Brain-Soul Connection: Boost Energy Faster Transcript

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Introduction to the summit and guest

Welcome back to the Restore Your Mitochondria conversation. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my special guest is Doctor Louise Schwartz. Walter. Hi, Louise. Welcome to the summit. Oh, it's so great to be here. Thank you. Laura. Yeah. I'm so glad to have you here.

I'm bringing you on the summit to talk about the connection between your physical body and the energetic field. And I'd like to have a conversation today on why the brain soul connection is important when we're working towards restoring our mitochondrial health.

We have a lot of a scientists coming on here talking about the physiology and the biology of the mitochondria, but you're going to be talking more about the energy side, and the that soul brain connection.

So excited to have you here. Louise, let's introduce you to our audience. You're the owner and founder of the Brain Soul Success Academy and the creator of the brain system.

It's a five step transformational program serving clients worldwide, not just in the area that you live. So that's amazing. And you've been doing this for over 25 years.

You've been helping transform lives individually and in groups, using what you call a multidimensional approach, including natural, naturopathy. I never say that word right. Natural. Got it.

Naturopathy is a mouthful for me for some reason. Biofeedback, trauma release, NLP, life coaching, and energy work. And so I always could say naturopath but nature.

But she gets the blood on my tongue. I know I get it. I can't wait. I have to say ATP, I can't say I do not say triphosphate. That's all right for me. Well, you know what?

We are human at the end of the day. And this is for all the people watching. I know what you do. I can't say it either. So, we know it, but sometimes we can't pronounce it.

So. Welcome. Welcome to the summit. And we're going to jump right in. And I would love for you to start by talking about the five secrets to Boosting energy, because everybody on this summit is here because they want more energy, lasting energy, all day energy, permanent energy.

So what are your secrets to that? The secrets are really five steps, and it's an acronym that spells brain. So B equals body. That's the body piece that's taking care of yourself.

Eating right, taking your supplements. Good sleep, good exercise. All those things we all know you know and read about and practice. The R though is releasing and it's releasing the trauma.

So the trauma gets stuck in the spaces of your brain. And it can be any kind of trauma or emotions, both yours and ancestral, that actually do steal your energy.

So when we clear that at the brain soul connection, everything changes. So it's releasing. We've got to release the old patterns. And then a is aligned with spirit.

So spirit is always a part of health and healing. And yes you are good energy. And then I is integrating your brain frequencies to your soul's true purpose.

The BRAIN method for boosting energy

So it's about having purpose. If you feel purposeless, you won't have energy and it will affect your mitochondria and your ATP. So that's a part of it.

And then an is new program. And the new program is like literally rebooting your energetic field with a new program I call it your bio computer. Just like we would put a new program in your computer.

And when we do all those steps together, it's very multi-dimensional. And then I back it up with neuro biofeedback. So a different kind of bio resonance biohacking type programs that boost frequency and vibration.

When you do all those steps together, literally, you can take energy from here to to here. And this is something that's tried and true. You've been doing this for a long time and doing this for a long time.

Yeah, I've gotten people out of the hospital with Covid. I mean, we've gotten people, you know, literally accidents, you know, changed TBIs in three months because because it's multi-dimensional and multi-sensory.

So for those wondering what a TBI is traumatic brain injury. So again that's a that's body. So brain stands for body release align integrate and then new programing.

Correct okay. Yes okay. Amazing. So why is this brain program this this steps. Why is this so important in the conversation on mitochondria. Because we think that mitochondria is just a physical thing.

But we're physical mental and emotional spiritual beings and we can't separate that. And so we all know and you may all know and feel it. You know, when you get a call from somebody and you haven't heard from them in a long time and you're excited, you know, and you reconnect and all of a sudden your energy is up.

Where a few minutes before that, maybe it was lower. That's just vibration. That's that's good vibration. So all of our cells vibrate at a frequency. And you can change the frequency of your cells by using frequency medicine, but also clearing the blocks that are stuck.

Because if you don't clear any of that, all the energy, you're going to stay in that same place. And so what I found is clearing the ancestral energy in the in the energy field.

