Introduction and Guest Background

Hello, everyone. Welcome to Take Back My Brain. I'm your host, Laurie Hammer, and today I have with me Mike Murphy. And I'm very, very excited because he has he's an author, an entrepreneur and an author.

He has also started the foundation love for margot.com, and he is the owner and founder of mountains for Hope. And he's written this amazing book, The Creation Frequency.

And so I can't wait to dive into all these things today with you, Mike. So welcome to the show. Thank you very much, Lori. Awesome. So I would love to know how did you how did you end up with mountains of Hope and writing this amazing book creation frequency?

Okay, well, the creation frequency came from someone that taught me this process, right? So long story short, I grew up in an alcoholic home, and at 14 I ran away and I became a habitual runaway juvenile delinquent and have the equivalent of an eighth grade education.

And then I found someone dumb enough to marry me at age 21. At age 23, we had our first child. And two months later, I walked out on both of them because I'm a runaway.

So when things are tough, I leave. A week later, I, say, okay, I'm ready to come home. She said, thanks, but no thanks. So we ended up getting divorced and so.

And I couldn't stay off drugs or alcohol. The the pain of letting them down, my family, losing my daughter and all that was really eating at me. So I would go like three weeks, okay.

And then I'd go on a bender for a week. So I'm in a 12 step program and a buddy says, you know, I, I've never met anybody as screwed up as you, but I might know someone, somebody that can help.

So he introduced me to a man named Doug Fitzgerald, which I didn't know anything at the time. I'm a novice at all this. I'm just a partier. And he says to me, Mike, you come here one hour a week for seven weeks.

You'll get everything you want in life. I said, okay, and then by the way, it's $50 and I didn't have $0.50. So I actually wrote him a bad check for the first time.

And so anyways, he said, what do you want most in your life? I said, I want my wife, my daughter back. He said, okay, we're going to write it as an intention, as if it already exists because there's no difference between imagination and reality.

From Addiction to the Creation Frequency

So I'm sitting in his kitchen table, I start writing. Lisa and I are so happily married. Our daughter Michelle thrives in this marriage, and you know, I knew it was all B. S.

I knew she hated my guts. I knew I really did it wrong, but I got it. I just felt a little bit of hope. And so I kept right next week. What do you want?

I want to make 10,000 a month. What do you want? Next I want oh, man. Business. What do you want next? I want to run my own house. What do you want next? I want to run a marathon.

And he said the sixth one has to be contribution. You have to give back. So I said, well, my dad was a troubled youth. I'm a troubled youth. So let's create a boys home. Something like that.

But the magic came on the seventh week and he brought out a boombox. And for you youngsters out here, we used to I had those and he put in a cassette tape of Theta Brainwave music.

Then he handed me a relaxation script and he says, well, I'm playing the music. And he handed me a tape recorder with a microphone. He says, well, I'm playing the music.

I want you to record and read this relaxation script and read your six intentions and will record it. And so we do that. So now I'm sitting there $350 poor with a cassette tape with six integers on it.

But he said, listen, you have to listen to it every morning and every night right before you go to bed. I didn't know why, but I know now because we're coming out of Delta.

In the theta, we're going from Baghdad Alpha to Theta, right. So when we're in theta, that's the same state we were in the womb and the same state we were until age 7 or 8.

So why not a trance? That's how we that's how we learn everything. We're a sponge, okay? We don't have any judgments. We don't have opinions. We just absorb all the so we can be programed.

You know, somebody said, you know, give me your child until age eight. A priest said this. Give me a child till age eight. I'll never leave the church, because that's how powerful that early programing is.

I'm still undoing childhood programing, right? Right. So, so long story short, And for four months, I own my own restaurant. I had no credit but bad credit.

I had no money, and I manifest my own restaurant. Two years later, she calls me up, asked me on a date, when we get remarried and we have three more kids.

Oh, my. Yeah. So I was making millions of dollars living in multi-million dollar home, and I was the last person on earth to ever get divorced. All my friends are getting divorced, and it never happened to me.

I had so much pain those four years when we were divorced. I was never going out again. But I owned a Chevrolet dealership and the young lady walks in to sell me Hispanic television advertising.

And the moment we met, our moment, our eyes connected. I felt something I never felt before and we didn't discuss it for a while, but for seven months as we worked together and I was falling in love with her and she was falling in love with me.

