Shifting From Survival Patterns To Living From The Heart Transcript

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Introduction to Dr. Eliaz

– Hello and welcome to the Global Energy Healing Summit. I am so excited to bring you Dr. Eliaz today Dr. Isaac Eliaz is a leading expert in the field of integrative medicine specializing in cancer, detoxification, immunity and complex conditions.

Here's a respected physician researcher, bestselling author, educator and mind body practitioner Dr. Eliaz Partners with leading research institutes including Harvard and the National Institutes of Health Columbia and others to co author studies on Integrative therapies for cancer, heavy metal toxicity and others.

He is the founder and medical director of Amitabha Medical Clinic in Santa Rosa California where he has pioneered the use of therapeutic apheresis as an adjunct blood filtration treatment for detox and chronic degenerative conditions.

Dr. Eliaz, welcome. – Thank you, thank you for having me. I love our talk. So it's great to have another opportunity to talk. – Yes, you you you venture into a wide number of arenas which I love both in your in your clinical work and in your personal life and I'd love to get into that and and I think maybe the best place to start kind of from your book, you wrote a book called The Survival Paradox. And and when I first opened that book I thought this is an interesting title, what is the survival Paradox And then it was it didn't take me long to realize, oh I know this thing that he's talking about.

It's this sort of condition that we get in um that the body gets in trying to save us um and and causes a bunch of of issues and damage along the way.

So maybe you can help explain that and how you discovered or how you came across this sort of fundamental aspect of our biology and what we can really learn from it.

– I think yeah it's a good place to start. The survivor paradox is really a term that expresses my decades of training.

The Survival Paradox Explained

You know, it's starting to meditate at age 15 and now almost 50 years later and 20 years of you know going to the mountains for two months, a year and 10 years of half day retreat and study a lot of esoteric meditation practices with emphasis on healing in the in the Himalayas from great, great the greatest meditation masters and then it kind of simplified in a way that can connect physiology, cellular biology, genetics, epigenetic with understanding our body, our mind, our energy systems and how they interact into this into this term called the survival paradox.

As you said, survival products really offers a new paradigm for understanding our health, our life and our diseases. So we are wired to survive. We are wired to be saved as a person as a society and every cell in our body is wired to survive and that's why we are here. But survival as we all know has a cost.

We do the best weekend at the moment and we're acknowledging it is very important in the journey for healing because it can avoid it can help actually to let go of traumas but at the cost. So because we are wired to do this, we do this automatically. We do this immediately through the autonomic nervous system, through the sympathetic nervous system.

Either by fighting which equates to cytokine storm to inflammation and all the degrading damaging effect that happens. Or we do it by flight by running away by hiding, by isolating ourselves by being separated from one from another by creating a coating around ourselves where we can create a safe environment, creating a safe environment level of personality being shielded, not feeling our body. No, its summit about energy not being able to feel what is happening anyway. And this isolation is very heavy price.

It drives fibrosis and organ dysfunction. But it also allows for things to grow and ferment that we don't have control over. Right Jason because we are we are covering them with a shield for protection. It's a great place for cancer to grow.

It's a great place for autoimmunity to grow. It's a great place to to a to bury traumas and pent up emotions and suddenly burst out and we get sick. That's a place where biofilm can hide different infections etcetera.

So the sympathetic number system is this first step and we can respond by relaxing by moving into a power sympathetic phase by breathing, by meditating by walking by doing qigong.

But there's also a biochemical reaction. The biochemical reaction is driven by alarming proteins, especially collecting three which I have researched for almost 30 years and collecting three as part of the survival response, as part of the injury repair will drive inflammation and fibrosis, but the biochemical response is not as easy to stop.

And so we turn into a biochemical survival mode that affects our nervous system that causes narrow inflammation that drives infection into sepsis and has a huge, huge consequence. So a lot of my work, on one very simplistic level is I developed the first commercially available block of collecting three modified citrus pectin pectin all but for the focus of this summit and for my life work, I mean, this is part of my life work with dozens of publications and etcetera and age grants. But my other part is really understanding how we can melt this survival response, how we can connect to a place where it all melts away.

