road.

I take every month, I take an entire week completely off from this. Get it off my body. So three weeks I'm using it to optimize my sleep one week off and it's primarily on.

Keep using it because I'm an athlete and I'm using it to optimize my recovery and my training. Okay, you could use it for a few months to optimize your sleep and then never use it again.

Or you could do like I do, cycle it on and off to give your body a break from that Bluetooth. I go three weeks on, one week off, three weeks on, one week off.

How do you choose to do it? I do recommend not keeping it on you 24 over seven for the rest of your life. It's just in my opinion, too much Bluetooth exposure.

Okay, so moving forward, if you're committing, if you're committed to getting better, longer and deeper sleep to activate your healing response more often and help you heal faster, I have seven core sleep principles that you can begin implementing immediately, so make sure to download this PDF so you can reference these.

Each night and make sure you're following through with them. I'm just going to go through them really quick right now. And then you'll have the PDF so you can go through and actually check them off as you optimize your sleep.

Are you ready. All right. Let's go. Let's get right into the seven core sleep principles okay. Number one all unlock all electronics off one hour before bed.

Sleep Optimization and Daily Healing Routine

This is the minimum amount of time even though two hours is ideal. So one hour minimum two hours is ideal. Why? Because the blue light from the screens and the content coming from the electronics stimulates the brain and and prevents melatonin from secreting properly.

So two hours if you're really dedicated. But one hour is absolutely minimum. Everything turned off phones, TVs, everything. So if you're going to be in bed at 10 p.m., then all electronics off between 8 and 9 p.m., the next one is to replace all the light bulbs in the house with blue light blocking orange lights.

This is a game changer and it's based on the same reason as number one. The blue light from the bulbs causes your brain to stay awake, reducing the production of melatonin, affecting your quality of sleep.

These bulbs can be bought online. I bought mine online. I replaced every bulb in our house with blue light blocking bulbs. They are worth it. Number three get blackout curtains in your room.

Put all electronics on airplane mode at night. Unplug the Wi-Fi router and make sure you have no lights, no matter how small whatsoever, in your room at night when sleeping.

There's a lot of science on this we're not going to get into. But here's one thing to know lights from the moon and the stars are actually very healthy for your brain.

But lights from the streets and electronics and phones and so forth, you know, including emfs from Wi-Fi can disrupt your natural circadian rhythm, causing less sleep efficiency.

So that means clocks, phones, and all electronics turned completely off. So there's zero lights and zero EMF stimulation while sleeping. I turn off my Wi-Fi router every night as well.

Okay, the next one no caffeine, eight hours before bed. This one is huge. I've experimented with it and it's so true for me as well. If you want to be asleep at 10 p.m., then no caffeine after 2 p.m..

Even if you think caffeine doesn't affect your sleep because you fall asleep easily, even if you have a cup of coffee, if you're like somebody I know, can I have a cup of coffee at 9:00 at night and fall asleep at ten?

It doesn't matter, because here's why. When you start measuring your quality of sleep, you'll find that caffeine inhibits your body's ability to enter deep sleep and REM sleep efficiently.

And once you stop having caffeine eight hours before bed, then you allow caffeine to get out of your system. That's about how long it takes, eight, eight hours, and you'll see sleep quality drastically improve.

Okay, so important the next one. Follow a daily routine for the most beneficial sleep quality and for the harmonizing of your circadian rhythm. It's been scientifically proven that the best quality of sleep in adult humans is between the hours of 10 p.m.

and 2 a.m. this is when the deepest and most regenerative sleep happens. If you're missing any of those hours starting at 10 p.m., you're missing out on some of your best deep sleep benefits.

So to get those, quality hours, you should actually be asleep by 9:30 p.m., right? So additionally, having a set routine where you go to bed and wake up every morning at the same time and you do it the same habits, such as brush your teeth, do the practice that we did in module one, use the bathroom, read a book, meditate, and fall asleep.

You wake up at the same time every day. Your circadian rhythm is optimized and your sleep is deeply enriched. Okay, the next one is do not eat at least two hours before bed.

Ideally, your body should not be digesting food while you sleep. It should be using that energy on healing and cellular repair. The more time you give your body to digest before you go to sleep, the more your body can repair damage cells, including cancer cells, while you sleep.

And this is one of the reasons why intermittent intermittent fasting giving your body at least 14 hours to 16 hours of non eating time each day, which means stopping eating at 8 p.m., for example, and then you won't eat again until 10 a.m.

the next day. Not too difficult, right? It'll give you incredible healing benefits that will help reduce inflammation and fight off cancer cells. The next one is get eight hours or more every night.

