Introduction and Sorayau2019s Story

Welcome back to this episode of The Healing from Lyme Disease Summit. I'm your host, Dr. Tom Moorcroft. And today I'm here with my great friend Dr. Greg Eckel.

He's one of my oldest friends in medicine. We go way back. We kind of got together in a small group and really I got to know him so well and I thought that he would be one of the most excellent people to have on our summit because, you know, he's been a naturopath for at least as long as I've been an osteopath.

We think about medicine and healing and just living life in a very similar way. The word love will probably come up a lot in healing. Today we're going to talk about bio energetics.

But, you know, one of the things that's so amazing about Dr. Greg and I'm going to give him a chance to really share with you who he is from his perspective.

But when we first met, he just told me about this amazing woman in his life. Right. And just like this, this lady, Soraya, who was the love of his life, who and every time he talked, just let him up.

And shortly after we met, she was diagnosed and ultimately passed from Creutzfeldt-Jakob disease, which most people don't haven't even heard of. But the thing that was so amazing was to see the grace with which Greg went through this and his family went through this process and how he's turned this into this mission of figuring out unsolved medical mysteries and turning them into solvable ones.

And maybe it didn't work for Soraya, but there's always hope for other people. And the motivation, the love and the gratitude that he brings to medicine is sorely missing.

And so, Dr. Greg, I'm just so thankful to know you. I'm so thankful to have you here and love for you to just share a little bit more about your story, where you come from and and how that's shaped where you're at now.

As we kind of dove into our conversation about bio energetics and vitality and healing today. Yeah. Thanks, Dr. Tom. Yeah, I mean, instrumental life occurrences, happenings, you know, as you mentioned, when we met, I was going through the throes of Soraya with, you know, really rapidly progressing dementia.

And she was young, 42. And I had been in medicine at that point, 17 years, currently going on 22 years in practice. At that point in time, you know, I knew the medical system was broken.

And to go through it with your loved one's life on the line is is truly heartbreaking. And, you know, I always knew, you know, I thought Soraya was one in a million.

And unfortunately, the medical experts agreed with me on that in that there's, you know, about 300 plus cases a year of CJD. That's Mad Cow Syndrome in people.

It's, you know, spongiform encephalitis, basically holy brain. The prions get in there, which are misfolded proteins and create big open spaces in the brain.

And it's not a very it's definitely not a fun condition. It's an ominous diagnosis. When it gets put on the differential, you kind of have to just shake your head like, oh boy, there's no known as of yet known cure.

And I add that in because, you know, I asked I've been asking that question every day since, you know, I was well positioned as provider and husband to kind of swing for the fence.

I had nothing else. I mean, I had everything to lose. And with that, you know, uncovered some amazing therapeutics, definitely went through my stages of grief and loss and sadness, all of those things.

And, you know, I know we don't do that well in our culture, right. So now I am able to provide that space for others. Is kind of a safe being that people feel like they're comfortable expressing that to me, especially when they know, even when they don't know.

It's it really interesting that way. It's like a magnet or a light beacon for, oh, there's a safe being I can open up here. But you know, the whole process, Dr.

Tom, it really while tragic, it really gave me a deep appreciation for the preciousness of life. Basically the miracle that we get to be here in this 3D process and these bodies, you know, and the majesty of nature with good friends and community.

And, you know, we don't really know how long we're here. And so it in a weird way, it reinforced, stated my faith in unity, consciousness of my faith and the oneness of all.

From Loss to Bioenergetics

And I just thought, gosh, you know, this couldn't have been a mistake. Like, you know, and maybe I'm just making this entire story up on top of this really brutal loss.

And, you know, so be it, you know, because it is I just thought, man, I think we we must have written this before we got here because this is tragic. You know, as you mentioned before, I didn't even know that love could exist like that in the world.

And then to have it and then to lose it, you know, I've since gone on, I'm remarried, so I like to share that part of the story with people and they are right in time.

But, you know, the legacy of Soraya lives on and it's really around this component of, you know, energy cannot be destroyed nor created. It only changes form.

And, you know, we had Rudolf Steiner at the turn of the century in the 1900s lecturing publicly about communicating with the, quote unquote, so-called dead.

I mean, this was a physician anthro of philosophical medicine, amazing brain out lecturing in Germany on on this concept of we can scientifically show, you know, energy changes form but can't be destroyed nor created so you know really incorporating that in to my discussions with patients on online platforms podcasting with friends, you know, wherever I go, I think it's really not embolden but a little bit unleashed me of, you know, when you lose a lot, you stop playing at small.

