Introduction to Dr. Sue Morter

Fighters. Our next guest is someone I'm really excited to be able to not just interview, but to learn more from. Her name is doctor Sue Mordor and she is the author of The Energy Codes.

And I'm really looking forward to diving into that. Was Sue. She speaks all over the world. She's a legend in the health and wellness community. And Sue, we are just so happy to have you on the Global Energy Healing Summit.

Welcome to to our summit. Oh, thank you so much. It's always a great joy to dive into these topics that matter most in life, which, you know, without our health and without our, sense of well-being and sense of self, we kind of don't have anything.

Right. So, I look forward to where we get to go today. Good. Let's start with energy. So everything's energy. I know that's that's what you tell everybody.

It's what I believe. So talk to just for people that maybe don't understand that concept of everything being energy. Talk us through that a little bit.

Yeah, it's kind of a strange concept. The first time that you're introduced to such a thing that the chair that you're sitting in is actually energy, right?

The computer that you're looking at is actually energy. So a law of physics is that all physical form is energy that's just been compressed. When we compress energy we get physical form.

So the human system is energy compressed and at varying degrees of that compression we have different experiences or different the different phases of of our own system are our thoughts and our emotions and our, our physical tissue and the liquid tissue, the bone tissue, all of it is just different levels of compression to this energy field.

That is, the whole of what is in existence in the manifested world. So, it's kind of a lot.

Everything Is Energy

But if you just start thinking of it in those terms, it actually starts to make life very interesting. Because energy is malleable, it's changeable. It's actually formless.

And so when we decompress that compressed state, we can actually shapeshift quite a lot in our health and our and our relationships and our ability to manifest in the world, very differently than we thought.

Yeah. No. Absolutely. And and that that is huge. What you just said, I don't know if everyone listening is, has understood exactly the importance of what Sue just said, but I think it's our addiction to saying, this is this is this is form, right?

I can't do anything with this. That's what keeps people from healing. Is is there they want to believe. Oh yeah, I can I can, you know, move energy and my body's energy.

But you really have to buy into it wholeheartedly to make these massive shifts that we see in people that are able to heal themselves from things that a lot of people think, oh, you can't heal from that.

Exactly. You know, the study of of epigenetics is also helping to bridge this world for us that we're discussing right now. And that is that the study of epigenetics is showing us that that more important than our genetic inheritance is

the energetic environment around our system.

And we determine that energetic environment by the thoughts that we think consciously and the energies that we hold subconsciously that are unresolved or that are grudges or, you know, latent fears or just this, this general disposition that we have about ourselves in the world creates a quality of the energetic environment that we're walking around inside of all the time.

And so epigenetics is telling us that if we change that, the quality of that energy, we can turn on or turn off different aspects of our own genetic coding.

So what it means is just because we have inherited a tendency toward a disease condition does not mean we have to experience the symptoms of that condition whatsoever.

We can turn it on, turn it off, turn other things on and off in order to allow for a different version of our vitality to express. And, you know, we never knew that.

We thought, oh, I just inherited this is what I've got. It's what I'm going to have to deal with. In the whole of my life now, I was born with a scoliosis, meaning a curvature in the spine that doesn't allow this upright in this, in this symmetrical fashion.

And I healed that scoliosis through exactly the terms that we're starting to speak about today, by changing the quality of the energy that runs through this system, by finding ways to do that.

I was able to heal not only the scoliosis, but the migraine headaches that came from that and a variety of other things. I've been able to heal fractures.

And in nontraditional ways without having to put casts on my arms that were broken. And so, I'm a walking testament to the idea that we can absolutely shape shift the energy that's running through our system.

And we're designed to be able to do that, but no one taught us how. So until now, we, we now know how to do this. So that's what we're here for. Not only did no one tell us how, when you when you go to a doctor, they they ask all, you know, the history of your parents and grandparents and they almost reinforce.

Okay, we're going to find out what went on before you so we know what's going to happen with you. And so people are thinking, I'm a I'm a product of my genetics.

I'm a product of I like you have a term called energy, an energetic inheritance. Right. Yes, yes. And we really can overcome all of that. One of the coolest experiences I had was many, many years ago when I was involved in running Tony Robbins company in my 20s, and I was out in Palm Desert, was climbing some of them.

They weren't huge, huge mountains. I was climbing mountains. I was out there all by myself. And it was, you know, I was just having fun. I was jumping down the rocks and I was getting a little aggressive.

I was in my 20s and I. And I was an athlete. So I've had this happen before. And I landed on a boulder and my foot turned all the way in, like where I've had that happen before and I hadn't been able to walk for weeks.

But immediately I tapped into what you're talking about and I just said, look, this is a healthy ankle. And I just started sending it energy and only, like, never letting my mind go to anything other than, this is a healthy ankle.

