Release Suffering and Reclaim Intuition With Deep Detox Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Sinclair Kennedyu2019s Background

Well, we're joined here with my very good friend Sinclair Kennedy. And, you know, in the format of the banks summit, I'm going to let Sinclair introduce herself.

So just tell us, you know, 32nd version of yourself, Sinclair, before we get to the questions. No problem. Well, I love being here. You know, this topic is a particular passion of mine as well.

I'm so inspired by your work. And so for me, this is a big part of my journey. You know, I started out in living what I thought was my dream life, a very busy practice and mental health.

And then I crashed with chronic illness that no one could identify or understand. And it took us, you know, eight years after being hospitalized to to really get back to life completely.

Michael had issues as well that were very different symptoms, but it turned out to be just a few root causes that were affecting both of us. And the same things healed both of us.

Even though we had very different presentations. And that's when the light bulb went on. So it was like, okay, the world needs to know about this. So we went back to school, went into physical health and and now married the two.

And we're really passionate about sharing those levels of consciousness and how to heal at each level. So, you know, I'm a CEO of Detox Rejuvenation. Host of your Health Reset podcast, founder of meditation, our x and light work. All the things.

Perfect. So, yeah, you know, something I've always wondered about, you know, what's the relationship between consciousness and, environment? You know, because, like, this sort of like, there's these two worlds, like, you know, in functionalist worlds, like, we're all toxic, and we have to detox, and then we've got, you know, and you have got your foot in two camps with the whole meditation world and wanting to improve consciousness.

And then the consciousness, people say, well, you can just get enlightened and improve your consciousness and you know, your body will will all be fine.

So, yeah.

Consciousness, Detox, and Integration

How do you how do you wrestle as two olds? Yeah. But to just share a couple slides to help because I'm, I'm such a visual person, I find it helps people. Can you see that? Okay. Yes.

So in all of our work, whether it's a detox, rejuvenation or meditation or X, where we're always thinking in terms of levels of consciousness and, you know, that's a metaphor to try to explain, you know, the magic and mystery of the human being and what our life force really does and how it expresses.

You know, you talk in terms of bioenergetics and really that's that's at so many levels here, right? But in in the way that we think about how humans are designed, we're really are designed to replenish ourselves from our environment on up.

So with, you know, sunlight and water and food and grounding in the earth and all that great stuff all the way on up to, you know, the spiritual getting out in nature or feeling connected to something larger than ourselves, having these meditative experiences.

This is what it looks like when we are, when we are healthy, when we are functioning well, is that we we replenish ourselves from the bottom up and from the top down.

The problem is in today's day and age, and this is something I think, that both you and I have personally been affected by. And, you know, all of our audiences is that we are more exposed than ever to toxins.

We're importing 250 pounds of chemicals per person per day into the United States. That doesn't count herbicides, pesticides, fuel, pharmaceuticals. So, like, what is all that stuff and where is it going?

Well, you know, some of it is ending up in our food, air and water. And what happens when, we are taking this in, not through any, like, exotic exposure, but we actually start to stagnate and we start to expel perience the feeling of stagnation, not just from the environment into the biochemical, but so much higher up.

Our nervous system gets overloaded, we start filling our emotions, distort, our mental processes, shift, you know, disproportionate reactions to things simply because our own state of flow has been disrupted.

Right. So where we would have been, you know, we generating from the top down with these gentle experiences where we're going into a state of flow or connecting with others or connecting with something larger than ourselves, whatever, you know, vocabulary you would use for that.

We we actually get this weird cross thing happening. So stagnation starts to stack up essentially. And what functional medicine God Blossom is trying to do is fix all of this stagnation, all the stress that we're experiencing at every level with pills for the most part.

Right. And it's not that different from the allopathic model, even though they might be wholefood based, they might be organic. And that's I'm not knocking supplements, I sell them, I use them in our protocols.

I think they're wonderful, but they are really just one layer, you know, as you and I talk about all the time together. Right? We're nerds about the stuff there.

There's only so much that you can do at the biochemical level. So we need to get intelligent about understanding, this cross tension between toxins, stagnation and the body's desire to be able to regenerate itself, and really understand what we have done so far to this point.

Because for most of us, we're settling for balance, or we're like, okay, I have these different layers, I have my emotions and I have my mental processes, and then I do this thing for my physical health.