And so we ended up having an affair. And because we didn't want to hurt our spouses, even though we did, we lied to them and said, hey, we're just going to separate.

But we we should have said that someone else fell in love. Sorry, but kids don't worry. Everything's going to be okay. I didn't do that. So about, four months after this, her husband finds out all hell breaks loose.

Three months after my wife finds out, all hell breaks lost. And a month after that, I find a stage three golf ball sized tumor in her breast. So I was in a pickle.

There was this family that I adored, and there was this woman. You know, Plato thought there were one soul cut in half. And we spent many lifetimes looking for the other half.

He called that a twin flame. And I believe that this woman was my twin flame. And so, long story short, we ended up getting married. And she passed away in 2011 at the age of 38 after nine year battled breast cancer.

After that, I started in on her off the foundation, giving financial grants to women below the poverty line while they were battling cancer. And what I saw, I probably said, you know, it was a five month grant.

I'd give a thousand a month for five months to help me go through treatment. And after four years of that 150 woman, it just didn't work. They got sick or sick or died, and I was just never going to work.

It was a bad, bad idea that I came up with. So that's why I built this place called mounds of Hope. A lot of those women wanted to go natural treatment, but parents won't pay for that, right?

Manifestation, Intention, and Brainwave Programming

So that's why I've created this amazing, beautiful place called mountains of Hope, which is my which I've manifested using the creation frequency. But but it's really my passion.

And it's down here in Medellin, Colombia, three hour flight from Miami. And what's cool about it is we're close to the equator. So we have this amazing weather.

We're 7000ft in the mountains. But every day is 55 to 75 degrees, so it's just. And the nature, nature is so healing and we're just surrounded by it. So I love this place.

No kidding. I, like I told everyone before we start, as I've been kind of stalking the website, I'm like, I need to go there. It just looks, looks, looks like where I need to be.

Yeah, it's a beautiful. What type of people do you see down there at the retreat? Like, recently we had a woman, that had beaten breast cancer, but she wanted to come and reboot.

So we get women like that, that want to, you know, really improve the quality of their health. A lot of people just want to do a reboot, come for a week, and then, you know, we have so much biohacking stuff with so, so many things that are good for your health.

A lot of people want to come and do plant medicine ceremonies. So we have facilitate that. Any anybody that wants to feel better or is dealing with an illness, it comes here.

That's amazing. And do you incorporate the creation frequency? Yes. Fit into that. Yeah. So if they come for a one week wellness program, we give them my online course, the creation frequency.

I teach them that I have an app is location frequency app where they can write their intentions download. But we have a walking meditation. We have a hiking path around the 20 acres, 1.2 mile walk, 250ft about to do change.

So there's so many things that we can do, but for sure we incorporate the power of and intentions and the and the here's the thing. You know, I didn't know it at the time, but one, I'm reprograming my cells of my body for what I want.

We have a reticular activating system that really keeps us on focus. So I get these six intentions. They're always in my mind, right. The more importantly, what I understand now is those intentions, especially the sound, the power of sound.

You know, God's, the Bible says God spoke this world into existence. He said, let there be light. So the power of sound is immense, right? And so when I'm listening to my intentions, the the intention goes into the field of infinite possibilities, which the Chinese called chee.

The Indians called prana. Nicholas Tesla called a plasma. The Bible calls it ether, but this this, you know, we live in 1% of all the electromagnetic spectrum that we live in the the field of light.

Right. But there's all kinds of stuff going on right here. Dogs can see it, dogs can hear it. We just can't. And so when so. So I'm putting these intentions into the field.

And then the magnetism, the magnet is my heart. So the more love and compassion and joy and gratitude I can

test these intentions, the faster they come back to me.

So that's what the creation frequency works so well, right? I know so people, you know, as I've grown over the years as well. Like I don't know if you can really think or speak things into existence.

You know, I, I would go through those thought processes just because I was afraid that it was something like WUI do you know what I mean? Yeah. But, you know, over the years and I still think I'm unwinding some of that, but, you know, the Bible is very clear about, you know, as a man thinks so is he, you know, life and death is in the power of the tongue.

You know, so many can use. Yeah, exactly. And I don't think we understand the magnitude of that. Could you expand on that for me? Yeah. So this is the way everything works.