And because I was like, three miles away from anywhere in Tucson, I didn't know if I was going to get back. So it was like my last option, but my ankle was fine.

I mean, it didn't have a limp, nothing, no swelling. And and that was something that convinced me we can do this.

Epigenetics and Energetic Inheritance

Another little, experience that happened for my son. He had a herniated disc at the age of 23 years old, was a basketball player, college basketball player.

They said it was the largest they had ever seen. You know, he needed injections. And so they brought him in and did that injections did nothing when he associated it to being a mind body situation, it went away.

Even though he had that herniated disc, it went away, never came back. So I'm a wholehearted believer in what you're talking about. And there's so much proof in the pudding to back up what you're saying.

There's there is so much research now in this mind body relationship. In fact, it it never really should have been studied as two separate entities that the mind and the body and the spirit should actually remain integrated as they're originally designed to be.

And when we allow them to be reintegrated again, which is what I'm teaching people how to do all the time, we become self-healing, self-regulating, creative, entities on the planet rather than a five sensory being that's just here to survive and trying to figure out a way to to get through life.

And the best we can. It. We are designed for so much more than that. And as we start to identify in this way as an energy being, we start to see everything differently.

Just like when you made the connection. Oh, there's a relationship when your son made the connection. Oh, wait a second. You know, I have some say here.

Then all of a sudden it start. It becomes true. We do have some say because energy follows thought, energy follows thought. So if we're having a conscious and intentional thought, energy is going to align with that thought.

We we there's so much research showing that that we can have an influence on the DNA molecule, which we were talking about earlier. We also have evidence that that DNA molecule has an effect on our environment.

We have research showing us that that when we think of thought, tiny packets of energy called photons arrange in accordance with our thought. So if we think a thought of possibility, the photons in our in our environment align to that possibility, to that thought.

If we think in terms of worst case scenario, the photons get busy arranging to respond to and actually create that worst case scenario so that so that it's constantly responding to our intentionality, it becomes very important that we learn how to manage our intentionality on a conscious and a subconscious level, because these little tiny packets of energy called photons that are so tiny, they're influenced by our own thinking.

This is the world of quantum science. It becomes evident that that we're creating our reality. And if we're continually bumping up against things that are obstacles in our lives or, you know, withholds or, things that, that look like they're not a success or failure in this point or another are constantly attracting accidents into our life.

There's a reason for that. And and this is what I want people to get to the bottom of is like, hey, wait a second. If things aren't going the way I want them to go, there's a reason for that.

And we just have to learn how to tap into how to stream that energy in a way that is in service to us. Instead of playing bumper cars with it all the time, bumping into, oh, now I know what I don't want.

Oh, now I know another thing that I don't want. And another thing that I don't want. Instead of, you know, living life in that way, we become conscious out ahead of the game and, and drawing energies together in a way that that truly align and serve with our highest good.

So, so your your work, the energy codes. Can you explain a little bit about the energy codes, how you came up with it, what it is, how it helps people?

Oh, absolutely. So it's a big question. I know it's it's pinpointed in, in two minutes. Right, to do all that. Okay. So, so about 20 years ago I was having migraine headaches so severe that I couldn't I couldn't function, I was missing work.

I, I couldn't get out of bed to go treat my patients and, and, on those days of headache and, when I didn't have a headache, I could go to the office and help other people with their migraine headaches.

But I was having this issue, myself. And so I started meditating. I was just drawn to meditation. And in an attempt to to try to ease the stress related, you know, pressure of energy blockages, which which I was just starting to put that together and, immediately started having transcendental experiences in meditation where I was in other realms instantly is the moment I started to learn to meditate.

This started happening, and I lit up one day inside of as I was learning these practices, I lit up inside of a meditation and these total high brain centers into what we would call the higher self, and I could I was me, but I wasn't in a physical body.

I was this ray of light and I could see the earth beneath me about the size of a marble. I was that exalted in the consciousness, and I could see 360 degrees around me in a brilliant light so bright it was ten times brighter than the brightest day in the desert that I had ever seen, and I could see 360 degree in every direction, spherically, and all at the same time, whatever I wanted to see it was there and so it was quite profound.

Sueu2019s Healing Journey and The Energy Codes

There was a beautiful pink iridescent horizon that that would rise and fall every time I would inhale and exhale. It was just like I wasn't even. I wasn't taking any drugs.

I wasn't doing any psychedelics or anything like that. It was I want that meditation. That sounds amazing. Wow. Yeah, yeah, it was, it was. And and, the most important thing was that I, I had a, a knowingness that this was the truth of who we all are, that this light was becoming, this other energy as it was passing through my own consciousness, through my own system.

