Introduction to Energy, Consciousness, and the Biofield

Welcome back to the reverse Autoimmune Disease Summit. We're in the 5.0 version. And talking about things that impact the energy system. So the energy body according to your Vedic medicine lies next to our physical system.

And on the other side of that is emotional and mental. And so this energy system is a really important one for providing information to how your genetics express themselves and your organ systems are, and your immune system and microbiome.

So what we're going to talk about today is more along those lines. My guest today is a dear friend and collaborator and colleague, Lloyd Burrell, who is creator of the EMF Health Summit, the healing with Vibration Summit and bestselling author of the book healing with vibrations and founder of the website electric Centcom, which has had over 4 million visits since its inception in 2009.

He's passionate about educating people about the dangers of electromagnetic fields and sharing solutions, and helping people reconnect with the healing forces of nature.

Welcome to the summit, Lloyd. Thank you. Keisha. Thanks a lot for the invitation. So we we collaborated on the last, Healing of Vibrations summit and got to interview a lot of really lovely people and that are very, you know, adept in their fields of expertise.

And that's one of the things I enjoy about these summits the most, is being able to talk to people like you and and other experts in the field, and I would love to hear what what are the takeaways, like the top takeaways for you from that summit?

Yeah. This that's what I really love too, is, connecting with, amazing people, people that you would never in your wildest dreams, speak to and or meets.

But, I actually had the good because I meet very few people that I speak to online. Like there's very few. I can count them on my hand. So it sort of exists in a kind of virtual reality way.

But one of the people I have met and who he actually lives in France now is a gentleman called, Doctor Keith Scott Mumby, and, he's, brilliant guy got quite famous in the 1980s.

And, he's an MD, PhD, and he's very well qualified and, has held professorships in universities and is an amazing guy. He's actually been to see me, and he slept in my daughter's bedroom next door, and, we shared many a fine meal, together.

And, we've got this thing really, which we share, this passion for understanding the world and the universe. And, and one of the, one of our favorite topics is consciousness.

I love talking about consciousness and exploring that. And you know what's behind all that? And, it sounds a bit out there because it is. And it's kind of difficult to get your head around what it is and why it's important.

But it's like everything, you know, consciousness is behind everything. It's behind who we are and the universe. And this, you know, information and energy.

And remember, last time we came, we went for a coffee or several coffees down at the local market, and we were talking about consciousness and quantum theory and stuff.

And that is one of my passions, and it's about making that real so that people can, you know, it's about why is that

relevant to this life that we the that we lead?

You know, where does it fit into what we're doing it into into everyday life and, our problems and concerns, etc.? And it does. And, so that's really one of my highlights is, is, is with him and, and exploring that, so it's information and energy and he looks at it in the very, in the kind of the big picture.

And then. What kind of ties in with that at a more, personal level is the work of Doctor Beverly Rubik, who I'm sure you know, and spoke is probably spoken to.

And her work on the, on the bio field, you know, this field of energy which is around us. So we've got, like, the consciousness and the bio field and it's all information and energy and, and this bio is so important and, and, it's always been around and we just call it different things.

We call it vital force or, and it's this field of energy which. Well, according to her, it goes out 5 to 6ft.

Lloyd Burrellu2019s EMF Journey and Recovery

But according to me, it depends on the person. Some people, it goes out way more than that. And we're all kind of interacting with each other, at that level.

And it's a quantum level. And also all the time actually, and it's, it's how this bio how working with the bio fields, you can, you can impact your, your health.

And this bio field is, is electromagnetic because of course, we're in this electromagnetic world, in this electromagnetic universe. And and which kind of leads into a conversation about EMF.

So we can have that, you know, about these manmade emfs. But they're kind of two sort of big picture, important aspects that, yeah. And, I mean, I interviewed 50 guests and they're all amazing in their own ways.

And, so, yeah, that but those are like two, which I think, are worthy of sharing today. You know, I, I started off talking about AI or Vedic, medicine's concept of the party coaches with the last one is that field they call it, you know, in in 10,000 years ago in Sanskrit, it was called and it still is today, the Ananda Maya kosha, which is your bliss sheath.

It's that that energetic field that bumps up against other people's bliss sheath, you know, and when we're to in our own stuff and not paying paying attention to nurturing all of those layers, one of the things they talk about is we don't have immediate access to it all the time.

And yet that's where we get our epiphanies and why it's said that there's no new thought because it's all there, all the wisdom of all time and space is sitting in there.

