# PTSD, ADHD & Dopamine: Can the Brain Really Be Retrained? Dr. Lana Morrow | Ep. 180 Transcript

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## Introduction and episode overview

a child who is like 15 and completely addicted to video games, Instagram, Facebook. After training five sessions, erased all his apps. He started getting better grades.

Are you able to actually rewire the brain from PTSD without the person revisiting that trauma? The point is that- A healthy point of view podcast, your top rated show, where we bring experts from all over the world to talk about health, wellness, beauty, and mindset.

We have Dr. Lana Morrow. Dr. Lana Moro holds a PhD in cognitive neuroscience from Sapienza University in Rome with post-doctoral training at Mount Sinai in Columbia Presbyterian.

She's the founder and CEO of Think Interfaces where she spent 25 years building non-invasive technology for the brain from dopamine to focus to trauma.

to eat clean, understand where to source our nutrients. For example, Saratoga, I actually tested at home very healthy levels. What type of interactions or contacts have you had with these extracorrectual beings in another galaxy or universe?

We know about astral travels. When people fall asleep, they can go out of their body, out their biofield. It's nothing else but shifting the reality. You've been able to actually reverse ADHD.

How does that in the world of allopathic medicine? We do have a study. Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we bring experts from all over the world to talk about health, wellness, beauty, and mindset.

Today's topic, we're gonna be talking about rewiring the brain. Now this is gonna to be a little bit different than the way that we typically talk rewire the brains.

We're going to go with a deep dive. specifically on a few different topics. We're gonna be talking about post-traumatic stress syndrome, we're going to be talkin' about type of traumas, childhood traumAs, We are gonna talk about ADHD.

we are going be going and talking dopamine. What can we do to rewire the brain so your dopamine levels can be where they need to. Who do we have here today?

We have Dr. Lana Morrow. Doc, pleasure to have you on a Healthy Point of View podcast. How are you? I'm really well, thank you. Very happy to be here, so thank for having me.

Absolutely. So we have a lot of information to unpack today on the podcast, But the first one that I want to start off with is something that i'm very passionate about.

Since I was a kid I would always go deep into this topic and you know now as an adult sometimes I catch myself late at night when I'm not supposed to be on my screen on, my phone but going through YouTube and watching documentaries about this stuff.

So do aliens really exist? So I wouldn't call them aliens. As somebody who has shows repeatedly on Gaia television, I would call their different beings, different races, groups of beings.

around the cosmos. As Carl Sagan said, we would be really not very intelligent to think that amongst the billions of stars and planets and multiverses, that there would no other populations.

So. Yeah, absolutely. And Doc, you know, one of the things that I'm more than sure a lot of viewers and listeners that are tuning into the podcast would question this is, well, Let me pay close attention here because you're a neuroscientist and for a Neuroscientists saying that there is these extra correct, uh, terrestrial beings out there People are going to want to know more what what type of interactions or contacts have you had with these?

Uh extra-terrestrial Beans in in another galaxy or universe So it is to illustrate better so that you can get a better idea of that. Picture yourself falling asleep.

So when you're falling sleep, you are just shifting your state of being. And we know about astral travels. When people fall asleep, they can go even out of their body, out their biofield.

## Extraterrestrial beings and altered states

or in a different dimension. It's nothing else but shifting the reality. And we know that we have multiple realities simultaneously running all the time.

So to answer your question very simply is it's just shifting these realities and then you end up with whoever you ended up encountering and that is depending on your capacity to reach certain specific frequency.

So these specific frequencies, I don't see them on the scale from 0 to 12 or 0-800. I think they're present everywhere all at once and in crystalline spheres of the universe.

macro universe and micro universe. So we can talk about, you know, the size doesn't matter, size in ether, as Tesla was establishing, doesn' really matter.

It's because there is no time and space in that universe, in the mathematical algorithmical verse. Wow. There's so much to think about just with the little bit that you just said right now.

So, you know, when when we start thinking about these other beings, do you believe that they have actually visited here to the to Earth, the planet Earth?

Yeah, I've had personal visitations. And again, it really depends on your state of being. For example, children or cats, they see other things. We know that certain animals have infrared vision.

