Nervous System Self-Regulation & Embodiment Practices: Foundations to both Healing & Consciousness Expansion Transcript

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Introduction to Dr. Kathleen King

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 our self and our source and a calling to embody our true self.

If you want to say what's the root root cause, you're being asked to become in your integrity and find your sense of self, and this 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. This is Dr. Talks. My next guest is someone that I've gotten 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. Kathleen King. through a Dr. Eric Robbins at MD. He was somebody who had suffered with over 20 years of chronic fatigue, super low energy, all sorts of issues.

And Dr, Kathleen King had a big impact on him. So he was the reason that you and I met. I had had chronic fatigued back in 2015 and for the most part had gotten over it energetically, but still had some symptoms and had the privilege of going through your course online.

And I think it is phenomenal. 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. Kathleen King is a neuroscience wellness educator, a physical therapist and founder of Primal Trust Academy and Community. And also we're going to 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, Lyme, mold, Chronic Fatigue, PTSD.

It's hard to believe you're here with all that stuff. That's amazing. But she chose to break that chain. And I love it. You call yourself an ancestral chain breaker because when we do heal ourselves, we keep our descendants from having to deal with some of these issues too.

So amazing work. 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, Kathleen. Thank you. It's an honor to be able to share my story and be to help any that resonates. Yeah. Let's start with your story.

So your stories was one of chronic illness and all sorts of sensitivities.

Kathleen King's Chronic Illness Journey

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. 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. Yeah, I had many years, close to two decades really, where I was pretty debilitated and the diagnosis 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 look like lime. 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 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, or I down for a couple of days after, it was pretty debilitated.

It was sort of a bumpy ride for many years where I'd do certain therapies or see the next greatest Lyme doctor and get on a new protocol. And it seemed like it would work, and then it wouldn't.

You know, 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 the things that it seemed like my family of origin was oblivious to and I'm like, why do I see all this?

Why do have to see this and really that is 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 eventually I put some pieces together over many years regarding the neurology of what was going on in my brain and nervous system. the energetics, what was going on in my energy system, and just a general way of being and my personality that all wove together into that experience.

And I help people now see that for themselves so that they can slowly untangle that mess and come out of it. Yeah. You know, so people see you now and you're happy and, you've got great energy.

How, and it's hard to even imagine, 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, yeah. But you said there, there's lots of shifts that have to be made. Yeah, I was just interviewing someone else actually earlier today. One of the things that they said, which you kind of reminded me, I had all this because I could, I can handle it.

I would 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 call our attention to something and 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?

Yeah, 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 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.

Yeah. You know, it's interesting too, how people that are in these situations tend to have a lot of the same diagnoses and often many different things.

Like you said, Lyme, mold, fatigue, PTSD. Why is that? I think I know what you're going to say, but why do you think that is? And then they end up going from doctor to doctor.

That's what I was doing when I first was not feeling well. The next thing is going be the thing that works. But it was always something outside, something that was going to fix me because I was broken, versus really doing the kind of work that you teach.

And I had some markers for Lyme. They said it wasn't really full LyME. 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. Yeah. 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 cause, you're being asked 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.

It starts to attack things that it shouldn't and not attack thing that should. There's this great confusion and awakening in our body. literally mimicking that, it can't let go of certain things like molds and toxins because it cannot let of the past, the way that your ancestors couldn't and the body is just this incredible temple of awakening and ascension.

Well, that doesn't really exist in the medical diagnoses and so it just looks like this chaotic mess of body but you're right, they all have this similar like What 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.

Symptoms as Signals for Healing

It won't tolerate it anymore. Yeah. And what I liked about the beginning of your course was how you said, and maybe I'm simplifying a little bit, you know, mold's not really the issue.

Lime's is not the really issue, it is more what you talked about. I won' t say it as well as you did. You said it was an existential separation from self and your nervous system, this nervous-system dysregulation, which even that I wouldn't say is the root, it's just dys-regulated because it is letting you know how you're living isn't your way, isn' your path, and it' the alarm system waking you up to that.