You really want to speak into the truth because again, you don't know how long you're going to be here and why not shoot for the moon? And, you know, for me, that means, you know, free and sovereign beings, you know, living a vital life.

And you know, really wanted to bring this into this community and have this discussion with you because we've had some really awesome offline conversations.

And we want to bring that online here. Yeah. You know, I think the thing, though, Greg, it's like when you point all this out where you say, like, you didn't know love could be that deep and that intense and that real, and then you have it and then you kind of, you know, you quote unquote, lose it.

But like you said, it's not really created to destroy it and it can come around in a different way. And like, it was really interesting to see where I being with you as part of that loss and like I said, the grace is like the word that always comes to mind with you because like there is no there was never any whining or complaining that I ever saw.

It was always like possibility. But there was the thing in the line community. I think so much is like we are focused so many not we but I mean a lot of people focus on like the loss as if it's permanent and it's here like it's the different experience.

Because then when I saw you with Kitty, you're like, Oh my God, Greg's with another person. And I'm like, Oh, I get it. Because, you know, Jill and I, I mean, we get decided to get married two months after we started dating.

Did it seven months later, and it's 22 years later and it's amazing, right? So, you know, but it's like once you know about the possibility of love, you can do it.

And then the next thing I know you guys are doing is like healing centers that are focused on bringing that unity, consciousness and love. And that's why we have to have this conversation with this community is, yes, there's bad shit going on and there's also this other amazing healing energy that can blossom through it and you can learn so much about it.

So, I mean, I'm just so thankful to be having the conversation, but where do you go? Because it was like I feel like when we first met, I mean, prior to this whole thing going down, like you're doing really cool naturopathic stuff and you're helping people with allergy and you're starting to kind of get into the Parkinson's.

But but you were kind of I mean, I got the sense that you were about to blossom into something and then all of a sudden this all this happens, and obviously it ignited it.

But what's that point that really where you shifted into sort of bio energetics and and this unity? What what the hell does that really mean? And why should everybody listening even tune in deeper to this?

Sure. Well, you know, so the component, bio energetics, it's a study of energy. And, you know, really looking at it, I've always been into the energetics.

I mean, I was, you know, in 1992, I was a preschool teacher and I was a monastery, Earth preschool teacher. And I like to say I was a monastery child, want to be my children went through Montessori education as a result of that.

But I was watching, you know, four year olds being put on Ritalin and in the early, mid to late nineties, really, and I thought, man, this is tragic. There's got to be a better way to help these kids.

And at the time, I was a young 20 something, you know, vegetarian, who I which I thought was very healthy, but I was really fatigued and run down. I kind of know that feeling.

And, you know, I was living in Portland, Oregon, still do part, part time with my kids up there and was directed to the natural Catholic school. And I went in.

They gave me a diet diary that was new to me. I was I'm originally from western Pennsylvania. It's coal and steel country. You know, we didn't talk about energetics or, you know, naturopathy or Chinese medicine.

All right. Go in there. They address my diet. They call me a junk food vegetarian with love. But it truly was. I was eating like French fries and frozen burritos, thinking like, this is right.

So he put vegetables in my diet and lo and behold, some real meat. Well, maybe I actually didn't go into meat eating at that point, but I just ate Whole Foods and my energy came back and I thought, gosh, you know, if I was going to go back to school, I want to be in service to people.

I really got the energetics of the food at that point. Then I got into botanical medicine and Chinese medicine and acupuncture and qigong. So I've always been attuned to subtle energetics and the energetics of the body, energetics of the universe.

You know, this old saying of what happens in the microcosm in the body happens in the macrocosm and the

universe and vice versa. So the energetics have always I've always been attuned to it, but it really this process of losing my wife unleashed me to just be able to speak the truth about it.

Completely freely, right? Yeah. Really. Like there's nothing to lose. Like I already lost everything. So, like, let's just go for it and speak the truth.

And, you know, when this component about what is unity consciousness, so the aspect of this is this apostrophe or, you know, slash ese disease.

Trauma, Vitality, and Healing Principles

You're not disease you're dis you are with decease is really separation from source as best as I can manage it you know 22 years in the practice now is like you know it's almost as if we incarnate here into this 3D plane.

It's our curriculum for learning. This shit happens and you get to choose what you want to do with that, right? Is it going to push your head underwater and sink you into victimhood or are you going to rise to the challenge?

Take heart. Listen in. You know, like the old Cat Stevens tune is, the answer lies within. So tuning in and and so I chose that route you know you know me now.

The audience knows me. I'm a radical optimist under all circumstances. Right. And so having that ability to look at, okay, the universe is happening for me, this is frickin tragic.

