Nervous System Self-Regulation & Embodiment Practices: Foundations To Both Healing & Consciousness Expansion Transcript

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Introduction to Dr. Cathleen King

– My next guest is someone that I've got to know just recently but she's really had a profound impact on me and I wanted her to share her wisdom with all of you.

I actually met Dr. Cathleen King through a Doctor, Eric Robbins, M. D. Who's also on the summit but he was somebody who had suffered with over 20 years of chronic fatigue super low energy all sorts of issues. And Dr. Cathleen King had a big impact on him.

So he was the reason that you and I met and I have had chronic fatigue back in 2015 and and for the most part of gotten over it energetically but still had some symptoms and I've had the privilege of going through your course online and I think it is phenomenal and all of you will hear more about that later on but it really is impactful and has helped me a lot. So I wanted to have you here.

Dr. Cathleen King is a neuroscience wellness educator, a physical therapist and founder of Primal Trust Academy and Community. And also we're gonna talk about a little bit of her background beyond the fact that she's an educator and a doctor of physical therapy.

She had many years of suffering from debilitating mental and physical conditions, chronic infections, sensitivities, lime mold chronic fatigue P. T. S. D. It's hard to believe your your your you know here with all that stuff that's amazing but she chose to break that chain and I love it.

Personal Chronic Illness Journey

You call yourself an ancestral chain breaker because when we do heal ourselves we keep our our our our descendants from having to deal with some of these issues too.

So amazing work. She's, she has a program called Primal Trust and she's created a Primal Trust academy and community that really does amazing work. So welcome to the summit.

Really great to have you here, Cathleen. – Thank you. Thank you. It's an honor to be able to share my story and be able to help any that resonates. – Yeah, let's start with your stories.

So your story was one of chronic illness and all sorts of sensitivities. I mean life must have been miserable back then, but here you are with a big smile on your face and helping thousands of people overcome it. So take us through a little bit of your journey.

– Sure sounds good. I often joke that I'm an overachiever at everything including the suffering. Um yeah, I, I had many years um close to two decades really where I was pretty debilitated and the diagnoses just racked up. It started with a parasite infection in south America and eventually, you know, all these weird symptoms.

They're like, oh maybe this is chronic Epstein barr, chronic digestive issues and then eventually like, oh it looks like mold, no, it looks like lime and oh your thyroid is now out of whack and oh I think it's all just anxiety. You know, it just kind of, you do this loop by the end. I was, you know, I had full time care for my two Children, I wasn't able to do much a lot of times, I was just stuck in bed if I took a shower, I was down for a couple of days after, I was pretty debilitated and it was sort of an on a bumpy ride for many years where I do certain therapies or see the next greatest Lyme doctor and get on a new protocol and it seemed like it work and then it would not, and you know, I was like, what is going on? Am I in this curse?

Like, that's what it felt like and all of these trauma patterns that started to pop up as well, and all of the things that it seemed like my family origin was oblivious to, and I'm like, why do I see all of this? Why do I have to see all of this?

And really that's what I mean by the ancestral chain breaker, I saw it because I could and I felt it and I experienced that illness because I could handle it and I did handle it and eventually I put some pieces together over many years regarding the neurology of what was going on in my brain and nervous system, the energetic, what was going on in my energy system and just a general way of being in my personality that all wove together into that into that experience and I hope people now see that for themselves so that they can slowly untangle that mess and come out of it. – You know, some people see now, and you're happy and you've got great energy how, and it's hard to even imagine, you know, being bedridden taking a shower and you couldn't do anything for two days.

But that's real. I mean, that was really your existence. And but you said there, you know, that there's lots of shifts that have to be made. I was just interviewing someone else actually, earlier today.

And one of the things that they said, which you, kind of, reminded me, you said, I I had all this because I could I could handle it. I could be the one to break the chain. And one of the things he was talking about is that symptoms are really trying to help us out. You know, they're trying to call our attention to something and we don't we don't like symptoms right? Like, oh, that's bad.