But it's like a it's settling for a very compartmentalized way of being, when really what we are seeking is this experience of integration, which requires a multi-layered approach.

We really want to be able to have a seamless experience between these different layers of consciousness, right? So that maybe we're not ever perfectly whole, perfectly one, perfectly in flow.

Maybe we are sometimes, maybe not all the time. But, you know, we're experiencing that always perfectly imperfect and always becoming more, which I think is what consciousness really wants to do.

It wants to expand and update, and we certainly still can, even though we've been unwell, potentially for years or decades at a time. Like you and I were.

Got it. And, you know, so, like, you know, a lot of people talk about like, the calcification of the pineal gland and the pineal gland has this sort of very great central role in the, you know, a lot of, I guess a lot of ancient traditions in consciousness.

You know, something I'm curious about or I'm. See, I've been thinking about myself a bit, so actually, I had an X-ray of my pineal gland and, you know.

Really? Yeah. And I had a I had some calcification in there, but, you know, I don't know, there's a bit of calcification, but it's still it's not calcified all the way through.

And I was thinking about it like, and I went down a whole rabbit hole of like, well, where else is DMT in the body? And honestly, this DMT in every cell and tissue in the body.

And there's plenty in the brain outside of the pineal gland. So I guess my, I, you know, my question to you is like, what is that relationship with, you know, between environmental toxins, the pineal gland, or actually DMT actually more specifically.

And do you really think the pineal gland is like the be all and end all? And do people have to worry about it being calcified? Great question. There you go. That's my question. Yeah.

Pineal Gland, DMT, and Calcification

So let's let's look at a visual. So we're all on the same page here. Let's see. I'll share my screen again. So here's the pineal gland. It's this itty bitty grain of rice sized gland, anatomically in the center of your brain.

And, it's phenomenal. It does a whole lot more than what we're, we're aware of. So there's a lot of mystery to the pineal gland. Much of our, like, spiritual traditions where we're talking about the third eye and accessing information in the field beyond us.

You know, there's lots of metaphors for how to activate the pineal gland to do that, you know, and there's just a lot of fun stuff in the literature if you want to geek out about that.

But it's also, a really key component to our, not just our hormonal system and our ability to self regulate, but also our ability to receive information from the field.

So DMT yeah, I'm not stressed about, you know, the, the functioning of the pineal gland, so to speak, because I think that the body is brilliant. I think that the entire body is as you, as you obsess over, as your eye, so phenomenal at, not just producing light but communicating at the speed of light.

And so it's very complex, but the pineal gland does have an important role to play. And this is an artist's rendering of what that pineal gland calcification can look like.

It's very easy for this crystalline surface of the pineal gland to get glommed up with things like, fluoride and other halogens. And you really do see people's consciousness dull.

They become less aware of the field around them and their own ability to maintain their energetic boundaries. There's only one study that I mean, you know, I hear it, but like, have people, like, studied people's, I guess, sharpness, mental clarity, psychic ability against x rays of calcification.

You know, there's some of that research going, but it's, you know, it's not going to make it into the literature. But I'll send you a fun few links that I think you'll like for, for the audience today.

One of the things that I want you guys to have this visual of, and this is actually something Doctor Klinger pointed out to me years ago, is that the the pineal gland location in the brain?

Actually, mathematically is situated to use these for. This is an, top down view of the skull is for, they're almost like satellite dishes. Oh, yeah. And they are perfectly situated to help receive information and also to express information.

By the bait, you mean down here or. Yeah. So we're looking from the top down right now. We're looking at the base of an adult skull. Wow. Yeah. And interestingly this is amplified for children.

And then as the as the skull shifts it's still is there, but, it's it's a really fun field of inquiry right now. And I just wanted to give the audience some visuals just to kind of play with and understand that, you know, that reminds me of, just like in yoga, you do things like that and like that and, see, like your chest cavity, you know, part of yoga yoga's like opening up your chest cavity and, but there's, like, three cavities.

You know, there's your heart, and then it's inside, like. And then there's the lungs, and then there's the rib cages and your ribs cages and that it's almost like an antenna or that shapes like an antenna.

Like you can broadcast more magnetic information out into the field. And I mean, it's a similar it's a similar idea. But yeah, there's all of these cavity wall resonant cavities in the, in the, in the body.