And it was bringing something to the planet. And that sounds really esoteric and kind of out there, but I knew it as well as I'm sitting here, I knew it as well as every day that I would go to the office and treat patients and work with symptom patterns and get results.

Now, I had another understanding of who we are and what what we're doing here. I also knew this there in that state, there was nothing to accomplish. There was nowhere to go.

There was nothing to achieve or to become. It was whole. It was wholly whole. I was completely complete and satiated and and and validated. If you can imagine that sensation of, oh, everything's okay.

It was totally there. And I knew that that was the truth of who we are, and that everyone was actually designed of this same structure or this same energetic structure, this presence.

And so I, I had no idea why that happened in my life or what I was supposed to do with it, but I knew that there was something so profound and sacred about it that it became the focus of my life.

And I spent the next ten years, turning my life into a living laboratory to figure out how to return to that state, that exalted state on command, how to be there, how to live from there, and more importantly, how to bring that state here and live as that here on the face of the planet, in regular life, at work, at home, in relationships with my health, every in every facet of life.

I wanted to know implementation. I wanted to know embodiment of that. And so the energy codes are what I code ified over those next ten years with myself and reproducing that experience, which I did figure out how to do.

So I wanted to share it with my patients. And and as I began sharing it with my patients, they started getting better faster and staying better longer.

And everything started to change. So so I started taking notes on it basically. And about 15 years after the fact, I finally decided to write it all in a book.

And that's what the book, The Energy Codes is. It's a codified, systematic way to go about putting the circuitry together electromagnetic energy circuitry and neuro circuitry together to align ourselves, to be able to transcend our primitive brain and rise up into these high brain centers and operate from a place of creativity and genius, rather than getting stuck at the primitive brain level and operating as a fear based problem solving.

You know, surviving presence that's just trying to make do and get by. Because, as I said earlier, we're designed for so much more than that. But until we learn how to come from a place that is more put together than our typical society has raised us to be, it seems elusive, but it isn't.

It isn't difficult. It's so simple. The mind would have a hard time believing that it's that simple. But we do have to follow things in an orderly fashion so that we can start to perceive life differently.

Just like you tell them who who in a given moment you realize there was a mind body connection and your ankle was not going to be problematic. It was going to heal.

I had the same thing happen with broken arms that that, that were, that were a result of being up in the mountains and falling, you know, onto some boulders, etc..

Your son had this same connection, mind, body. I can have an influence on what's going on in my back if I just allow that connection. We were raised not knowing about that connection.

So it it's just in another world, it might might as well not be true until we know about it. So the energy coach is teaching people how to know about it, and then what to do to allow it to work for them to, because this isn't just something that's that's available to a few lucky people who who happened upon it, or a few gifted people or, you know, or sacred moments in deep meditation.

It it doesn't have to come that way. It can come in a logical, laid out fashion. We just have to be open to realizing that we are more than we thought we were and, embracing that. Yeah.

You see, that's awesome. And you had some, some, some words in there that I want you to talk a little bit about. You said, electromagnetic circuitry, I think, and neural circuitry.

Yeah, almost like you're wiring it in. Is that what we're doing? Definitely. So everything is energy. So energy first moves in a stream in through the body.

It runs from above the head, down through the body and hits the earth and rises back up through the earth and comes out the top of the head in this toric field.

Slow. In fact, I have a I have an image here I can show you that I use up on my glasses. So in my classes that I'm teaching online. So this energy, maybe you can see this.

The energy drops down through this body, hits the earth, rises up, comes out at the top of the head and cycles around and around and around. And it keeps cycling like that.

It keeps cycling like that. It keeps coming in. We use some of it, we expend some of it, and some of it's used for healing and integration and digestion and filtering and cleansing and healing.

And it rises up and cycles around, and it's constantly feeding and nurturing the body. And that's how it's designed to function. And in most of us it's functioning something like this, where the circuitry as it rises up, some of the

circuits aren't in place.

And so the energy cycles around it weaves back and forth and diverts around gaps in the connectivity. So it's like it's like the woods or a deep jungle and you have a path that's this winding path, when in reality, ultimately it would be more like a superhighway that's just going right through the central core of us.

And so what the energy codes are doing are teaching us how to build circuits, build a pathway through these areas of blockage or gaps so that the energy doesn't take on this distortion.

You see, when the energy wobbles like this, it creates a distortion in the energy field. And that distortion in the energy field is what creates that environment in which the cells receive this information.

And they think we're not in a safe environment.

