Reduce Stress with Light & Sound: Correct Chemistry, Optimize Brain Waves Transcript

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Introduction to Brain Optimization

Welcome to the bio optimized summit where we are exploring the next level of physical and mental health you can achieve through targeted and intentional optimization.

I am your host Dr AMY and today we are talking about how to optimize your brain even more. And so I'm talking with Dr Patrick Porter very excited to have him with us today and he is an award winning author, educator, consultant entrepreneur and speaker With 30 years of experience now operating the largest self help franchise.

He has become a highly sought after expert within the personal improvement industry because of what he's been able to figure out what we can do with working with our brain and actually improving it.

And he invented the first portable light and sound neuro trainer that we're gonna talk about today and through over 2100 clinics has sold millions of these brain hacking sessions that create peak states of consciousness. DR Porter, thank you so much for taking the time to speak to us and share your experience and your knowledge. I am so excited to go over this stuff with you.

It's great to share this with your audience, Dr Amy. Thanks for having me. Absolutely. So I've been working with the brain for a long time and what I have come to love most about the brain is just how much we can manage it, how how much control we can have over it and a lot of people have still been in the mindset of their brain is what they were born with.

There's nothing much they can do about it. They kind of own their diagnoses or symptoms that they've been given any and they just kind of settle into that.

And you your science, your uh yeah, your technology that you've developed totally turns that upside down where No, you are not stuck with the brain that you have.

You can do a lot to change that. So let's start with just people are familiar with neurotransmitter levels, right? They're familiar with serotonin and how low serotonin can lead to anxiety and depression.

So people are more familiar with those brain chemicals that tell us, like how we can actually modify and modulate those neurotransmitter levels through brain waves. Right?

Well, if we get into different brainwave states, we actually trigger the brain to tell the stomach to make these because most of them are actually made in the gut, not in the brain. So when you're thinking about it, they're, they're all over the body. So for those that know that are familiar.

But the reality is that, let's just say, for instance, alpha, if we were to go near the ocean, you and I were to take a trip to the ocean listen to the ocean waves, our body would mimic the frequency of the ocean, which happens to be about 10 hertz frequency. That happens to be alpha.

So it tells our brain, let's make a set of choline while we're here because that's what it does in the seat of colonialism.

Brain Waves and Neurotransmitters

Some people call it like the feel good or the falling in love kind of neurotransmitter that we have, that's why when we're doing things, we really love time fly.

You know when Einstein said when you're on a beautiful woman for an hour, it seems like a minute. If you're sitting on a hot stove for a minute, seems like an hour. It's because when you're doing those, when you're in those like heightened states, you're an alpha.

Now, for instance, if some people go, I can't meditate, it's so hard to meditate because they always see these pictures of gurus on the mountain top. Well at the tree line for instance, the our planet is vibrating to different frequencies all over the place, but at the tree line especially, it's about 7.8 hertz frequency.

That happens to be theta. So that's probably the most underutilized brainwave state. That as adults we have. And in science right now they're trying to figure out how to make a synthetic gabba because that's the neurotransmitter that data creates.

So what I what I believe and what we found in the in the labs is that you can trigger this by putting yourself there or you can go to the mountain top if you want.

Now we can all get in our cars, drive to the mountaintops and do that, but the reality is that we can create environments where we trigger these neurotransmitters.

Of course the one we have at beta, you talk to is dopamine and that's probably why we have such an addiction to it because it's it's kind of the, you know, it's a, if anybody out there has a cell phone and you look at it more than I would say 40 times a day, the average person 150 times a day they have an addiction.

So if you've ever sat and waited for a text return, you probably have an addiction. You know, you send the text, put it away, that's fine. But a lot of people will sit there and look at it no.

When are they gonna answer when they're gonna answer then in the meantime they get on social media and flip through different things and yeah, and also like with facebook or all these other social media's, if they don't get the likes, they don't get the dopamine response that they want and so they start getting that dopamine low which causes them to then create bad behaviors really.

I mean usually they're not very good behaviors. Now serotonin which is the one that everybody knows about because they've they've proven out in some cases how it helps people in other cases it doesn't. So but the reality is that serotonin is also one that regulates our blood pressure really. So you know when you think about it when people are out of control their blood pressure and things like this and also inflammation.

You know, a lot of people have problems with their brain with inflammation. So a lot of times will have high degree of delta activity but we won't have the high degree of serotonin because it's fighting off this basically one doctor that I know dr kelly Hillerman, she says it's like people are trying to put new drapes up at their house is on fire.

You know we need to we need to calm down that and so calming down of the delta. We should only have high delta when we're sleeping. But a lot of people have high delta while they're even awake.

You know, so these all the time it's it's creating these different transmitter states or telling the brain to create these transmitter states by instructing the chemical system that the biological system to do that.

And we can create these environments for our brain that gives it that feedback rather than having to go to the beach or go to the mountains that that tree line uh during the day.

But it's our brain responding to our environment that regulates the neurotransmitters the waves. And so when we can create that feedback for our brain, it really allows us to be more in control and have more choice in terms of what's going on in our brain and what what we want it to be doing in the moment.

Yeah, I tell people really to simplify things for most people. I tell them you have two brains, you have this survivor brain and you have this healing brain and it's like a light switch, it's either on or off.