This loss. And so why? And it woke. I wrote the story and again, I could be making it up. But, you know, so be it. I made it through wholehearted and open heart.

It really is. That is the key and really wanting to show up in a much larger place inside service. So I've always been in service in medicine, but to even go bigger of like, hey, we everybody goes with us and what does that mean?

How does that play out in practice? It plays out and I firmly believe we have not been taught, nor do we know how powerful we truly are. There is not a metal, there is not a toxicant, there is not a bug, there's not an infection that is more powerful than the human being.

And so what do we do right? The root word, a doctor is grocery or teacher. So I educate people about that. Our job is to remove obstacles to cure and allow the innate intelligence to organize and get vital.

Where then the infections in particular Lyme or co-infections, become irrelevant or mold or whatever the item is at hand. So often I see people treating bugs, treating labs, treating symptoms, and we see where that gets us.

It's it's really it's a losing game. Well, it's interesting, too, because this is like I love this conversation because this is like been my whole thing.

It's like when we talk about the truth about Lyme disease, like most of the time, the biggest problem is you and what society has taught us and what we believed from society and what we're telling you today.

And Greg, what I hear you say all the time is like there's another story that you can tell yourself and it's one of not victimhood, but something's happening.

You have this choice and you can you can harness the power of the self-healing by getting into that place. You know? And it's like I have so many people, like, what do you love?

What would you love do? And it's like, I'm surprised at how many people have a hard time that they're so busy figuring out how to get better from Lyme.

But you're just I think about it as your operating system because I want to really unpack this bio energetics piece,

but if you think about your phone, if your phone's not working, what do you do?

You rebuild it. And if that doesn't work, then you update it the software, and then you reboot it again. And it's like, I feel like that's a lot of what we need to do.

We're spoon fed. I mean, there's books out there about how you can't get better, why you can't get better, the conspiracy. This is great reading it all.

But the problem is that's an operating system that doesn't focus on love and gratitude and possibility. And I was like, you're not going to forget that you're sick, right?

Right. But you can forget that you actually have the ability to heal. And so how do what does that place like? If we're if we're looking at bio energetics and we're saying, like because like, I agree.

And I know that a couple of you probably hit a nerve for a few people when you said, hey, the, you know, these co-infections and Lyme may become irrelevant.

I mean, you know, and I tell people in my story, I was 70 to 80% better before I actually met the doctors who I needed for 20%, 25%, whatever. That's a big difference.

Then I need medicine all day long or IRB. So how do I what are the the places where I can be focusing and and getting the bio energetics and how do I like raise vitality in myself so that, like, I can make these co-infections and other infections, like, irrelevant?

Yeah. You know, I guess one way to think about it is we think of our body as a battery in electrical charges and and really maximizing the ability for the body to heal.

So, you know, look, I'm not saying that these things don't exist. I'm saying that we can raise your vitality, your energy level of your body, where then your innate intelligence can actually handle the the issue at hand.

Well, what are the things that drains the battery? Well, we have I mean, the huge elephant in the room is trauma. I mean, we store trauma and all of our cells, you know, whether that be from childhood, you know, you look at the adverse childhood experiences, the ACE scores, oh my God.

Right. Everybody has trauma, right? You're born. That's traumatic. Right. You also you could turn that story into you won the lottery. You a one in 500 million chance of being born like, wow.

And then, you know, what do we want to do with that? But you look at it, okay? You know, it's clean air, it's clean water, it's clean food, clean environment. That's important.

Being well hydrated, that's also very important. So I mean it's like the non sexy stuff to raise vitality and then you get into frequencies, light and sound and informatics.

You can program information into substances, into the body. You know, we have an imprint or we put it in IVs, we put it into water. We use in pursuit of goals.

You know, there's a lot of different ways that you can recharge your battery with light, red light. We use hyper barracks and oxygen. We use ozone. We have IBU capabilities, which is extracorporeal blood owes a nation an oxygen. Exactly.

So so it rolls right off the tongue? Yes, it does. So there's all kinds of levels of intervention of, okay, physical matter to matter and then actually bio energetically, which is the frequency, right.

Our matter bodies. This is the slowest wave form if we treat matter to matter, which means taking a substance to change the body like an antibody biotic or even like cat's claw or whatever.

IRB It's still kind of slow as molasses to get you there. Sometimes it's really important so your head doesn't go under water. At the same time, I'm looking to expedite change for people and it's really utilizing, you know, the frontal cortex.