And this is the place where true energy medicine starts energy medicine, 99.9% of the time is a conceptual medicine, which means it's still amazing, but it's someone doing something holding our energy, doing a movement feeling when we really dissolve the survival paradox where we understand the interdependence, the me and you falls away not only in the mind the relation to the outside inside our body and then whoever moves the energy and the energy is inseparable and that's where the intense shifts, that's where we connect with our infinite healing potential that we are born with it in every cell in our body and every tradition, philosophical, spiritual, religious kind of points out to it. And so people, regardless of their belief system, will, will find, will find about, you know, people who are Judeo Christian or you know, the energy and Chicago, maybe it's not their interest. You know, we say we are made in the image of God, so this image, this freedom, this connection, this godly element is in every cell in our body. What doesn't allow us to express?

It is a survival response, our ego clinging. So it's so fascinating for me. I was reflecting today and I'm kind of going a little bit of track, but it's common for me to do it. But I think it's where where where I bring value and I bring value because I have been meditating for almost 50 years and I've really studied with the greatest masters, I've seen things that science cannot explain.

Yet I am a bonafide scientist as you know, and of course clinician healer. So really it is so fascinating and exciting that the world is opening to this, you know, in the last 10 and 20 you know, maybe 30 years, it's becoming more more known. I remember early eighties, I remember seventies, you know, when I was kind of early seventies, you know, it's like nobody even heard about it, you know.

So it's a huge field. It's amazing and it has depth, there is a reason why it was taught very gingerly, it's not necessarily because all we want to keep a secret, which is some time, which is not a good way to go.

There's no sharing, but it's because there is a process that we go through and in the process of revealing the power of energy, medicine, of love and compassion of open heart.

It takes time and skipping phases is doesn't work as well, you'll get results. So I just want to say it because it's so profound, the world is moving into it and I really, I really hope and want and wish for this to remain as vast, as pure, as powerful and not to kind of get overly diluted by becoming another popular thing.

You know, we saw it in right now, there's a Renewal of the interesting psychedelics and what they do and everybody hears about it, but it's kind of there was a lot of research on it in the 50's and then it got wiped out because it became popular and and misused.

So I just hope that people understand there is something very deep here and each of us can take it in a different level. That's the beauty of it. Right? – I mean you hit on so many different things.

– I apologize, I know I usually don't talk about this stuff but I said you know, a New Year, I want to give some new insights came to me this New Year, some new insights about it really ties the various esoteric spirituality to our biology in a unique way, that's really why I talk. I mean there are many great meditators greater than me. But then I said, okay, let's lay it on Jason, you can handle it. – Well I mean you're hitting on so many beautiful things, right? These concepts that you're that you're discussing can be expressed at so many levels, right?

These archetypes these energies, these ideas are happening both at the micro level inside the cell, right? The survival response that that shuts down communication, that shuts down the flow of energy, right?

That is isolated, right? And then it expresses also in our mindset, it expresses also in our energy body. It expresses also in our emotions, right? And then of course in our habits, right?

We're doing things in a survival way. Most of us are operating throughout our day from survival patterns. They worked right? That the reason that they got laid down, right? Because they work just like what's happening inside ourselves, Right? That's what's really cool about what your work is demonstrating is that this is exactly what's happening automatically on the nervous system level and down at the cellular level in every level in between.

And so your pointer here is amazing, which is I find that in a lot of the groups that I hang out with, which is kind of the more spiritual awakening meditation energy groups.