What they don't see, we can see possibly with apparatus that are specifically designed for that. But you can tap into certain dimension or certain frequency of light and then you could actually perceive it.

I do believe that there are certain beings around and even amongst us. We just were not yet open up enough to actually see it And without this sounding like woo woo, which I would not like it to sound, think of it as literally changing frequency in ether, for example, or feeling the plasma.

That's more like exact elements of physics or astrophysics. And many astronauts or many people who study physics in depth at that level will tell you that they have perceived certain specific things, maybe not delineated fully.

Again, they're not tangible. It depends on what they allow you to see or how you vibrate with their equivalent of their frequency. Someone like yourself who's been able to communicate with these extraterrestrial beings, would you consider that a gift, or is that something that you've been to train yourself to do?

Both. Both, absolutely. Are other people able train themselves to that? Yeah, I train people to get to the state where you can, essentially, it's finding the God within.

It's like Christ's consciousness within ourselves, and when people start saying that they hear the god's voice within them, difficult to say whether distinguishing your own higher self or your one with Christ consciousness within you, but it is a vibrational state, and it's a state of elevated consciousness.

So if you're in a stage of wise consciousness, elevated conscious, many data points will come into your field, then if your trained enough, you can actually make sense of it.

and like Tesla was extremely savvy about it or you know many many new Niels Bohr or many scientists who have had or artists who get information subtle enough where they get into the state of being that is centered and very beautifully harmonizing in tune, in alignment with the universe, then they can dial into that frequency.

So it would be like turning the tuner on the radio. With the many years of the profession that you have, in the last 25 years, what is the most incredible, shocking thing that we've seen with what you've been doing?

Most incredible? Yeah, the incredible and most shocking things that I created the device that was actually, I was guided by divine consciousness. When you start producing something, just like when you're composing or when your maybe creating your podcast, you have to be very centered and very in tune with what you.

what you want to bring to humanity. So we're both, we shared the aspect, were both humanitarians. Right. so we want the humanity to elevate. We want humanity understand better, better understand their own optimal functioning in the sphere of divinity consciousness, or universal consciousness if we can.

So if you are studying from that point of view, then in service of humanity, in the service others, we can actually attinge to many different aspects of reality.

So I've had encounters that were very negative. or extremely positive. So to focus on positive, I desired to create certain devices to heal people. And that was just an intrinsic desire that I had since I was a child.

It happened then to come about after many years of meditation, sitting in front of a candle, not knowing why am I doing that. But at the end, I ended up sitting in front of a computer and literally writing 96 pages of my patent.

And when I conversed with my Patent Lawyer at Columbia University, he did not change much. I have never written a patent before. Of course, it wasn't created in professional language, but the essence of the data was there, and it was very precise.

Just like when the composer composes something or a ballet dancer creates a beautiful ballet, we say it comes from God, from SARS. So that's very beautiful.

I think so. That's pretty shocking. And then when this we started working with our systems when I had people come in and let's say people who had PTSD that was massive I sometimes work with veterans in about An hour, they had no PTSD anymore or no pain or stress.

That for me is extremely shocking. I was not expecting any of that. Or when somebody wakes up and says, I have no paint, my pain was in the scale from one to 10 was around nine.

And then it goes down to one or zero, that's shocking because regular medical world would tell you that's impossible without painkillers, whereas our autistic child who is mute starts stringing sentences within about, you know, two sessions or three sessions, or people who come in wheelchair, they exit the session in 30 minutes walking.

And that is not explainable through allopathic medicine. You know, you have to shift to another world, to an algorithmic world. So it would be, for example, it will be explain-able in ether.

Maxwellian physics explains it. Quantum physics would not explains. So you have to let it be associated with no time, no space. And we've seen that. When it first happened, that was shocking.

I did not expect it at all. But it was beautiful. You know, a lot of the stuff that we talk about with the different frequencies and being able to heal one's body.

Where do you see AI playing a role with everything that that were talking about when it comes to frequencies? So I create organic intelligence. And that's the term I coined.