I want. If I want a watermelon, I take a watermelon seed, and I planted it to the ground. I want an oak tree. I plant an acorn. This is how nature works.

This is how we work. There's nothing in your physical existence right now that didn't first start as a thought. And desire, okay? There's nothing. Everything comes into your physical reality.

Starts as a thought and desire and you manifested. Everybody is a manifester. They just don't realize it. Or they said, I tried it and it didn't work.

They tried to for five days. Okay. It takes it takes years to get an oak tree from an acorn. It takes months to get a watermelon from a watermelon seed. So.

So we have to be patient. But we live in a microwave society. We want everything now. Now we have DoorDash. We don't enough to get up and go to the microwave.

They just bringing the food to us. So so that's part of the problem, right. But you like you said, the Bible spells it out clearly, and it's just the way everything works.

Yeah, yeah.

How the Creation Frequency Works

And I don't listen to so many, like I said, a lot of words spoken over, you know, prophecy and those types of things. And it's always so spot on to, like what I have already been thinking and that always I don't know what to say.

It amazes me because, you know, God is so big and he knows what I'm thinking, but just that at that other person to pick up on that frequency. Because every thoughts of frequency and that I don't know. Do you understand what I'm trying to say?

I'm not articulating it very well. There's no doubt. There's no doubt. There's mind reader for sure. There's remote viewers that can see things, you know, thousands of miles away where we just get stuck in this matrix and we get clogged down with bad food and bad thoughts and bad energy, and we lose who we really are.

Right? And I'm all about, you know, balancing the brain. First, I use amino acid therapy to balance the brain because, you know, my thought process is if we fix the brain first, we balance the brain first, then people can be more in tune to, you know, these creation frequencies and their intentions and, you know, manifest healing in their own bodies.

Because our bodies are created to heal themselves and we just give them the right frequencies, the right nutrition, the right everything that they need.

And so I love the work that you're doing. Could you talk a little bit about the different steps that are in the creation

frequency book? Yeah, sure. But let me add to something you just said, because we have to differentiate reign from the mind, okay.

Because I believe there's only one mind and we're all attached to it. Right. And that's where these thoughts where, where do these crazy thoughts come from?

Right. So I always tell people, listen, we have to gently move out of this insane asylum and back into okay, from from here I can lie, cheat, steal, manipulate from here I can't.

This is my essence. We are internal, timeless consciousness. We can never die. And so when we look from here now, I can use this supercomputer to create whatever I want.

Okay, so. So some of the steps is you got to sit down with a piece of paper and say, hey, first of all, you got to break your life into 6 or 8 areas, okay?

Relationships, career, finances, whatever. Right. So this in my book I talk about six. There's other books I talk about eight contribution being a big part of that.

So you break your life into that. So let's say relationship right. And so I say okay what do I want in a, in a partner? Okay, I want this go here, this color skin, this kind of education, these kind of hobbies.

And we get a specific as possible. Okay. And then we, we, we write it out what that would feel like, as if it already exists. And feeling is so important.

What would it feel like to have this partner okay. So intention like this I love the fact that Tom is my partner. I love how he treats me, and I love how I love him so much.

Every day it gets better. Can't wait to live the rest of my life with him. I just love this man with everything I have. Tom, he's dumb. He doesn't even exist in the physical reality.

But he does exist in the field of infinite possibilities. Now, I might write down that she might written down that she wants a blond haired guy with this kind of thing.

But then you have to let go and be open to anything, because you're co-creating what you desire with the creator of all that I call God. So. So you have to be specific in what you want and then open to anything, and then be as consistent as possible with listening to these intentions every morning, every night.

And don't be afraid to change them, okay? You don't have to lock them in. Just be very, very flexible with us. Like I'm going to tell you. So I've been manifesting this place I purchased in 2016.

I've done this and I've done that, and I've done this and I've done that. And it keeps evolving, right? Because I'm open to what is best. I'm a car dealer.

What do I know about a wellness resort? Okay, let's go. But I go with the flow. You know, there's some great books called the one of my favorite books called The Surrender Experience.

And he just lets go and surrenders. And that's how I like to live my life. I like to envision that I'm jumping into the river of life, and I'm not fighting it.

I'm letting it take me where it wants me to go. I have intentions that I want to create, but I'm very, very flexible on the final outcome. I love that, that's so good.