Inside-Out Healing and Cellular Stress

If they're not aware of what's happening at the that the things that they're working with also are applied at the biological level then then we can get caught in this sort of energy la la land and I think this is what I want to point out is that we can experience um physical ailments and physical stuff going on and we can try to, let's say meditate our way out of it. We can we can apply this doer as you mentioned instead of the one that that is just being and we can try to do meditation and do these practices as a way to sort of escape or bypass or not really understand that it's happening at the micro level and that's what I've discovered is that I'm a firm believer that meditation breath work, they can kind of feel anything um honestly, but it come it can take a while and it must be done in the right way to get to the deepest physical physiological levels.

And the other side of that is we can also work from the inside out. We can do from the biological level from the physical into the mental, emotional and spiritual. That's what I think is cool is that as we resolve some of these survival paradox at the at the actual physical level.

It actually frees up some of our capacity to do more of the sort of spiritual work, awakening work, energetic work. Because that physical level is so important.

The survival of the physical body is taking up a lot of our energy. – You really put everything I said in such simpler words, it's just so right and there's so many things I can pick from your discussion.

But the idea about working from the inside out is very important because when we look at energy medicine that just like you said you said, it's so beautiful.

Is there are two levels. One is as experiencing the expensive, expensive within a opening openness, infinite space that energy flows in. You know, I mean just the place you know know the vacuum is not empty, it has qualities, it is clarity. I mean we sometimes feel it right, we are charged, we are in nature and suddenly everything becomes brighter and more alive.

And the amazing thing before I go back and remind me to this analogy is that we are born, we have the right and the choice to experience it. So one moment we can be very upset and tight uh and I have these experiences all the time and then one moment it's all free.

So first we do it like they say in Los Angeles fake it until you make it, you know, first we do it. But then there is a being, the being, the effortless is where energy medicine transcends into the origin of all existences into this pure place where everything comes from, where everything is possible, just like you said, very hard to come by. But demarcating line between a totally you know in Buddhism will call it enlightened intent.

Not that the person is enlightened, but the intent is coming from a place of freedom and conceptual intent which comes from ordinary mind, from dualistic from you and I talking and and experiences a separation while in many levels there is no separation.

I'm a little bit going out there. So working from the inside out is amazing because when the cell feels safe, when the cell field it's part of a community where its membranes can relax, the outside of the cell becomes less inflamed.

It doesn't send out signals of stress. The receptor that the insulin receptors work much better. A. M. P. K. Inside the cell where adenosine phosphate kindness works better. We produce energy, very relaxing glee.

The pyre avoided erogenous, opens up the breakdown of glucose comes to the mitochondria and we produce 36 80 P for one glucose with no by products. Now we're going to survival that can be because we are running 100 yards, we are running away from danger. We have an emotional stress or an epigenetic or genetic traits comes on and we react in a weird way and now the cell goes into survival, it moves into glycol is why it needs to survive.

It needs to produce energy faster. So glad I call it. This produces energy 100 times faster. That's amazing. You know, I often I repeat it but with 100 times I mean I mean the scale almost immediately. But at a huge cost efficiency down to 5 to 6% to 80 p compared to 36 to 1 to 1 to 18 between five and 6% and a lot of byproducts, acidity, lactic acid, oxidative stress.

The cell feels like it doesn't have oxygen now that still goes into survival mode. – So if we're not producing a teepee where like if we start from the place that the body has intelligent wisdom, innately it's not doing something wrong, it's doing something right, certain conditions. So what is that?

Where's that energy going? – So we are producing the energy from glucose. We are breaking sugars very, very fast and we have very little so we're producing a lot of energy. But think about it.

If we have to produce 100 times more energy but our efficiency is down to 6%. We have to use 2000 more. I mean just look at the numbers and the cell has no time to break when the cell is no time to breathe.

The cell goes into panic. Just the same survival response. And the cell is so smart. There's something called hypoxia inducing factor, it shuts down the mitochondria even more and we go more into like colleges and then you get the cancer cell that's a cancer cell operates in the environment of oxygen.