Organic intelligence and human cloud. My personal belief is that people who have created terms of iCloud and artificial intelligence have actually imitated that other world, which comes from ancient cultures, from before Babylonian culture, truly ancient culture.

You know, when I lead expeditions to Egypt, we actually go to Elephantine Island. We go places where it was before, you know it's the core of Atlantis.

And you can feel the energy there, or you feel if you explore the areas around pyramids. You can see that those blocks were not carved by They were required by an equivalent of laser or something optical, something that was a technology that definitely was not associated with somebody who is running an aux cart and going to the levels where they're not able to use the chisel but not be able use laser.

So obviously there was a technology in place that was enabling everybody to create these blocks in such a precise way and also live them with specific type of levitation, anti-gravity technology.

So for example, one of the guys in Egypt that I worked with, he's an expert, He explained to me that they had created, with the government of Egypt, they created a test study where they took a bulldozer, like a caterpillar bull dozer—a really large one—and they tried to move one block.

It took them six months to build one black by three yards. It was so heavy and so difficult. Yet these blocks in Giza, in the area, the Gizeh Plateau, they are brought from around Aswan area and they're a specific different type of material, different types of granite or, you know, specific type stone that is not only very heavy, and very dense, but it's impossible to move with our technology nowadays.

Yeah, that's you know that gets my mind going because how is it that we're so advanced in a lot of technology today, but we can't figure out exactly how this was done.

Yes. So long ago. Because we were not told the truth. Do you think there's anyone that knows?

## Ancient technology, pyramids, and consciousness

Because the thing is, things get passed on throughout history. Something like that, I would have assumed that someone would hold onto the secret for many, many years.

Many people are now talking about it. For example, Rupert Sheldrake is talking There are so many interesting humans that are quite privy to the data now at this point.

And it's quite pedestrian too. If you go there and you see the lines that they're exact, they are exact down to a millimeter or even less. It's impossible to carve that with a chisel and repeatedly carve it to create, you know, nine pyramids.

It's impossible. And people know that, you don't have to be a rocket scientist to really explore that. You think that was something that came from another galaxy that that I came here?

I wouldn't know, but there are people who study pyramids in general. Again, one of them was Rupert Sheldrake and a few other really interesting people, who wrote many books on topic.

Most likely there were visitors from, you know, not this planet, but from somewhere else. And they had technology that was that hopefully will be privy to very soon.

More advanced in the technology we have today. Yeah, I think we're ready. The majority of humans here are ready now for receiving some deeper knowledge on what we really need to have to go to the next level as a humanity.

I mean, we are co-creating a new earth. Eckhart Tolle was writing about it and many people, Hopi prophecy is all about going to the next level and we're co-creating the new world now.

That's an exciting time. I want to talk about the brain, right? You've have been talking about again. I have now it's starting starting to buzz a little bit too strong now for whatever reason they turn the Something got turned on.

Oh, okay. It varies for me. Sometimes it gets quieter. Something gets louder Yeah, no worries. So I want to talk about the brain, you know, and. You've been able to create certain methodologies and technologies to be able.

To rewire the. Brain. Yes. so, obviously, I did 12 years out on the road as a firefighter paramedic. And one of the things that we experienced being first responders is a lot of trauma.

Right. We get exposed to a. Lot of PTSD. So my question to you is, are you able to actually rewire the brain from PTSD without the person revisiting that trauma?

Yes. And the point is that I do nothing. I created this technology with help of, you know, inspiration and I stepped on the shoulders of giants. I mean, for so many years, people have created different aspects of technology.

And what we did, we assembled knowledge from various fields, astrophysics, physics, mathematics, frequency knowledge, music, sound. neuroscience, all of that combined, and I created this system.

We call it ThinkSystem that works in Ether. And what happens is that you can actually train the brain with photovoltaic aspects of the training. It's all about electrical charge, I'd be glad to speak about it.

Electrical charge at the macro level and micro level. Bicoparticles would be within a cell. You have to have certain negative ionic charge. For example, Dr.

Tennant talks about, and several other studies have been published now, they're not very well known, but we are electrophysiological photovoltaic beings rather than genetic beings.