According to the extensive sleep research I've personally done, eight hours is truly the minimum any adult should get each night if they truly want to heal.

But if you're really far along in cancer, the more sleep the better. If you can get 9 or 10 hours, even better if you can take a 1 to 2 hour nap during the afternoon.

Even better, the more sleep you get and the better quality of sleep you get, the faster you will heal. There's zero debate about that among the scientific community.

The problem is, many of us were raised being told, don't be lazy, get out of bed, don't sleep all day. Right? Well, that might have been the norm growing up.

The reality is you need to do the opposite of that advice. If you want to heal. So there's the seven steps to improve your quality sleep. Download the PDF and start checking those off.

And to conclude step three of your healing plan, which is trading fight or flight for Heal and Thrive. Here's what a daily practice might look like that you can literally start implementing right now.

Start your day with a one hour meditation. Any form you choose whether qigong, sound healing, Daoist, Buddhist, Christian prayer or likewise, or you just turn on, you know, positive affirmations or you have some nice healing ocean sound nature music that you just listen to and reflect, you know, for an hour.

But an hour every single morning. Start with some form of meditation. Number two, stop watching the news and only commit to watching it once per week.

Make this commitment to yourself and to your health. Number three commit to three hypnotherapy sessions with someone like Marissa Pierce. You know, rapid transformational therapy or any other hypnotherapist that you find or transpersonal psychologists is a good one and follow through with all their recommendations along the way.

Okay. Number four read Bruce Lipton's book, The Biology of Belief and commit to reprograming your subconscious mind with new, positive beliefs that support your healing, and this could be part of your daily process.

Read a positive book like this for 15 minutes every morning and 15 minutes every night. The next one is watch uplifting documentaries, inspirational videos, read positive self-help books, and load your mind and emotions with positive thoughts every single day.

Trade at least you know one violent or crime show or your favorite you know series. If you are into violent crime shows or, you know, detective shows or things like that, which are, you know, interesting and and fascinating and entertaining, I'm not saying, you know, stop watching forever, but trade some of those throughout the week for more positive, uplifting, educational, informational type documentaries.

They will help educate and inspire you and get your mind thinking and get your, you know, parasympathetic response activated more often. You know, watching something positive on the TV once in a while.

Wow, what a novel concept. Especially with all the, you know, the shows and the movies and the films and the TV shows nowadays, which are just meant to stimulate and put people in a sympathetic response.

24 seven let's get you out of that as often as possible. The next one is commit to deepening and extending your sleep so you can heal faster, right? So that means no caffeine after 2:00 pm blackout curtains or Wi-Fi and electronics turned off, in bed no later than 9:30 p.m..

So you get the peak sleep quality and getting 8 to 10 hours of sleep every single day. Okay, so commit to that deepening. Extending your sleep. One of the most effective free forms of self-healing.

You can do every single day. And in the evening, meditate a second time for one hour. Either you can do it in the afternoon, but you can do it before bed as well.

Make sure to, find some forms of meditation, some forms of spiritual practice that you enjoy and that you will do

every single day. And as I said, try new ones, try different ones, try different things until you find something like, wow, I like this, okay?

And don't be too hard on yourself about it. Give yourself the time it takes for the mind to start getting under better your own, better direction. Then through these meditative practices, you're going to start seeing tremendous benefits of being able to turn on your parasympathetic response.

Basically, you know, the the flick of your wrist, serious. When you have enough practice with it, you can literally go from feeling, you know, bad or upset or anxious about something immediately kick on your parasympathetic response and be in a healing, positive state.

And it's not just, you know, positive ra ra is true, dedicated meditative type practices that allow you to do this and make sure to finish this master class, because you will learn additional critical elements that will move, that will help you remove the cancer causing toxins from your life and nourish your cells so your body can heal itself.

Remember, the more of these core healing practices you do, the more often you put your mind and body into a state of parasympathetic response. The more often you trade, fight, or flight for heal and thrive, the quicker and more effectively you will help your body to heal itself and you will truly become the healer within.

Just remember, be patient. Stay committed to the process. Okay, then, in the next step of this masterclass, we're going to help you remove and reduce all the cancer causing toxins in your life, getting to the root causes of disease and eliminating it so your body can take healing to the next level.

That sounds good. Awesome. So glad you're joining me for this. I can't wait to see you in the next module! As soon as you're ready, please join me for module number five.

Step four.