Introduction and Guest Background

Welcome back to the reverse Autoimmune Disease Summit series everybody. This is 5.0 version where we're talking about healing the energy body. And of course everything is made of energy.

So there's nothing that is outside of that paradigm. My guest today studies and researches this, his name is Doctor Roland McCready. He's the director of research at Heart Math Institute and Research Center.

As a psycho physiologist, doctor McCarty's research interests include the physiology of emotion, heart, brain communication, and the global interconnectivity between people and the Earth's energetic systems.

Findings from this research have been applied to the development of tools and technology to optimize individuals and organizational health, performance, and quality of life.

Doctor McCready has acted as principal investigator in numerous studies examining the effect of emotions on heart brain interactions and on autonomic, cardiovascular, hormonal, and immune system function and outcome studies to determine the benefits of positive emotion focused interventions and heart rhythm coherence, feedback, and diverse organizational, educational, and various clinical populations.

He's been featured in many documentary films such as I Am the Truth, the Joy of sex, movie, The Power of the heart, Solar Revolution, and The Living Matrix, among many others.

Welcome to the summit, doctor. Thank you. Keisha, I can see that I need to create a short or short bio. I know I have the same problem when people start reading.

When I go, I need to pare that down. Okay, but you know, you could take a stance that you sit there and you go, man, that person would be really interesting to get to know.

So, you know, in your bio we mentioned some of your areas of research. And, and this is the reverse autoimmune disease summit. And we're talking a little bit about what really the coherence between trauma in the past and the impact it's had on nervous system wiring and firing, and then the impact that has on the immune system and what what that then unfolds in adulthood as our health or lack thereof.

And so, you know, when when we talk about taking things from a cellular level to a cosmic level, things aren't so different when we talk about coherence, are they another really not, coherence is a term used to cover that in the cosmos, right down to the cell processor within a cell and all of the workings within a cell. So.

Yeah. Yeah. I, I often talk about innovative medicine, you know, and one of the things when I was diagnosed with rheumatoid arthritis, when I was 30 and 57 now and six months after diagnosis, I was able to reverse it.

And I haven't had a back. But in that period of time, when I was 30 and I had that diagnosis sitting in front of me and then my body, I remember, you know, thinking there has to be a different way than approaching this as just the disease.

You know, like there there must be something that's out of whack or out of balance inside of me. And in those days, I was an ICU nurse and I didn't I didn't really know anything.

I know today I didn't. And so when I started studying, like, well, how do I how do I figure this out in terms of imbalance or I didn't know that we're co hearing or coherence at that time. And I remember you know looking into PubMed and looking for the research and and I your Vedic medicine popping up and you know 10,000 years ago they said that we are a microcosm of the macrocosm of everything that is and that, oh, by the way, autoimmune

diseases, undigested anger.

Coherence, Trauma, and Autoimmunity

And I just remember, like sitting back in my seat going, What am I mad at? We're digested. Just even digesting emotions was a revolutionary concept to this brain, you know, like, oh, digesting the emotions and your experiences that you have.

Like, you would digest an apple that that's also necessary, you know, and and so as I started diving deeply into some of these things and, and learning them and my, my autoimmunity reversed as I applied it.

But one of the things I ran across was heart math and became a certified, you know, instructor. And, and I listened to you talk about for every five minutes you're upset.

It takes your body eight hours to recover. And I've mentioned that to you before, you know, that was that was a long time ago when that little statistic came out right?

Yeah. 90 is probably somewhere in there. Not. Yeah. And so this, you know, this idea that our heart and our mind, you know, our mind and our body weight, we talk about mind, body medicine and it it feels like it's getting a little bit trite and off track.

I mean, people just say, oh, yeah, mind and body, you can't separate them. But really that is true, right? Like we have to come into this place where everything's coherent.

Absolutely. Yeah. So, one of the things that you talk about in your writings is that the earth's fields have frequencies the same as humans. And if we're talking about, you know, this, this idea of microcosm to macrocosm, this becomes important to what?

What are the Earth's fields frequencies and how are they related to us? Because this is the nest we live in, basically. Right? Yes. Well, okay. We can start wide. Yeah. Okay.

You want to go right there off the bat? That's that's great. You should just go wide and come in. Yeah, there are, well, many. We live in a sea of electromagnetic frequencies, and I'm not talking about cell phones and that kind of thing.