And when we get these like downloads and places, you know, it's it's coming through that space. So it's, I think it's just such an amazing conversation that we need to be talking about is this is this is what creates our reality and how we focus on it, according to quantum physics, is shaping our reality quite literally.

Right, exactly. And I'm sure you've heard this before. You know, the answer is within. Yeah. And like we're always looking outside. But the answer is is in us.

And, it's and all of this, I think, exploring these topics. Then it brings you back to that fundamental truth. And, and you, you kind of go out, you know, you read all and you listen to these brilliant people, and then you at the end of it, you it very often comes back to something very simple, but and something that we're overlooking.

And so it's taking the time to understand that. And, and using these tools that enable you to access information and, and obviously the starting point is, is kind of an accepted in understanding that this can happen and allowing that to happen.

And then and the tools are kind of tools I'm talking about and meditation and breathing work and stuff, which I know you all over and that you share with your community and and yeah, gratitude practice, you know, like that's that's a big one too, right?

Yeah. Yeah. I mean, like we said before we came on, that's exactly what I was saying. He said and, I think everybody has got, I mean, I feel particularly fortunate and blessed.

But I didn't always feel that way because, you know, the reason I'm talking here today is because of what happened with my cell phone. And I got very sick and, you know, and not just my cell phone, but the whole thing around, all of that experience, which lasted years, nearly ten years for me to get over, and, it was seemed like just the most awful thing at the time.

And now, obviously, I realized what a blessing it was, and it's enabled me to to learn so much and to share so much. And it's given me this. I've always had a hunger.

I've always I've always been kind of ambitious, but in a good way. It's not like getting ahead. It's just I've had a hunger I wanted to know. And this is just, just seems to grow over time.

But I think it's one of the healthiest things that we can acquire, that hunger to know, to understand. And that's. Yeah. And it fuels I think that fuels well-being.

And it you know, I'm 55, and I'm going like, you know, people in France are retired at 55 quite a lot. And I'm not thinking about retiring. I'm just thinking about what I'm doing next and continuing.

I've got this hunger, and that's what's driving me. So, you know, call it hunger, call it projects, call it what you will. But you need to be aiming at something.

You need to be aiming at something in your life. You need a purpose. And it doesn't have to be a big thing. Yeah, it can be a small thing with me. It just happens. It seems to be a big thing.

And I'm not saying that's better or worse than anybody else, but yeah, whatever it is you need to be, have that purpose and be aiming at something. Mission and purpose are important.

Yeah. So you know the, the title of your talk is the energies that heal and the energies that harm. And you mentioned a little bit you alluded to your story.

Do you mind for those of you that haven't, you know, for those of the viewers that haven't heard it before, why don't we drop into like what did happen with your cell phone in the ten year period for you and, and move into the the impact of these energies?

Yeah. So I answered my cell phone one day in 2002, and I had this reaction, which was just kind of initially unpleasant. And then over the course of a few calls, it just became unbearable.

And, people say to me, well, how did you know? Which is cell phone? Well, it was, you know, cell phone, actually, a very intense pain took it away. The pain was gone away.

And, it was this burning sensation, this prickly skin, this like my brain was burning up from the inside. It started with my cell phone, and then I was getting the same sensations around my computer, the TV, the radio in the car, the call, the landline, even a regular corded landline.

I was reacting to everything. And, it seemed as though nobody could help me because, I went to see my doctor who referred me to specialists and so on, and they couldn't find anything wrong with me.

And, and so, yeah, it was like, well, we're back to the kind of the answers within. And that's where and I went. I eventually went to see different healer persons, and that kind of put me on a track.

And it it really resonated with me that much more than, the conventional, medicine, because there seem to be the beginnings of a solution. And and. Yeah.

So, yeah, I discovered it was this thing electro magnetic fields. And the short version of all this is, Yeah. So I had these debilitating sense. So just to be clear.

So it was like it was this immediate symptoms, and then it was, brain fog, massive fatigue, and all kinds of bodily aches and pains, depression, anxiety, weight loss, weight gain.

And, it really just it it turned my world upside down. And, it was obviously a strain on everybody around me. And, I had to reorganize. My life because I couldn't do things I couldn't do.

But, yeah, the happy ending is, it took me about ten years, but I really got to a point. And I've got to a point today where, you know, like, the other day, actually, some day the internet went down and I had two days because it was a bank holiday weekend where I was working off my cell phone for the even my desktop internet connection.