All right. What else? Well, then dig. Dig deep. Okay, go. Go really deep into this right. And see how it feels. And sleep on it for a while. Okay? This is this is intention.

How does that feel for me? Sometimes it's scary. Okay? I hate my job. I want to change. I want to do this. Okay? And so then you have to be fearless and say, okay, I'm going to step out in faith.

I've done my due diligence. I've done my homework. I'm going to have to cut this out of my life, cut this out of my life, because this am I. But I'm going to be doing something that's going to fill me with so much joy and purpose. Right?

Retreats, Healing, and Biohacking at Mountains of Hope

And so I think that's super important that we're that we're not afraid to take chances. You know, whether some people stay in lousy relationships where they're even abused forever, right?

I have a friend like that right now. And, you know, because she's afraid and so we have to be willing to take a leap of faith and take that step and go with it.

Trust ourselves are there when I would say we're not creating, you know, these intentions, these like next powerful life steps. What are we actually doing then?

Are we always creating something? Well, let me ask you this. Is there something in your life that you'd like to manifest? Yes. Give me an example. I would like, a thousand new clients in my new group program.

I love how my business is overflowing with new clients. I love that how every day when I finally get up and I do my morning routine, I go to my computer.

There's more clients that want to work with me, and more importantly, I love the impact I'm having on their lives. I love how they love me, and I love them with everything I have, and they're resonating to this love.

And more importantly, their life is changing in their life is improving, right? That record that listen to that, put it into the field and see what happens.

That's amazing. That makes you want to cry. When you were just talking about that, like, I've kind of wanted to cry since we got on and I'm not really sure why.

I'm like, I don't know, I've been reading your book and then talking to you. Like, I just feel a lot of things stirring inside of me, so I don't know the best questions at the moment.

That's okay. Yeah. So can you tell us a little bit more about your, your retreat and what that looks like on there? Yeah, I'd love to. And, you know, I love yours. Take back my brain.

You know, here. I don't know if you've noticed this or not, but the world is a little haywire right now. It's a little haywire. Yeah. Yeah. Okay. And that's because people are a little haywire.

I'm 67 years old. I grew up in America, okay? It's not the same America I grew up in, so. And the world is haywire. All the others 22 wars that we're in right now. So.

So this stuff has to stop. And I believe that it will. I believe that we're going from a a masculine energy to a feminine energy. And this is a cycle.

Everything we do, history repeats itself. So we're in this cycle. And it started December 21st, 2012 when the Mayan calendar ended. And that's when this started.

What the masculine wants to hold on the the power, the control, the penetration and the in the feminine energy is kind, nurturing, loving. That's what's happening right now.

And it's probably going to get a little uglier before it gets better. But I do think we're headed in the right direction. So

I love your, take back my brain.

Because first of all, a lot of people in America, their brain is they have brain fall, right? You got their guts. The mess, the microbiomes, the mess.

Why? Why? Because we spray glass. So we spray poison on every crop before we harvest it. Right? And it's not real food to begin with. It's GMO foods that grow wheat.

And then we cover it with glass of faith. And as it's dying, boom! The glass yields are 30% bigger crops. So they're making a lot of money, but our guts are ruined.

And so that's number one. So to get rid of bring for the other thing we do here is we do brain mapping. So we put like 22 electrodes on your head. And then we get a brain map of everything.

And now we can diagnose you. What what's the best neurofeedback for you? I'm doing neurofeedback on it for myself right now because my brain's getting a little foggy.

Right. So, what else do we do? I mean, we we do stem cells, and we have an alliance with the National University of Columbia where stem cells, which are great for healing, exosomes, which are a byproduct of stem cells, great for healing.

But we also do things like colonics. And then we have a lot of biohacking stuff, from red light therapy to salt therapy, to PMF therapy. We have a couple doctors on staff.

We go over the nutrition of each of our guests, but then we have a gymnasium, we have a walking, meditative labyrinth. I imported the template from France and France.

It started in the 12th century from the, Chartres Cathedral. And there's a frequency to it. And so the meditation, as you walk into the middle of it probably takes about 15 minutes, is very important that they do it barefoot because we need the ground, the Mother Earth.

But the problem is a lot of the health issues today are because we wear rubber shoes. We don't wear leather anymore. So we're never getting connected to Mother Earth.

Well, Mother Earth is giving off these negative electrons, which, because of all this stuff, it all this blue light, this. Right. Most people because it's too much blue light, which is terrible for our for our health.