Part of the reason is so that they can, you know, you can communicate to the outside world and. Well, yeah, I love it. Yeah. Exactly. In my personal experience of, you know, for example, removing sources of fluoride and, you know, actually detoxing those out and replenishing the body with, so, you know, iodine and bromine so that it could knock fluoride off different cell receptors, was an increase in my not just intuition, but awareness of what's around me in a way that I can handle.

Because I've always been an empath. I've always. But it's always been like too much information coming in and no ability to sort it or experience it as a person, as a positive thing.

But as you do the breathwork, the light work, the info circle, so the frequency work and support it from the biochemical and bioelectrical you know, some really magical shifts in your personal experience.

Not just your vitality, but your sense of who you are can change. Got you. So, well, that, you know, let's move to some, I guess, the practical side of this, actually, one quickly before it, you know, one, I just want to make sure we practically cover pineal gland a like.

What do you do to help prevent that, calcification? And then b just moving on to the more consciousness and, like, you know, how, how how do you personally re like, reclaim your, you know, your internal guidance or call it your spiritual connection?

You know, and how how is that different from physical healing? Hopefully everyone listens, get listening gets that. We sort of both of us believe in both, you know, detoxing the body but also raising your consciousness.

But yeah, let's cover let's cover the practical side. Or do you do. Yeah. Fantastic. Okay. So, a lot of this is about avoidance to start with, because the body can process out some of this over time by itself, but you have to stop exposing it.

And 70% of the US, for example, is adding fluoride into the municipal water. So that's important to know. And some districts aren't adding it in because it's naturally occurring.

This is not actually a requirement by locks. If we're in a few states, it's it's a federal recommendation but not a requirement.

Practical Detox and Reclaiming Spiritual Connection

And by the way, for anybody listening and starting to despair about this because you already know how bad fluoride is, it's usually been a mom or two and a doctor or two pairing up together to battle this sitch, this problem locally to turn the situation around.

So guess what? You have so much more power than you know. But in the meantime, most, water filters that claim to filter out fluoride are actually just reducing fluoride.

And you have to really pay close attention to how long are they guaranteed for. So it's legal to have four parts per billion of fluoride, even though it's much lower.

It's actually 25% that in the European Union. So that's interesting to know. But also your consumer products have fluoride in it. So you're getting fluoride when you shower, you're getting fluoride when you drink it or cook it at home, you know, out of your own tap, but you're also getting it at Starbucks.

You're getting it in. You know, I used to say Snapple, that probably dates me. I can't think of anybody who drink Snapple anywhere. Hopefully you don't.

But, the the wine industry is actually notorious. If it's not, organic, if it's not, biodynamic, they're often using, you know, water on the crops that as you condense down the wine, you're actually getting far over four parts per billion.

And no one is enforcing this law. So you can have a lot of consumer products on the market that are unknowingly high in fluoride. So it's not enough to just switch out your toothpaste.

When we're talking about avoidance, you need to also have an active, strategy. Is there anything that like I mean, okay, there's avoidance designing that will directly decals by that.

Yeah. So actually from a food perspective, tamarind we'll do it. Yeah I remember that. Yeah. So tamarind paste is easy to add into recipes. You could Google tamarind paste some tamarind.

Yeah. Right. Yeah. And it's easy enough to work in once or twice a week you know. But make a snack that just lives in the fridge that you, you know, take medicinally, you know, 3 or 4 times a week.

But also fluoride, can be displaced by iodine and, I don't know, not just necessary for the thyroid. Iodine is present in, you know, and necessary for most cell functioning in the body.

So, it's great to have a nice, clean source of iodine inappropriate amounts for you. You'd need to work with a practitioner to do that because it will knock fluoride off of the receptors.

It's also important to understand that pharmaceuticals often use fluoride as a iodine levels. That's quite fascinating. Growing. Taking lots. Yeah. Okay. So there you go.

That's very interesting. So not only will that help to, you know, restore optimal function in the body, but it will empower the body to flush out fluoride and by extension, to support the pineal gland to do that, sweating infrared sauna.

Great. But also specifically distilled water is very good at flushing through and pulling off, calcification on the pineal gland. And there's some before and afters around that I wish they would.

Do, you know, a proper study around it. But there are some great, anecdotal examples of that. So. Perfect. You know, what about just, just reclaiming your spiritual connection?

How do you do that? You know, I think that it's really important for us to remember that everything is frequency, so we don't have to move to the woods and live on leaves.