But your symptoms actually were part of your healing process, and they encouraged you to go deeper and to learn all this great work that you now share with other people, right? – Our ego is brilliant at getting us to avoid our body is masterful at bringing us back home, and that's all.

It's doing. It's literally, it is the answer, and it's often an unpleasant messenger. But each one of those symptoms has a felt sense and a story to be heard and witnessed, and learned from, and consciously chosen differently.

Symptoms as Signals for Healing

– You know, it's interesting to how people that are in these situations tend to have a lot of the same diagnosis diagnosis is and often many different things like you said, lime mold, uh fatigue PTSD and why is that why? Why?

Because I mean, I, I know, I think I know what you're gonna say, but, but why do you think that is? And then they end up going from doctor to doctor doctor. That's what I was doing when I first was not feeling well. Like the next thing is gonna be the thing that works. But it was always something outside, something outside that was gonna fix me because I was broken versus really doing the kind of work that that you teach and you know, and I had some markers for lime, they said it wasn't really full lime. You know, I've got some markers for mold and I got a little virus before I got chronic fatigue.

So similar story to what you were going through. – There's a few reasons, few answers I have. You know, overall we don't have a great paradigm in our medical system to appropriately diagnose what this is, which to me is an existential separation from ourself and our source and a calling to embody our true self. If you want to say what's the root root root cause you're being at has to become incredibly authentic and in your integrity and find your sense of self and this is the way the body no longer will play the game of suppression and dissociation and coping strategy for you. Maybe it could for your mom and dad and your grandparents, but your body is not going to play that game anymore.

And so I think that in that calling to come back to ourself, our immune system gets confused between self and other starts to attack things that it shouldn't and not attack things that it should. There's this great confusion and awakening and our body is literally mimicking that it can't let go of certain things like molds and toxins because it can't let go of the past, the way that your ancestors couldn't and the body is just this incredible temple of of awakening and ascension.

Well that doesn't really exist in the medical diagnoses. And so it just looks like this chaotic mess of the body. But you're right, they all have this similar like what the the heck is going on?

And it's just a body that is no longer going to play that game of stuff. It confused wrong path, It won't tolerate it anymore. – And what I liked about the beginning of your course was how you said and maybe I'm simplifying a little bit, but he said, you know, mold is not really the issue, lime is not really the issue. It's more what you talked about.

Root Causes of Chronic Illness

It's it's it's I won't say it as well as you did. – It was an existential separation from self and your nervous system, this nervous system, this regulation which even that I wouldn't say is the root, it's just dis regulated. It's letting you know what you're, how you're living, isn't your way, isn't your path.

And it's it's the alarm system waking you up to that. – Yeah. And when we clean that up, those other things tend to resolve also. So, so most people are treating the wrong things are treating the mold, the line, not that that's bad, right there, there could be some helpfulness and that.

But if you just do that and you don't self regulate, right? If you don't get the inside right, the nervous system right, then something else is gonna pop up and you're gonna be in the same situation.

– Yeah. And I often like to say not the wrong thing. Sometimes it can help remove layers of suffering by helping with mold or Lyme, but there's still always something else and something else.

So, it's sort of like, it's the journey we all have to go on moving from one paradigm of what's the diagnosis, what's wrong to the other paradigm of how am I out of alignment?

You tend to have to go through that route of the medical system and then it doesn't work anymore. And you're over here because to make that jump, I'm having all these symptoms. And yet the path is this, um like, very abstract path of self alignment, It's really hard to make that jump for most people, some people do, but they do go on that path of um you know, recognizing that yeah, maybe there's a way that they're living that makes them more susceptible to the mold line, the digestion. You end up having to clean up your diet, clean up your lifestyle, which is all good thing. – Yeah.

Yeah. One of the other things that I really liked how you explained and talked about is uh within the nervous system, the sympathetic and parasympathetic. And I think one of your lines was it's really hard to heal when you're fighting a lion or fighting a tiger.

And that's what a lot of people are doing their, so they don't feel safe and they want to heal, but you can't heal when you don't feel safe. Talk about the importance of feeling safe and feeling okay. – Great question.