No, I'm talking about the natural, magnetic environment we live in. So start with the Earth, and then we have to keep in mind that the Earth and its entire magnetic fields are housed within the fields of the sun.

Literally, the magnetic field of the sun is all the planets are within that magnetic field. So there's a lot of, I call them nested fields. Fields within fields, within fields.

That'll be your question about Earth. If we talk to start with the geomagnetic field. Well, hopefully not most people know what that is. That's, you know, that's the north, the South Pole.

They are compasses aligned with. And tell us which way we're going. The. That's a very, a field that extends out around the Earth like a toroidal shape, many thousands of miles out into space and back.

You know, north the South Pole. And to explain this, probably be good to journey backwards and if we can back to when we were in, science class in high school or middle school, whenever it was that we got to dump iron filings.

Most people get to do this. I think you dumped your iron filings on a glass plate, and you put a maiden under it. You know, whether it's a horseshoe or a bar ball or whatever.

And you see the iron filings kind of magically dance around and, light up in a way that shows you the shape of your your the field of the magnet. Right? This invisible field.

But remember more specifically that the this is where a picture is worth a lot of words that those iron filings lined up in lines. Yes, it shows you the shape of the field that there.

But there are lines. So there are also that simple little experiment. Let's just visualize what are called magnetic field lines. Okay. So they're very real things.

Now what they didn't at least I didn't learn back then that, took me a long time to to learn was that you can pluck magnetic field lines and they vibrate just like a guitar string or any stringed instrument that could use guitars.

And just like in our guitar, if you change the tension or the length you change its resonant frequency. In other words, the note, you know, are we playing C or A or whatever the frequency is when we pluck the string?

So the magnetic field lines of Earth work the same way. Are these what are called ley lines? Now these are called actually magnetic field lines. This is the actual measurable geomagnetic field that we live in.

Okay. Ley lines, not that they don't exist, but you can't take a magnetometer and measure them. They're not a measurable, magnetic field like what we're talking about here.

And it's also important to keep in mind that we we really need to appreciate the earth's magnetic field, because without it, Earth would be turned into Mars very quickly.

No atmosphere, no water, because it's what protects the Earth from the solar wind, which would blow away the atmosphere in the water and so on very quickly.

But it's the solar wind that we're talking about that's plucking the strings of the Earth. Because Earth is turning, so is the sun, right? Then the solar wind rushing by, just plucking the field lines and they're vibrating.

Well, it turns out that the one of the primary resonant frequencies of the field lines vibrating, which are called field line resonances, that's actually the technical name for these is a, in frequency language, 0.1Hz.

Okay. Now that's important because that's the same frequency as our human heart rhythms. When we're in a coherent state. Same not close to the same. It's the same.

Right? For, for the majority of people.

Earthu2019s Magnetic Fields and Human Physiology

So basically, then the second, the go ahead and mention this, set of magnetic waves that are relevant to, human and animal physiology because animals have the same basic physiological rhythms we do.

Across pretty much across species are called Schumann resonances. And these are not to be confused with the vibrating field lines, field line resonances.

These are magnetic waves that are traveling around the Earth that are trapped between the surface of the Earth and the bottom of the ionosphere. And for those not familiar with the ionosphere, think of it as a soap bubble around the planet that starts up about 50 miles up from the surface of the Earth.

And it's this layer of highly ionized, highly charged particles called plasma, which is a force state of matter and physics, by the way, plasmas have some pretty special properties.

And one of those is that they are like a mirror to magnetic waves. They bounce off of it. The fact this is how ham radio operators work. You know, our amateur radio, a lot of people know, you know, these guys are now that you send your your radio wave up, it hits the ionosphere and bounces off.

That's how people get here in the United States are talking to people in England or China. And if you get a second

bounce and you're talking to people in Australia and South Africa and places like that that can live for that.

So the Schumann resonances, though, are, are these are these magnetic waves that you created in this cavity between the Earth and the ionosphere? And it's the geometry of it, the, the shape and size that determines their frequency.

And the there's eight Schumann resonances. And then these weren't measured experimentally until about 1959, 1964 when they were first actually measured.

So it's not that long ago. Right. And certainly in my lifetime, they were first even measured. But the even when they were first measured, the first, the first Schumann resonances, 8.3Hz.