Yeah. And when we clean that up, those other things tend to resolve also. Yeah, so, most people are treating the wrong things. They're treating, the mold, lime, not that that's bad, right?

There could be some helpfulness in that, but if you just do that and you don't self-regulate, if, you get the inside right, nervous system right. Then something else is going to pop up and then you're going be in the same situation.

Yeah. And I often, I 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.

So it's sort of like, it the journey we all have to go on moving from one paradigm of what's the diagnosis, what 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 of I'm having all these symptoms and yet the path is this like very abstract path of self alignment.

It's really hard to makes that job for most people. Some people do, but they do go on that path. recognizing that, yeah, maybe there's a way that they're living that makes them more susceptible to the mold and the lime, the digestion.

You end up having to clean up your diet and clean-up your lifestyle, which is all a good thing. Yeah. Yeah. One of the other things that I really liked how you explained and talked about is 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. Tiger. and that's what a lot of people are doing. They're so, they don't feel safe and they want to heel, but you can't heel when.

Don't. Feel safe. Talk about the importance of feeling safe in feeling okay. Exactly. Great question. Our immune system, when we are in an activated state, a stress state and alarm state our immune is not trying to take care of our infections in that state.

It's trying survive. So it's going to give you cortisol to run into. your brain is going to start looking for problems and things like that. And we often get these diagnoses, you know, various chronic illness contributors, and we get so stressed trying to fight these beasts, if you will, trying fight whatever it is.

That stress is 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. They're vigilant, they're trying to fix themselves, They are scared to death of their diagnoses.

they are going from program to program and coach to coach with this very stressed mindset of like, I've got to kill these bugs, get rid of this mold, do this, this.

and they don't heal and don t know why. And it's because that route is not calming them down. It's a real hard shift to make when you've got things happening 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 primel trust. Because that s what I realized I was missing. I w as well over a decade trying to figure it out and fight everything and do all the protocols and the stuff.

I did not have a sense of safety. I didn't have sense a primal trust. And once I realized that key, that became my entire focus in my healing journey.

In primal trust, I think you said it's faith in your body and faith and life. Is that what primel trust is? Primal trust actually the same thing as the Schumann's resonance.

It's the earth's heartbeat. Trust in this greater picture that there is a natural flow of life that you are a part of. that you existed before this body and after this bodied, there's just 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.

Root Causes: Nervous System and Self-Alignment

The microbiome has an intelligence to cohabitate 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 eradicated all molds.

I mean, in nature, we live with molds and fungus and bugs and parasites, etc. There's got to a way that if I am part of nature itself, that my body as 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 difference toxins.

And as I studied nervous system science and understood that the nervous systems does have an intelligence 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 is autoimmune, chronic pain, digestive allergies, anxiety, all of those things. There's still a dysregulated nervous system. Because of a lack of inherent sense of safety and a lot of communication with your inner self and living a life that's authentic to you at the end of the day, that sums up what we all need to feel healthy and full of vitality.

Yeah. I want to come back to that, but you talked about allergies, sensitivities, digestive challenges. What's going on there? I know you explained it in the course, can you explain to us, you tell people you shouldn't have to fear all these things.

And when you learn how to regulate the nervous system, a lot of those sensitities go away. But what's, going 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 mislabel all sorts of things as threat that were previously inert or not non threatening.

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

These foods are now the threat. whatever the smells are, all those are threatening because she's smelling this and she is 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. I think that now we are so bombarded with stress inputs that our systems are just confused to what is 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. Okay, awesome.

I was going to 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 do this nervous system work and one by one they get all their foods back.

Of course there are certain things like peanut allergies where you're anaphylactic. And I'm not talking about that. Talking about your food sensitivities where all the sudden you cannot eat.

And so the good news is the nervous system can be influenced. It can move in a better direction. And that's a lot of what your work is about. But talk to us about how malleable the Nervous System is.