Why? Because it's isolated has its own biochemistry. That's what happened in autoimmune disease. That's what happened in metabolic disease. That's what happened in diabetes. So now, as you said, Jason, I'm taking back to to your statement, this is working from the inside from the mitochondria inside the cell. Yet when our mind and heart is opened and if we really just let go, we move into being then because the electromagnetic field of the heart touches every cell of the time radiates electromagnetic right there, there's an energy medicine and every cell gets to relax and every cell receptor gets to relax.

Then metabolism changes Then. Now from the outside we are affecting the inside. Yet when the cell is in stress and it's producing abnormal metabolites and there were transmitters, it won't allow us to relax.

We're in a state of panic unless we're extremely trained to relax in the panic. It is possible, but very rare. So this is why it is just like you said inside out.

But I want people and listeners to understand this is not just like a light discussion. This is physiology and we have organs in our body that are in charge of maintaining our survival response and we have an organ in our body that is in charge of transforming our survival response. And that that's that's really what the survival paradoxes about

that's why it's a paradigm shift because it introduces it and then there's a whole other layer which I just touch here is how do you do it with meditation?

How do you do it? And the first step and why I don't get tired from sharing? The first step is to understand what's going on, because when we understand then when we meditate, when we do see gong, when we do breathing, just like you said, the effect is different because the body is smart and now the body, it's like the unconscious, like the hidden stuff is in the surface and now, wow, I often ask myself, I said, damn, why didn't take 50 years, why now you meditate, even if you have a few minutes and you sit and suddenly you have this Realization, why didn't they get it? Like 20 years ago, I was sitting in the mountains for weeks, you know, by myself in the snow, why I didn't get it. It's a process of maturity, at least for this stubborn body, you know, some people it's faster, but it's amazing because I tell myself like every every day it's like another revelation and it doesn't end because everything has a flow.

– Absolutely. And what you're describing to, especially at that cellular level is um these things can kind of get caught, right, they get stuck, like we get caught in these patterns of of being of the ways of being in our normal, everyday life and also at the cellular level we get caught in these patterns like the biology actually get sort of grooved into these patterns, right? The neurology.

The pathways get get laid down and same thing at the cellular level. So we get we have this kind of stuck nous and so oftentimes what I find even in in ordinary life, um we can get in these habits of mind and habits of emotion and habits of behavior.

And what's funny is I've I've noticed that all it takes often times, which is why I think so many people love vacation is that they just separate themselves from their normal everyday environment and they put themselves in a new environment and all of us, sudden emotions changed mental patterns change habits change, even physical symptoms will change just by being in a new physical environment.

And I noticed the same thing at the cellular level, at the, at the biological level we see the same patterns that if we just set up a different condition, a different environment for the body, it somehow just shifts.

But it does take sometimes this little nudge. Right? And so this is what I find with modified citrus pectin and pectin cell is that that helps to provide the environment for which the cells can naturally find a new groove – Totally. That's right for me on my journey.

It's interesting, I've discovered this, this how to block this, this damaging protein. It's my, one of my claims for famed yet I also discovered my own journey and I'm bringing up the much the already in my work.

I have the outside into the inside and the inside to the outside. That's our practice therapeutic apheresis filters the plasma outside the body. So yeah, so it's a fascinating journey.

But the thing with the narrow inflammation that the nervous system pathways, yeah, they drive our cellular response and they are very deepening us. They are genetically and epigenetic li programmed in us.

And one of the key things for changing is just to change.

Consistency, Habits, and Integration

It can be a very small habit. If you always put your tick up on your left side, put it on your right side and lift it up with your right hand. You just change the habit in the body. This feels very different than this.

I can feel the weight here and here, it's more loose and now it's here and I can fill out my chest is changing. And now my relationship to the cup. I'm watching it here instead of here.

The perception in the brain changes and people fall into this pit falls in daily life. But also meditators fall into these pitfall. They become very regimented and strict about the practices, about the habit. I wake up in the morning.