So when you're in fear, when you're in anger, when you're in the limbic state, the sympathetic fight or flight or freeze state, you're not able to access your greatness, your frontal lobe.

Now, I can hear people I can see you rolling your eyes there in your living room of like, oh, that's great, Dr. Gregg, but I have X, Y, Z, symptom and I can't think straight.

And I've got brain fog and I've got fatigue. And, you know, if I push myself, I just crash with these symptoms and I totally get that as well. And I know I mean, we've successfully treated Lyme for 22 years without antibiotics in our clinic here.

So it is possible. I see it happen all the time and really, you know, I've seen the patients that they collect all of the world experts in the Lyme world.

Right. I have. Well, Dr. Gregg, what are you going to do for me? I have 13 of the world's best experts and none of them have been able to help me. I was like, look, I don't want to become another doctor that fails you.

So I'm not taking you on as my client because you already have all the best and the brightest and you're doing all of the things. So if it's not working, why are you still doing the same thing?

So maybe it work. Maybe we want to get curious. Maybe we should look at. Maybe there's some possibilities here that I don't have to actually attack a bug or go to war.

I mean, one of the messages that I really wanted to bring out today in this interview was I really want to do away with this war analogy. If we're going to kill the birds, you know, we're going to kill the virus and we're going to kill the Lyme and the co-infections, and we've got to kill those bugs or the parasites and got to get rid of them.

It's like, no, they're. What if they were actually doing something to protect the innate intelligence until your vitality got to the point where it could handle the bugs themselves?

So it's not it's not basically you're not exporting your power to some substance or some therapy or some technique. It's actually bringing back the power into the embodiment of your vessel, which is you know, getting in tune with yourself, like actually inhabiting your body.

It may not feel comfortable today, but if we can get you in there to bring awareness to your body because so many people vacate because of those trauma.

So I kind of went down a long winding and it was quite right there. Dr. Tom But bringing it back so there's, there's, you know, there's traumas, adverse childhood experiences, there's epigenetics.

It could be our great, great, great, great, great grandmother went through some famine or freeze or, you know, whatever the environmental component or some, you know, other tragedy in the family lineage that set off epigenetic change that is expressing today that weakened your vitality.

Well, you can you can do some testing around that. You can look at that. It's exploring has made our jobs much harder, incorporating all of those aspects into care.

Well, it's interesting because I agree with everything you're saying. And, you know, I think some of the really big things are a lot of people in this field get mad at the IDSA, the conventional group of physician ends, whether they're general medicine or, like I said, like the infectious disease people or the amount of big pharma.

But then they just basically they just change Big Pharma and IDSA and they put it, oh I labs, they put on, you know,

Lyme literate doctor. And so they trade one group of labels for another group and I'm like, Wait a second, but you've just continued to give your your, you know, your power away.

Yeah. And I think one of the things that for me, I found and I'd love to hear what your experiences because I think this is where you really hit the nail on the head is when you actually look inside yourself.

There's two things that come up. One is it can be scary as shit because there's a lot of stuff that maybe the people around us that we grew up with didn't give us the tools to deal with, like those traumas like this, epigenetics.

And the other part is really about that's a lot of responsibility. So in like my world, like I love the fact that I can change my family's epigenetic history and everybody wants a quantum leap.

They want fix right away. And I go for me and this is where I'm interested in how this resonates with you.

Self-Worth, Intention, and Inner Listening

Greg, is my quantum leap is the moment you make a decision that you're worthy to heal and receive love. Yeah, you know, it's really that's a that's. When it changes, right? Yeah.

And you know, I have had I've had 70 and 80 year olds on in my procedure room where we're doing intentions and they're in tears saying I'm not worthy of healing.

It's like they're 70 and 80 years old, seven decades, eight decades on the planet, every day, thinking that they're not worthy of healing. And so that self-worth component, of course, you're worthy of healing.

You're here, right? It was a one in 500 million chance of being born. You made it. You are here. And in that unity consciousness, we're pretending to be separate in this reality right now.

And it's beautiful expression and everybody's uniquely them bringing their own gifts. But having that component of love for self self-love. I mean, you know, you mothers in particular, you look at moms and a lot of them, they come last, right?

The family, the kids come first, then their spouse and then then themselves maybe. But they're exhausted by the time they get there. And you know, when I ask moms, like, what happens if you go down like, what?

Who's driving the boat? Like, what happens on the ship? They're like, oh, that, you know, it would crash. Like we'd all you know, it would all go to hell.

And, you know, it's like, okay, well then like, let's put you first, actually, you know, like, you know, it's the old adage of, you know, put the oxygen mask on yourself first, then you can help others.