You know, if you're in that survivor brain because you're high stressed and you're operating this way, you're basically hijack the perfect system because our body can do it if you know, if we all lived on Gilligan's island and all we have to do is worry about, you know, mary ann and ginger ale and ginger, not ginger ale, but you know, if we were just worried about hey we're gonna have coconut pie for dinner, you know, these kind of things, we wouldn't have the stress, but the problem is we're bombarded every day with decisions that literally cause a cascade of effects that cause our nervous system to shut down so we need to take time to get away from it all and reboot and rediscover our healing brain and once we learn that we're not going to avoid the stress. I mean I have a lot of people say, can you help me get rid of stress? No, we can help you manage it because you know, there are stresses how we learn and grow. That's that's the reason we're here talking over the computer right now, somebody was stressed out, you know, and said, hey, I I want to be able to talk at a distance, you know, and how do we do this and you know, this is really a quantum realm, we're in right now. I mean we're talking to each other and doing these things and it's well beyond our conscious comprehension really.

I mean if we took this back to our grandparents, at least my grandparents, they'd be going no way you can't do that. You know, that was the Jetsons back then, there wasn't, there was no reality like this and it's when we have these imbalances in the neurotransmitters and in this the wave states that then kind of our days are hijacked, our mood is hijacked, We are not able to be making good decisions because our brain is just not uh in that space where it can even activate those area as well, especially if it's stuck in the survival brain, that limbic system is on overdrive and it's not getting much feedback anymore from that frontal cortex, which is where we want to be, especially most of the time if we're performers and executives and trying to work and do things, we need that online.

So we need to figure out when and how we can get our brain into this reboot stage that you're talking about, right, what we tell people to is think of these brain waves like gear, shift gears on automobile. If you have a standard and you have to shift the gears then that's a little harder because automatic, once we're in in health and healing and that kind of shift gears on its own, but a lot of people get stuck in third gear and they think that that's the only year they have and that might be the high stress gear.

Some people get underdeveloped nervous systems, are they underperform and that's just as bad. You know, they get narcolepsy or whatever they, you know, as soon as they calm down, they just fall asleep, you know?

So are we call it a frequency switching technology? Our brain does this automatically when we're in health and healing mode, but we're when we're in stress mode, just one example is if somebody has like an autistic brain for instance, they're usually stuck either in overdrive, which is the high beta brain, that reactionary brain that, you know, the survivor brain or they're stuck in disassociation.

They're stuck in that data brain and there, that's why like robert Melo wrote a book called Disassociated Kids because they get they they're not in touch, we need all these frequencies. In other words, it's not like one is better than the other. It's just, we need them at the right times. You know, it's like we don't want to be driving in san Francisco and only have, you know, third year, you know, we want to be able to go up and down those hills, we want to be able to downshift and do whatever we need to do and we need the delta waves at night.

Right? So those are the restorative waves for our brain when we're sleeping, but it sounds like a person can have those during the day. And is that when it's more associated with the inflammation like you were talking about?

Yeah, if you have, unfortunately when we do brain scans, when we were trav And doing trade shows, we'd find that most of the participants actually had 60% of their brain in delta while they were awake.

Now that could be because they were away from home. Maybe they had a few adult beverages the night before. All the things that happened at trade shows, you know, that they weren't sleeping right? They were in the right bed.

But the reality is that the brain is going to try to shut down and so what do we do? You know, being good, hardworking people will do, we'll do something, we'll have a coffee, we'll have a chocolate bar, will do whatever will push through it, thinking that we can. And what happens there is the chemical system, like the adrenals, which a lot of people talk about, that's kind of your third, that's, that's like the generator you have of a hurricane comes.

You know, you only want to turn that on if you really need it. You know, the electrical system is almost infinite. It can, we can switch back and forth. We get a lot of energy.

We can, you know, we can do things, but pretty soon if we're in that fight or flight too much that survivor brain, the chemical system has to pick it up and our body will rob peter to pay paul And then pretty soon you know the bank's gonna say, hey you've got some checks out here that need to be cached and then people get ill you know and They can't understand that I've been able to do this but I love it when I when I have a client that says I've been able this my whole life, I can't believe you know about 35, I just can't do this anymore. I started gaining weight or I started you know, I don't I only have one good nerve or you know whatever it's like well the body can only do that for so long. And that really has to do with these neurotransmitters. And when you're talking about sleep at night, a lot of people don't realize that deep sleep is your most important sleep.

There's a lot of misconceptions out there about sleep. They think it's about length of time. You could be laying in bed for 8 to 10 hours and not get the sleep you need.

Survival Brain vs Healing Brain

There's a lot of different studies out there. But what we find is that if you get one hour of deep sleep what they call delta sleep, that's paralytic sleep during that paralytic sleep.

Your body actually detox is the brain. If you don't get that paralytic sleep, you don't detox the brain. So that means it's it's almost like that blood brain barrier or they like it like that. We have these glia foma, which is almost like lymph, the lymph lymph system in 2016 in american scientific, they actually did a report about that because the medical community finally said, hey, we have a lymphatic system, which we all know that there's one next to every blood vessel. But for some reason they didn't give credit to the brain. But yeah, so we need to detox so we can get the nutrients into and that has that's a function of brain wave technology.

So, and then if we don't get enough gabba, gabba is what's responsible for putting you to sleep. So if you're stressed out all day and you don't have enough gaba in your system, you'll toss and turn and worry.

And that's why right now in the medical world. Before covid of course, uh that was one of the most widely researched because two thirds of the american population isn't sleeping well. They might go to bed.

They might say, well I'm sleeping eight hours. I can't believe I'm not sleeping. You need about 2.5 hours. That rem sleep. That's when you're in there, That alpha theta brain wave and that's when you also can remember those dreams too. If good or bad.

I mean obviously a lot of people love the good dreams, but you know, our brain figures things out at night and it takes that through the hippocampus, it will take the short term memories and make them long term memories and and a lot of people believe they don't, nobody really knows, but they believe it happens during sleep, which which I think so, because a lot of daytime experiences show up in different forms and then we're able to cope with them at that time.