So great, great grandma's stuff is still in your DNA. It's still in your it's still in your cells. It's still in your field. Scientists have proven that, you know, the DNA of fish.

They took DNA of fish and found that you know, two generations later than those fish had some of the same illnesses and, diseases imbalances, if you will, as their great great grandparents.

I like to clear that that's what I do. Okay. So you, this is fascinating. And I'm so glad that we have a different perspective on this, right. While we're talking about all the heavy scientific things about, you know, the electron transport chain and ATP energy production, we've got lectures about all that.

So this is something else. And you have something that you call healing in the spaces. And can you explain what that means? Yeah. So it's based really on Doctor Hammer's work.

So Doctor Hammer was a German doctor that discover the trauma causes illness. And what happened was, at age 17, his son died. And three months later, he ended up with testicular cancer.

And this hypothesis at the time was, hey, I was healthy before. It must be the trauma of me losing my son that brought this cancer on. So he started working on clearing his trauma and the cancer went away.

And he happened to be a cancer doctor. So he's working with lots of different patients. And what he found was there was trauma that was stuck in, in the spaces of the brain that would cause what they called a hammer, heard

an actual lesion in the brain.

Now, what I like about his work, Laura, is he took pictures. He took Spect scans of brains like I've always wanted to be in the in the room with the cadaver, you know, like, that's just exciting to me.

And I'm like, I want to see that lesion. Right. So he would show pictures and the the lesion would be like, I don't know, maybe in the temporal lobe of the brain.

And it was connected to his trauma. Well he found that there were certain correlations between different types of cancers and where the lesions were in the brain.

And when they worked on clearing the trauma, he took pictures of the brain again, and the lesion was gone. Well, I figured out how to hack that. So I clear those spaces in the brain and that emotion that was connected, that shock that was connected to the axon that they had at 16 or 17.

Healing trauma and energy blocks

And we clear that because the memory is still there, and that takes up the space in your brain. And when that space is all gunked up with a lot of old stuff, emotions, trauma, things that have happened, you don't have energy.

And that's what happened to me. So I ended up 89,000 on oxygen for three years, 89 pounds. I was super sick. I can show you the picture. So I was dying, I wasn't living, I had two kids at home.

It was a near-death experience that I was raising, and I had to figure all this out. So just like all of us, we start with our physical body changing, all our, you know, our food and our it went to organic food and healthy water and healthy cleaning products and taking my supplements.

And I did all that. And I still wasn't better. So it took me on a journey of seeking. And so I discover that you have these spaces in your brain. We heal in the spaces, say the masters in China.

And so when we clear that space of that trauma, you now open up the creativity and you open up your brain power. And usually people will tell me, hey, when you cleared my energy field, I feel lighter and I have more energy.

I was so tired before we started, so that's what I love to do. And it's because of my own healing journey that I discovered those steps that we have to work both in the energy field, and I show people that pain starts in the field.

So we have to clear the pain in the field, putting putting all kinds of essential oils and arnica cream or whatever on your on your bum knee is not going to take it away.

So if we're talking about healing at the cellular level and healing in the mitochondrial spaces, and you describe this and demo how you would clear that, what would you do?

Yeah. Yes, we can definitely do that. So what what would you say your audience is looking for as a positive outcome? They want and sure, they want high energy.

They want consistent brain stamina. They want to clear digestive issues like bloating and, food intolerances. They want joy in their lives. They want to, you know, get rid of the moodiness.

They want hormone balance. But I would say, you know, high performing people, what we value, we value consistent energy and brain stamina. That's that's a big one.

You betcha. Consistent energy that. Yep. And brain stamina. So I'm writing this down. I'm putting that in a box. They I draw a box on a piece of paper and then, for, for the for the room here, for the audience, for you.

We're just going to say, okay, who or what is blocking that? And I use an intuitive process. I'm a medical intuitive

and I test in the field so I can test energy field stuff and clear it.

And so what I'm getting at least two strings. So I just drew a box with two strings. So are you to are you going to use me. Are you going to test me I can use I can use you if you want me to do.