I mean, you are a completely different person in terms of your nervous, probably even the way you look at life now than you were 15, 20 years ago, right?

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

And the Body also is the servant 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's a threat or that's 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 in nervous system work. He said, and I'm going to have you put the spot on the wall.

Every time you walk past that spot, he wants 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 be allergic and we become unallergic to most things as well. Yeah. That's an amazing thought to think about. Like, 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, I, there was, was fearful.

I hit it well. Well, as an athlete, you know I did well in school, but inside everything was a thread. What's going to happen next? And after years and years of that, I mean, it was functional and did well and successful in business.

But you know, 2015, my mind and body were like, all right, you got to deal with this. And I really had to dive into it. 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.

Safety, Primal Trust, and Healing

So I know that was what happened for, and, uh, 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 able to hold steady in those storms of life, they have real freedom.

They're like, I just went through all of that. I can go for my dreams now. 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've just handled a lot.

So to me, it's like I've said earlier, It's kind of a way of awakening. It is 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 the 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.

Over time the threshold for a pain signal to be sent into the body can get smaller and smaller, meaning it's easier and easier. The littlest emotion or the littest 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 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, they are not feeling.

And also, just like with the food allergy, you have to reassociate your relationship with pain and make pain not threatening because it also becomes that the paint becomes a threat.

And then that threat signal actually creates more pain. So it can be twofold. And sometimes people will do all of this emotional work and they're like, Oh, I'm still not better because that pain signal threat hasn't been re you haven't retrained that as well.

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 so, powerful because when you're in a chronic illness, so many weird things are happening. So many sensations.

You know, you're looking and seeing doubles sometimes. You're imagining the worst. 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. So I hope people will go through your courses. It really is truly amazing.

We'll give a link for it in just a minute, but what are a couple just simple little things we can do to calm our nervous. Yeah. One of the most, 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 future.

And when you can show your limbic system or your emotional center of your brain where you're at in this 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. I'm not going bankrupt. Now I am sitting here at my computer and there is a beautiful blue sky and a 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.

So that right there in and of itself, a lifestyle, I often refer to this in primal trust, is a life style of orienting. A lifestyle of being present, much like a kid is very present.

They're able to be like, right here, right now. 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.

And then obviously our breath. Our breath is one our other number one indicators sending information to our limbic system, our brain of our state of safety.

And so breath work, the simplest breathwork can be absolutely profound. You know, you could look up box breathing or 478 breathing, or simply just an inhale with a longer exhale.

Food Sensitivities and Neuroplasticity

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'm okay right here right now in 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, but 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 nervous system is not just you do one session of box breathing and then you're fixed.

How long can people expect to need to commit to retraining? And this is really important because I think this what happens with a lot of people. They try something, they do it for a day, They do for week.

they might even feel a little bit better, but they're not completely better. And then something you know, some new

ideas, new treatments, Some new information catches their eye and then they are off.

what would work long-term, they're off doing something different. How long can people, and I know it varies depending upon people but 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 are now?

Yeah, I'm going to give you two answers. The first answer is, if you look at the people who are the most successful, who're running amazing businesses, they retrain their nervous system every morning.

I guarantee almost all of them has some type of morning routine. That means it's a lifestyle is what I am trying to say. To actually, in this day and age where we have so much input, first of all, it is a life style.

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. 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 five to six months. So in other words, 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. I still spend about an hour 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 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 ways 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 that way.

Our brain is neuroplastic, so you retrained it one direction and as soon as you stop, the old habits can come back. 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 really are into somatics 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 also offer mentoring and coaching and you've got coaches that you trained and so people to guide you along the way too, right?

Yeah, we have a really unique. a program in that we're a community and I actually have tons of free classes like almost every day you can come in and be taught live and there's mentors and their study groups or you could hire one-on-one mentors or whatever it is that you need but I was really trying to create a process where everyone could afford it and also if you wanted that extra help it's available.

It's a pretty unique situation in that it's not just a course that you take home. It is 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'd go to primaltrust. org backslash

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

Regulate is that first stuff that all of you who are interested would start off with in the process. Yeah.