Exactly, and this is really making me kind of bring two worlds together right now, dr porter, so I'll need to think about this more. But what, what I'm hearing you say is that with the inflammation that happens in the brain, and this is something that I've had part of as part of my health journey where I've got primed my googly, a number of head concussions from my bike injuries, and so I have this response that will happen in times of high stress, where it will feel like just this, this heaviness that starts to take over my brain and I will try to fight it right? Like I do all those things that you listed in terms of trying to fight that in order to I think, you know, like increase my norepinephrine, increase my dopamine in order to be able to stay alert, but it's coming right, like, and I feel it coming and I know at this point that it's just a matter of time before I have to go take a nap and give my brain that deep sleep and then it wakes up and it it feels better even though I still have to work with it for a few days.

Once it reaches that point. But this is making me think that this this kind of fatigue that hits my brain and I know that it's inflammation related would be my brain going into the delta wave state a lot of times to that serotonin is

overproducing.

So think about it like having too much milk in the refrigerator, you might have milk in there, but it's no longer any good. You know, our body works best by flushing, you know, it's like it wants the serotonin for this moment. It's almost like these these neurons that tell the neurons that tell the brain, you know, hey makes their own and they're telling it for this moment in time. It's like Our body is very adaptive, right? If we walk outside, it's cold, we shiver.

If it's hot, we sweat, you know, and that's only on a physical level, but it's also happening on, you know, the micro level everything is happening. So this communication is happening all the time and once we get in the flow, that's why breath breath work. So important, breathing and bringing that in and balancing the brain and the whole thing is that our body, it doesn't take a long time. You can reboot the system in as little as 10 minutes. Um we've actually had some sessions where we've seen in 10 minutes. We could reboot the system.

One study that we just got published, we were supposed to present it to the National Institute of Health in May. But of course it was online was that we took 100 people, 55, did one session, 20 minute session reboot.

And we showed that we were able to increase their neurological function by 27.3% and that's it doesn't take a long time because in these states other than beta where we're talking right now, this awake state there that we have time here only because we have clocks right?

And we know we revolve around the sun, we do all these things. But when we get into these other states they're they're kind of out of time states, you know where you know where we're doing things And those states were able to, like most people out there listening probably have had a dream where it seemed like it was a reality. You know like you had a whole life and you woke up and go, wow, that was just a dream. Well the average dream only last seven seconds.

So when you think about it, there's what our brain can do, it's a 100 billion nerve processors. So what can it do with they say one neuron connection is as powerful as a cray computer. So I mean when you think about it, we have this massive computer system that's able to do incredible things for us.

But it only does what we've trained it to do or if we've been that's trained by our environment by our parents, by social norms, whatever those are. So we need to really be open to what this what our brain can do.

And it works best, you know, with an optimistic mindset because if you have a pessimistic mindset, the brain starts shutting down. We've we've seen that quite often under fear your brain will shut down because it says we don't want choices now.

We need to we need to know do I need to freeze? Do I need to flee? You know, we're not thinking, oh gosh, what's the problem of the universe? You know, we're not we're not contemplating those things that happens when we're sitting on the beach and listening to the waves and watching.

So is it fair to say then that a brain that's shutting down from overwhelm is going is manifesting delta waves and that a brain and sympathetic, very active, very high energy looking for threat, hypervigilant is in more of the beta waves.

And they actually what happens? It's weird. It's almost like it's squeezed the alpha theta wave, you get the high delta and the high beta. So it's almost like you go unconscious like people will say that they saw they saw black or they saw red or and then after they're done, they go, you did this this and this what you want because you're unconscious took over at that point, you're our safety systems and they say that 25% of the time anyway, we're unconscious because there's so much going on.

Um, you know, they're just just in general here, doctor, I mean when you, when we're watching each other here, our brain, our eyes, I should say are interpreting 2000 pieces of information, but ophthalmologists will tell you, we only act on 40 of them.

So what is all that other information? You know, we're not acting on it. So in the same thing happens in the field of hearing and all these other things. So we're we're processing a lot more information and it's really how does our brain sort it?

So we don't go into overwhelm, you know, in state, but a lot of things are missing. You know, that's why, you know, we can misplace that salt shaker on the counter when our spouse says, hey, it's just there on the counter and go, no, it's not. And they walk out and they show it to us, no, it wasn't there a minute ago. You know, because our brain admitted that piece of information because it was our attitude that if we walked in there saying it's not there, I know it's not there, then the brain goes, okay, you're right. You know, we're gonna make you, right? So those kind of things happen all the time.

We completely underestimate our brain and and our nervous system really right and all that, it does subconsciously for us unconsciously. And I mean if we even just had to focus on making our heartbeat and our lungs breathing and coordinating that in the right way, right, let alone taking in all the sensory stuff that is in our environment and knowing what is important and what is not important and filtering that.

And that's why I get really excited about the type of work that you're doing because we're able to work with all of that stuff that's happening on the subconscious level, optimize it. So that then that frees our brain up to really be able to do what we wanted to do. So explain to me more about like the reboot, what happens in that 20 minutes of reboot that is able to shift that increase by 23%.

Well there's a couple of things. One is, everything is vibrating everything in the universe. So it all has a vibrant ori frequency to it. Um we now know that there's if we took the whole population of the planet and all of its solid nous, we could put it into a thimble. So we're pretty much information, we're information systems, we don't know which is cool, right? Like, like just isn't that like the coolest concept is that I'm just a walking piece of information, right?

So we're interpreting all this information, Our bodies interpreting all this information from the foods we eat, the beverages, we drink the thoughts, everything is coming in.

Sleep, Delta Waves, and Recovery

And so what happens is that when we reboot we first of all have to isolate and get all of those sensory based systems moving in the right direction. So we work with lights on vibration. So we're gonna coordinate those things and we're gonna mimic what's happening in nature.