Electromagnetic Circuits and the Body

We don't know what's going on. So chemistries start being produced inside of our body to guard us and protect us in those states. Whereas if it was receiving this kind of energy flow, there are little antennas on the surface of the cells of our body that pick up on this balanced harmonic type of message, and then the body produces chemistries that are in accordance with being safe and being in a, in a, in a perfect environment, etc., being healthy and whole.

But if it's receiving information of a distorted nature, then the body is saying, I don't know what's going on out there, but we got a bear chasing us right now and or we might as well have, and we need to produce chemistries to respond to that.

So so this is electromagnetic energy. All of this energy flow. We are electric and magnetic. All right. The energies of the human system, the bio energetics are electromagnetic.

And so those energies have to move in a certain pathway. And as they move in a pathway they stimulate the nervous system, they stimulate the sent the sensory nervous system.

And then it, it, it causes the body to respond in certain ways. So if we can build a better electromagnetic pathway, just like what we were looking at, if we can build a pathway that looks more like this than one that looks like this, and we can as we do, the nervous system starts to get stimulated in a balanced fashion rather than than sending a message to it that's constantly saying something's wrong, something's wrong.

We don't know exactly what it is, but something's not right here. And so, in the chemistries of the body changes. So electromagnetic circuits are pathways, those pathways rush energy through them and it stimulates the sensory nervous system.

And then the sensory nervous system gets the message that all is well or there's a problem here. And then it's going to tell the the endocrine system and the immune system and the digestive system and all other systems of the body that we're either in a state of emergency or we're in a state of creative genius.

And so a byproduct of that is we are either healing ourselves or we're making ourselves sick unknowingly because we're not designed to be in in a state of an emergency, you know, 24 hours a day, day after day, week after week, month after month.

It it exhausts our our adrenals, our thyroid, our whole immune system gets compromised. And, you know, and then we wonder why there's a pandemic that's affecting everybody on the planet, because everybody on the planet isn't taking care of themselves for the most part.

So yeah, that's interesting because when somebody gets a diagnosis of, you know, a scary disease, quote unquote scary disease, they immediately go into fear.

Most people do. Yeah. They don't know, you know, the energy codes and or technologies that help them get out of it. And so they, they, they make it harder for themselves, their immune system, their body, their energy to heal from this thing that you already have to, you know, change your consciousness around.

And so that was really interesting that you talked about that, because even people that kind of talk, the talk of everything's energy when they get sick, a lot of times they go, yeah, everything's energy.

But then they really have a lot of fear. And so they're unknowingly or maybe I mean, consciously, I don't think they are aware of what they're doing to themselves.

So that is such a critical piece to heal. You cannot be or I mean, when we're talking about the really tough stuff to heal, it's much, much harder to heal from that emergency state that you're talking about.

Yes. Well, there's an area in the brain between the thalamus and the hypothalamus that is the relationship between our consciousness and our subconsciousness.

Those two areas of the brain, there's like a doorway between them. And if that doorway remains open, we can update energetically. We can think a thought, and it can literally have a positive effect on our health and our vitality.

If that trap door slams shut, we can be thinking thoughts about positivity and possibility and healing ourselves. But if the trap door is slam shut, the subconscious never really gets the message that we're okay.

And so the subconscious could still be in there responding to some emergency that was so overwhelming that it caused this trap door to slam shut in the first place.

And the last message that got down into the body was emergency. So, so often people are trying to heal themselves and they're trying to take it on and, and really be self natural approaching this.

Yeah, right. But they're not getting anywhere with it because this trap door between these two parts of the brain is slammed shut. And what people might not realize is it's the subconscious that heals us.

The subconscious is the healer. Otherwise we would all just consciously decide, I'm well done, you know, get on with it. And some people are deciding that, but it's not happening.

And there's a reason for that. There's a good reason for that. And the great news is that too is approachable. That trap door can swing wide open, and we can start having the influence on the conscious subconscious relationship again that we hear and read about being able to do.

But the reason that the techniques don't work for people is is only if that subconscious trap door is slam shut. And the good news isn't ever getting to the part of us that's actually going to do the healing.

When it's time for healing to happen. So I address all of that in the book and in the coursework that I'm teaching so that people learn, not only what to do, but what things to do together simultaneously so that these trap doors and these energy circuits can start to to actually run the body the way our consciousness is learning that it can.

You know, research is showing us so much about our, our potential. But if the average person just goes to try to do that, then and then they don't get the results, they get thrown right back into the old belief system that, oh, you know, I must not have the ability to to change my health or I must, it must not include me.

I must be doing something wrong. And it isn't that. It's just that we haven't put enough of the pieces together until we have, which we have now. We've put enough of the pieces together to open those doors and allow this, the research, to actually work for us.

It's it's not enough to just have access to interesting information. We have to learn. Okay, how do I put that information into application so that I can change my own life, my own health, my own vitality?