And I couldn't have done that before. And so, you know, things so this is where I am today. And I did feel it a little bit initially, but. So the important thing to understand here is that everybody is not impacted by these emfs electromagnetic fields.

Yes, we're talking about we're talking about cell phone, Wi-Fi, smart wireless, Bluetooth, all of that. The wireless, the, what what's commonly called, wireless, which is actually radio frequency microwave radiation.

And then we're talking about the wired. We're in these homes, actually, where we've got this wiring, which is, which is emitting these electromagnetic fields.

Also, and this dirty electricity. And, we're being impacted by all of that. And some people are impacted very clearly. And, there's a kind of there's a very clear association between exposures and, certain symptoms, like me.

But most people, they they don't feel it. But what the science is saying is that these exposures impact everybody at the moment. Anyway, maybe that's going to change over time as, humanity evolves.

And that's my hope. So that's why it's important to understand what these technologies are doing and the screens and the, you know, how it's upsetting our kids and the addiction and the, you know, the behavioral issues around all of that.

I mean, it's profound and how this technology has impacted our society. And and that's my message is really to bring awareness to that. And also, well, okay, well, what can we do?

Because there is actually a lot we can do because the people that come to me, then either they're just kind of vaguely interested or they've got real bad symptoms.

You know, the 5G, antennas arrived on the lampposts in front of their home, and they're not well at all. And the good news is, there's so much we can do, and it is recoverable.

Not easy, but it's takes work and and it's not just emfs, of course. You know, it's the whole thing which is emfs feeding to all this toxic world, which, we're being impacted by.

And these toxins, which we're creating ourselves, emotions and trauma. And we know which is right. And all that kind of mental stuff as well. And it's all creating this perfect storm and impacting people in different ways.

So let's talk about some of the methods people can use for protecting from some of that harmful energy that's emitting from out here. A lot of the summit is talking about what they can do from the inside out.

But what about from the outside in? So, I have a protocol called the, and, so already just saying that it kind of puts

you in a good place and my, stands for and I'll talk about if we have time, I'll talk about another kind of, if you remind me on that.

But, my, stands for you for understand, M for measure and m for mitigate.

Understanding and Mitigating EMF Exposure

And so it's just understanding these emfs understanding the dangers, understanding these different types of emfs. That's the beginning. Because if you don't understand, it's just another piece of, you know, we're in this world where we're in overwhelm and it's just another bit of overwhelming information which you won't do anything with when you begin to understand the dangers and all of the science behind of all this, then you will begin to do things for you and your family, for your kids, please.

You know, look at that. Consider that particularly if you've got small ones or grandchildren. And then the second step is to measure some point you need to measure, which is really easy and inexpensive.

Now got these EMF meters. So you can measure all this stuff. Honestly you can do like a home a whole home audit in like under an hour. I mean, it's not difficult and it's not expensive.

And, and seeing is believing because it's not until you get the meat and cheese my cell phone's doing that, you know? That's insane. Yeah. I shouldn't go to bed with my cell phone.

I shouldn't do that with my cell phone. I shouldn't put it in my top pocket here. I shouldn't put it down, on my hip, you know, next to my reproductive organs, for instance.

And all that, all those kind of, understandings. And then the third thing is to mitigate. And that's a whole load of things that we can do to, protect ourselves from this.

And there's basically three things we can do. Very simple. First thing is just turn it off, whatever it is that is impacting you. And if it's a cell phone, it means invariably putting on airplane mode, like full airplane mode on everything, which all kind of wireless connectivity.

And second thing is to increase the distance between you and that device, which again, with a cell phone then literally millimeters away can reduce your exposure thousands of times thousands, you know, hundreds, thousands millimeters away.

And the third thing, possibility of, form of mitigation is to shield and shielding is like what you do when you've explored all the other possibilities.

Last resort. But basically that's the overview. And, I can go into detail on that on any of, aspect of that, but that's kind of the overview. And then it's applying all of that to these different exposures.

Okay. Well now how do I apply that to the cell phone. How do I apply that to the Wi-Fi. You know, how do I apply that to these devices, which I'm using.

And how do I apply that to my home. Because it's really what's going on in your home and notably in your bedroom, because you see when you go to bed that you've, you know, when you go to sleep, because when you go to bed, you're hopefully going to go to sleep.

And certainly by looking at all of this, you've got a way better chance of being able to go to sleep and being able to get quality sleep, and that your body can heal quite simply, that can heal.