So nature has these frequencies like we talked about a little bit ago and then so once the brain has that then the field collapses. So think about it like a quantum wave.

You know they now know that all light can be a particle in a wave. And since we actually while we're sitting here talking every 40 seconds this is for every person watching every 40 seconds your DNA is pulsating light.

They know this now it's science fact it's not metaphysical and it's re braiding that quote junk D. N. A. Which there's no junk. They just don't know what it is. When they said they they mapped out the D.

N. A. They mapped out 1% congratulations there the 99% they couldn't figure out. So they said it's just junk. But now they know it re braids every 40 seconds that's what's adapting So that we're adaptive in nature. Even our genome.

You know they you know 80% of who we are isn't from our parents. It's from what we've experienced all these. So what happens is we need to we then feed light in or sound.

And by doing that you can work with just sound too because sound creates light, you know, so When you think of light and sound, the brain creates these environments and we're going to get the brain first to calm down and a unified what they call coherency.

So our heart, while we're talking here, our heart has 40,000 neutrino cells which they used to say, Hey, follow your heart. Well now they know your heart is actually the brain. It's the heart brain and it tells this big brain what to do because it talks twice as much to it than it does to, you know, this brain in our gut brain. You know, there's more neuron connections in our guts. So we're learning more and more about how this system works, but we have to build coherency first.

So my understanding, like the heart communicates less with the neuro transmitters like the brain, but more with electromagnetic waves, which allows it to communicate that much faster than the rest of the communication systems in the body.

Is that correct? And they're now finding that the the fashion, you know, the the dura and the fascia that surrounds it, they're kind of thinking of that now as fiber optic cabling through the system that sends this information as pulses of light. Because when when these, when this pulse of light happens, it's not just in one gene, I mean we have, you know, these we have two million gene pairs, right? So uh and four of them are changing all the time. So, you know, what's happening with that.

And they know that it has something to do with how we think. But of course the science is very little, I mean, 20 years ago we're talking, we'll be saying, okay, you have an artist brain, you have a you have a C P a brain.

You know, now they know, no, it's it's all a matter of what they call neural plasticity, which is how does the brain take in energy and transmit that energy across itself?

So, we also have these two hemispheres, which they now know they're not really right brain or left brain. It's more about they both can do it, but it's about coherency if the brain. So not only coherency here, but it's coherency in the whole body, the whole system, meaning that everything is in its coordinated. So this is how do we coordinate it.

Now when we were first born, If we were healthy, then, you know, a lot of people say, hey, I slept like a baby and they're not talking about up all night crying with a dirty diaper, They're talking about, you know, the opposite, right? You know, you don't move your sleeping, you have that great sleep. Well, that's because then we could turn off that beta brain, you know, and we could just sink into our natural rhythms, like surrender into the natural state of our best health.

Yes. And you know, we used to sleep outside. We used to be in harmony with the earth, we know that there's, there's a science called er thing, Clint Oprah is a friend of mine wrote the book er thing and we we do that. We have chairs that are earth.

I mean that are grounded. So people said, and then all these things play into it. But if you can't even do that, what happens is that's why taking a nap. So they, all the science of napping shows it takes about 3 to 4 hours to nap. Well, back in the eighties when we created this, of course, nobody took naps because that was like, jeez, you gotta be in first or second grade or younger to take naps.

But now they know the benefits of naps. So there's all these, there's even places where you go and take naps. But we said most people don't have time to do that.

So how can we imitate a nap? What is what is really happening during the nap? Well, we're going through a cycle of sleep now at night. We might go through six or seven of these cycles and that's what builds up our neurotransmitter bank account. So the next morning we wake up, we got this full bank account now and go spend it because if we don't spend it, guess what? We don't get to carry it over.

So it's, it's not like I'm going to conserve it, that's why if you're, if you're lazy, if you don't do anything, you you're, you know, you're a body at rest then basically you start to decay.

You know, we we we need to be moving, breathing, our nervous system works best moving and breathing. And so yes, so as we do these things, what happens is recovery. Now they're seeing like we work with olympic athletes or pro athletes, we usually use heart rate variability which to measure it and we can show them their overtraining.

Most of them are not under training, but they're not giving their body their adequate rest and recovery it needs.

Now think about what's happening to the everyday person right now. Our bodies are designed for this fight or flight response 2 to 3 times a week. That's what it used to be. Even with Sabretooth tigers running around, you know, that might be what we walk around the corner, something might.

Then we'd run back to our cave and we made it, our heart rate would go down, we'd watch the fire, we tell people stories about how they go, you know, the next day, wake up and do it all again, we wouldn't see it, you know, now what do people do? They get up in the morning?

They look at their phone, they get two or three negative messages all of a sudden. Yeah, so they're they're triggered. So what a reboot is is we're going to use technology to solve the problem, technology is causing, you know, technology has got a lot of great things. Of course, I'm I'm a geek, you know, by nature, you know that I grew up before there were computers, but I remember being in our school, we didn't have monitors, we had computers, but it was punch cards, you know, so, you know, they're a little bit different than what people have today.

My grandkids still don't understand that. I didn't have a cellphone growing up, you know, things like that. But what we did, you know, we could just walk outside, we could get away from technology, like even this weekend, weekends when you're at work used to be, you'd leave work, boom, you're gone. No problem.

Now we have what they call electronic leashes, right? We can be texted any moment, we can check our emails, People all over the world think I'm just waiting up for their calls. You know, those are things that happen, you know, because we're in 100 and 20 countries, so that to them, they're up. Why aren't you up?

You know, what do you mean? East Coast United States, all these things. So all these things are happening around the world. So reboot is kind of unplugging from reality.

From conscious reality in, plugging into what I call reality because it's like unplugging from the demands that our environment has created for us and it's it's getting us back into what is truly like the healthy coherent state of the universe.