And that's more close to the truth. So if you take that in consideration, the normal cell, human cell will optimally function between negative 25 hertz and negative 50. And so your optimal state for functioning, optimal charge is negative 50. So if you have that charge, you end up producing stem cells and new cells.

It's electrophysiological charge photovoltaic charge with photons as well with light that you produce new cell with other factors being present like BDNF, brain derived neurotrophic factor or some other things.

And that is at the micro level. At the macro level, we also have very specific type of frequency that we exercise. And when that's aligned, other things can happen that are more conducive to our wellbeing and to high functioning.

So because of that, you can actually turn PTSD in rather short amount of time. And I would not say erase it, but alchemize it. It's not a biochemical alchemy, it's really electrophysiological photovoltaic alchaemy.

If you talk about alchemistry as a process of metamorphosizing something, changing something from one state to another. So we're all doing that all the time.

I mean, you, as an athlete, understand you can alchemize your capacity to breathe properly or not. And by doing, that you're charging your cells electrophysiologically and because the oxygen binds at, plus two levels, Dr.

Jack Cruz talks about three negative electrons that are really binding properly, enables you to empower yourself more. When you have nitric oxide in your lungs, you can actually perform much better.

There are different elements that you could use for optimal performance. Olympic level, you know, and that so that can by doing certain putting your brain or your rain body in a specific state, we can actually rehash the trauma and actually dissolve it literally absolve the Trauma.

Some people would call that a breakthrough. Breakthrough you can call it Different names. I mean, it's a breakthrough. The one thing I always say is that the trauma never goes away.

With me personally, I've learned how to live with it. You know, and you learn how keep it quiet, pretty much. the beautiful thing is you don't have to, you can actually get rid of it, You can literally decide at a certain point to use your, God given powers, They call it superpowers, I don't think they're super powers.

I think we all are born with that. We're born the capacity to do certain extraordinary things. And very soon, humanity is waking up and will be understanding that, yes, if you want to scale the Mount Everest, it doesn't have to be just those three select ones who will do it.

You can all do if we put our heads to it, We're all extraordinary beings and I truly sincerely believe that. And you can reverse the aging, you perform at the level where you lift much more weight than you usually would.

You can sing better, get yourself into a better state to perform on stage. We can do a lot of things. How do we do that? How do I become more of an extraordinary human being than what I am today?

I think it starts with the honest to God believe. Believe in yourself as being one with universe, aligned with God, align with divinity. And that's the premise, you know, that is the starting point I thing.

But other than that, it takes some training. It takes, some, training, but it doesn't have to take too long. Can be really, It can happen in a short amount of time.

We have many sages from India or from Middle East or Africa who practice a state of enlightenment. You don't practice the state, but you achieve it by going going within you're going with them into nothingness and then vast field of limitless possibilities unlimited worlds opens to you and it's i would believe or i think i believe personally in my humble opinion most of olympic athletes who now go from Silver medal to gold medal or teams that win You know repeated winning in tournaments Novak Djokovic, I mean they all get into that state of infinite possibilities Absolutely.

Are there, you know, like in today's world, there's a lot of noise that sometimes interferes, a. Lot of external factors. Do there certain external. Factors that can really put you in a external that that.

Can put one not in. A forward momentum, but kind of put. You back. Right. And what I'm talking about specifically is we live in a very toxic world. A lot of environmental toxins, the water, a lot the waters polluted.

There's things in the air, things and the food that really are not meant to go in our body. How do those type of external factors, A. Lot of these toxins affect everything that we're talking About with us being able to perform at this extraordinary level.

I invite anybody who works with me, or in general, I think humanity is always better off to use pure products. So for example, to get your meat from regenerative farm from the farmer that you know.

AJ Richards says, shake the farmers hand. Secretary Rawlings is actually pioneering some of that now, just creating networks together with, you know, Ajay Richards and some other people, many, innovative farmers, regenerative farmers.

I think that's extremely important right now because regenerative well-being, regenerate wellness is of paramount importance right for the world. We need to eat clean, understand where to source our nutrients and nutrient-dense food, clean water.