Now that's the same as our brainwaves. That's right. In a cross over point between what's called, alpha and theta brainwaves, kind of that magical point.

But all eight we now know all eight of the Schumann frequencies are the same as our human brainwaves and most animals. So I've just talked about two different primary magnetic resonant frequencies of Earth that directly overlap our physiology, our hearts and brains.

And, why is that important? Well, back to science class again. Most people got either got to do it or I've certainly seen demos of this where you have two tuning fork.

So the tune to the same note or frequency, and you tap one and the other starts to vibrate in unison with it without touching it. And that's really just demonstrating more technically what's called resonant coupling, which is showing that you can transfer energy and information between two oscillatory or vibrating systems that vibrate at the same frequency.

It had the same resonant frequency. So here are we are our hearts and brains are operating at the same resonant frequency as the two primary systems of Earth.

So we have the basic physics to understand how we are transferring energy and information between us and the fields of the Earth in a two way, scenario, if they affect us and we affect them, we're feeding information into fact.

I think of it as a global information field that we all contribute to. It sounds like you're describing consciousness. Well, aspects of consciousness.

Yes. Yeah. Yeah. Co-creating co-creative right. Yeah. So what does that have to do with our health. How do we what happens when that gets well coherent.

Interesting. So there's several ways I could go with with that one. But let me start at the bigger picture there. I have, you know, over here to my right, I've got a stack of research papers, probably about almost two feet high.

That particular stack is just on studies that have looked at effects, on human health of the magnet, Earth's magnetic environment. So there's actually a lot of research on this.

And it's very well established when the field of Earth, the things we've just been talking about are disturbed, like, and that's usually we get hit with the solar flare.

There's a lot of solar activity. And, you know, the plasma wave for the sun hits the Earth's magnetic field and it gets all disturbed. Right? And, we called magnetic storms.

In fact, that that's not good. For human health and behavior. So hospital admissions go up, quite, quite a lot. This is not a subtle effect. A lot of cases, but especially mental and emotional processes get affected.

So it's, we get triggered these year. Right. We're a little more we're adding significance to things that typically, you

know, kind of roll off like water off the duck back, you know, those examples of things that usually are that so and so there it is that way.

Well, now we're starting to get all upset about it and and adding emotional significance and so on. More car accidents. I mean, it correlates with so many things.

Financial markets get more crazy and so on, volatile and so on. So the studies we've been conducting, I think we published, eight studies just last year on the interaction between the magnetic field environment and a lot of different aspects of human health, arrhythmias and heart.

Heart failure and just a bunch of different studies that came out. But the there's a new story starting to emerge. I think it's worth mentioning historically to give this perspective, the majority of that stack of papers is looking at magnetic field disturbances and hospital missions, and the primarily because that the only marker or measure of geomagnetic activity that's been really available is a thing called CP index, which is actually a measure of magnetic field disturbance.

Okay. So that's a measure that scientists had fairly easy access to. And hospital records are pretty easy to get access to. So that's been the focus. So it's given this I had this perception that the field's bad for us.

Right. And if you think about it, hospital admissions are primarily in older populations of people who already have some type of a chronic disease. So this to field them when the field gets disturbed, it's kind of the straw that broke the camel's back analogy, you know.

So they call it critical mass. Yeah. That, you know, so that triggers and off we go, you know, with the issue. But most of the days of the year, we're not in magnetically, disturbed times.

So we have the a couple of advantages in that we wish we didn't have to do this yourself, because it's very expensive and time consuming. And we actually created what's called a global coherence monitoring system.

So this is a network of calibrated time synchronized magnetometer sites, around the world. So we, we have sites and, but one here where I am in California, northern central California, northern Canada, Saudi Arabia, Lithuania, South Africa and New Zealand.

And I'm kind of forgetting one. But, so we, we have a pretty good measurement system for really, looking at the actual resonant frequencies of what's going on, which CPU has nothing to do with.

And that doesn't measure, that it's the only network like this in the world that I'm aware of, that actually continuously measuring the frequencies of Earth.

So that allows us to do other kinds of studies. For example, we've had people wearing recorders that record your heart rate variability, or heart rhythms, continuously 24 hours a day, one study for five months.