First of all, make my cup of tea, then I put this and I've been on group retreats in many years ago in the 90s, there were some very experienced meditators for decades and they were stuck. And part of the starkness was the rigid habits they had. And sometimes we tell them just when you come back from the outside, we started for him, just don't, don't walk with your slippers on the right hand, like exactly the same. Do, it'll be differently because the easiest way to change habits is by changing tiny habits. Small habits, right? That's a very good book, tiny habits that describes it because they are easier to to accomplish and the body feels a relief. But yeah, what we're talking about is what makes life exciting. And as I mentioned, our heart which I hope will have time to talk about is built to help us make this transformation.

– So, one of the things I want to ask you is this idea because in the West we have we've we've kind of been conditioned To to this sort of quick fix, right? We take this pill or we take these pills for 30 days, but there's some kind of this short term transformation process that we want to have happen very quickly and I want to get to the other side of that spectrum, which is the the the value of consistency, right?

As a as a meditator, I know, you know, this is why it's so important and I see this in the body to that, that there's something about consistency um that that seems to change the neurology in other words, these grooves that we lay down these habits of mind, these habits in the body and how it expresses seems to take this repetition and that as far as I can tell, there's not a lot of great ways to just one and done and boom, everything shifts. Although that does happen.

It's this consistency. So maybe you can talk to me about – What a great my God, I want to write down. So it's a great point, Jason. Oh my gosh, it's so big because consistency is really a cultural and habitual. So We are trying depends what we are using. If we're going to use the appeal or chemical reaction, if its appeal or if it's even, you know, substance that changes our mind or appeal to treat the disease, it's happening right away. Right?

Like people say, Wow, I mean again, talking about and I just mentioned the idea of using chemicals to alter the mind. It happens right away. You don't have to work on it for 20 years. But then the chemical goes away, the reaction goes away.

So in this sense there is this immediate change. But when we want to create a change in the subtle there it is, the more we find it is, the longer it will take.

So we want to use energy acupuncture, we may feel things quicker. If we want to use very subtle mind work. Yeah, we'll feel things. But because the vibration is so subtle, it penetrates into places that more cost energy like movement you can see won't get but it takes a longer time.

It has to settle and change our neurology, change our biology. And this is we're integrating such work with nutrition with supplements such as picked us all. So we peel off the collecting three Penta mel's shield. That isolates the change because the places where we are stuck, stuck is the right word.

The places where we are stuck are the places that also our circulation is not going good that our normal immune response is not going to, it's isolated.

So we need to dissolve it. We need to dissolve the starkness And once we have the consistency it's like slowly, slowly peels and the good news of and the good news, you never know when you get to your to your last layer.

I know in my own journey, my teachers really trusted my my capacity and I was stuck. But man did I sit hours and hours an hour. They're going to retreat and sit for 16 hours a day. You know like just sit somewhere in the mountains until it got unstuck. But even when it gets unstuck, let's not get too excited about it because there's another level.

So it's always a flow. It's always a journey. Now, consistency is very different these days Compared to what consistency was in the 15th century or even in the 80s and 90s we didn't have cell phones, I didn't have a smartphone until 2011. What a good life.

I would go and retreat, having a practice clinical practice and every 23 weeks I will climb to the top of the mountain, turn off my satellite phone with this special phone with satellite and then I would set up the date in advance and I would get a very quick brief on the few patients which are really important family messages and if I talk to family members that will be there then I will disconnect and another two weeks no connection.

This was consistency these days. One hour of being disconnected from the cell phone is consistent. So in one level we're in tough times but on the other levels because of our survival response we adopted to this crazy lifestyle. We apologize when we are 30 seconds late to zoom call. Right right or why didn't you answer my text from two minutes ago right now is the consistency of letting go is shorter because our receptors are used To getting input much much faster.

I often say if you take a great meditator from the Himalayas from the 16th 17th century from a cave and you put him in Wall Street, they will die in second.

The body will not be able to process the dramatic change that's why coming out of retweet, coming out of vacation back home is tough. One of the tricks is to transition from non doing from transformation to maintenance.