In terms of there's a there's a place and a time for recovery and that's not what our world, our environment, our society has has done right. I mean really when when we're in several schools in one of my favorite schools in India, it's called the Creative School.

Rebooting the Brain with Light and Sound

And they use our technology for brain prep there because they found out that you know when kids are doing this and you know, if your child is doing at home learning right now, do not let them look at the tv before you start school because that hijacks their brain, it gets them it over excites the nervous system, it's hard for them to calm back down.

They need to reboot them. But what they did is they would do something like either yoga breathing exercises, tai chi and then they do brain tap to get the brain ready and you know, you really want to get the brain coherent, so you take it through some exercises now, there's a lot of ways to do this naturally.

The problem is people don't wanna take the time to practice it. You know, they wanna they want it easy, they want it fast, they just want to press a button and it happens. So we jokingly say press play to change because that's the way it works. You know, your brain follows these things because it's natural to the brain. Our brain also loves patterns, so those could be negative or positive patterns. You know, of course we wanna, everybody wants to think the brain the brain doesn't care, it doesn't discern like we do, it thinks oh you're spending all your time playing video games, that must be what you love to do. Let's do more of it, you know that you know, and unfortunately if we have one of those addictive type brains that loves that dopamine response, gonna do it even more where I was lucky, I never I love computers but I don't like computer games where there's a lot of people I know they like crazy for them.

Yeah our brain loves pattern recognition, it's a pattern recognizing machine and it takes everything from our past right? And says what is important about the past that that can guide my future in terms of what's happening in my environment right now And so this is this is really exciting and I love that you're doing this in schools because this is where it really starts. So many kids, more kids than ever before are having problems focusing in school. They're getting diagnoses, they're they're getting labeled with A D. D. A. D. H.

D. And yet so much of it is just that parents don't understand the the need there that their brains have in the mornings to set them up for success for being able to focus and study and being in those right alpha waves for their school day. Yeah, I think that's when I was 12 and my dad started teaching us and that's what helped me. He tricked me into doing it for sports.

But then I realized it would also work for school and I became very smart in school where I was held back in second grade because I wasn't coherent. I was all over the place. I was an artist.

I had that artist brain at that time, you know, and I loved to draw and daydream and do those things and I wasn't ready to because no one trained me. But as soon as I trained my brain to focus and become conscious of what I'm doing of course nowadays, you know, if anyone watches tv now there they'll find there's even more commercials used to be, There was only five minutes commercials in an hour.

Now there's 20 minutes worth of commercials. That's because the attention span of people is just so short that they have to interrupt the story or the people get distracted and they'll turn the channel, you know, so they set up these, what we call pattern interrupts to give them the bite sized pieces the brain can handle.

So we've talked a little bit about light, right? Even that light is coming from our D. N. A. It's pulsing and we've talked a little bit about vibration and let's talk a little bit about sound and what can you share about the binaural beats chronic tones, those types of things and how that can be used for helping us optimize our brain? Yeah. Well the big thing with sound is of course sound is the easiest to deploy. And uh most people, you know, they listen to music, they do different things.

So we know that if anyone's ever been to like a concert, like not a rock concert, but more of a like a symphony or something like that, you look around the room, I always look around the room and go what these people are sleeping for 150 to $200.

You know, they but they'll gladly pay it because they're not able relax that music, they actually call it the Mozart effect because when you're in that, that kind of music creates 10 cycle rhythms. And so the brain goes, wow, I really like that now, of course rock music or something like that.

It's better to clean the house with because it gives you energy and you do your thing. So I always tell people you can create the soundtrack to your life.

Now, we're so lucky, you know, used to be only royalty could do this, right? But what binaural beats do because our brain is not coherent. Again, it can we take, let's say we take a 200 hertz frequency in one year, 200 then the other the brain actually hears a phantom sound, a 10 hertz frequency now, right in the middle. So what happens then is that's the frequency the brain follows. Now, what's so important about that with our hearing, for instance, in why we use light to for instance, just to bring that back into it a little bit. If you ever been to a lecture and you couldn't hear the lecturer, But then you you adjusted your line of sight so you could see the lecture.

They now know our eyes actually control 30% of our hearing. So when you when you think about that, so that's because if we heard everything, we'd be distracted. So so we're walking through the jungle, we want to see what's right in front of us. We want to hear what's right there.

You know, we'll hear something unusual. They call it the particular activating system. It's going to track that or what they called the default mode network.

However you're thinking about that in brain science. But then what What So it does, It's gonna harmonize because

the brain is always now we have two eyes that do the same thing two years. You know, we have this redundancy and so we're creating this holographic kind of space.

Now, one thing to remember without getting too metaphysical about it is nothing is happening out here in our consciousness. It's all happening in here.

You know, even though it really seems to be out there. But the reality is it's all happening somewhere in here and we don't know how to explain it. But it's so the difference between binaural beats which are stereo and ice, a chronic tones which are mono, is that like anyone out there's ever been to a drum circle, which I incur to do it at some point or another. Their little you go there and you start beating the drum pretty soon there's music being played because everything in our universe is synchronized and there's a really good place on youtube.

You can go just put in synchronized metronome. They have 200 metronome. They start at all different times. And within three minutes those metronome are all synchronized.

We know the brain waves, It can take anywhere between. We we did this with 1000 people to see how quickly we could get their brains to synchronize using light, sound, vibration and every person, 1000 people could do it within four minutes. So all of our sessions, the first thing we do to create coherency is create this balanced hemispheres.

Well they figured this out with music a long time ago. The music that we like has the symmetry to it. The music we don't like doesn't have that symmetry.

That's when we say you don't know how to play music, but as soon as they get that rhythm and that cadence, we like that and our brain goes, oh that's good.