And that's fine. Okay. We'll do we'll do two strings really quickly okay. So we'll just say who or what is taking you away from your, you know, consistent, awesome, powerful brain energy.

Right. And feeling, feeling you know, feeling good. Right. Feeling really feeling really good and having that energy you want. So and then I would just say, hey, is this a male or a female?

There's a female in your field. Is this you? Is this someone else? It's someone else. Is it a recent client? No, it's at a family member's. A family member.

I'm muscle testing. Is it your mom? It's your mom. Is that truth? That's true. Okay, so is this mom at a certain age? Yes. So when you. When you were a kid. Yes.

What's mom's first name? Catherine. Catherine. So I just want to clue into Catherine. So this is when you were younger? Probably. So were you age 03553 ten six.

Possibly age seven. So age seven something. What's. Mom. So is this mom's energy in your field or your energy or in both of you? It's mom's energy. So it's mom's energy in your energy field.

Now it's 0 to 10. We actually take on our parents energy most of the time. We can do it through our lives, especially if we're empathic. Okay. But most of the time there's things that happen when we're younger that, that kind of get stuck and we don't even know they're there and they're called seed events.

You know, it can be a seed event. So do you remember anything at age seven with mom? I don't have any negative memories, but it was definitely a big time in my life where my mom remarried or my actually, my sister was born, so that's what it was.

My sister was born when I was seven and you were seven. Okay. And to my, to my so my second dad and my mom had a child when I was seven. So that would been the big thing that I can think of.

Okay. So it's the power of the spoken word. The truth will set you free. So I literally have like word lists. And I just test and I go, okay, what are the words here that are pulling you away from having that great brain power and being super optimal, you know, in your health and having all your cells work the way that you want.

And so then I just test the words and I got I got the word obsessive. So there may be an obsessive energy at that time and maybe unprotected. And this could have been mom's energy in your field or you feeling that way.

Unseen. Your sister was born, your mom's remarried, right? So that makes sense. Vulnerability. Is there another word? Answer. Thursday. And then. Oh. Oh.

Overwhelm. Overwhelm. And then here's how we clear the brain and the soul. We say, hey, okay, with that unprotected obsessive energy, the unseen, the vulnerability, the overwhelm.

What is that, a liar, a thief or a fraud like it sees now, these came from John ten in the by 1010 in the Bible. So they clear the soul level when we say, what did it do?

Did it kill, steal or destroy? My God? Destroy. So what did it destroy? Love. Strength. Comfort? To live in. And vision of what you thought would be. Do we get that?

Yeah. So you should feel. You should feel like a quickening, Laura. Like a little lighter and subtle. Yeah. I feel it in my chest. You feel it in your chest.

Awesome. Good. Okay. And then there's one more string we'll do today. So is this a male, female or situation? That's a situation. Is it a recent or old? It's an old situation.

Is it something with you? Yes. Is it something with you and family? No. Is this you yourself? This is just you yourself. Is it at a certain age? Yeah.

Were you a kid again? Yeah. Zero through five, maybe one two. Three, four. I'm getting four. So you were age four. So something with you.

Live clearing demonstration and reprogramming

But I have a feeling it's still another parent or somebody with you. Or is it you? Is it you and mom? Is it you and dad might be you and dad? Dad's first name.

Robert. Robert. Okay. And you may or may not remember anything, I don't know. Do you remember anything at age four? I yes, I have memories. And I can't tell you if it was three or 4 or 5, but I have memories.

And, Yes, I have memories of my parents, arguing. I have memories of, of being in trouble. Okay, okay. It's just disappointing. Like. Like I didn't do what I was supposed to do.

Okay. I so have a feeling this is your success. Now. It's such an honor. I'm so glad we're doing this. But this is your success. Now you're like, okay, no way. I'm going to.

I'm going to. I'm going to do it right. You're that personality. I love it. All right, let's see. So am I. This is hard because my parents could very well watch this interview, so yes, I know, but what would I want them to know?

And I want everybody to know is we all have stuff. Okay. I don't care who you are on the planet, we all have stuff and this is not this is energy. It's energy work.