Other studies, you know, a month and so on. So we're able to look at what's happening in normal times when, the field is not disturbed, but our normal day to day life in a very different pictures emerged.

And, more and more studies, we're starting to see this. I think we kind of maybe started the process a little bit. But at what is apparent, what is the new picture that's emerging is that it's good to be in sync with the field of the Earth.

It's actually an energy source. Right. So we we feel better, we sleep better, we have better cognitive functioning. These are all kind of indicators that have come out of out of these studies.

I'll give you one just one example of, a couple that we could sense how much time you want to spend here. But one of the things that kind of kickstarted it, in a way, even before we were doing the long term measures of, heart rate variability, one of our collaboration partners is, the University of Lithuania.

We have a couple different groups we work with, and one show with a cardiology group in the medical school. And so they were doing the standard, you know, kind of thing of looking at medical hospital admissions, but not just with field disturbance over the whole year, looking at, admissions for different various diseases.

And, an interesting pattern showed up. And that is when the resident, the power or the strength, you know, the vibration of the resonant frequencies is lower.

They they saw increased hospital admissions. In elderly populations with chronic disease, okay. When it was higher, they saw less hospital admissions.

Okay. Now in the younger population, it was exactly reversed. Now before you go further, I want to clarify something. So when there's a solar flare, is the resonant frequency higher or lower?

Well, I guess disturbed that the resonant frequencies aren't as resonant because it's it's more chaotic, it's a more k lower coherence or just the disturbance is one.

It's like, yeah, this is the fields bouncing all over. It's like an incoherent, discordant. Okay, okay. It's not as resonant would be a way of thinking of it.

And that's when the elderly are getting hospital. Well no no it's not. Well yes. In terms of the the majority of studies that have looked at the correlation between magnetic field disturbance and hospital admissions.

So where I, where I just went in this other example was looking long term, not just during disturbances, but across the year, week to week, you know, day to day, week to week.

And then with our system being able to look at what's the resonant frequencies looking like, lower resonant frequency, more elderly emissions, higher resonant frequency power, less admissions for the elderly.

But but here's the kicker. The young population is exactly the opposite. When the magnetic field resonant frequency is are higher, there were more emissions, but not for disease.

For accidents. In other words. So their conclusion independent of me even was from that study. But they were seen as we must the when we're in sync with the feel of the earth.

This is like an energy source. We have more energy, right. So when you have less energy, more and more emissions in the elderly people, because they have less energy for biological function, and the kids are doing more stupid things.

Right? Getting hurt. Yeah. Right. So pretty good hypothesis actually. Now just, you know, just in this last few months actually to two different papers got published looking similarly across the population of close to 500 people over a five year period, where what they were measuring, this is the same Lithuanian, cardiology group where they were measuring what's called resting metabolic rate.

Health Effects of Geomagnetic Disturbance

And I know you know what that is, but for for the listeners, that's a measure of how much energy the body requires for just basic life functions. When we're at rest.

And the interesting thing that this study showed was that when the resonant frequencies of the Earth were higher, our resting metabolic rate goes down in other words, that right down to the cellular level, the body is using energy more efficiently and coherently.

So we require less utilization of energy for basic functions. When we're in a when the magnetic field environment has higher resonant frequencies. So what affects the the magnetic field environments, resonant frequencies.

Say that again. That didn't quite what what affects those resonant frequencies. So in in the field itself that makes them lower or higher. Okay. Good question.

Mostly solar activity. And so how often, when you're tracking this, is this something that are you a storm watcher? You know, not particularly, but, Yeah.

How often are we seeing these things come through that are affecting. Well, they're actually they're well, they're seasonal rhythms, based on the tilt of the earth right there.

Certainly within the, so there's in what's called space weather. There's a lot of stuff that goes on that doesn't really rise to the level of a magnetic storm.

Right. That are still subtle effects. So that's what we're seeing. That would be one answer. I mean, one part of the answer to your question, I'm wondering if there's anything that's human driven.

Well, okay, now, in terms of the actual raw power of the resonances, maybe, A guy named Michael Persinger who, the late Michael personally passed away a couple of years ago now, at a university in Canada.

He was kind of kind of crazy like me to be suggesting that we interact with the naked with the fields of the earth and, and, actually did some, studies looking at in the areas day night differences in the, the power of the Schumann resonances, you know.