We like it because our brain is coherent with it, you know, and things of that nature. So sound is a really good way to trigger alpha and theta and altered states. You know if people want to reboot their system.

You know a lot of times they'll listen to white noise even you know, that's a nicer chronic tone, you know when you have that in your room, if you have a waterfall going in your office, like a lot of people do these, they put waterfalls in there, that's a nicer chronic tone generator.

It creates alpha brainwave frequencies but you don't have to have special earphones on or anything like that. You just there and you're listening to them.

I mean I love just how adaptable the brain is right and it's it's getting this information from our environment and it's responding by becoming synchronous with it.

And so again that just gives me that much more hope that well I know the things that I can do to create a different environment for my brain that it will be producing these wave states and neurotransmitters that I wanted to be in that moment.

Yeah let's talk about. Yeah let's let's talk about the gamma brain waves and this still point. Okay, okay well gamma they now know or at least the research I had an opportunity to meet with lee Tai who runs a mighty brain lab and she did the studies on blue light therapy and we met with her because my Ceo is friends with the guy runs the brain lab at M. I. T and she read a report that said hey she could get 6% increase in gamma which is pretty good. I said well we get 23% increase in gamma and we don't go to gamma. Although I do have some gamma sessions now because we've been playing with it. And people especially a group of doctors that does they do like Alaska and that kind of help people with addiction therapy and they're getting triggered resp like that. We're just using our gamma frequency training.

I've never done that so I can't speak if that's what's happening or not. And the gamma waves are the fastest waves. And and it really is my understanding of it is that it's this the wave state in which the brain can really organize more information from all different places. Um Is that is that kind of a good way to describe the gamma waves so that they start off in the pineal gland.

You know? So when you think about that it's like a bass drum 40 times a second. It's it's like what keeps the band going without without that gamma the rest of the band can't play.

And we know there's a few brain waves as we get better looking and more intelligent with age that seemed to atrophy gamma is one of them. There's one called SmR which happens to be between alpha and Beta.

They can break these down into like 16 different ones. But to keep it simple we'll just work with the six. But I only mentioned SmR because that's the one that actually has to do with cognitive thinking.

And most of people with dementia, they have high beta, but they have too high of beta and they have low alpha and they don't have so there's a band right between there and that's really what goes gets when they talk about.

Einstein used to function in Alpha and he had all this access to all this creative, he was really an smr that's the sensory motor rhythm and has to do with distributor system too. So that's why there's a correlation between people with as they get older in their ability to stay balanced.

And it has to do with that brainwave state. So, and we know that if we cross over the there's a we call it the still point could be there's two different points that could be known for that. One is 10 hertz frequency and one is 7.8 hertz frequency. That's why I mentioned them earlier when you think of them like uh there's a tuning like tuning forks.

When you eat a tuning fork and all the other forks that around that go, they start vibrating. Well when you cross over that 10 hertz frequency, your brain lights up all other frequencies increase.

And so there's a we call it a symphony of brain waves. So we need the symphony of brain waves, the best brains on Earth. And this was from a researcher who has passed away now.

But she used to work with us called an Wise and she wrote a book called the Master brain wave and she traveled around the world actually doing these um que E G.

S. When they first came out, when I started there was no, we only had something called the Mind mirror and it really only measured right or left brain. And then we got into all the different ways we can do it. As soon as they had one that could measure, you know, the different hemispheres and different lobes of the brain.

She traveled around, she found out there was one thing that was common with either a guru who is a heavy meditator, a business person who was like one of these creative geniuses, somebody who's a sports athlete, when they get in the zone, all of these peak states all had something in common.

All of these brain waves were present and they had high. Now we know she couldn't measure it about 10 years ago, they started playing around with Gamma. So now we have Gamma.

They used to think gamma was a high anxiety state Because they didn't understand it, but high beta, when you get between 30 and 40 in beta, you can be a little, that's why a lot of people get into these states and they act a little psychotic, you know, for a little bit. But as soon as you break through that 40 hertz frequency, it's almost like this newcombe, this new and what we find, I have a brother in law, that's a surgeon.

Gamma Waves, Flow States, and Trauma Recovery

And when I did a brain map with him, he had really low brainwaves. And I said, carl, imagine you're doing your surgery because he does the facial surgeries as a maxillofacial surgeon. And when, as soon as he started thinking, his Gamma just started going off the chart because when he was in that, when he's in that surgery is looking for his little goggles and he's doing this micro work and he's really good at. It is one the top, you know, in in Arizona. So I knew that he must have a lot of Gamma because that's what I've been reading about is like any high achiever.

When, when we have people like when working with the athletes and we say you're in the middle of your, you

know, imagine you're running you're you're 80 or 4 40 it's time for the kick. Gamma just increases.

It's like the brain knows when to get. So, you know, I think that Gamma is the one that I think we're going to learn more and more about also they believe that it breaks down amyloid plaque in the brain, which could be uh of course our brain is 45% of the cholesterol in the bodies in our brain, which we need, uh, you know, if we don't have it, then think bad things started happening to.

But, uh, if we get too much this amyloid plaque, they think they don't, of course nobody knows yet. But the thing is that if you have too much of that, you don't get that flow of electrons and so you don't get that neural plasticity that you need. So dr porter this.

I'm really curious about this with these people who have these higher levels of gamma waves. Is this something that they were born with? Is this something that they've developed over time? Is this something that they've put themselves into something practiced at it? And then, and then it's a result of that?

Or do we even understand how and why these people have the higher gamma wave activity? Yeah, I don't think we know exactly yet, but I do know that there are people that are born that way.