So that just means that we all have different energies and different emotions that get stuck at different times. And there's no blame, there's no shame.

And I wouldn't even have to know names. You know it's just is it's literally the power of the words because I clear big groups with this. And so everyone has a different mom, a different friend, a different something that comes up.

And yet they'll tell me later, they'll be like those words that you said, I felt so different, you know? So it really is that simple. We don't have to make it hard, you know?

So we want your mom. We want your mom and dad know how much we love them. Oh, yeah. Absolutely. Oh, and this is for everyone, right? For everyone. So I got the word devastated at that time.

Here, here. And maybe that's you getting into trouble. Lack of control. Anger. So this is all in the field. So this is. Could be everybody's, you know, lack of control, anger.

Shock. There's some kind of shock. It's always important we clear. The shock. Is the shock in our brain part. Yes. Can I get the brain part that it's in?

I can. It's in the amygdala. So we're going to clear the shock out of the amygdala really quickly. So I'm just going to say easily clear. Somebody might know this is called emotion code.

I usually release the shock and the amygdala easily release the shock in the amygdala is release. The shock in the amygdala is to release the shock in the amygdala.

Awesome. And so that shock, that lack of control that devastated that anger, that's a liar, thief and a fraud on you and your brain power and your your energy.

So did it kill? Steal it stole something. What did it steal? Let's get our reclaiming word. Freedom flow. Protection. So we're getting back freedom. We're getting back flow.

And we're getting back protection. And vitality. Yay! Awesome. Is there another word? No. So I'm just going to say a little clearing statement I destroyed on create any judgments assumptions projections conclusions decisions about the situation of when you were four years old in anything in the energy field there.

We release it now let it go. Allow you to be free, to have that brain power, to have your energy back the way you want to work optimally. Good and bad, right?

Wrong. Pot pack all nine shorts, boys and Beyonce. And then I just like to have you take an open hand and hit the bottom your foot. And it's kind of knocks it out.

So we're just going to I'm going to hit the bottom of my sandal here. Boom okay I hit it a bunch of times. But I could show up. So we just we just clear that.

So that's the releasing part okay. So let's check in. How how do you feel feel a little different. Yeah. So when you were going through it I felt a little quickening in my chest.

There's there's a lightness. There's something it's like something less like I don't know, I can't explain it feels like lighter. Lighter? Yeah, yeah, yeah. Lighter.

You'll feel lighter. So that's the releasing part, you know, and really, when we're talking about mitochondria and ATP production, and DNA, which is really a photon light, it's, it's based on the fact that we're all energetic beings.

And if we don't address the energetic piece, you can take all your supplements, eat super healthy, you know, do all those really good things, and you still may be tired.

You still may not have all that brainpower and that energy that we want. So I found that it was this energetic piece that was missing, you know, that I love to love to play with and address, and I'm always learning new things too.

So it's, you know, so that's the releasing part. There is a rebooting now, you know, we can reboot the field with energy work as well with a, with a new program.

You know, the new program of having of having energy, just as much like putting a new program in your computer. Okay. So what you just took me through, if we go through your your five step process.

So audio release, you took me through release and then there's four times. And align and integrate. Did we did you take me through that too. No I mean align and integrate a new program.

We can do kind of together. Okay. Okay. So when I think of a line it's aligning with spirit or whatever God is to you. And that sort of happens kind of throughout the process.

Okay. Although we could do separate aligning if we, if we want to and I know we're, you know, looking at time here to but align might be a meditation.

It might be a prayer. You know, it might be, walking in nature and connecting. It's kind of whatever connecting would be for you or for whoever's listening.

Okay. And then. Okay. Great. And then integrate and then integrate. A new program is called it's called an integration. But it's really rebooting the hard drive of your bio computer with the new program.

And the new program would be how you want to show up. So if I said, hey, hey Laura, what do you want to have change or be different, what would you say.

I would say, I would say that that I wouldn't worry, that I would have full trust that I don't have to be in control of everything. This is like vulnerable that I'm sharing this with to 50,000 plus people.