Yeah, I love that analogy of the trap door that's really, really cool. And that it and that it can open back up, which I know a lot of your work is about.

A lot of my work is about that. To more in the corporate realm, you know, versus the health realm.

Fear, the Subconscious, and Healing

But that's really, really cool. Hey, so where can people find out more about your work? Where can they go? Oh, sure. Well, I have a website I'm pretty easy to find.

Doctor Sue mortar.com. Doctor Sue mortar.com DRC r.com. There's all sorts of information there about courses that I teach. Online courses, of course, we've done so much of that in the last in the last year and a half or so, and we'll continue to do it even after things open up, because we've been able to serve people all over the world.

We have, over 97 countries. I think that that we're serving with, with courses that I'm teaching, etc., and all sorts of, things that are available that people can, can, sort through.

It's pretty, pretty easy to navigate the website. That's awesome. So doctor Sue mortar.com. Everybody make sure you check out Sue's work a Sue. What is the purpose of illness?

Why what what what what gifts potentially are in an illness? Why do people get sick or have disease? Sure. So, you know, ultimately I want everyone to know that everything that they experience in their life is really in service to them, to call them to awaken to more of who they really are than they knew.

And, I mean, that's where we come to Earth is to wake up to the truth of who we are, as a multi-dimensional, completely empowered, conscious being. And, as we do so, we make a contribution to the consciousness of humanity overall.

And we also benefit personally by awakening to that. So when someone is suffering from a disease condition of any sort, no matter what the nature of that is, if they, if they have back pain or headaches or digestive issues or organics, systemic issues or chronic degenerative disease conditions, all of them are on a spectrum, but they're all on the same spectrum from headaches to to debilitating, cancers.

They're all on a spectrum of energy disruption. And if we've been disrupting our natural energy flow intensely or for a long period of time, we are it's going to show up as some sort of symptomatology, some sort of diagnosis condition.

And if people start to realize that that's all a diagnosis is that that's all a condition is, is blocked energy in specific ways, then we can start to get on board with being a little bit more empowered than we were before.

And when we can start to dissect it even more, which is something that I take great care in teaching people how to do in my coursework, that we can start to recognize the types of illnesses that we have, are related to aspects of our own consciousness that have been asleep, that we've not been integrating and bringing into the fold, and allowing that distorted figure to become open and clear and robust and fully expressing.

So if someone has, arthritis, it means something different than if someone has asthma and it means something different than if someone has chronic migraine headaches or, a reoccurring injury that happens all the time, on and on and on, and all of it is blocked energy and that and that energy is blocked in different ways, causing different symptom patterns.

And the ways that the energy is blocked have to do with the versions of ourselves that we believe to be who we are, that aren't like unto shy or, not enough or I, not very creative or I'm not in, I'm not good enough or strong enough or whatever, whatever, whatever the story is that we've been telling ourselves, it's out.

Picturing into the physical expression of who we are is inevitably going to reveal in some kind of symptom pattern

until we learn to live as the one who's bigger than the beliefs that we've been carrying in our mind.

And that's what I really love to teach people, is how to identify their when. I love that, because that's empowering. So when when an illness shows up, you just remember what energy and I have the power to unblock it.

And as I do unblock it, I have the power to to heal my body. Right? To get back into resonance and I the something that I saw that, you know, I'm a big believer in and you talk about the body is designed to heal like it's not designed to just get sick and be sick.

It's when you unblock the blockages, it it heals, right? It totally. If you cut yourself, it heals. If you break a bone, it the body knows what to do to heal that.

And that same principle is true with every single condition known to mankind. And if and now we're even learning, even if there's genetic inheritance, because your parents or their parents or their parents didn't have access to the information that says, you know, it doesn't really matter what you inherited, you can change it and, and then have techniques, to learn how to change it.

And so, so the bottom line is it is it is here to empower us. It's all here to show us that, that we are so much more than just this bag of bones that, you know, gets into trouble and that we have to just keep, you know, pampering it all along the way just to get us through this life.

It's like, wait a second. No, no, no, no no, this system is brilliant. It is made of the magnificent qualities of of really profound, miraculous stuff.

And so, we need to lean in and learn more about it and allow the mind and the body and the spirit presence that we truly are to work together in a combined fashion to truly integrate this healing capacity that we have and and for so much more, not just healing, but way beyond that as well.

Yeah. And that is how so many people think of their life. They've got to pamper it, medicate the body just to get through. It's not a very fulfilling way to live your life as if it's a burden.

The Purpose of Illness

I like your mind a lot better, as if it's a burden. You know, it's a no, no, no. This thing is miraculous. We're just not letting it do what it was built to do, because we weren't taught when nobody showed us.