## Rewiring PTSD and brain optimization

For example, you're serving Saratoga. That's a water I actually tested at home before drinking and it's always testing at very healthy levels. But there are many waters that are not unfortunately right now because of the quantity of aluminium, cesium, strontium barium whatever is being thrown at us.

But I think that it's possible to be mindful about it. The more people understand how that works, the more we can create, you know, communities that then we live beautiful lives.

And that doesn't have to be just about the food, external factors such as meditation, breathing, movement, dance, ecstatic dance. Being involved with mindfulness around nature.

grounding, exposing yourself twice a day to sunlight, communicating with sun rays and letting them touch your retina so that you can actually reset your circadian rhythm and be healthy.

All of that contributes to well-being. Yeah, so, you know, I understand that part about definitely connecting to nature and the importance of that. And that's something that we try to preach as much, out of our longevity clinics to our patients.

Going back to the brain and rewiring the The technology that you have that You've created what makes yours different versus a lot of these technologies that are currently out there when it comes to brain mapping and neural feedback.

Everything we do at Think, my company is called Think Interfaces, and I have a few companies, everything we produce is done extremely precisely. So for example, our system, our headset that picks up, it's a reader, picks the brain waves in a very specific way and picks a photovoltaic energy that was designed and created, designed by me, created conceptualized by, but with more than 13 groups of engineers.

And just like you would create a new car or a iPhone, you need to have many, many years of reiterations. and testing and retesting and validation. So the validation at the level of blind validation is at high level engineering.

We hired Honeybee Robotics, but also we hired many different laboratories and groups from Columbia University, from University of São Paulo and Santa Creu in Barcelona, Autónoma de Barcelona.

Paris, Sorbonne, we worked with Saint-Cham and Sorbone. We worked at Columbia University. Our people are also from the University of Maryland. So a group, NYU, Langone.

we put together large groups of people that are very systematic, they're very educated, and we use the system that is interdisciplinary. So even though we're producing neuroscientific devices, we work with astrophysicists, physicists, physicist of solid states, mathematicians, coders.

So the team is anywhere between 300 and 500 people, depending on what level of production you're at. And we just got FDA registered now. We're about to get FDA approval.

We're very systematic in everything we do. And we published in Nature. We are publishing now several other papers. Our team members are highly regarded doctors and scientists and engineers.

So validation and blood. Triple blind, double blind testing is very important. I'll just give you an example of one electrode. Our electrode is done with specific alloy, and every element in that system is created by us.

And in order to make it functional and really validate it, it's functional, fully functional. It will not break. Honeybee Robotics created tests that were run for maybe a month.

by robotics, literally they were running stress tests and stress functionality on it before we would put that element into our headset. So every element was tested before.

But the time we assembled everything, we knew that it was going to work. It was already tested. And it, it tested until it did not break. The, um, you know, the brain is one of the most complex.

The brain. Is one. Of the. Most complex things to study. Right. And the technology you guys develop, You know you, don't reference it as medical treatment.

Correct. With, yeah, purposely so. Purposely so you don't classify it as medical treatment, but you've been able to actually reverse ADHD. So how does that, in the world of allopathic medicine, because there's gonna be people that question, well, this is not a medical treat.

We're not claiming it yet. Until we get the FDA approval, we won't claim anything. Okay. which is the truth. If you get rid of your issue, then you're at the peak performance of you optimal functioning anyway.

So we don't say something is not truthful. But we do have a study that we published in Nature in 2022, in November. And it took us almost three years of rigorous scrutiny.

Every week, two times a week we have to rebuttals with We had rebuttals with people who were scrutinizing, you know, their professors and doctors who actually read what you have created and they pose questions and you had to answer those questions.

And my team would, together with myself, would answer these questions, and if necessary, we would have to redo some of the tests. Very rigorous. So in order to properly validate anything, you have to be on top of everything and elegantly avoid the topic so that it can actually pass the master.

For example, we were not even allowed to say the word maybe dopamine or dopaminergic circuits in the paper. But by the time you understood what the device was doing and what parts of the brains are showing as activated in a brain map before and after, and of course they were tested against the placebo.

you know that it can have the peak performance of focusing, working memory. So you assemble all of that. These are all markers of ADHD. In ADHD, you lose working memories.