Our immune system when we are in an activated state, a stress state and alarm state, our immune system is not trying to take care of our infections in that state.

It's trying to survive. So it's going to give you cortisol to run and to your brain is going to start looking for problems and things like that. And we often get these diagnoses, you know, various chronic illness um contributors and we get so stressed trying to fight these beasts if you will, trying to fight, fight whatever it is and that stress is not if the opposite environment of healing, healing happens when our parasympathetic nervous system or our rest and digest system is activated. And often people come to me and their rest and digest system is not activated, their vigilant, they're trying to fix themselves, they're scared to death of their diagnoses.

They're going from program to program and coach to coach with this very stressed mindset of like I've gotta gotta kill these bugs, I've got to get rid of this mold, I've got to do this, I gotta do this and they don't heal and they don't know why.

And it's because that route is not calming them down and it's a real hard shift to make when you've got things happen in your body to be calm and to feel safe.

Well, that's the journey that I take people on in primal trust, hence the name primal Trust because that's what I

realized I was missing. You know, I was, you know, well over a decade trying to figure it out and fight everything and do all the protocols and the stuff and I did not have a sense of safety, did not have a sense of primal trust.

Safety, Nervous System, and Primal Trust

And once I realized that key that became my entire focus in my healing journey in primal Trust, I think you said is uh it's faith in your body and faith in life, is that, is that what primal trust is primal trust is actually the same thing as the humans resonance. It's the earth's heartbeat.

Its trust in this greater picture that there is a natural flow of life that you are a part of that. You you existed before this body and after this body there's there's just this, this coherence with life itself.

And maybe if you could get in touch with the earth's heartbeat, your own ecosystem of your body would also come into harmony. Maybe you don't have to eradicate Lyme fully. Maybe your body has a intelligence.

Uh, the microbiome has an intelligence to cohabit and co regulate and exist in harmony. And I began to believe in that more than I believed I had to eradicate lime to be safe or eradicate all molds.

I mean in nature we live with molds and fungus and bugs and parasites etcetera. There's gotta be a way that if I am part of nature itself, that my body is an ecosystem as a mini earth itself can cohabitate with these things.

If only my own intelligence could, you know modulate the different microbes or the different toxins. And as I studied nervous system science and understood that the nervous system does have an intelligence of, of running our immune system, our detoxification when we're in safety, it just made sense that that would be the path. – Yeah.

And so we're talking about Lyme and mold and chronic fatigue, but really it's a lot of chronic illnesses, they share the same root cause. Is that right? – Yeah. Whether it's autoimmune chronic pain, digestive allergies, anxiety, all of those things.

There's still a dis regulated nervous system because of a lack of inherent sense of safety and a lack of communication with your inner self and living a life that's authentic to you at the end of the day, that's that sums up, you know what we all need to feel, you know, healthy and full of vitality. – Yeah, I want to come back to that.

But you talked about our not our sensitivities, uh, digestive challenges. What's going on there? I know you explained it in the course, but can you explain to us like you, you tell people well you shouldn't have to fear all these things.

And when you learn how to regulate the nervous system, a lot of those sensitivities go away. But what's going on? Why are we sensitive to certain foods?

– Yeah, well, it's sort of like I said at the beginning, we get so confused between threat and non threat that our body, our brain starts to miss label all sorts of things as threat that were previously inner or not non threatening.

So all of a sudden you're eating different foods while you're feeling a state of threat and the nervous system is like, oh, it's these foods making them feel this way.

So these foods are now the threat or whatever the smells are, all those are threatening because she's smelling this and she's feeling all this anxiety, it must be the smell, the food. And so there's a tagging in the immune response that kind of goes haywire where it's confused as what's safe and not safe.

And I think that now we are so bombarded with stress inputs that our systems are just confused as to what's actually causing them stress because we don't even know, we're so out of touch with what our stress is from.