But it's very important that we stop drawing the conclusion that we inherited, that you just have to keep popping the pills or having those things removed that aren't working right.

And, you know, just hope that it it, you know, is a lifetime guarantee long enough to get you, you know, through this life. It's like, oh, wait a second, you can bring things back online that haven't been functioning.

I have patients and clients in my coursework that tell me that they have functioning organ systems and and functioning dynamics in their physicality, that they haven't experienced in a decade or more, things that they were being medicated for, things that they thought were never going to be the same, that they would never be able to run again because they're near their hip or their back, or this their energy level was just never what it needed to be.

And that hadn't been for, you know, 10 or 15 years. And, you know, people telling me that are in their 90s, that they feel better than they felt in 30 years and in all of this is rejuvenating.

But we have to get the energy moving differently than it was when the person started feeling like they were falling apart. There was a reason for it. Something got blocked and we just need to go find what that is and get it moving again.

I'm glad you brought that up because I know some people, you know, maybe in their 50s, 60s, 70s, and they just

naturally think, you know, my life's declining.

My, I shouldn't be as energetic anymore. Things should be falling apart. And you're saying no, no, no, no, no, it doesn't have to be that way. You can have great energy.

You even said in in their 90s, people said they are reporting better energy than they had in their 60s. That's really cool. Absolutely, absolutely everything is energy.

And if we allow the energy to be alive and awake because we're landing our consciousness on the energetic part of who we are, then it starts rejuvenating and replenishing.

You remember in this image I was saying, it's constantly being replenished. Every seven years, every cell in our body replaces itself. Photons are constantly flushing and flourishing and rinsing and cleansing if we let it.

But if we keep believing that we can't or that we won't, or that we're old or that it can't, or it's not possible, and just because everybody else is getting old doesn't mean you have to.

Okay. It has to do with how you're using the energy. What are you setting more energy free this year than you did last year? If so, you're getting younger. You're feeling younger.

Even though your age your number is getting bigger. You're feeling younger and more vital all the time. And that's what I'm interested in, people recognizing that we are so much more empowered to be healing and flushing and cleansing and having a do over and a begin again, moment in our lives, right down to the physical level, than we have ever been taught.

It's amazing. So if we have an issue that's been around for more than seven years, we've been holding on to a belief structure that's been forcing the energy.

Not the same since it's not even the same body. So it's a new cell, but we're we're breaking the new one, just like we broke the old one. Yeah. You follow what I'm saying?

We're we're compressing things in ways that they're not supposed to be because our beliefs, when they open up the energy flows freely. So we have to learn how to identify as the one that's bigger than just the believing machine that gets us into trouble.

And the fact that cells do die. Our cells and all of us are dying right now. That's not a bad thing. That's actually a wonderful thing, because cells also are being born.

And in that gap between the old pattern dying and that whatever million a millisecond of a new cell being created, that's where we can influence our health, which is really fantastic and exciting, honestly.

That's that's really exciting. That's the beautiful thing about integration. When we integrate, which is what the energy codes is all about, building circuitry for integration so that all of your faculties, your your power and your love and your compassion and your brilliance and your creativity and your gut feeling and your ability to manifest all those things are working together.

They're supposed to work together as a team. And when they do, the various cells of our body start to celebrate different moments. And so one guy carries the next guy and it's just like being on a team when integration happens so that we're constantly replenishing and rejuvenating and up leveling and using ourselves all the time.

So it's weird by design supposed to be doing that. And, you know, it wasn't that long ago on the planet that people were regularly living over, over 100.

You know, the Huns used to have a, a, a sport inside the tribe that was similar to what we would call volleyball and to be on the it was the oldies versus the Yankees.

Okay. And to be on the all these team, you had to be over 100. And it wasn't uncommon that they would beat the Yankees just because they had strategies.

But they were out there playing this volleyball thing. And so you know, it it we just we have just, you know, we've compartmentalize and we've we've gotten lazy and we've gotten dispersed and splatted and, and distorted in our own thinking.

And I'm loving that, that we're at a time in our lives where people are starting to like, you know, maybe I should take a look at, you know, what I'm doing on the inside because there's there's a lot going on in the world right now.

Maybe it's time for me to start paying attention. Well, there's never been a better time to do that. And we have put the pieces together. And my father was a pioneer in energy medicine, so I grew up inside of this.

And and then with my experience, I've added to that and just trying to to carry that forward for people to have generations of wisdom that are completely holistically founded and and grounded in how the body functions and what quantum science is teaching us.

And when we can put those together. You know, it's just a whole new world that everyone has the opportunity to engage in. Yeah. And so this has been so amazing before you leave, do you have a little exercise that you could share with everybody that might be helpful?