Well, that component of. Yes. Of the, you know, open hearted love beaming, which we can do. You know, I love doing that every day professionally, no matter where I go to see what kind of response does that get in the world.

And a lot of times, you know, everybody's on their device and they're distracted or busy. And but when you start connecting with people on that level, in particular yourself, that is really amazing, amazing work.

And that is quantum work right there because yeah, it doesn't seem like you're doing much like Oh yeah, I mean, it used to irk me in my twenties like, well, do you love yourself, Greg?

What the heck are you talking about? You know? But in, in essence is like, yeah, you, you need to have that self-worth, that self-love. Now, a lot of times because of traumas, we were never modeled that we don't know what that is.

You know, that component of you don't know it until you have it. So there is all of those aspects and it's good to

have when you have the awareness and you're seeing this conversation here and then you can ask yourself, Well, what does that mean?

And when I say ask yourself, like that would be for me is to get quiet, maybe light a candle and watch the candle burn the flickering light and ask your heart, do I love myself?

And then just be quiet and see what comes up in the mind. Now, of course, there'll be some chatter, maybe. I know for me my voices now are saying, okay, that's ridiculous.

Like, what are you talking about? But just let all of that go like, you know, clouds in the sky and just watch that candle flicker and maybe even ask yourself again after the chatter, like, okay, what does that look like for me?

Do I love myself? Am I worthy? And just see. And you could get a journal out. You can write. You know what? However you do that for yourself and maybe you've never done any of that for yourself.

And but it is getting quiet, being still not, you know, you're not looking for that answer. It's not out there. It's in here. And so asking that of your intelligence and start getting in that dialog with yourself, because the answers come and it's remarkable, remarkable.

They may not come when you're sitting there, but you might notice, like then your child comes up to you and says something and it's like, Oh, wow. Like that's that's kind of weird.

Or there's some serendipity that happens in your life and Oh, well, that's curious, isn't it? And so I, you know, I actually ask for serendipity. I ask for those those occurrences because, you know, I'm a dense meat body here.

I want to I want signs that were right, you know, right. Was interesting to me because I'm just chuckling over here, like, because the last, like, you know, it's like I do my breath awareness.

I do my, you know, breathwork, I do my meditation and I have my intentions. And sometimes that's stress. It's like you're have chronic Lyme disease or some other label someone gave you for how you feel and what's getting in your way of healing.

Like I would say, I've got some stress on and a few things go on and work this year that I would have preferred to go a different way. And then I sat down a couple of days ago and I go, You know what?

I'm trying to hard because I sit down, I do the work and I want the answer, even though I teach you this and I know it. So the reason I'm laughing over here is the other day I just said, I'm just going to let it be and I'm going to let it come when it comes and save it, do my work.

And I woke up this morning about an hour earlier than usual, wide awake, wasn't tired, went to bed later than you. It was really interesting and all of a sudden download of one thing to do and then and it really solved the problem that I thought was a really wasn't a problem I just didn't think of the answer because it was solve so quickly.

And then I was like, then it snowballed because I was so thankful for that and I took action on it as she was. I took action on this. Something else fell apart for an event I'm doing in a couple of days and I'm like, Oh my God.

And then literally we got on the call just we were kind of talking before this and I'm like, I just mentioned to you, I don't know this and boom, you just had some idea that was just like and guys, this is how it works, right?

You you have to to say one of the things I love to tell people is just when you do exactly what Dr. Greg just said and you get one little coincidence in your life, savor it like you would take a glass of wine.

If you like wine or something else, you love that. You just really let it mature and experience all the flavors or take that breath of fresh air in the sun and let it just absorb into your body when you do that, that's your gratitude.

Saying thank you that this happen. You've just acknowledged divinity in your life and boom. Then it comes again and again and again. And I find that that Greg is like where we find with our Lyme patients, like if we can do that next step all the time, give them because a lot of people feel like they get kicked down a lot.

Right. But it's like if you look at it the way you're recommending it, I really think that that's where you start to see. There's actually a lot more really wonderful things happening within these apparently sort of gray clouds, you know?

Yeah. You know, it's that glass half full, glass empty and it you have the prerogative of however you want to look at it is the way that you should look at it.

I'm just offering, you know, if you start looking for the good for what is this teaching me, what should I learn out of this? You might be surprised at what the answers are.

So and how do you look at like because I've had this experience, let's say up until now, your life has been pretty shitty. Like most people would come from the outside and look at your life and say, it's pretty shitty.