You don't have sustained attention. you don' have divided attention that functions properly. There are certain issues in certain areas of the brain. Don't work on certain tests on corners, for example.

We don"t perform very well. But once you have all these data, and you state that, then you can allow yourself to write that is for highly functioning focusing.

So it's euphemism for an acronym of ADHD. Absolutely. When it comes to your brain health, What would you say that dopamine, a deregulation of dopamine in the brain is the cause of most neural deficiencies or neural type of issues?

Is that the main reason? Would you see dopamine? Dopamine is one of the most important neurotransmitters. In my humble point of view, it's because it died into stimulating BDNF, brain-derived neurotrophic factor.

There are just several studies that have been published even as recent as 30th of June, 2026. But Xiao, a Chinese group, just published a study on correlation between the, I can send it to you so you can see it, between dopamine and then indirect stimulation of BDNF, brain-derived neurotrophic factor.

which then basically creates almost like a fertile ground in your brain to then create not only neuroplasticity, connections between the dendrites, but also generation, neurogenesis, generating new stem cells and neurons, which is what we do.

We actually, we created a device that makes new neurons via thought. So that's unique. That's why we're rare. And there is no, to my knowledge, so far right now, except for people who are meditators, and we all create stem cells all the time.

Otherwise we wouldn't be living. But in this way, specifically through a device, in a short amount of time, I don't know of many people will do that. The beauty of it is that you can really heal very quickly In your opinion, what's affecting our dopamine levels the most?

What affects the dopamine level the Most yeah When you look at the mass population, okay, well what negatively affecting are dopamine? Levels the mouse so many factors, but I would say stress is a Top level stress.

Stress is definitely one of the top. What about the devices like cell phone? Absolutely. So devices per se, if they have specific frequency, they're not bad.

The only thing is that majority of mass produced devices right now from Apple or whatever we're using, Acer, IBM. of that they emit blue light. They emit also frequencies that are really not very conducive for optimal performance of human biofield and human brain.

You can create devices that aren't technologically wonderful. I think one of the tablet is called day computer, daylight computer or day-computer. they're not impacting you at all.

For example, our system, you look at a screen, and you're playing what you would look at like video game, but it doesn't affect you negatively, it affects you positively.

It all depends how you, how do you set up the parameters. Just like certain music can be very nosive, if it's tuned properly, music is healing, is medicine.

Absolutely. What about other types of addiction? You know, there's obviously we know about drug addictions, depending on the drug can obviously affect dopamine levels.

But other addicitons, let's say like pornography addiction. Yeah, you know. Can that affect also the dopamine? So in my opinion, this is I think there are some studies.

And I was trained at Columbia Presbyterian Psychiatric Department, and part of my training involved also detoxification and helping people get over addictions, namely stimulants, you know, cocaine, and we worked a little bit with heroin as well, addiction.

## Dopamine, addiction, and environmental toxins

So what happens with these technologies in this particular moment for me with Think, with my system, is that the system enables your brain to go into an optimal state.

so that you are gaining more awareness. For people, I'll give you an example of a child who is like 15 and completely addicted to apps, to video games, and to the hits of the Instagram or Facebook.

After training for, I think, five sessions, he, out of his own volition, erased all his apps. He stayed on one. And he started getting better grades, was able to focus, and did not need those hits, external hits.

Because there are microdoses of constant dopaminergic jolts, which are, that I would label as negative dopamine, negative delivery of dopamine. Just like when you have amygdala that is in hyperactive state in fight or flight mode, you end up having this different dysregulated dopamine because of the amygolyde input that's triggering the negative events that happened in the past, which is what you would understand as PTSD.

Somebody who witnessed murdering somebody else in war in Iraq will have nightmares. And some of these veterans, we're starting to work with veterans now, so I'm excited about that.

Some of this people will not be able to go back to normal life, whereas some will become hyper-performing. and really decide, they decide of their own volition to get into the point where they can actually teach people with different methodologies, breath work or physical exercise, and overcome the trauma or addiction.