Sure, sure. So one of the things to, you know, just given this little image that we were just working with, we can start to breathe in a way that enhances this energy flow.

That'll be very helpful because this is called a torque field flow.

Rejuvenation, Integration, and Longevity

This is called a Taurus. And, this is something that the Institute of Heart Math also utilizes, showing us the, the power of the heart here, the concentrated energy here.

So what we're going to do is breathe up and down through this central channel. Because when we do focus our attention, our minds, concentration, and breathe through this central channel of the physical body, it enhances our ability to shift this to to carve a pathway right through these obstacles or these gaps in the communication line and, and allow it to harmonize, allow it to perfect itself like this one.

So something as simple as learning how to focus your conscious attention at the same time that you're focusing your breath. All right. So to do this, the best thing to do is to anchor yourself in the core of your body.

And people are like, I don't know how to do that. So I'm going to tell you how to do that. Squeeze your shoulder blades together and drop them down just by squeezing them together and dropping them down, okay.

Squeeze them together and drop them down. Okay. So on the back side, your shoulder blades. Sorry. Squeeze your shoulder blades together just gently and drop them down.

Just a gentle little squeeze and and then lower them toward the earth. So I'm going to just squeeze them together and then just gently lower them so we're not releasing it.

Keep them gently contracted. And it's creating an anchor right behind the heart. So the heart is literally anchored to the spine with some connective tissue there.

And when we squeeze and drop it down, we're activating the heart center. And the heart center is much more powerful than your brain. The an action of love.

A moment of love is more is 5000 times more potent toward healing than the most positive thought you can think.

That's how potent love is. So if we squeeze the blades and drop them down, we're activating the heart center in the physiology.

Just lower them down. Then we're going to contract some muscles in the base of the pelvic bowl and release them. We're going to contract them and release them.

So any women that are watching this is like a Kegel exercise. And gentlemen, you're about to learn what a Cagle exercise is all about. So okay, so this is like if you were going to the bathroom and you had to stop the stream in an instant, you'd have to squeeze certain muscles to make that happen.

So I want everybody to just imagine, okay, I'm going to stop the stream, squeeze these muscles right there. It's in the base of the pelvic bowl and it's called it's the base, the muscles of the perineum.

And it's called Mula Bandha in the eastern culture. And it just means root lock. We're going to lock the muscles at the tip of the spine. That's what we're doing.

Okay? So squeeze those muscles and then release them and then squeeze them and release them. Now when you squeeze them, pull your belly button back toward your spine.

Just squeeze those muscles and pull your navel back to your spine. And exhale. And then we're going to inhale. Lower the muscles. Just release the muscles and let your belly get big and fat like a big Buddha belly.

And now we're going to exhale. Pull the navel back to the spine again and squeeze those muscles and kind of lift them up and pull them back. Exhale. Now inhale drop the muscles and big Buddha belly like you're filling the lower pelvis with a lot of breath.

And now we're exhaling. Pull the navel back to the spine and squeeze those muscles and lift them up towards your navel. And then inhale and lower the pelvic bowl muscles and big Buddha belly again.

Same thing. And then exhale pull the navel back to the spine and squeeze those muscles of mula bonded base of the perennial and kind of lift them up a little bit.

Like really exhale all of your breath out of your belly. And then once more inhale belly gets big. Same thing. Pelvic floor lowers big. Inhale into the belly okay.

So that's part of it. Now we're going to do this. Imagine that there's a tube that runs right down through the center of your body. And you're going to inhale from above your head right down through.

Like if you had a blowhole like a whale in the top of your head, a dolphin, okay, you're going to breathe and imagine you're breathing right down through the center of your head, center of your brain, center of your throat, into your heart.

All the way into the belly, big belly. Inhale. Inhale. Make your belly get big, just like you're drinking it all the way down into the body from overhead.

Now exhale and shoot that breath down into the earth. That's all we're doing right now. Just shoot it down into the earth. Now inhale up from the earth.

Breathe it into the belly. And then exhale. Press that breath up through your heart, up to your throat, up to the center of the brain, and shoot it out the top of your head.

Inhale. Draw it in from overhead right through the center of the brain to the center. The throat center the chest into the belly. Draw it all the way into the belly.

And now exhale. Shoot that from your belly right down through the tip of your spine into the earth. That's a central

channel breath. Now we're going to put them together okay.

So squeeze your shoulder blades just a little. Drop them down. It anchors the heart okay. Right there. Lean back a little bit and it opens up this channel.

Now we're going to inhale from the earth up into the belly. The pelvic floor drops, the belly gets big big Buddha belly. And now we're going to exhale.

Pull your navel back to your spine and shoot that breath up through your heart right up through your throat. Roll your eyes up. Feel some tension behind your eyes.