And so the body is just kind of following that confusion was gonna say what's amazing is that you can have somebody down to three foods and they've got all of these panels showing that they can't eat anything and they do

this nervous system where and one by one, they get all of their food's bad. I mean, of course there's certain things like um you know, like peanut allergies, where your anaphylactic.

I'm not talking about that, I'm talking about your food sensitivities where all of a sudden you can't eat anything. – Yeah. And so the good news is, the nervous system can be influenced, it can be, it can be moved in in a better direction and that's a lot of what your work is about.

But talk to us about how uh malleable the nervous system is and and I mean, you are a completely different person in terms of your nervous system. Probably even the way you look at life now than you were, you know, 15, 20 years ago, Right? – Yeah, absolutely.

The great thing is that there's the science called neural plasticity, which is our brain's ability to change and the brain's ability to give different, uh, to make new associations and give different commands into the body.

And the body also is the servant.

Food Sensitivities and Nervous System Confusion

And it's just wanting to know is this safe or not safe? So as you consciously start to decide differently between, you know, this person is a threat or that's a threat into a sense of safety over time, your brain and your body will follow along and the reverse is true.

I often I had one of my clients who didn't really believe a nervous system work. I said, I'm gonna have you put the spot on the wall and every time you walk past that spot, I want you to feel fear. I want you to just imagine that it is dangerous.

Sure enough, Within two weeks, she started having massive reactions every time she walked by a spot on the wall, just to prove to her the reverse. So that she would be willing to do the nervous system work.

Because we can become allergic to anything. We can become allergic and we can become un allergic to most things as well. – Yeah, that's that's an amazing thought to think about like it's it's not the thing in itself that's causing the illness. It's our interpretation of it. You know, is this a threat?

I know that a lot of my life growing up because my dad was killed in Vietnam when I was three, there was, I was fearful, I was I hit it well, I was an athlete, you know, I did well in school, but inside everything was a threat.

You know, what's gonna happen next and after years and years and years of that, I mean, I was functional and did well and successful in business, but you know, 2015, my my mind and body were like, all right, you got to deal with this and I really had to dive into it.

And so people that are struggling with these things look at it as a great opportunity. I mean, this is really an opportunity for you to heal at a deeper, you know, probably the deepest level and create an amazing life moving forward.

So I know that was what happened for you and and uh you know, that's what's happening for me too. – Yeah, It's interesting when you see people on the other side of this journey, the gratitude they had, that they got to be one of the first in their family line to heal this deep stuff and to be able to hold steady in those storms of life. They have real freedom there, They're not there. Like I just went through all of that.

I can, I can go for my dreams now and they, you know, they're able to start new careers and do things that they never would have because they're not afraid of the bumps along the way, because they just handled a lot. So to me, it's like I've said earlier, it's kind of a way of awakening. It's it's um yeah, it's a crash course on connecting to life itself and learning to deal with those hidden fears that have been driving our nervous systems our whole life.

– Yeah, chronic pain is another thing you help people with, and I know you've been influenced by Dr. John Sarno

and other people, what's going on when people are having pain? – It can be multifaceted.

Often the brain, the pain center and emotional center are pretty closely related and a lot of times when we aren't able to feel our full emotion, the brain sends a different signal instead, which is pain.

Neuroplasticity and Rewiring Reactions

And over time the threshold for a pain signal to be sent to the body can get um you know, smaller and smaller, meaning it's easier and easier that the littlest emotion or the little littlest reaction that normally you have a habit of not feeling can cause pain.

That's one of the main things that I see with chronic pain is, it's like instead of feeling the feelings that are there and for whatever reason, whether it wasn't appropriate in your family or there were consequences or whatever, the brain has a different strategy and unfortunately that strategy starts to backfire once, you know, the pain thresholds are so low, so again, it's getting people in touch with what's actually happening inside of them that they're not expressing, that they're not feeling. And also just like with the food allergy, you have to re associate your relationship with pain and make pain not threatening because it also become the pain becomes a threat. And then that threat signal actually creates more pain. So it can be two fold and sometimes people will do all of this emotional work and they're like, I'm still not better because that pain signal threat hasn't been re you haven't retrained that as well.