And all of that. What that means, you know, in terms of, your cells and your hormones and, etc., melatonin, notably, so everything from devices like that to painting your bedroom walls.

Yes. Right. Yeah. Yes. Yeah. But you know, that is like when people think of Emfs, they're thinking, oh yeah, I have to paint the wall and I have to buy, you know, the Faraday canopy, which cost $10,000 and all of that.

But most of the time you don't. You get the meter and you realize, oh, it's not as bad as I thought. Or the something else, or I'm doing this or hang on a minute.

If we just do that wall, or if we sleep there or move the bed there, things like that. So it's actually a lot easier than you might think. And it's just overcoming certain hurdles in the mind sometimes about because this technology's incredibly seductive and we want to just, be like everybody else and have all those conveniences, and I and I get that.

And, you know, I've got a cell phone now after 19 years, I've got a cell phone. And it's yeah, those things which are just so complicated if we don't have one.

But this really simple, powerful things we can do to make it safer. And again, it's particularly for our kids this. And that's why I started this whole thing because I was seeing, you know, I it I saw it done to me.

And then I read the science. And that's what just blew my mind is how it impacts children, particularly small children. So you were going to talk about a second.

So the second, actually it's it's not an arm. It's a home. The home. And this is, one of really my favorite interviews on the healing with Vibrations summit.

And it was with a gentleman called Jonathan Goldman. I don't know if you know Jonathan, but he's an amazing guy. I'm. You interviewed him. He's. I haven't yet, but he will. Yeah.

He's a guest. He'll be a he's a guest. Okay. So, yeah. Bestselling author, Grammy nominee. A musician who in the 1970s was going round playing in bars and places, and he realized the music he was playing was disturbing people.

It was like not having the right effects. It was, creating negativity and even violence. And, it was perhaps just the music. It was like alcohol and everything else.

And, he went back to school, he went to university, and he started studying music and sound, and it was like he very quickly came to the realization that that music can heal that, and that sound can heal.

Not only that, the self made sounds can heal, but heal very profoundly. So again, we back to this. What we're saying at the beginning is we're we're always like, looking, for to buy something with me.

It was like buying the gadgets and the stickers and stuff to put on the, the pendulums and all the rest of it to protect me from the emfs. But we have these amazing tools, these inbuilt tools, and our voice is one of them.

Because we are, vibrational beings right down to our cells, to subatomic to, you know, the electrons, which is spinning the it's all about energy, vibration and, we have this tool, our voice, which we can create these, sounds very simply.

I mean, this had a profound effect on me. Literally. I do this every day, and I can give you a, a demonstration. It's very simple. But, Yeah, I mean, it's profound.

The science behind this, how it can change your heart rates, lower your blood pressure, increased, heart rate variability. Create nitric oxide, which was like, voted molecule of the year in 1982 or something.

It can, create melatonin.

Sound Healing, Humming, and Intention

We were talking about melatonin. You know, this master hormone. We're in this world, where we have this depletion of melatonin as a as a species because of the emfs.

Well, that can replace that and just a whole load of other things. Hormone, you know, hormonal, goodies, come from, doing this, practice. And it's it doesn't take a lot of time and anybody can do it.

And it's like, you don't have to, you know, like it's we think some people can sing and others can't. Well, this is your chance to be not judgmental about any of that and just make a noise.

You know, your God given right to make a noise, a vibration. So that was, tell me. Let's have you do it. Yeah, well, I thought you'd join in. I, I will wave to.

I do this every day too. And I don't do this every day too. Yes. So it's really getting it's always all of this says because you can kind of do this. And I have to admit, the this is one of my failings is, doing it a bit too quickly and not being in the moment with many things.

I have many practices and, but as you, as you do it more, you, you get better at it and you can do it quicker, but you need to take time and linger in this experience a little bit, I think, to do to get the most benefit from it.

And it's just really taking a big, a deep breath, a belly breath, perhaps closing your eyes so you can concentrate on it. Typically I don't, but let's do that.

I can feel you want to do that. And then we're just going to take a deep breath together and we're going to, close our mouth and just I on the on the out on the, when we exhale.

So here we go. I'm going to count to three and and then we're going to exhale. So 123. And we just keep going like that I mean, already I want somebody already put me somewhere else.

I want to show you, this is a pranayama practice that you can add to that. And it actually stimulates the vocal cords, which bathes the thyroid and oxygenated blood or nitric oxide.