Chronic Pain, Regulation, and Recovery

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.

Talk to us a bit about that and how that can keep us in state nervous system dysregulation, 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, their business or mothering or whatever that should when part of them didn't want to.

And the way that I got in touch with my divided mindset 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'd leave this religion I was in, and I would do this and it was like oh my gosh, that'll just destroy my life.

Answering that question again and again, if I did not care about what anybody would The divided mind causes a confusion, again, in your energy field. Your energy filed is fragmented, your nervous system is confused, you immune system it's confused.

You tend to stuff things, You don't detoxify well. People often wonder, why is my immune systems weak? Well, Your immune needs to discern self from other.

And if you can't discern yourself from others, how do you expect your immune to be able to do that? If you can't be truthful in letting things go and expressing things, how do you expect your own detoxification to let things?

It's a principle of that integrity and 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. Parts of us are just raging about that or afraid of, you know, actually being who we are and as you get in touch with this, there's a healing.

Now, the caveat here is that as your 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 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 out what I want.

I made that step to do this. And all of a sudden my bot might I flared. and we also, so we have this counter protection. That's like. Don't do that. They're gonna, you know they are going to reject you.

You're not going be light. We have to teach our nervous system that we're okay being misunderstood. we are 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's what I had to do. My entire life got rearranged, one kick out after another to come back to my health.

Yeah. So this is the consequence. I have a very different lifestyle, a 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 minute ago version of who we are could be pretty dysfunctional, we're used to it. And we keep dragging it forward.

What is required to truly heal, 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 challenging work, but it is the work that needs to be done if you really want to heal. If you want stay in the same condition you're in, don't do it, right?

But if want truly to like, dig in and it IS uncomfortable. Right. It won't always feel good. You even talk about how as you start to move and start, to heal, I think it's called the polyvagal ladder.

I can't remember, but you will start feel maybe some more anxiety and things like that. But it is actually a positive sign because you have to pass through that to get back to where you were.

My son had a, he was a basketball player and he had his back went out on him as a college basketball player.

Practical Tools and Long-Term Commitment

And so they took him in and they were trying all sorts of physical therapy. Nothing was working. They did an MRI. The told him he had the largest herniated disc that they'd ever seen.

There's doctors in Houston that had never seen in a young guy his age. That's why you're having all this pain. in your back and your hip and you're knee and everything.

And then they said, you know, we got to shoot you up with steroids or whatever it was. They did that and he got out and his back, it didn't feel that much better.

Then it completely went out. I told him about Sarno. He literally just listened to the mind-body prescription three times. So young guy, he hadn't had it, all this 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, you know, for a couple of years, trying to eat right. That cleared it up, but as that cleared out, he started experiencing some anxiety and, and he knew that that's what you get.

And then now he's fine. No anxiety, no pain, nothing. But, uh, 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 happen 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 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, that inner work. Often people are like, I'm going to go to this inner-work.

You're going only to get as far as your system capacity to self regulate with trauma. So in closing, why are you so passionate about helping people around, you know, this issue that they're faced, these issues that their facing?

What, because you have, people, I'm sure they can see it even when you talk, You've got this true, it's almost like, It's your calling, right? I mean, what brings so much passion to you when are helping that are so sick and have tried everything else?

It might sound strange, but when I was little, I remember looking around my family that was really dysregulated, you know, abuse, alcohol, drugs, and so confused.

Like, this isn't what this was meant to be. We were meant be here and be able to enjoy life together and to able commune and have friendships and relationships.

And I member when was I little I like this, like, there's another way to live on this planet.

Divided Mind, True Self, and Closing Reflections

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 that original vision I had as a child I'm so confused at all these very 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 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 body and nervous system is a gateway to that experience.

Yeah. And when, when you've gone through the type of healing you'd gone to, you really feel like it's a miracle. Now you helped create so many miracles and so may 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 your website, learning more 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 Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.