It's like the waves hit the shore, we have to really get off our surfing board very slowly. We have to kind of Integrated very slowly and I've done this over a decade because I would go away on a retreat for this 12 weeks and I'll come back to busy schedule, but I will always take a few days just to walk in nature and maybe after idea to do one or two phone calls and let the body we organized as you get more trained, you can do it quicker. So consistency now is not as often as dramatic And it was even 2030 years ago where we would take months and just be totally disconnected. But the difference between the doing, which is so extreme to non doing can happen very quickly.

And this is why you can get a lot of benefits very quickly when you integrate nutrition and exercises and understanding and when you bring the biological, understanding the cellular biology, understanding the biochemistry and you integrate them with a bigger view.

– Yeah, you know, you're, you're hitting on something I think is really crucial right now in the time period that we're in and I think so many of us are at least a lot of people I know we romanticize this idea of going into the, into the mountains by ourselves and we're to an Ashram and and just focusing on our spiritual work.

And I think that has it's a unique place that that can't be replicated in society. And I think with the unique opportunity that we have or maybe even just the unique calling that we have right now is to integrate these things. It's to walk through the world and learn how to find our center while we're walking through this hyper stimulus uh you know, hyper novel world that is pinging our nervous system.

How can we add actually rest as we do that right? How can I be on a zoom call right now and and be in my body and actually uh you know, expand my awareness right? And have awake awareness present here embodied in a discussion with you. So there's a really interesting thing that we're finding which is this integration that I think is unlike any time in history – By the way and feel free to take it off. Do you feel how different you feel now compared to when we started the conversation, can you feel how you know your adult of things in your mind and now everything is opened. There's a transformative quality that comes from the heart. It's different.

They write it like, wow, I'm looking at you and everything is lighter. You know that's powerful. That's a human connection when when when when we work on this level of vibration that's how healing happens.

So yes, you are so true. It's all about integration. So to integrate we need to take the time off to do things in a quiet environment to get trained Actually if you look at the ancient meditation text there is a stage where they tell you go to the busy city, no go sit like quote unquote in a bow of the past you know and go and take all the business because then it becomes like wood to the fire it actually fuels because we can see the the resting unchangeable impermanent nature of everything.

So then the more it comes to you, the more it opened you but this takes a lot of training and awareness of this and

that was a sell stop, stop responding with survival now how does it happen? And you kind of alluded to it when we are not pre programmed and wired based on neurological habit and it's really remarkable.

I got a I had severe long covid I over exerted myself again because the mind overcame the body and I taught me to retweet while I was sick with no supplement in Israel and then I got sick a few months later and I was really sick almost almost died you know and obviously I'm totally recovered and I was getting better.

I was using the phrase inspector soul and taking some time to meditate and and but then I remember there was a certain trigger where I just something let go, it happened to me a few times in my life and then I just knew and the next morning I woke up and it was different. It was a certain level where I disconnected from the programming, it happened to me after a severe bite in a trip to California 28 my livers and I went back to Israel were almost 10,000 doctor thought I'm gonna die.

And I was buying into it, I wasn't responding to antibiotics and one of my students then I was in my late twenties said Isaac what happened to you? You teach us all this stuff, come on, you gotta do this.

Remember I just sit in my bed and just decided I'm gonna be okay. And I mean it took 10 years for all the damage of the but I was just back, you know, Sunday I responded and I wasn't gonna die, you know.

And so for me I had some of these personal experiences in the book. I talk about transforming symptoms from my grandfather who was a holocaust survival.

Most of his siblings got killed and named after it can read people can read about it in the book, but the idea is not, it's me, I can do it, it happens to all of us.

It's part of how we are wired and that's the role of the heart and I just want to touch it because I want to make sure we give a few minutes.

The Heart as a Healing Organ

– Yeah, I want to get into that. I want to share a story real quick because I was one of the most powerful sort of transmissions I heard around the power of the heart and it came from a an indigenous healer shaman if you will.