Okay, okay. And so that I. Yeah. Yeah. So that I have full trust and that I don't have to. So I'm an analytical controlling type because I'm always making sure everything is like I see the risk before it happens.

I and there's good and bad too, that like, I'm the person you want on your team. If you want to solve the problems before they occur, because I'm going to foresee them because I can see them.

I'm always looking for the strategy of what can go wrong here. What that means. I'm also a perfectionist, which means it also takes me forever sometimes to lift something off the ground or to say yes to something because I've got to check it out.

So not for the trust comes in for me. So to be in full trust that God has my back. There is a plan. I don't have to be in control of it. And that everything's going to be okay.

I am going to land on my feet, which I know intuitively I will, but I still always have this little worry. Like, what if I don't? Do I need to have a backup plan in place in case I don't?

Yeah, I'll have two backup plans in place. Yeah, sure. I'm sure you're speaking for your audience here. So, you know, as everyone's listening to this, we think we thank you for for sharing your heart with us.

And then what I want to help you do is clear is, is like reboot that for you, like, actually reprogram your energetic field so that that is more likely to happen.

Right. So that you will have that full trust that God has your back, that everything's okay, that you know you can land on your feet if all those things are happening for you, how would you feel?

Oh my gosh, relieved, peaceful, joyful, present. Brave. I am brave already. I will feel all those other things though. It's just like a new level. It's almost like invincible.

That's the word that's coming up. Not brave, it's invincible. Okay. Okay. So, so here's how we're going to integrate these. So I'm just going to have you say those and I muscle test them.

Now if people don't know what muscle testing is it's called kinesiology. You can use your muscles to test energy. And so I test like this. If I was with you I would use your arm.

People have probably seen that before. And I use this as your arm. And I just test like this okay. So I'm going to have you say those. So say I'm in full trust and I know God has my back.

I'm in full trust. And I know God has my back. Everything is okay. Everything is okay. I land on my feet. I land on my feet, I feel relieved, I feel relieved.

Peaceful. Peaceful. Joyful. Joyful. What was the other one? Invincible and invincible. Awesome. Okay, so you keep thinking that. Okay. And then we're going to do we're going to balance our polarity and then I'm going to use some codes in the energy field to reboot your that program in your energy field.

So the first part is just balancing polarity. So I'm going to have it put your right hand on your left shoulder and your left hand on your right shoulder.

We're just going to balance polarity. And we're holding this for 12 seconds thinking hey I, I have this full trust now God has my back. And then we're going to switch and put the other arm on top.

Okay. And then I'm also we're holding intention here. Laura and you can restaurants now that this is for everyone. So I want everyone who is here listening to feel all of this.

That's the whole, you know, premise here, what we're doing. So I'm going to be going down your left leg and I'm circling my hand and I'm going to say some codes.

Now these codes or numbers actually are like acupuncture points, but their spin points are in the field. So instead of an acupuncture point on your body it's about four inches out from your field.

And so it's two three love five three forgiveness six five choice nine to freedom for to greater love. Then we're going to go down the front for two. I'll have you say this.

Say I have positive self-worth. I have positive self-worth. Excellent to to say I choose to succeed. I choose to succeed, or for I choose to live in joy.

I choose to live in joy. And six to I choose to live by the higher laws. I choose to live by the higher laws. Excellent. And then one for seven is on your back side.

And then I'm going to have you look at my x for five. What we're doing is balancing the brain rings, and 47 is the ring that goes around your brain this way.

So those rings in the field actually do change your DNA and your ATP. The other ring goes this way. It's like think of an atom with rings. So this is the energetic rebooting of the brain okay.

And then nine six is the consciousness ring. Nine six is the cranial ring, eight six is the hearing ring, six eight is the seeing ring 3 to 926 complete cycles 5859 times 2 to 823.

Complete cycles 26 and 23 times three, seven, five, three, 774586469467. Releasing any trauma ten 57828775 and the shock 123.

Wrapping up and where to find Louise

This with peace five two 5 to 1137. Complete cycles 87,057. Times 2 to 8 2432 times four, 2 to 2 446277 to. Yeah, I don't know my phone number, but I do know those you guys.