And I think that's health addiction tremendously. People get rid of, I don't think it's linked to the fact that you actually get Allow yourself to go into a higher state of consciousness more expanded stage of Consciousness rather than higher status consciousness now talking about the higher higher stay more Expanded state-of-conscious and more expand it like in a field, you know, I listened to dr.

Joe dispense. Uh, sorry I listen to Joe Dispenza quite a bit and um Yeah, I know you've collaborated with Joe Dispensa, correct? And people like Joe, Dispenza and Dr.

Patrick Porter with Brain Tap. How does what you have fit into the practices that they're doing? Very different. Very, very different, we come from highly technical rigorous studies and very precise very specific frequencies, Very specific technology, titrated technology and created with many different laboratories that are of high validity.

So I can only speak for myself, but I think that is the distinguishing point. And also between us and virus biohacking tools. We publish. Our team is composed of recognized mathematicians, PhDs, MD-PhDs.

and we pride ourselves in being quite rigorous, methodological and systematic. And we put many years. I mean, my company has been around for 20 years now.

So if someone listening to the podcast as well, I'd like to understand how I would start and what that journey would look like. Can you break that down to us?

What would that attorney look for someone who wants to start a program that you offer? So something that we started now doing, because I have a lot of people from all over the world really wanting to work with us, we have actually tested pilot study with new, you know, long distance.

And so we know that it works really well. So we are now offering, people can get on our website, either thinkusa.com or thinkinterfaces. com and send us an email with inquiry.

And we then can talk to them, and depending on what they need, we suggest that they can train with us. It's usually five sessions. The facto in front of the computer is about 20 minutes.

This simulates the retina, I can describe how that works, but it's very pleasant, very easy. and they can just simply set up the appointment and it can be long distance.

We actually started doing it now fully long-distance as well as in person. In person, we have a studio, a office in Bee Cave outside of Austin. And it's very pleasant at alive and well.

It's a wellness center and people can work with us that way. Just it takes one one email to send us and get, you know, informed. And then, of course, one of us will get on the phone with them and explain everything.

Absolutely. Different pathologies, different needs. Dr. Lana, right now there's the big movement that's happening. That's called the Make America Healthy Again movement.

This movement, it's doing something where it can potentially change the course of medicine. What's your thoughts about the movement of what's happening?

Well, I admire Bobby Kennedy's initiative. I applaud it. The fact that he has won so many causes against nefarious aspects of various injections and materials that have been forced upon children and adults, and he won in court millions of dollars for families of injured children.

I respect that deeply. Del Big Tree is running a haywire program brilliantly and has created a film that really advocates for people to be very cautious with the intake in their bodies.

Again, Secretary Rawlins is runing the Department of Agriculture right now in a very think quite an informed way because people are getting more and more aware of the fact that we should not be using Roundup or glyphosate

or any kind of toxic materials on our crops or on soil.

So all these people are regenerative. Wellness is part of what my high is about making the world a healthy place. And I think it's so necessary. I don't know the politics.

And I think just the awareness of wanting to be living in a healthier, cleaner world and have a clean food pyramid is already quite wonderful. I agree with that for sure.

Dr. Lana, I have these cool conversation cards that were created by Stephen Barlett. And then I love the title, The Diary of a CEO. That's his podcast.

No, no, that's Stephen Barlet. He's that this podcast, the diary of the CEO, so he created this these these conversation cards. So what I want you to do is randomly pick two cards out of there.

Tony Hawk. And. Then what you're going to. Do is you get to read what's on the card and then answer it. Can I change this? What does it say? How will you control your own green?

They're better. Um, Gary, break out. What is the most controversial idea? You believe that within your industry, most people disagree with. Okay. That's Gary.

Brekka is a sweetheart. So we'll do those two there. Sorry. We'll those to cars. Read it, read them out loud and then answer them. I picked up the card by Tony Hawk.

When do you feel the most emotionally connected to yourself? Hmm. That's a good one for you. It's beautiful. I love that Tony has asked that question.

Um, when, I'm in the field of nothingness in a deep, deep meditation, there stages of meditation. When you enter the state of People say it's close to enlightenment.