Thanks a lot, Dr. Tom. Not you, Greg. I was like, I've had this personal experience where I just like, I felt like a whole bunch of, you know, I was sick for 13 years and then and you're like, when you start getting sick when you're 23, yeah, you're not too happy about the 13 years.

That's kind of like the creme de la creme of right, you know. But how do you go back and rewrite this past? Because, I mean, we talk a little bit epigenetics and the whole family, but I think about loving yourself.

I mean, do you have approaches? Do you find that like, well, two questions. One is, can you change your story? Can you rewrite your story? And if so, how would you do it?

And the other part, too, is it's kind of like, well, let's hit that one, because I think that's a really important topic that is. And so the past doesn't exist, even though we carry it with us so many times.

I mean, you look at neuroscience, what is it, 86% of your thoughts are the same ones you had yesterday and you're expecting change. It's like there's no way that's going to happen if you are thinking the same thoughts as yesterday, there's not change is not going to happen because you have so much evidence like this is reality.

So, you know, one component, I mean, I love Dr. Joe who spends his work. I know you talk about it in your meditation classes and you know, he's just one of many, but he is really out there teaching people some different techniques.

I know you do that in your meditation courses and knowing I mean, you know, the sage wisdom of the eternal present now is all we have. The future doesn't exist.

The past doesn't exist. And so it just, you know, how much weight do you want to give it? Like you can't go back there. You got to kind of forgive that aspect and let it go for opportunities for new a new possibility.

And so that, I guess is how I would answer it. It's much, you know, easier said than done. I'm not saying this is easy work, but you know what? It's what we're supposed to be doing.

Like if you I kind of give the analogy of the gilded cage, right? So many people have saved they've created this reality. There's of them me. I get all my kids all the time about this, of like really you you you're anxious.

Like you have anxiety. Okay, well, does that mean you're forever labeled with that? Like, is that what we're doing now? Like, we're just going to label ourselves, and now that's my identity.

And now I become that. So the gilded cage, you know, it's so safe and comfortable in here, but I'm miserable. I'm in pain and suffering, but I know it.

Right. And then there's the gate. The door is open, but it's wild. Out there. There's an unknown as uncertainty. There is. You just you don't know. I mean, it's like the wild seas is the way I view it is like we're going to be sailing in the wind and like, it can get quite treacherous out there in the open seas.

But you know what that's like? You're doing something with your life. You're living like, how are you playing it? Safe are small in stuck in suffering like how is that serving you, your family, your community, your loved ones?

Like it's not you're suffering again, right? If you you can choose to do that.

Practical Tools and Community Healing

Like we have free will and by all means, like I learned early, I don't push or pull people in therapeutics like they've got to be all in. They want to make the change because I can't do I, I say I do a lot of nothing all day.

Right? It's the body, the innate intelligence and the medicines. Yeah. Working together, I can hold the space or allow for the possibility. I get my pompoms out and cheer a lot.

And, you know, so it's along those lines, you know, the we have the eternal present now and in that is limitless possibilities, especially as we bring the quantum physics into the day to day of clinic or online.

And what that looks like and how it plays out and it may not look exactly how you think it's going to turn out either. I think that's one of the things like a lot of people think it means.

Like I come up with a picture of the future and it's going to be exactly the way I envisioned it in my limited. Or both boring. Well, so I think you hit on something really important.

Greg is like a lot of you talked earlier about fight, flight and freeze. So a lot of people in our family know a lot about, you know, poly vagal theory.

And one of the things from moving out of that frozen, hopeless, helpless, numb, immune suppressed state is safety. And to move, the problem I have with safety, though, and I think you highlighted it earlier, is we have that sort of limbic brain, which is our reflexive protective reptilian brain that just wants to keep us alive.

But then we have our front up here where we're thinking about it and we go, what? I am safe. So what are you telling me? I can't I'm not getting better.

But when we pull out really quickly and like you said, if you're not all in like our job really as a teacher is to bring them along and to support along the way and catalyze and create a place of loved and hold that space.

Because I love what you said. It's familiarity right. It's like that comfort zone when we ask you to change from a familiar, even pissy, horrible, familiar state to an unfamiliar, potentially much better feeling state, but still unfamiliar.

It's scary to in a reptilian brain and then you reflexively fall back. So how many of you guys listening have been like, you've been going and going, going, you're getting better.

You're making that next leap. And right when you feel like you're about to have the breakthrough, you fall way backwards. I mean, I know I do this even in my life with all I know, but I catch myself.

And I think what you're saying, Dr. Gregg, really, like resonates with me, because when you're in that comfort zone, you that comfort zone is a place where you're going to stay stuck.