Right. And our brains oscillate in was able to to show, at least mathematically, that the resonant frequencies in the Schumann resonances were greater where you had lots more people asleep.

In other words, what he's implying is that our brains are actually adding a little bit, but not a measurable bit of power to the Schumann resonances. Who knows?

I mean, I believe we're all interconnected so that, that the, the other thing we, we can't really measure directly like, you know, I can, I can take a cell phone, I'm a next communication engineer before I turn into psycho physiologist.

37 years ago. But we can take and do what's called demodulator or look at the frequencies being carried by the field of our radio or cell phone, whatever, and demodulator it and see that information being carried into the field.

But we can actually do that with us as well as well. Every time the heartbeat, we we literally radiate a magnetic field out into the environment. Now, I'm not talking about aura.

But I'm taking magnetometer and measure this, I mean, this I know this exists. We can measure it and we can see that information being carried by that field that directly relates to our emotional state.

We can see those patterns of information being carried by the field. No question about that. So what we're also suggesting in part of our one of our projects called the Global Coherence Initiative, is that our, our body in our fields rest through resonance, just like the tuning forks are adding information into the planetary field.

Right. So we're all feeding the field. So people I think everyone has experienced the effects of this, just didn't know it. So a lot of I've, encourage people to our citizen scientist community, to just kind of start becoming more aware, you know, you might wake up in the morning and not because you had an argument with somebody or anything.

You just wake up feeling out of sorts, you know, kind of like energetically tense, or, just something off and either a high ratio of times if you're paying attention, you'll find that you turn on the news and something's happened.

There's been, well, like recently, the school shootings or, you know, terrorist attacks or something where a lot of people have really had an emotional reaction and are fed the feel that, yeah, we feel that or it's, check the space weather. Right.

And you see that there's a magnetic field storm going on. So we're feeling the effects of that. But normally we just don't put connect the dots until we start paying attention to it.

This is so interesting. I, I had a near-death experience many years ago and you know, NDE people will often come back and have tales of different experiences.

And when the one that I had was that there was a grids surrounding our planet and little fires of light, we each represented one of those and but actually, it wasn't even optional that we we needed to be showing up in order to contribute to the.

This power grid is the way that I thought about it. You know, if thinking is a thing in that space. But the way I just ascertained it, you know, and brought it back when I came back was, oh, like each human life is really important in feeding that.

And, and none of us can check out. We have to. Yeah. Like, really be intentional and conscious about it. Well, yeah, it's a good point. And I mean, so we do events in a way.

We have monthly care, what we call care moon. Full moon care focuses where a lot of our global network of the and the global consciousness community comes together to actually add love and compassion into the planetary fields.

Right. That then pulse it. And then we have a part of another group that's called the Global Coherence Pulse that many organizations are part of, or the third Saturday of every month we pulse the planet, you know, with love and compassion.

And there's many, many other groups doing doing similar things. And those are great. And they're often factors in amplification effect when we do it together, and especially if we're coherent and the research is actually starting to prove that out, that statement.

But the point I make is that, hey, look, we're always connected to and feeding in the field, not just when they come together for these events where we're really are playing our best game, right?

We're getting coherent. And, you know, what about the other 27 days of the year? Yeah. How much of that time are we feeding the field with frustration or impatience?

Worry, excessive worry judgments. Right. Yeah. Versus really being kind of feeding the field kindness and compassion and, well, these, these practices that have been around for hundreds if not thousands of years, you know, they speak to this, right?

And they they come from a place of understanding that all of this is really important. And, and one of the things that I've come to talk about and teach is this isn't this life thing is not a passive observer kind of experience.

It's the don't take your eye off the ball, like be actively engaged in what you're putting into the field, right?

Global Coherence and Collective Influence

Because that's what you're going to get back, right? Yeah. Well it's it's yes, we get it. We get back the totality, you know like the, the the field environment.

It's really that this you could kind of think of it as average out in a way. And, and I would actually suggest it, it's calculated to a very fine tuned degree in a higher dimensional context.

So what one of the sayings I talk a lot about in when I do presentations and things, you know, yes, be ask yourself, be conscious of what you're feeding the field.

But part two is what we feed. The field matters, and it matters more than we might believe or imagined. A lot of people, you know, I think in today's world, that's just a little on me. Yes.