So that's another part of nervous system training. – Yeah. Yeah. No, I hope people will look at the primal trust course because it is so powerful and you know, going through it, it's just even helped me in the past month, I guess I've been doing it still clean up some things and uh so powerful because when you're, when you're in a chronic illness, it's like so many weird things are happening. So many sensations.

You know, you're looking and seeing double. Sometimes you're imagining the worst. You know, what do I have? A brain tumor? I mean, just all these different weird things are popping up in your head and your course helps to settle down right the nervous system and then retrain it.

Uh what are and so I hope people will go through your course. It really is truly amazing and will give a link for it just a minute. But what are a couple, just simple little things we can do to calm our nervous system down? – One of the most um the easiest things I guess is literally bringing your awareness to this present moment and having your eyes specifically notice your environment, because what's happening is often our nervous system is in a state of threat because of something in the past or something, it's projecting to happen in the future.

And when you can show your limbic system or your emotional center of the brain where you're at in this present moment, this is called orienting, you're sending a signal to the brain that right now there's no tigers in this room right now, I didn't just lose dad right now, I'm not going bankrupt right now, I'm sitting here at my computer and there's a beautiful blue sky and a beautiful plant outside my window. And so you're starting to get into the habit of getting your conscious brain right here because in the present moment is the only place you can regulate your nervous system that right there and of itself, A lifestyle often refer to this in primal trust as a lifestyle of orienting, a lifestyle of being present, much like a kid is very present.

Healing Chronic Pain and Emotional Suppression

They're able to be like right here right now, that that's huge, we are so in our computers and all over the place that I think that's one of the biggest things that we can retrain um and then obviously our breath, our breath is one of our other number one indicators sending information to our limbic system, our brain of our state of safety. And so breath work.

The simplest breath work can be absolutely profound. You know, you could look up box breathing or 478 breathing or simply just an inhale with a long exhale. It doesn't need to be complicated but doing that breath work regularly is going to help send a signal of safety and stability and I am okay right here right now and this those two practices alone can completely rewire your system. If you were dedicated enough to them, I teach a lot of more fancy things

as you know those two things alone are huge.

– You know, we live in a society where everybody wants to do something once and all of a sudden you have this miraculous recovery and retraining the, you know, the nervous system is not just you do one session of box breathing and then you're fixed. Uh how long can people expect to need to commit to retraining? And this is really important because I think this is what happens with a lot of people. They try something, they do it for a day, they do it for a week. Uh they might even feel a little bit better but they're not completely better. And then something, you know, some new new ideas, some new treatment, some some new information catches their eye and then they're off, what was would work long term, they're off doing something different. How long can people, and I know it varies depending upon people, but what, what are the expectations someone should set for themselves in terms of committing to a program like yours or whatever it might be to really see the results and get like from where you were to where you are now.

– Yeah, I'm gonna give you two answers. The first answer is if you look at the people who are the most successful, who are running amazing businesses, they? Re train their nervous system every morning, I guarantee almost all of them has some type of morning routine.

That means it's a lifestyle. What I'm trying to say to actually in this day and age where we have so much input, I want to say. First of all, it's a lifestyle and the second piece would be finding a program or programs or processes that resonate for you to make that lifestyle.

My particular program, I've got a three stage process. The first stage is called, regulate. That's I would say giving that at least four months, four months Of retraining the brain and the body and changing your habits in a very direct way. And then I have a second stage, it's about 5-6 months. So in other words, it's it's kind of a long process to get those core pieces in place. Now, ongoing, it's somewhat of a lifestyle, maybe you spend a half hour a day doing particular intentional work.

Practical Tools to Calm the Nervous System

Um maybe it's an hour, I still spend about an hour a day doing things that I know align my life force and help me to be clear. That's how I've created the business I have so quickly.

I'm very, I'm very intentional about how I live my life and because of my past, because the way my nervous system was wired developmentally, I have to do certain things to keep it focused the way that I consciously choose to now.