So what are the what are the other tools are like, what do you guys do to kind of help people as they're moving, as they're expanding their zone of comfort, maybe maybe not getting out. Of it, but at least starting to move?

Yeah. You know, it really is meeting people where they're at and what resonates with them. I mean, you know, we

do we have a fall here in Park City is where I'm coming out here, one of my two clinics currently.

And we have a whole sound healing room for group processing work. We do frequencies. It's the sound. There's toning. You can be silent or just, you know, feel the vibrations of the of the sound we do.

Ketamine assisted psychotherapy is another way that we help. Now again, I don't want people to outsource like, oh, it was that medicine. But sometimes that can help lift the veil to allow them to see themselves as they truly are.

I think of. It like this catalyst. Greg and and I mean, that's what I hear you guys doing. Like you catalyze with the body stuck, you catalyze self-healing, you get the hell out of the way.

And ketamine can work that way. Guys, you got to check out Greg Sound healing sessions, too. I mean, I've been there, been part of it. I just want like highlight that because that is like the resonance because it's not just the vibration of the bulls, it's that intention of love, right?

So you laugh. But I just thought I want to really highlight that because it is there's a difference between an intervention and catalyzing self-healing and helping it go to the next step that it's working on on its own.

So you're not doing the work for the body, you're just helping it. You're like putting a chalk under a wheel that's spinning in the mud almost. Yeah. Really, really reminding the intelligence.

And sometimes it's bringing in a new conductor for the symphony. You know, there's reprograming that can happen to the system, but that's that's the individual doing the reprograming is just us providing the right information in at the right time.

Meditation is such breath work. I mean, you know, these things red light therapies, hyperbaric oxygen. I mean, all of these things are to create the safe environment of a feeling of envelopment, intentionality with, you know, open heartedness and and and trust.

I mean, there is building that relationship. I call myself a turtle practitioner provider in that I have a firm believer, slow and steady wins the race.

I mean, there is you don't want to willy nilly jerk around with this stuff because you're right, the limbic system gets triggered like hair trigger and it will set people way back or, you know, like the see anatomy that just kind of retracts into itself.

Right. And so it's that dance that's the art of what we do, deep listening and presence of just allowing some somebody to be actually heard on a deep, deep level.

And and I mean, I'm so humbled by, you know, the ability for people to come into spaces and share some of their like that they've never told anyone else on the planet.

And to be able to create an environment like that is so humbling because it's just such an honor to be present for that. And so that, you know, that is so really fulfilling.

And to me, it's what gets me up. I, you know, we look to create those environments one on one and groups online. You know, I think that the we don't have to be limited by traditions there.

I think that we can really take it take it really. You know, even now we have community watching your summit and and having that shared space, that awareness, the time spent together, all of that does matter.

And, you know, again, coming from the facet of we don't know how long we're on the planet, not in a rushing way, but just in a presence and an awareness, knowing, you know, like our hearts are the portal for healing and really helping people get into brain and heart coherence that really does help expedite the up leveling of humanity, consciousness, healing, etc..

So, you know, really coming from the heart, opening the heart, you know, I'll incorporate that now you all listening are love beamers too. And so you can just open your heart and be in love and and with that, you know it comes back to you because again, we're just pretending to be separate in this reality.

You know, that's that old saying I am another you, you are another me. And, you know, there's symbols to represent that. And, you know, it's this ancient transmission that was made it to today that I think that we are, you know, coming back around to and really, you know, bringing more awareness to it.

You know, I just I love it, man, because it's like, you know, there's so much of what I've even seen like in the Lyme community over last like 15 years where, you know, there's stuff that we've been noticing clinically that now science is catching up with.

But you're talking like ancient, ancient, like thousands and thousands and thousands of years old technologies that of just being present and noticing what's around you.

And we're now seeing that science is catching up to this. They know that it's real. So, yeah, you know, we I feel like we should we could do this conversation.

Absolutely all day long because any time we get a chance to talk about love and possibility, I'm all in because that's what really turning into my heart. And it was amazing.

As soon as I said yes to my possibility and my worthiness to healing, even though I did it accidentally at first, all this possibility and all these amazing people like yourself started to flood into my life, and all the opportunity I needed for healing presented itself, you know?

But it wasn't until I said yes to myself. And as we kind of land, you said, like, you'll sit down. And I would love to make this a little concrete for some people because I think something you mentioned earlier could be done every day with the treatment that they've been currently prescribed.

That would supercharge a bit. So I guess my question is, how do you go about setting an intention? Because I know a lot of people are saying, oh, I've got to go.