Like, I know I know a gentleman and this might sound really bizarre to people out there. He was raised by someone who started the Church of Religious Science because he can read your mind and I'm not kidding. You think of thought he could, he said that he's been examined, They told him he was normal.

So that means the rest of us are abnormal, but he has extraordinary amounts of gamma. Like he just walks around in that state. That's his normal state and he he can picture things and you know, just like he, he just does these incredible things now.

I think that some people, they learn it, you know, that they, it's a latent talent, but I think everyone has the ability just like just like meditating.

I think anyone can learn to meditate. But the problem is that a lot of people don't put the time, energy and effort into learning it. In fact, most people stress out because of it, stress is probably the biggest deterrent from learning. So when you think about that stress state and this is an easy thing, it's almost like this should be easy, easy for people and they should ease into it. But we're under so much pressure to perform that people don't give it the time. Like they go, what do you mean? It's gonna take you five years to do that.

You know, they want the benefits of all that, but they don't want the time spent getting those, those benefits. And I think that there are people like healers, I know some, we've, we've measured some people who do this reiki healing and they bring this energy through. They visualize this energy coming through and when they're connected, their gamma starts to increase and as long as they're visualizing it and they didn't, they don't even know that nobody told them, hey, go get gamma. You know, it's one of those things, they just do it, you know, and some people would describe almost like a flow state where it's not something that you're consciously trying to create for yourself, it's something that that just happens and flows when you go into that state of being, I don't know, like fully, it's both like fully present and like at your at your best in your element, right? And I think that's also why people are trying to figure that out. Like that's why this, there's a big movement right now in psychedelics to try to unlock the brain the code because people get locked. But if you under the right environment, I guess with the right people, you can do that, they call it set and setting, you know, So if you get that right, then the brain changes and we've we've measured pre imposed brains after like Ayahuasca treatments and they are they are off the chart afterwards, They've gamma and they might have been high stressed out, they weren't able, they had ptsD these are people typically the group that I'm talking about, they had severe pTSD, they haven't slept in like 10 years and they, you know, they basically, as soon as they close their eyes, are seeing the trauma again and the trauma gets released because it's locked into our physiology records all that trauma. Most people would know it as psychosomatic illnesses, but our body think of your body like a hard drive in your mind as the keyboard, you know? And so you're coding in all this information into your body. So because our bodies recording this information and if we can liberate it, we can have that information, but it doesn't have to be crystallized or stored into our physical body.

So I'm curious and like after the Ayahuasca treatment, does that create enough of a reboot for this system where all the other waves that you want start to happen on a on a rhythm, on a routine that is healthy or like what what is what is the the effects of that increase in gamma waves before and after the ayahuasca treatment?

Probably if we have an interview next year, I'll have more information on that. I'm actually supposed to be going out to where it's happening and because up to now I've just been consulting with them and they do it with the with the brain happening to do with the device that we have that measures it the but I think that what's what's primarily happening is they come away with the idea that they're not trapped anymore. Like people feel like they're I call it a cybernetic loops, like we get this loop, like um it could be just something minor like let's say you were married a couple of times and you had an abusive husband for instance and now every man is abusive because you see the feedback loop of being a victim not seeing, not seeing the escape, not feeling the empowerment.

And as soon as you open soon as you open to those possibilities in what I call it, the field of possibility. Once you're in the field of possibility, then wow, you're no longer trapped anymore. That that yeah, that was true. Just like in one of my books, I say I was blessed to be the son of an alcoholic because it didn't serve me to say, hey, my dad's an alcoholic. I should be an alcoholic too.

It's better that, hey, let's learn from it. Let's move on. Um let's, you know, I don't, I don't believe anyone is trapped in anything in the past. Today is new. You're not even the same.

We're not even the same people who started this interview. I mean trillions of cells have changed since then and the information that's been exchanged has changed. Our gene expression were totally different than we were when we started.

Well, I know I'm different just because I've learned some incredibly cool things that I'm gonna need to wrap my mind around after this. So, and I don't want us to leave this interview without talking about the brain tap the headset and what this can do for people, right? You can see it back here.

I have it back here on display. Uh it's in my office. But what happens is you put light, you put it on light does a lot of incredible things like light is going to feed it into the system and create vaso dilation blood flow circulation for those that understand that you're going to hear, it's going to feed the the A.

T. P. Production. So like brain health, we want to get light into the brain as quickly as possible so that it it actually starts turning on our mitochondria too by the way is always accepting light and transmitting light.

It's ourselves communicate in this way. So mitochondria health, which is a really big thing out there right now. And how do you get these nutrients into the brain And then we're going to relax the body. We have one study that we did when people do intravenous amino acids for addiction, they were recording 30% more absorption in the body when they were using the brain tap because the parasympathetic system was activated.

That's the healing. So when when you're doing this. So we're going to coordinate the light with the sound and we're gonna use two different frequencies of light. One is 6 33 and one is 4 70.

These are two of the healing lights that happened from our own sun. So our body craves that light. That's why we love sunrises and sunsets. We also can use a 10 but we don't use it on the eyes.

We could use it in the years if we wanted to but we use other light sources for that and then we're coordinating that with sound. So we're creating a holographic effect.

And so we can reboot the system. We call it a health hack.

Brain Tap Applications and Results

So what happens is instead of taking your 3 to 4 hours to sleep, you can do it in as little as 10 minutes and depending on on what you want to achieve, let's say you want to wake up and energize the brain become more

focused, more motivated, have better concentration, we have 10 minute sessions for that.

If you want to reboot the system, we have over 1000 sessions really that can help you reboot the system from series is like a better life me life mastery, stop smoking, weight loss, sports improvement. We have different, we have a study going on right now with Seminole college, that's one for their golf team. We're just getting ready to start one with Arkansas that's with their tennis team because a lot of people know that sports is in the mind, you know going so we have ones for improving your sport.