So I know that's not like the exact answer, but I want it to be more realistic because people, there are a lot of programs that'll be like take six weeks and retrain your brain and it's not that way our brain is, you're a plastic, so you retrain at one direction and as soon as you stop, the old habits can come back, it's it's a lifestyle commitment of nervous system, self regulation for your overall expansion and how you do that might change a little through your life as you get, you know, maybe you're really into breath work for a while or you're really into somatic for awhile doesn't really matter.

But this focus of, I am going to learn to consciously self regulate my biology as a daily practice, ongoing is what I would recommend. – Yeah. Now, in addition to your training, you all you all, you also offer mentoring and coaching and you've got coaches that you've trained and so people to guide you along the way too. Right? – Yeah.

We have a really unique uh program in that we're a community and I actually have there's tons of free classes, like almost every day you can come in and be taught live and there's mentors and there's study groups or you can hire one on one mentors or whatever it is that you need. But I was really trying to create a process where everyone could eat, you could afford it. And also if you wanted that extra help, it's available, but it's a pretty unique situation in that it's not just a course that you take home. It's it's a whole community to help you through this retraining process. – And how do people access the course?

What's the best place for them to go to find out more and enroll in the training? – My main website is PrimalTrust.org. If you want to learn about my specific, the first step is called regulate. So you go to primal Trust dot

org back slash regulate I think level one or something or you'll see it on the website.

So regulate. Is that first step that all of you who are interested would would start off with in the process. – Yeah, you and I were in a conversation two or three days ago and one of the things you brought up and you mentioned it earlier a little bit was divided state of mind.

Uh talk, talk to us a little bit about that and how that can keep us in a state of nervous system, dis regulation chronic illness, What does that mean? Divided state of mind.

– I have to give a shout out to John Sarno, because he's who I learned that term from the divided mind. When I first learned about this, I was like, that's me, This is somebody who chronically says yes, when they mean no, they have gone on a path that they should go on as far as their career or their business or mothering or whatever that should, when part of them didn't want to.

Commitment to Long-Term Retraining

And the way that I got in touch with my divided mind state was simply answering the question. If I didn't care what anyone would think, what would I be doing differently?

And a few things popped out at the time. Like, I leave this religion, I was in, I would do this and I was like, oh my gosh, that'll just destroy my life answering that question again and again. If I didn't care what anybody would think, what would I do? How would I be?

The divided mind causes a confusion again, in your energy field, your energy field is fragmented, your nervous system is confused. Your immune system is confused. You tend to stuff things you don't detoxify.

Well, people often wonder, you know, why is my immune system weak? Well, your immune system needs to discern self from other and if you can't discern self from other, how do you expect your immune system to be able to do that?

You know, if you can't be truthful in letting things go and expressing things, how do you expect your own detoxification to let things go? It's it's just a it's a principle of that integrity, that alignment that I talked about from the very beginning. So I believe it is a path of healing, this divided mind. We have all these programs of how we're supposed to show up in the world and be and parts of us are just raging about that are afraid of, you know, actually being who we are and as you get in touch with this um there's a healing now, the caveat here is that as you start to go after what's true for you, we have a program deep in our brain stem to not be kicked out of the tribe.

Your nervous system will often get more activated as you do this true self work. And that's often something that surprises people and pushes them off the path because, you know, they're like, well, I'm trying to figure what I want.

I made that step to do this and all of a sudden I bought my eye flared and we also so we have this counter protection that's like don't do that, they're gonna, you know, they're gonna reject you, um you're not gonna be liked and we have to teach our nervous system that we're okay being misunderstood, we're okay being rejected.

We're even okay being kicked out of the tribe knowing that we're going towards a tribe that resonates more with us. And that that's what I had to do my entire life got rearranged one kick out after another to come back to my health.

And um and so this is the consequence of a very different lifestyle, a very different group of people surrounding me now than I did five years ago. – Yeah. One of the things that I talk about and I wrote in my book, the breakthrough code is you're under no obligation to be the exact same person you were five minutes ago. And even though you know the five minutes ago version of of who we are could be pretty dysfunctional.