That works with Ayahuasca. And and he was telling a story from his ancestry about a time when humanity walked the earth and there was no disease. And at this point in humanity, everybody lived from the heart.

And it was only when we started living from the mind where disease came right. And and this can be an allegory, a fantasy story, but the, the nature of the story, I could feel the d truth within it.

And so, you know, that was just from one lineage and then of course you get into a variety of other lineages from the east, from, you know, the Ayurveda, all of the native Americans all over the place.

You hear the same thing that there's something about living from the heart. Now, I want to, maybe you can address this when you talk about this because there's this, there's an idea of living from the heart. So it's like, it's like we try to live from the heart. We're trying to live there from the mind.

And so it's a very opposite thing, right? It's a, it's a juxtaposition that can be hard to untangle. I find. – Well, we are really in sync because I was just going to give this example literally a story about because what we want to discuss is why is it happening, right? I mean, it's a great observation, but why it's happening.

So every cell in our body wants to survive and it survives by taking in nourishment and releasing what it doesn't want toxins, right? That's the basic physiology. We take nourishment, we release toxin, we take clean air, we release. The only organ that functions differently is the heart. The heart takes all the toxins of every organ.

Everything they didn't want without discrimination, Jason without discrimination. It's dirty blood. It connects with the

universe through the breath and the moment the molecule of areas in our mouth or nose, it is connected to the whole universe in the past, in the present and actually in the future because time moves in all directions. And then we have the lung serves the heart in in in making the change the transformation of the quality of the blood and then the heart gives without discrimination.

There are water and I would want I'm going to expand on it. But I want to go back into your image because it's again this really in a transformative process. That's what you take.

Somebody in a few days with meditation. But we're touching on it. The mind strives by getting stuck. The mind strives by thinking by analyzing by stopping to think what we're gonna do next, right? Very much survival equipment that tells the mind so we can train the mind and be spacious in the mind, right? And mindfulness does this a lot.

And at the moment we are stressed by by mindfulness and we get back into our pattern because our mind is built to stop to stop the flow, which means to get stuck.

What is darkness not being in the flow? Right? So that's why it's so easy to change. The heart has to flow the moment the heart doesn't flow, we're dead, we're dead. So first the heart gets tax emotionally.

It gets stuck psychologically, it gets stuck mentally and then it starts getting stuck physiologically. And you get oxidized cholesterol and you get thrown by and you get arteriosclerosis and you die from this disease.

So the heart is based on flow. The heart has to take dirty blood. It has to take what the organism's cells consider from a buddhist perspective, suffering what they don't want in order to give nourishment and the amazing thing about.

So, that's the fundamental difference. So, how do you know when you're in your heart, when I talk to you, I'm talking to you, I hear myself from the heart.

I think from the heart. One of the things that happened to you during our conversation is you drop from your head to your heart, right? You can feel it right right now?

Yet you have a strong analytical tendency, which is strong. So you can take a little bit longer. But I can, the shift is very obvious. You're like, wow, why can't I live like this all the time? It's amazing, right? Because it makes us happier.

It makes anybody else around us happy. And so when the heart gives blood, gives it everywhere, only then it relaxes the coronary arteries outside of the heart open up and the heart nourishes itself.

So the heart doesn't nourish itself until it finishes its work. That's the selfless nature of the heart. Yet this is the survival of the heart. That's what it's supposed to do.

So, we do it physiologically anyway. So naturally Jason, it's much easier to meditate into it. So the heart wants to give, that's its survival that its soul roll.

It doesn't have to think about it. Yet. We have to be opened to accept when we're in a survival mode. Just like you said before, we get stuck, we get contracted. We don't, we are not ready to accept.

And in this sense, you know, if again, kind of referring, letting to Buddhism and Buddhism, you have the teacher, you have the teaching and you have the people are receiving the teaching dharma buddha dhamma sangha, many cultures the same.