You enter in a state of nothingness, where you basically are one with the universe, one will divinity. And in Sanskrit, that's called Tat Vam Asi. This, you are that, You are the Universe.

That is probably the most profound and complete state Union with my own essence, being one with God, finding the God within also speaks about it like that.

What's the other one? This is the quote by Gary Bracka, question by Garry Bracca. Uh, what is a most controversial idea? You believe that within your industry, most people disagree with.

Well, I would say from my own personal experience, probably that healing can happen within us, that we can actually, human being is self-healing being, and it can heal rather quickly.

## Audience questions, future tech, and closing remarks

And that's probably the example would be the film that Uh, one of the members of, uh, Hartman laboratory, what went to China and filmed the, um, his name, He works with the Hartmut Laboratory.

He has many, many podcasts, and many films out already on Gaia Television. And he speaks about and filmed the tumor disappearing in real time. You can see it on the scanner.

We can also see the ultrasound shrinking within three minutes. by three doctors just believing that this tumor will shrink and shrunk within three minutes.

So those are very controversial ideas, but that's not controversial in native cultures. Shamans do that all the time. Absolutely. Dr. Lana if if I if you had to pick one thing right in and before I said so you know myself as a alternative health care advocate Because, you know, my years of working in emergency medicine, I saw a lot of people just

their health continue to circle down the drain.

And it wasn't until I got into functional medicine where I started seeing alternative alternative health care techniques and modalities and treatments where i saw people truly taking control of their What is one thing that you would say today that doesn't have much data or science behind it that in 10 years from now, the data and science will catch up and prove people that this does work based on what we have now or based On what I predict that will happen in future in the future.

I think we're going to go into not even a quantum leap, but ethereal leap in the next three to five years. What is that? I Think a lot of technologies that we have not been privy to are going be available to many people.

either through material discovering them and finding them or being given to us, or by creating them. People are creating copper devices that bust the clouds.

Or people are finding systems that purify water in much better ways. And recently in Holland, the young guy invented purification system for the sea, for part of the ocean, very efficiently.

And so I think these kind of expansions, products of expansion of mind and consciousness will be quite important for humanity. Children who are now reading blindfoldedly, telepathy tapes.

And we were entering an era that will be quite beautiful. Of course, we're going through a birth canal. It's really difficult now, but I think the world, I'm optimistic.

I thing the will a much better place because we are co-creating it with Gaia. We're co creating the new Gaian. So we'll probably live in a Whether it's 10 years from now, or 15 years form now that I believe will be co-creating a wonderful magical world, divine world.

Where telepathy is possible, a lot of people are already doing it. teleportation is possible. Actually, they did it already in Delft 20 years ago. It's published in Nature.

They teleported matter by a yard, many times, 200 times repeated, but it's been suppressed. As we wrap up here, if there's one person listening to the podcast that resonates with today's message, what's the last thing that you can leave them with?

I have a friend who has been an excellent world-level guitarist and has become a healer through sound and music and his own opening studies. So his name is Doyle Bramhall.

He's not yet known, but he'll be very known. I mean, he's known because he is a rock star, so that's one gentleman I would recommend. Um, very unusual trajectory of careers from the world level rock star to guitarist, which was a guitarists in the rock scene to, um, healer and, you know, breath worker, the very fine levels.

And if people want to find you, where can they find. Uh, on my website or on Instagram. Um, my web site is, um, think USA.com or think interfaces. And my, uh, Instagram is at Dr.

Lana Morrow, D R L A N A M O R R O W. Awesome doc. It was a pleasure having you here on a healthy point of view podcast. This was my message. Thank you.

What an honor. Absolutely. Yeah. Guys, make sure you check out all the links down below that we're including, Dr. Lana Amaro. Make sure take this podcast, share it with friends and family.

There is a way to rewire the brain. She has it. Check out more of her content. she's very active online, she shares a lot of information. This might be the one thing that you need to elevate yourself, increase performance, and take yourself to the next level.

So make sure you subscribe, like, do all that fun stuff and we'll see you for the next one.