Shoot the breath right up through that tension and at the top of your head, we're finding the channel in the core of the body. Now inhale to the tension behind your eyes, through your throat, to your chest, all the way to your belly.

And exhale, drop that. Shoot the breath down into the earth. Pull the navel back to the spine. Lift that pelvic floor. Squeeze those muscles. Now inhale.

Breathwork Exercise for Core Energy Flow

Drop the pelvic floor. Inhale up from the breath from the earth into your belly. And then as you exhale the belly comes back to the spine. Pelvic floor raises.

And we're going to exhale that breath up through the heart through the throat through the center of the brain. And at the top of the head inhale. We're just repeating.

Now inhale through the center of the brain, the throat, the chest into the belly. Exhale shoot it down into the earth. Belly comes back to the spine. Pelvic floor.

Let's squeeze it all out. Squeeze all the breath out. Now inhale from the earth up into the belly. Pelvic floor lowers as if you're reaching down into the earth, and you're grabbing up some of that good energy.

Breathe into the belly and then exhale. Shoot that breath up through the solar plexus, through the heart, through the throat, to the center of the brain and shoot it at the top of your head.

Navel comes back to the spine. Pelvic floor raises. Squeeze those muscles. Squeeze it all out of the body. Now inhale from overhead down through the center of the brain.

Pelvic floor drops. Inhale through the throat into the chest, into the belly. Big full belly of breath. Exhale shoot that breath into the earth. Navel comes back to the spine.

Pelvic floor raises. Squeeze those muscles. Inhale. Breathe up from the earth into the belly. Pelvic floor lowers. Open up big Buddha belly. Then just take an exhale.

So all we've been doing there is breathing up and down through this central channel. But what I'm doing is having you roll the eyes to feel the tension behind the eyes, squeeze the shoulder blades so that you can find where it is in the level of the heart, and squeezing these muscles in the base of the pelvic bowl so that we can show the sensory nervous system where our consciousness wants to anchor in the core of the body.

When we anchor in the core of the body, it begins to illuminate, a different version of who we are. Because here's what's really happening. We've been talking about everything is energy.

Okay, here's how it works. In the biggest picture, okay? Everything is energy. Energy is compressing into a channel, compressing into a funnel, into a channel that hits the Earth and rises up that same thing that we've been looking at.

This energy is constantly flowing. What we're doing is breathing it into its action. We're constantly feeding the energy in this deep core central channel, because what happened for me 20 years ago was kind of like this.

The same thing happened. I was this, and then all of a sudden I was this in meditation. And what I know is that we are drawing from energy and we are dropping our consciousness here into this physical body, and this energy is who we are.

We are this energy. Energy isn't separate from who you are. Everything is energy, including you. You are the energy. You don't have energy running through your body.

You do. But you are that energy that is making a body. So you are this energy. And what we're doing right now is enhancing this central core channel so that we can start to identify as the energy, instead of identifying as a personality that has energy and has a spirit and has a body, and all of this, these faculties, all these, these, these tools that we have, we actually are all of it combined.

So when we start to allow that to become true, by breathing in this way, it starts to enhance the integrative capacity for the mind and the body and the breath to work together.

And when they start working together, we start to activate this healer within. So it's a simple exercise that will have a transformative effect. There are so many things we can do on top of that to deal with stressors and deal with people who bother us and deal with circumstances that have left injuries in our body that start to dissolve that and pull it all into this flow.

But this deep core, central channel flow is amazingly powerful, in serving us as the healer within. Oh, thank you so much for that. So that is such a great exercise.

And, you know, people are looking for things typically outside of them. What you're helping people understand is through exercises like you just shared and other work with the energy codes.

You are the healer. You are so much more powerful than any pill that you can ingest. And thank you for sharing that exercise with us. And and now that you've seen that exercise, everyone watching this continue to do it.

You did it once and you met and you made some shifts already. But with repetition, that's when you really start to to change yourself and shift that energy and move through those blockages.

And so thank you so much. I know that everyone watching this, I know they're going to go to your site, doctor Sue Monster.com, check out more of what you can offer them to help them really maximize their life.

And thank you for that meditation you did 20 years ago to where you, had a migraine. That was your gift, right? Getting migraines were you didn't go into the office that day and did that meditation. And we're all the better for it.

So thank you so much for being part of what we're doing here. And we really do appreciate you. My great pleasure. Absolutely. It's, always a pleasure and great to connect with you today and great to connect with all the viewers, because it is our time, truly, to awaken as the healers that we truly are.

And so every time we get to have a conversation about that and begin the process of understanding it, it's a great day. So thank you, Tom, for everything that you do.

You're welcome. Thanks so much. So yeah.