I don't want to go through the trauma again. I don't want to do this. And I don't think that's what you're saying. I think you're setting the intention for becoming present and healing.

But how if you were to guide our folks to like how they could at home set an intention that would be constructive to sort of maybe optimize or supercharge what they're already doing, how might somebody do that?

Yeah. So really posting or talking in the positive, it's not on what you don't want, it's on what you want. So, you know, energy flows and where attention goes or that she flows where your attention goes.

So you want to focus on the things that you want. So if that is, I want more energy, I want clear thinking, sharpness of mind, I want more strength in my body.

Those Are the things that you want to focus on. I want just like that of I want and it's okay to want those things because guess what? Your worthy of them.

And so having that ability and see even in that process if you are suffering are in suffering look what comes up for you on we call them limiting beliefs of like oh well well when I get there then I can have that.

Or when this happens, then that will happen. It's like, why are there limits on that? And can you just say it out? Right on. You know, I want I want to be a free and sovereign with full abundance and flow, you know, like why not put that out there and then.

Right, that's and that's the intention. Right. And if we have more whole beings on the planet, we create heaven on

earth much quicker than we ever possible.

So the concrete ness of it is, and I would suggest even putting pen to paper of write it out, there's odd that happens when you take a pen and put it on paper, even if it's not legible.

It doesn't have to be legible. Thank God. And it your intentions in it and but but doing that it becomes more real. It becomes like, oh, it's here in the 3D world, it's out of my head in.

I can see it visually here. You know, I think a lot of people do that with vision boards and cutting pictures out and putting that out to represent what they want.

That intention of intentionality. And I would say just get curious and run some experiments for yourself. You know, you don't have to be a naysayer about it.

Just, you know, don't knock it until you try it type of deal. Right. Well, there you have it. I mean, the thing really is, like, you, you know, give it a shot because you are worthy or to receive that healing and like I just want to book it.

I just everything you're saying is I love so much because it's like the one. It's like there's this thing in our society that, like, wanting is bad. My and it's like that I was taught by people who want stuff and have stuff are bad.

I'm like, why? You know why can't you want something? You deserve it. Now I don't go and get something I want at the expense of harming another human being, because that's because there's enough abundance and love for everybody.

But yeah, like I really think what you're saying about getting in, being in the present moment, allowing the past to be in the past, the future to be the future because they're not in the moment.

And then just recognizing you deserve to be healing. And if you want something, it's okay, you know, but really look inside like, you know, I just love that sitting and and really learning to listen so that you can know because most of us have been trained out of listening inside and we just go with the first thought.

But we're talking about the energy of your heart radiating and allowing that to kind of be your inspiration, not just the words that come in your head.

So really to sit with it and Greg I mean, I hope that everyone watching is been so motivated. And, you know, I know exactly where you are because you're right down the road.

So I'm about to come over, but it's like I really like, you know, for people who want to know more about, you know, your work both online and in your clinics, where can they find out about you more?

Because I think you're going to have everybody wanting to come be vital and hang out with you guys. Oh, lovely. So bevitalpc.com. naturecuresclinic.com.

You can also just search Greg Eckel. Dr. Greg Eckel And What the health is the name of my podcast as well you know. Well it will give a good bonus here as well.

I just want to say thank you, Dr. Tom, for hosting this summit, getting this word out in all of you, for tuning in. Much loved you. Yeah, well, great.

Dr. Greg Eckel, thank you so much. And guys like this is the merging of sort of that traditional, conventional approach to healing and supercharging you as that divine being of light and love that you are.

And as you know, there's a whole summit. This has been my mission, my personal mission. This is how I healed. This is how I help other people heal. And when you apply all the things that Dr.

Greg Eckel just shared with us, this is where not only do you see this amazing changes in your health, you're going to surprise yourself in all aspects of your life and how it just takes off in life, just no matter how good or bad physically it is today, how you're going to feel.

And that's really what healing with Lyme disease and this whole summit is about. It's not just about focusing on a on that concrete piece. It's about up leveling all of ourselves together as a community and this planet.

So because I think the toxicity around the entire planet, it's like like what Greg started with, you know, it's like the microcosm and the macrocosm are reflect our kind of unique reflections of each other.

And what I see outside in my world, I notice that the only thing I can change is within me. And that is so powerful because when I change within me, I can change all around me.

But it, it, it really starts with coming back into your heart. So again, Dr. Greg Eckel, thanks for sharing the heart and bio energetics and vitality with us.

Everyone, thank you so much for joining us for this episode of The Healing with Lyme Disease Summit for Dr. Tom Moorcroft. And I can't wait to see you next time.