And what they have you do, it's the practice is called primary bumblebee breathing. And you do it a lot louder. So I do this every day. And and you close your eyes and you close off your ears, and you cover and, you can either put your hands on top of your head and close your eyes, or just cover your eyes, and you take a big deep breath in, and you do the humming as loud as you can.

So you're really vibrating those vocal cords through the whole exhale. And you start with doing seven of those a day, and you move to 21. And so yeah.

And so it's just really beautiful. And that's it's exactly what you just said. It it it's like after I finished that, I don't want to do anything except for meditate, you know, because it's it's like the bumblebee breathing has brought everything into alignment, you know, and then the mind and it's churning is settled, you know?

Yeah, yeah, yeah. You want to do one? Yeah. Okay. It's a full exhalation with as loud of the hum as you can do. Okay. There you go. Deep breath and and then you exhale.

MPP e. And then you take a deep breath in and do it again 21 times. Okay? Yeah. This is a four drops. Everything. I always think about it like, you know how the old, cold.

What are they call it? Like when you're panning for gold and you're taking all that silt off the top, the bottom of the river and then shaking it? And what's left on top is the gold, because all the silk comes down.

That's kind of how I feel. It does in my system. Yeah. So, yeah, this is a beautiful. I'm so glad you introduced this. Yeah. And then and and then you've got variations on that also.

And, and one variation is to introduce intention. And of course when you that's tremendously powerful. And again it it's like a muscle. You know intention is very much like a muscle.

The more you the more you use it, the more powerful it gets. And, there's this kind of relationship with the everything source. And it builds. So. Yeah.

So, and we can direct without harming to different body parts that need healing. And, that's something else which is very easy to do. And I actually figured out a chart, which, like so it's, it's, it's really different for everybody.

I but there are there does seem to be so to so the that's the the hum but then we can actually go through the alphabet and we have certain sounds which resonate with certain body parts.

And I did actually create a chart on that, for my group, little group that I work with. So yeah, because we're every, everything is like, resonating slightly differently.

And it's, it's a symphony of self. All of this and but and sometimes, like, somebody's out of tune, like somebody lost the music sheet could be a knee, your ankle.

And, so it needs a little bit of help and you can help it in that way just by doing that humming exercise, closing your eyes. Locking in with that. Stiff knee, whatever it is.

And, just sending healing there that, at that frequency, I was given a, a name for that, like, it's, I think I sent you, I sent everybody that prayer that had come through, and part of it was called, like, it's it's up to each of us to sing our harmonic scale.

Yes. Yeah, yeah. It's not our right or our responsibility to awaken others, but to sing our harmonic scale.

Random Acts of Kindness and Closing Thoughts

And then if anyone hears that and wakes up, then that's that's what your gift is for them, right? Yeah. Yeah, yeah, I love that. I thought that was so beautiful.

Yeah. Yeah. Well, thank you. Lloyd. I so appreciate you taking the time to share some of your wisdom with us. Is there anything that we haven't covered that you would like to make sure you say before we say goodbye?

For now? You know, I think what I would like to share with everybody, and it's something I try and do, is, random acts of kindness, and, and so with me, it, I tend to do it more online, because that's kind of where my little world is online.

So I'm talking about random acts of kindness with people you don't know. That's I think that really if everybody and this is something, I try and share and try to remember to say and try and do it myself, most importantly, because it's by leading example that will get this ripple effect.

But if everybody was to do that because, you know, there's a whole like talk about there's a whole lot of buzz around spirituality and people thinking this spiritual when they're not.

And, and it's I don't in a way, it's just when you say the word spirituality, it's kind of, it takes some people into the wrong place, but it's just about doing the right.

I just call this doing the right thing. And if more people did the right thing, and that is just by helping people, it can be, you know, when you're when you see an old lady carrying a shopping and helping her with that or stopping for to let people cross the road when you're not even on a crossing or things like that.

Or there's so many ways you can, help people. And obviously with friends, it's saying a kind word and being supportive or or just listening. But, I think the real power of this and with me online, it's, well, people ask me stuff

and I yeah, I mean, a lot of my time I spend or a certain percentage anyway, I spend just giving stuff away, because it's, that's the world I want to live in is where people help other people without wanting anything in return.

You know? So that's what I would like to share. Yeah. Random acts of kindness. And I love that. Thank you so much for that reminder. That's beautiful.

All right, everybody, and till next time, be well.