We're used to it and we keep dragging it forward what what is required to truly heal.

Community Support and Program Access

And this is what your course leads people through is to really go in deep into who you are and a lot of people are afraid of that. You know, it's not easy work. It's it's challenging work but it's the work that needs to be done if you if you really want to heal, if you want to stay in the same condition you're in, don't do it right? But if you want to truly heal like dig in and and and and it it is uncomfortable, right? It it won't always feel good.

You even talk about how um as you start to move um and and start to heal I think it's called the policy vega ladder I can't remember but you will start to feel maybe some more anxiety and things like that but it's actually a positive sign because you have to pass through that to get back to where you were. My son had a uh he was a basketball player and he had a his back went out on him as a high uh college basketball player and so they took him in and they were trying all sorts of physical therapy, nothing was working, they did an M. R. I. They told him he had the largest created disk that they'd ever seen. This doctors in Houston that had ever seen in a young guy his age and that that's why you're having all this pain and in your back and your hip and your knee and everything and and then they said you know we gotta shoot you up with steroids or whatever it was and they did that and he got out and uh his back he didn't feel that much better and then it completely went out and then I told him about Sarno and he literally just listened to the mind body prescription three times.

So young guy, he hadn't had it you know all this uh stuff ingrained the negativity ingrained in him for a long time and his pain went away and his face cleared up, he had had blemishes on his face, you know, for a couple of years trying to eat right, that cleared up.

Divided Mind and True Self Healing

But as that cleared up, he started experiencing some anxiety and but you know, he knew that that's what you get and then now he's fine, no anxiety, no pain, nothing. But that was a great explanation.

I love the way you explain that, like be ready for this, it's a sign of progress. It doesn't mean you're reverting back, it's just one of the stages you have to go through.

– Yeah, I think it's really important that people understand the bumps that happened in the healing process because there are all these wonderful programs.

But when you don't understand that the healing response often can feel worse before better and why people will say, oh that that tool or that program didn't work.

It wasn't the tool the program is you're actually making progress and the same thing I say for people doing true self discovery work, you're only able to embody your true self to the capacity that your nervous system can regulate what's coming up.

And that's why my first step is nervous system regulation before we get into true self Self discovery work, That inner work. And often people are like I'm going to go to this inner work, you're only going to get as far as your nervous system capacity to self regulate with trauma.

– So in closing why are you so passionate about helping people around uh you know, this issue that their face these issues that they're facing, what you know, because you have uh you know, people, I'm sure they can see even when you talk you got this true. It's almost like, you know, it's your calling, right? I mean, what what what what brings so much passion to you when you are helping people that are so sick and and have tried everything else.

– It might sound strange, but when I was little, I remember looking around my family that was really dis regulated, you know, abuse alcohol drugs and so confused like this isn't this isn't what this was meant to be. We were meant to be here and be able to enjoy life together and to be able to commune and have friendships and relationships.

And I remember when I was little, I was like this, like, there's another way to live on this planet. And then as I was going through my healing process, I remember thinking that if I got through, I want to help as many people as other

as I can to be able to enjoy living on this planet.

Why She Is Passionate About Helping Others

That original vision I had as a child, so confused at all these very um upset adults all around me and so I don't know, I guess I just have this hope that the more people become liberated from their trauma and from their illness, the more I'll have friends beside me to celebrate living on planet Earth with. So maybe a little selfish in that way, but I just see that there's a potential to really love life and our our body and our nervous system is a gateway to that experience.

– Yeah. And when when you've gone through the type of healing you've gone through, you really feel like it's a miracle and now you've helped create so many miracles and so many other people, I can't recommend your course and you highly enough, you've got a huge heart and I hope everybody will take advantage of going to our website, learning more and and really start doing the work that you need to do to heal.

So thank you so much for being on with us. It's really been great having you here. – Thank you. It's an honor. Thank you for letting me speak about what I what I love so much, which is transformation.