That was remarkable. I know you feel different, don't you? Yeah, yeah. Isn't that so cool? So we have to lock it in. So it's like we kind of rebooted it, but now I have to lock it in.

So I'm going to have you say stable. Do we need to say I'm all again. Say that last one again. Say I feel relieved I feel relieved, peaceful. Peaceful, joyful, full and invincible. Yay!

Okay, so the way we lock it in is we put our hands together so you can either do this or this, okay? And they're above your head. And if I was with you, I would try to pull them down and you would just be strong and resist me.

Okay, so it's called a lock, and then I'll have you come on your fingers on your right hand. So make like a little one with your fingers and make a circle in front of your heart and say, two, two, two, two.

I choose to succeed. I choose to succeed. And then tap your belly button eight times. And that locks in those goals. So that's going to happen for you.

Now you're going to have more trust. Yay. And God's got your back and you're going to feel invincible and all those good things. So good. Isn't that cool.

Oh my gosh. And you transform which you see this tape later. Oh man I can see it. Like I feel like I can't stop smiling. I don't know, you did something to me.

No. I'm so grateful we did this. So that's the brain system. That's just a little mini. Oh, kind of a mini piece. Sometimes I do, like big to our things, where we're deep diving it, clearing all this old energy.

And then for all of for all of your audience here. This what we just did here. You know, that's one of the mind jumps. And mind jumps is a way to begin this yourself, you know?

So it's 12 little exercises that begin to balance the brain in the field and help you have more energy and focus. And like this is present time. And then you switch hands.

This is present time. So there's a there's like 12 of them. And so it's just a little, you know, a little freebie for all of you. And it's called Mind Gems.

And it balances the brain and the field and helps you focus and have more energy. Oh, so that you'll give that freebie to the audience. They'll be able to get that from you.

Yeah. So I forget that for me. And and we did a little of it today. And that's a great place to start. Oh good. Good. So yeah. Tell us, tell us where our audience can find you now that they've witnessed this whole demonstration.

And, and to be clear, it was for them as much as it was for me, because, yes, they could benefit from this experience watching me do it. So where can they get Ahold of you?

Yeah. So, Louise Schwartz, walter.com is my website. You can also find me on Facebook and Instagram and and email us Louise at Louise Schwartz walter.com.

And I love to hear from people. I love connecting, you know, with people. So yeah, I look forward to to meeting all of you and Laura. This is awesome. This is so unexpected.

I had no idea we were going to do this, but I did really well. And so I'm looking at what we're going to talk about today, Mike. Yeah, we're going to talk about the secrets to boost energy.

And we're going to talk about this brain soul connection, and we're going to talk about how it relates to mitochondria. But I never expected I'd be getting a treatment myself.

Oh, I didn't either. And I'm glad we did it. You know. And sometimes just demoing this is because what happens is people will feel it. So like you said, it's as much it's not just for you.

You're the surrogate, but you're the surrogate for the room here for everyone listening. Wow, that's so incredible. And if you want your own experience with Louise, you can do that too.

And you hold workshops and retreats and all kinds of different that you work privately with people. Plus, yeah. And we've got a retreat coming up. I think this is going you'll be talking about this before that in September.

So it's in Carlsbad on the beach right there, Carlsbad, California. And I can't wait. And we'll be teaching this. But we'll be teaching like what I did was like, this much you get to learn a lot more.

So yeah, you're right down the road from me, which is bizarre. So I live 20 minutes from where you're going to be holding this retreat. So exciting. Yes. So amazing. Thank you for.

I just feel so loved by you. I know you, so thank you for sharing your love up and for what you do in the world. And this has been fantastic. What a treat.

Oh, I'm so grateful we could do this. And again, thank you so much and thank you for this amazing summit you're putting on and all the speakers that you have here together and all the learning that is going to take place for everybody listening.

That's just such an amazing gift. So thank you for your hard work with that, Laura. Yes for sure. So you take good care. Until next time when we buy. Okay. Bye bye.