In this big, isolated behind your computer and your, But it does matter. And every individual contributions matter. And, it's really a time and the evolution of consciousness from my perspective, where we do become more responsible self responsible for our own energetic body and systems and what we're feeding field not for certainly for our own health.

Right. I know the the overall focus of the summit, you know, is really has to do with information, right. Autoimmune and that's directly related to our HIV and how much we have of HIV, which is directly related to a measure of coherence. So, I made some pretty big jumps there, but but we could, you know, they're the exact you know, that mean that's the those are those are the stepping stones across the river right there.

So so even if you don't could care less about others, you know, we're just totally self centered. Well, do these practices for your own self. It still matters. It still helps the planet.

And so what are some things that people can do to increase their personal coherence. Because that that coherence increases resilience. Yeah. Well, that's, that's what heart math is all about.

And there's, as you know, as a trainer, there's a number of key cool tools and techniques, but it really starts at, I would say, with self awareness starting to have the courage to look under the radar.

Right under that, what we did. I, what are we really feeling? At a little bit deeper level and start being responsible for those two to, we have a lot more power.

And the way to say this issue or to to self regulate and choose our emotional diet than most people have ever been taught, it is, in most cases not their fault.

They've never been taught. It's not something we and we're certainly trying to teach to change this. This is something that should be fundamentally taught in in school and education from, from early early childhood on.

Otherwise you've got to deal with all this unlearning, right? I mean, right now it's ambition training. For, for most, kids, you know, rather than really being learning about their emotions and how important they are and driving the body processes is it's emotions that run the show physiologically.

It's not thoughts. Right. The emotion comes first. Yeah. And they and they are what drive the activity in our hormonal system in our nervous system. I mean, it's so easy to show here in the lab and, yeah, it's just it's just becoming aware of that and then learning that we really can turn around depleting emotions and talking about denying that's the last thing we want to do or trying to repress.

Now that doesn't work either, but we can start, changing those emotional responses and feelings. And this is where the heart has a huge role in this. We have to.

So the heart sends more information to the brain and the other way around, and the information from the heart goes to right to the amygdala is when in fact, the core nucleus in the amygdala are literally synchronized to the heartbeat.

So whatever the heart rhythmic pattern is, is the main goal is directly monitoring that. And that has a lot to do with to create creating our emotional experience.

And that's how we actually feel that kind of, you know, comment examples. You know, most, people when they fall in love with each other or stuff, we, we what do we say?

We don't say, I love you with all my brain, right? Right. Because we know instinctively that there's something else here that, So the heart really is a major player in creating our experience of emotions.

More of the higher positive emotions. But the brain's also involved here. It's interpreting, but it's also creating a lot of the interpretations of things we react to and stuff that, you know, like anxiety and fear.

That's, all brain. We could say our brain is what causes us to fall out of love. We. Yeah. Yeah. I mean, it's, the brain and mind, you know, it's, we I want one, and I want it to work really well, right?

I mean, we need the brand to live in this level of density and navigate the world. It's really when, a lot of what we talk about here is it's not about the brain is a bad guy.

Of course not. Right. But it's really getting the heart and brain in sync. And that I mean that literally. We can actually measure the synchronization between the heart and brain activity, but that as we do that physiologically, which is a measure of what we mean by physiological coherence, and we start opening the heart to, to accessing our heart, our more of our intuition, from that higher place about who we really are.

And, I mean, our own self and, and once we can do that, we can recognize that every person we share the planet with has a higher self. Also. Yeah, we all do.

And everyone is, I would say for the most part, pretty much anyone and everyone is doing the best they can from the level of awareness they've evolved to.

Yeah. And, and that's kind of humbling when I think in my own path, you know, we can call it old souls or whatever, we've also been that person. We're judging it somewhere along our path.

Absolutely. So I think when you get to a certain point in your evolution and growth, you when you when you land there, there's, a letting go of that desire to other people and judge them.

And, you know, blame, right, brings your locus of control firmly internally. Yeah. And a term we use along these lines is it actually helps me a lot with it's compassionate latitude.

That's nice right. Because, I mean, I in my journey, you know, really tagging and feeling the energetic vibration of appreciation. I was pretty good at that.

You know, and a lot of years of practice and a lot of benefit. But compassion was a little more abstract in the beginning. I've gotten more into understanding.