So, what else do we do? And we grow over 50 fruits and vegetables here. We're a star. Well. Well-known species. Lord, I bought this in 2016. It was a really nice place.

We remodeled. We just made it five star. And every experience we have a gymnasium. What I do every morning we have a sauna that we imported from Finland, hold about eight people.

That goes up to 160 degrees. So I sit in that for 15 minutes. I do breathwork or I meditate, and then I get out of there and I go jump in our 45 degree cold water plants for five minutes.

And I do that three times. I'm telling you, I'm addicted to it. You know it's worth it, right? And if and if the water is not cold enough, we have another ice bath.

It's 38 degrees. And so, when we have a firepit, the people hang around and we have two pickleball courts. We have, golf Trackman, where you can play hundreds of golf courses.

We have a putting green. So it's a lot of fun. We do. And then the the ceremonies, we do a cocktail ceremony, we do a sweat lodge ceremony. We do. And I ask a ceremony where whatever, whatever people need for their healing, whatever they're doing to of them, that's what we provide.

We're very flexible with all that stuff. I love that, and each of those things has its own frequency. Like it like gives off, whether it's whether it's golf or whether it's walking or whether it's, you know, sweating in a lodge.

Frequency, Faith, and Final Takeaways

I don't think people really understand that everything is frequency. Everything is frequency. You know, Nikola Tesla said it best if you want to understand the universe, you understand energy, vibration, frequency and the and the frequency of light is so important.

We're not getting enough red light, okay? Some people don't ever get light, okay? They're inside all day long, and they're getting this terrible blue light off their computer or their iPad or their iPhone, and they're indoors.

It's terrible for your health. We're designed to be outside with as little clothes as possible, barefoot, getting the sun. Okay. And we nature doesn't make mistakes, okay.

And animals don't get skin cancer okay. So but we lather ourselves with all these chemicals cause okay. And then we get all this cancer. So we just kind of start using our common sense with some of this stuff.

But we get so heavily brainwashed. Listen, I was as brainwashed as anybody, so I understand it, but I just saw it first of all, nine years with my wife going through cancer, was an eye opener on December 1st, 2010.

They said to her, unfortunately, it spread to your brain. If you do nothing, you have six weeks to live. If you treat it, you have six months to live.

I actually wrote a book about those six months with flashbacks into our love story. But here was this amazing young woman that she loved life more than anybody I've ever met.

Every day she would go through hell, living in the hell. Two brain surgeries to get her lungs drained. She would do anything to live another day. But every night she prepared to take that last breath.

And so once that time came, you'll never have meaning. But I was prepared as her to leave her body and go home. It was so profound. It was a blessing for me to be able to witness that.

So I think for every day for that. Well, well, she sounds like an amazing woman. To us. Still is, still is. It's not. It's not about you. You'll see her again.

Yeah, yeah, yeah. Awesome. Anything you want to leave our listeners with? Yeah. Well, I talked about moving from the head to the heart. That's number one.

Number two, realize that you're a powerful creator. The problem is, the world wants to make us victims. Okay? We're done. We can't. We can't fix anything. Right?

So if we blame everybody. I'm sick because of that. I'm broke because of that. Bob. No no no no no, we they're all victims are. None of us are victims. So pick your poison.

The truth is, we're powerful creators. I just spent five days a few months ago with this amazing guy named Dan in Brinkley. In 1975, he was struck by lightning.

He was clinically dead for 28 minutes. He went up into heaven. 13 light beings told him what the world was going to be like for the coming. And. The till now and the last battle for humanity would be over.

Health care, viruses, vaccines and stuff like that, right? He's since died three other times. And they keep teaching him and he can read minds, but he's amazing.

Said. And he says we're mighty powerful spiritual beings with dignity, direction and purpose, and we can never die.

And that's exactly what I believe.

And so that's the biggest thing for everybody. Listen, quit thinking negatively. Get out of your way. And if you and if you are depressed, a lot of people are depressed right now.

And one of the easiest ways out of depression is a do something for someone else anonymously. Every day you'll break your ego and your depression will go away.

So that's that's what I have to say. I believe all that. Mike, thank you so much. I appreciate all your wisdom and for sharing that with with my audience.

So thank you everyone. Thank you God. Okay. God bless.