Although, you know, you're certainly welcome to, But it's not about, like, sitting on a lily pad and meditating all day long. Although that certainly would be fun for most of us or for some of us.

Maybe just you and me. But it's it's about moment by moment, making small choices that add to your life force instead of depleting it. It might be food choices, because if you start to realize that from the bottom up, if you are supporting yourself from the environment, from the food, you are actually making way for the body to restore a state of flow from the top down.

But going directly at it, you know you might. One of my favorite meditations to teach people is just, to be an observer in your own experience throughout your day, asking yourself, does this thought add to my life force, or does it deplete it?

It's a very neutral question. Instead of I have to be a good spiritual student, I have to get this right. I can only think clean thoughts like, that's like a PTSD thing leftover from my Catholic school or something else.

Thinking about that the other day. And it's like, from our point of view, it's like it's actually awareness. That's like the more the more aware and that you just monitor, you know, your internal reactions, emotions, dialog, you can almost just let reality change you because it's like awareness comes first and then like all I try and do is like, understand situation like, oh, well, why did that play out?

What was my part in that playing out? And I'm like, oh, now I understand. I said this. They said, that's why x, y, Z happened. And so it's like awareness, understanding.

And then, you know, and then and then that changes you, you know, once, at least for me, once I have an understanding of my part, in reality, it changes you.

So I think, you know, they can say like because you can say, well, you know, you have to change yourself and like, you know, there's something wrong with you.

And that's just, I mean, you know, that's a bit hard. It's a harder path in a way, because you have to, you know, you get all like, oh, there's something wrong with me.

Well, actually, no, there's nothing wrong with any of us. We've just conditioned. We just didn't quite understand reality properly. But I think, honestly, you can just let reality change you just through having awareness and and then from awareness gain understanding.

And it's a it's a slightly easier path. I think. You know, I really love that approach. And I think that's going to help so many people to hear you say that.

I, I think it's important for us to remember, like, why why is the field of bioenergetics so, important for us to understand right now? It's because we're just coming back to this in memory because it's always been the case.

But this, this active awareness that everything is frequency. It's why your info circles work. It's why me turning and looking at this eucalyptus tree out my window, or the lagoon right next to me, and just being with them and breathing with them and and allowing myself to become aware of that connection shifts everything, you know.

So it if you want to heal, if you want to be a really happy, successful person at being who you really are, then it behooves you to think of everything that comes into your life as frequency and to become a detective at how to how to tweak that frequency to be so that you are a match to who you really are.

All right, last question, because I know you got to run. So you, you know, one of the principles, in fact, our first principle of bonds is that life is an energy exchange system.

So I have my views, but I'm not going to impose my views. What to you is the best way of exchanging energy and environment?

Environment, Energy Exchange, and Closing

Like how do you create that ideal environment? And like, what changes could you make to your environment to basically, you know, improve your health, vitality, consciousness?

Over to you. Okay. So, a lot of what I like to do is actually starting at the frequency level is changing lighting because it's one of the cheapest things you can do.

Change your light bulbs, throw out the green ones because they're not actually green. They're more toxic. They're just slightly lower in energy consumption.

It's not a good enough trade off. So you want to go back to Edison bulbs to incandescent throughout your Wi-Fi bulbs. Those are stupid. They're not compatible with human life.

They're not compatible with any lights. And, and by extension, reduce your EMF exposure if you want your pineal gland, your third eye, if you want your entire field, your bio energetic field to be thriving and functioning, you want to be in close relationship and harmony with the Earth's frequencies.

And those will get overridden by excess body voltage in the home. So unplug stuff around your bed, sweethearts. Take the metal all right. You know, metal bed frame out like sleep on the floor if you have to.

I did, for a while, you know. Who cares? Until you can afford the the next best thing. Get the electronics out of the bedroom. It's a sanctuary for sleeping, for making love, for resting, for, you know, waking up in the morning and just connecting with the field.

Right. And, and then doing whatever you can to unplug your smart devices when not in use because you want to be close to the Earth's frequencies. Perfect.

And, so if people want to learn more about you, your work, where should they go? You can listen to our health podcast, Your Health Reset. You can go to detox rejuvenation.com for all things detox.

You can go to meditation or x.com for, all of our fun, meditation processes. Well, with that we will wrap up. So thank you very much, Sinclair. Thank you. Such a joy.