It's a little bit higher up in the love spectrum. Compassion is to, to really be to have our consciousness really vibrating truly at that, at that frequency.

But compassionate latitude was my stepping stone. Yeah. Catch people some slack, right? I mean, having compassionate latitude because what they're what they're saying or doing that's upsetting me, that I'm judging or whatever is the same stuff that I've done myself to others, or I probably will do.

So come on, get him some slack. And we really don't know what's going on in other people's worlds. And I do want to say just for people that are listening and say, well, no, you know, I, I wouldn't ever sexually abuse a child.

That's not something I'm ever going to do. It's the motivation that drives behavior that we're actually pointing to.

Personal Coherence, Compassion, and Trauma Healing

Yeah, we all have the same personality traits. We just do them differently. Yeah, I do it. Do I condone the behaviors of a lower vibration? Of course not exactly.

But if I'm judging and getting angry about it, who am I hurting you. Right? Right. It just adds to the feel more of the same. That's driving that behavior in somebody else.

So it's really important that we I mean, this is the thing I say, keep your eye on the ball all the time, and the ball is actually you in your own awareness.

Yeah. And in fact, when we're able to, to not fall into that trap, that it's really a downward spiral when we get into the judge and blame that. Yeah, things that have real issues.

I'm not saying those issues aren't real, but what that does is it leads to a very identifiable state that's been called cortical inhibition. You know, our brain gets inhibited for since the 70s.

So when we're able to stay a little more neutral emotionally, that opens up. That leads to cortical facilitation. We are able to get the heart and brain in sync and draw in the intuitive guidance of, well, what can we, how can we take the love and care and put it into action, you know, in, in real practical ways to actually create positive change, right.

Yeah. And this is, you know, I think a lot of the religious traditions have places here that this is spoken of. And we just I really think we need to get the compassion and action piece and the heart rate variability and, and coherence into preschools.

Absolutely. And we actually have a program for preschools for. Yeah. Let me just a minute. Yeah. And is so important and you know there's a Buddhist movement for seeds of compassion and create schools.

But just any of these kinds of programs that are being developed, whatever calls to you, you know, this is a place where we can make a big difference in and, our children, I mean, to me, there any research I do, anything I talk about, it's keeping in mind.

Like what? What are we leaving for our children here? Like we're we're right in the process now, the recording going on in the office next door, to where I'm sitting, that's, for a new parenting program, a program for parents to discuss the kind of things we're talking about in.

And, how do we model, you know, as parents, but also teach our children, practical ways for for all you know, that sets them on a lifelong course for better self-regulation.

Self-awareness. So happy to hear that. And then, you know, for, for people with autoimmune disease, a lot of the work that I do is helping them re parent their own little selves from trauma.

And so learning those skills, even if you're not a parent and not a grandparent, you know, this is also, again, as doctor McCarty was talking about, this is very personal significance.

And relevance is, yeah, helps heal attachment trauma within you. Yeah. Yeah. Me and you said that I'll do another plug for heart math here. We, we actually I hopefully you've already taken action.

Our our program for trauma informed approaches. It's, called the trauma. What is it called? Resilient heart. I think it's the name of it. It's a great program.

It's, if you're a health care professional or people who get actually certified and, you know, all that in it, but it's really for anybody. It could be if you're a guidance counselor and, or just a parent working with kids and, or it's going to be school teachers, first responders, it's really open to anybody to take and, for nothing but rave reviews from it.

A lot of people who've taken a lot of trauma courses, this is by far the best thing I've ever, ever seen. So. Well, there's, I don't I don't want to open up a huge can of worms here, but there's since the last school shooting.

There's a lot of trauma held inside of. The energetic bubble that we are in. Yeah. And people that are, you know, very frustrated with what can I do? And, you know, some are calling for teachers to become armed in the school system and things like that, you know, and crazy, this is this is a way to arm yourselves, your teachers and your children.

Right. Is that internal tool? Yeah. Right. To be able to use when because inevitably challenges happen that we think we can't overcome in spite of the human experience.

And so we need to have these tools within us. Yeah. So this is a really wonderful solution. For what where to put your frustration and grief. Yeah. I mean, from my perspective, none of this is going to change until consciousness evolves to what's next, right?