We have some that are just improving your life just for rebooting your system. We also have ones are most favorite ones that people listen to other sleep ones because people aren't getting enough sleep. But what we find is after about three or four weeks of using the sleep program. You don't really need to listen to sleep ones anymore because you retrain the brain, our brains know how to do this.

The misconception is that you need to now you do need to do some form of meditation the rest of your life. I tell people it's like brushing your teeth if you want to keep your teeth you keep brushing them.

The same thing is true with doing these type of meditations. So the more you, the more you do these types of meditations training the brain if not what's going, what happen is life is going to happen to you again and as long as you let life happen to you instead of through you, you have these disruptions in neurological flow and we want to, you know like for me two o'clock in the afternoon, most days between two and three I'm doing my brain tap session and I don't have any quote addictions but I do I do know that I need to keep my brain tuned up just to run a business, right?

And we can take that population of people who have become dependent because if something works to help shift their system that is a very stuck system then that's usually something that we can really apply in our life and know that we're getting that benefit.

And with the brain tab it seems like no matter what it is that you're wanting to use it for, which there's lots of different reasons to use it. But it helps you accelerate your journey to getting those results.

I'm the Dean of Brain based Medicine at Quantum University in Hawaii and we actually, I took the professor's notes and made them into brain tap sessions.

So the students could actually do go over their notes while doing a brain tap session and were able to take a four year course and do it in as little as two years because we're going to our learning systems haven't changed since the 18 hundreds and I think we're going to see more and more of these learnings strategies, not only at the college level but throughout the school, because we need a way to first prepare the brain for learning.

You know, a lot of people just go, okay, calm down, We're ready to learn, you know, that's not and we all know the person that's even happened to ourselves when we get stressed. We don't have access to all that information when our brain is relaxed in our body, our physiology is relaxed.

We have more and more that flow state like you're talking about and that information just comes to us. And what I love about what you're doing is that you're really just promoting the natural, most healthiest state of our brain rather than trying to create an artificial state or introducing something artificial, you're using what the body already uses. You're just enhancing that in order to help us again, kind of get back to our healthiest state since our current environment is not one that provides that that end environment where it can relax.

There's like you say, like it starts from the moment we wake up and there's constant demands on us. Some, some of us like you, even when you're asleep, right. you feel that constant demand on you.

It's all about retraining the brain and giving it choices. Giving up, we call it behavioral flexibility in our physical life. We need that same kind of flexibility in our mental life.

Absolutely. And then there really is so much more potential in our life and our work and our families. Like I'm

realizing just how awesome this could be on all levels for all ages and all circumstances.

Yeah. I mean just for the listeners, we just finished a unique pilot study with women 55 65 with dementia. They were all diagnosed from their medical doctor with dementia.

They all took the Cambridge science test. They all scored as dementia. But after six weeks of just doing brain tap, nothing else three times a day They were 40, the average is 49% more neural plasticity. They went back to their, they didn't score now on those Cambridge science tests that they had dementia.

They went back to their doctor and he said, Hey, if you came to me like this, I wouldn't have diagnosed you. But of course there like there was only six weeks ago.

So I don't know what happened in between that time, but it's because our brain can adapt very quickly now. They have to keep doing it. It's not like it's especially as we get older, our brain is were designed unfortunately to atrophies after a certain point, you know, I tell people about somewhere between 25 and we realize we're not immortal anymore and we start taking care of ourselves, you know, So in our brain is really important, you know, that I played a lot of sports, I boxed and did martial arts and now looking back and I probably wouldn't have done that. If I knew, if I knew what I know now about the brain, you know, I would have taken better care of my brain instead of just, you know, kind of taking it for granted.

Well that, and I believe you also had eight siblings and then it sounds like a father who was an alcoholic as well. So that's a that's a lot of stress and trauma on your brain over the years and I had my own biking accident, I was, I didn't know what a cell phone was for 24 hours once and that was only like eight years ago. But luckily we do a lot with concussion care.

Now, a lot of the concussion centers have it because we need to get light into that brain to get it healing the brain. Every part of the body can heal itself and to certain degrees the brain is can really do it. You know, the old thought that once you get a brain trauma, you can't do anything about it.

We're that's being proved false every day now.

Closing Thoughts and Where to Find Brain Tap

And especially with all that goes on subconsciously that the brain does, we have to have to maintain it in good health because if we're recognizing that we have a symptom, imagine all the other subconscious stuff that's also being affected that we're not even aware of. So I I love the work that you're doing dr Porter. Absolutely love it.

Thank you. Where can people find you? Well, they can they can go into brain tap dot com and read about us and that they can also go to brain tap dot pr Oh that's brain tap dot P R O and for 99 cents, they can actually get a copy of one of my books then get 30 days on our app and that will give them a good exp to see, you know, if it's something they want to pursue for a dollar, you know, they can get in the book actually, it's called thriving Overdrive.

So if you're feeling a little stressed, it's going to give you a lot of tips in there about how brain health, how you can take care of that stress you're experiencing awesome.

Dr Porter, thank you so much for taking the time today and I have learned a lot. I know that the audience will have learned a lot and I just thank you for your time.

Well it's great being here Dr amy, it's great to be involved and help for sharing because our mission, one of our main missions is to better billion brains.

So we need people like you helping share, share the word getting people because we you know, we all have one direction we're going and we have one brain.

So let's keep it working absolutely well, I will be in touch because I would love to collaborate more with you on what you're doing and thank you for joining us today.

I'm your host for this summit DR AMY and make sure and get the discount while it is still available, it's available and tell the last day of the summit and once that is gone it is gone forever. So make sure and get that and I would just love to see you inside and be able to interact with you more, connect more and together. Let's find that next level of health and aliveness.