So the teacher has the knowledge, he is passing it on And we as a community, get it. Same thing happens in our body. That's like a new analogy of 2023, the heart is our teacher, the blood giving us information which came from the universe is a teaching and the cells is everybody that can accept it if we are open to it and here you got your

connection between the inside and the outside. So there is a universality of energy, medicine, in the inner connectivity and inner dependence between all of us.

Because Jason, if we look at our life and we go back 2000 years and every 25 years as a generation, we were made from infinite number of people. Infinite. Okay, there is no two people who don't have some kind of relationship impossible. Mathematically.

Okay, so that by the same inner connectivity is happening inside our body. So if we can move more from doing to being and it's a journey, we're all on the journey. You know, I'm on the journey, you're on the journey, anybody in a different state.

It's an endless, amazing process. And then we understand this. Then now when the meditation goes into the openness, not only outwardly but inside our cells, then when you take your supplements, then when you do, you're gong then when you understand that the interdependence between us is inside our cells, it's affected by mitochondria.

That's when spontaneous healing happens and that's really the ultimate level of what I call open heart medicine, but what I'm trying to really share. And that's like what you said that anything is possible, we never know when it's gonna happen, but it's possible. And in this sense.

Not everyone will be a miracle, but anyone can be a miracle because of this potential. – I love that. And you know, I would be remiss if I didn't point out the fact that when I came into this interview, I was coming in from a sort of modern, you know, stressful situations, my mind was contracted, right? I was basically cut off from the heart up here and then as we got into this conversation discussing things that I really enjoy and I really love and also sitting here with you in a special alchemy, right? Because you've done so much work.

Your awareness is also pointing me back down into the body into the heart.

Where to Find Dr. Eliaz's Work

– But you are the cell you see, you had the ability, you are trained enough to talk and to think and to know what you're going to ask me and man, I'm not an easy guy to interview because I go all over the place and then you still went through a process because you as a cell compared to my analogy was that you were opened, right?

And it takes a it takes a realization that we are all students. We all have something to learn now. I remind myself all the time. One of my biggest thing I remind myself is what if I'm wrong, You know what if I'm wrong, what if I'm wrong and take this position?

So we don't hold it, oh my God, we know, Yeah, that's what makes life so exciting – Totally. But I also want to mention the fact that because you've done so much work, it helps point my awareness back into my body into the heart. And so this is just a pointing out here that this is part of the reason why doing the work for ourselves and healing ourselves can be so bad official to the world because we immediately affect everything that we attach and then we come in contact with. So I just want to commend, you know, – Thank you, It's so beautiful when, you know, in Buddhism there either the famous saying saying by seeing, hearing, touching or remembering me, may I benefit all beings?

So that's really so when you get more trained then you can start doing it and then you don't have to kind of make an effort to do, I'm going to heal you, you know, it's happening anywhere and that's that's the heart medicine, you know, you don't need the energy, you know, when the heart opens, then energy flows. When energy flows, you know, in Chinese medicine, say when energy flows and blood flows, but when the heart flows, then energy flows, that's really my key message for the for an energy summit, you know, it – It's beautiful and it's so needed right now in 2023, I think there's this huge resurgence of heart medicine I'm seeing all around me which is, is beautiful, so Dr.

Eliaz, I feel like I could go on and on with you, I always love chatting with you but tell people where they can find more of your work. – Yes, so they can go to dreliaz.com and then I even years later where I share information

every every week and they can go to the survival paradox that comment they can find more about picked us all. It's a really, I think the most important supplement and I hope towards the second half of 2023 I teach, I've been teaching a lot for over a decade in Israel twice a year where thousands of students but it's my time now to share all this refinement that went inside for decades, you know, for almost 50 years, it's time for me to share it more here and I really hope to do it in the second half of hearing more in a retreat, will do a zoom event for a few days really, even on zoom in a few days, even three or four days, people can go through a profound transformative experience. – Beautiful.

And I look forward to that and I encourage you to do that because I'll be there for sure, So centralized, thank you so much. – Thank you, thank you for having me