Notch up. I mean, great, we we should in, be doing policy changes and things that, you know, are appropriate, but that's not going to solve the problem.

I agree with you. This is an evolutionary need. And then it's just pointing to it. Right? We just we have to evolve already. And our consciousness, which is why I took our questioning to the very like there.

This is conscious like we're talking about that this is what we need. You know, I give you I used to say, well, I got a couple stories here on my journey of, of really understanding this, this bit about the consciousness, the evolution of consciousness that, I keep it short.

I used to say I read somewhere that with 10% of the world's military budget, every person on earth could be have clean water, be fed, housed and educated.

Okay, I can never quite find the source. I'd heard it, but it sounded like, hey, this is pretty cool. And till like a couple of years ago when I met the person who's actually been nominated for three Nobel Peace Prize.

And I've actually got her book over here. Elsewhere, the book, called The Business Plan for peace, was done the math, and I discovered I was wrong. It's far less, and 10% of the world's military budget now, which would then solve a lot of the problems.

If we did that. Right, right. We wouldn't have to have all the military stuff we have, because. Right. This is healing the energy bodies. Yeah. Everything.

Yeah. So this isn't it's not a problem of technology, right? This has existed for years. The ability and the capacity to to do this, we just have to eat.

It's a problem every step forward and. Yeah, take those steps ourselves. I mean, that's each of us has to do it. This is the I mean, you know, and there's study after study.

You could sink ship with it with people that, you know, the TM movement showed that crime in Washington, DC decreased when for 30 days they gathered and meditated.

You know, rivers plain that here in Washington state, the Duwamish, when people gather and, provide Reiki and meditate, you know, to the river like this, we have we have this inside of us.

Yeah, yeah. So this isn't new, I think, but I think we are in a new place, though we are. And being able to actually measure. Yeah. Right. And and and and it's the consciousness the globe.

I'm talking about global human. Yeah. Just evolution. I really do believe we are at a point in that evolutionary trajectory that where we're in the middle, actually, of the next tipping point to the next notch up, as a global species.

I mean, that's actually that's what the shifts all about, that people talk about. Right? And that has to do with heart brain alignment ultimately, that's that is underneath that shift, from I always say it's most exciting time to be in medicine.

Like, I'm it's delightful time to be here. Yeah. If you're here, if you're here, and if you understand that that that's what's going on and are part of that mission.

It's a it's a brilliant venture. Some time to be here and it is, you know, it it really helps us from getting over sympathetic, I mean, being compassionate but not kind of drunk down into the oh my God, you know.

Right. Compassion fatigue. Yeah. Right. Well, I, you know, this is probably quibbling, but I don't I think that's a word that we need to stamp out of our, it's even in the scientific literature because true compassion does not cause fatigue.

No, it's not it's not caregiver fatigue. I'm talking about when the scale that it's been talked about and, you know, in a different way where if there's too much going on in terms of tragedy, then people will sometimes turn in and become more narcissistic and lack empathy.

I understand, I yeah, I'm just I don't want to quibble. No, I know I think compassion for them. It's not the compassion that leads to the fatigue and.

Right. It's what we call over care. Yeah, it's when our care and compassion starts turning into over care of that. It's that's the problem. Yeah. So we get on that downward spiral instead of that, that protective I put it in my boundaries class. You know.

How to be able you know I always say leaky boundaries leads to leaky gut which leads to immunity. Right. So being able to have strong a strong field and then you don't that that's not a thing.

Right. Yeah. All right. Well, doctor McCready, thank you. Is there anything we haven't done? I mean, there's a million things that this is going to say.

Anything that we haven't touched on that you would like to leave before we go? Where would I even go with that? I mean, there's so much we, we started wired and, kind of stayed there.

So I would just encourage you know, the listeners here to, and maybe check out our website. There's a lot of free resources. Okay. A very inexpensive investment, I think, is a I'm hearing a lot from is are we just did a read revision of the book Heart Intelligence.

That's the very practical, user friendly tools, techniques that, sorry, I don't know what the book is. 14 bucks or something, I don't know, it's a very small investment for, It can really help.

I think a lot of people move forward and, beautiful, lot of usable tools there. So thank you so much. Well, likewise. And thank you for the invitation and, the chance to, to Jetson.

All right, everybody, until next time, be well. You.