Introduction and Welcome

I am so delighted you are with us today because you be here. It's such a powerful statement of belief in your own well-being. And the fact that you're here means you have given yourself this space in between all the other demands on your time and your attention for you and for your well-being.

So let's just celebrate that by taking a deep breath, centering ourselves, setting aside all of our preoccupations and thoughts for the time it takes us to take a deep dive into this amazing material that we'll be covering in the next interview.

And just acknowledge yourself for giving yourself this time of sanity, self-care, filling your mind and imagination and world and consciousness with positive ideas.

That is so vitally important. I'm grateful you're giving yourself this break from your busy life to really tune in and be be with us, as well as explore the remarkable ideas that we'll be sharing and will be moving through in the course of the next while.

You're also going to be delighted by the insights of the guest I have today because yeah, it's not just fantastic and remarkable outer qualifications.

He has remarkable inner qualifications and you will feel his spirit. You will feel his energy, you'll feel his authenticity coming through his words. His name is Dr. Isaac Eliaz, MD.

he is an expert in the field of integrative medicine, and he focuses and has had a long career working with cancer patients and people with complex conditions.

He is a clinician. His researcher is an author. He has also worked on a number of National Institutes of Health NIH funded grants with various investigators from places like Columbia, Harvard, and elsewhere.

Looking at the possibilities of healing from these serious conditions. You'll find that he is a wise and compassionate guide, and it is such a pleasure to welcome you here today.

Thanks for being with us, Isaac. Thank you, thank you. Thank you for the warm introduction. Yeah, and I love you to share the early part of your life and how you got into both mysticism, spirituality and medicine.

That's the that's that's quite the story because usually the usually for people like me is. Okay, so what made you change your mind after you were a doctor?

Isaac Eliaz's Early Spiritual Path

So you know, in my case, I started my interest in, you know, interest. My own interest really is age 12, 13. I would buy, you know, spiritual books and read them quietly.

And then my father was a civil engineer who developed, worked in developing agricultural systems in different countries, in Ghana, in Brazil, in Korea.

So I grew up in different countries. I got exposed to different cultures, endogenous cultures, and like in Africa and in Korea, I got exposed to taekwondo.

I was fortunate to train with the taekwondo national team of Korea because they needed to learn English. And I also got exposed to Buddhism for the first time in two different tempos.

And it really had an imprint of me that was very strong, and I really got into taekwondo and then into yoga. And when I, when, when I finished my high school and doing my compulsory military service in Israel and during medical school, I got trained as a yoga teacher.

I got I was a I was teaching in yoga courses, I got trained in shiatsu, and I created an acupuncture school that can learn acupuncture. So when I graduated from medical school, I was also trained in Chinese medicine.

I was trained in hands and I was meditating since the age 15. And it took a lot of discipline for me to stay in medical school because I knew there is a bigger world and I know it was.

I was a good student. Many of my professors stayed my friend in the still not happy that they left conventional thinking. and then I came to United States with my family to study Chinese medicine.

I did a master of science in Chinese medicine and focused on cancer treatment and integrative cancer care, and some from personal experience with my family.

But within it, I got exposed very early on in 1989 to Vajrayana Buddhism. And in this time you would learn on a if you were fortunate, very small groups, you know, six, seven, eight people with a bonafide master.

There were no books, no videos, and you really would internalize their words. You will internalize your experience. So I shared my time between my medical career in between treating people, in between developing research on a on what evolved to be this Survival Paradox protein and in the same time spending for 20 years, 2 to 3 months a year in the mountains, meditating and for ten years, half a day retreat and half a day every day of working.

And after really studying a lot of esoteric systems and being a doctor and student of some of the greatest meditation masters in the Himalayas for many years, I realized all these very complex, esoteric concepts can really boil down to having an open heart, dealing with our infinite healing potential through both.

And this was not a you know, Dawson it wasn't a cognitive understanding. It was really, an insight in meditation. And this, this resulted in what they call open heart medicine.

And over time, it really connected with my research pathway where I deal with very severe, condition. I now focus on, on dramatic treatment for sepsis, where with 11 million deaths a year, you know, we're going to be hopefully in clinical trial soon with a new approach.

But as you and I share, it's really the integration of respecting, trying to understand and getting nourishment for this from this insightful ancient wisdom and using science to provide us with better clarifications, with validation and with areas of integration.

So this has been my my path. And now in my third act, I'm still doing if you if you think of my second act like my research on sepsis, but I'm really committed to sharing my, you know, my 50 years of meditation practice with others in the hope that it will help other people.

You know, I don't know what motivates you, explicitly, as far as that goes. But then what motivates me is just my passion for seeing people not suffer.

And if you are a meditator and you have access to that ocean of peace, then you go out into the world. And especially if you have a medical practice or a psychology practice, and you then see people suffering and you know that so much of that suffering is preventable, that so much of that suffering can be shifted if they had access to the ocean of peace.

And, so that I know, provides for me a powerful motivation to get this work out here because, you know, it's possible to feel that good. And you see so many people not feeling that good, and you just want to get out there and help.

Yeah. You know, it's really, you know, in a in Buddhist practice, we always start by generating love and compassion for others, by the recognition that we are all in the same boat, that we all suffer.

So the understanding of suffering is what drives, at least in my approach and what it does, you know, what it does is you know so well, it takes us away from the self focus of meditation, being like a relaxation tool for me to be more successful.

Yeah, it's nice to be more relaxed, but when we are driven by the understanding of the interdependence between all of us and the universal suffering, that is part of how we function and the ability to change it, you can't change what happens from the outside, but we can change our response to what happened that that's really at the root of from Trauma to Transcendence.

So when we understand it and I know looking at what you do, I mean, I'm kind of preaching to the choir, you know, people would probably ask you, how do you have this energy?

How can you keep going?

Open Heart Medicine and Healing Through Compassion

You know, it's not our energy, it's universal energy of a proper response from the heart to suffering. We can when something difficult happens, we can fight it, which is our survival response, innate, inherent in each cell in our body keeps us alive and really causes us pain, suffering and diseases.

Or we can accept it and transform it. And that's the place was suffering. And difficulty becomes fuel for growth. That's wood for the fire of an open heart, instead of being wood for the fire of being resentful and angry and upset and self-serving and and, and divisive.

And we can see in this world, this polarities, especially these days. And so the work that you're doing here, this summit, is an expression of an attempt to put light in the middle of darkness and hopefully it will shine everywhere.

I love that phrase you used. It becomes the fuel for personal growth. Those challenges don't crush us. They become the, the, the, the impetus for us to move to, to higher levels.

Perhaps that share for us one of those times in your life when you've had some enormous challenge and you were able to use that as that impetus, as that fuel for, leap to a new state and that type of transcendent growth.

Well, that's, I few of them, one on a personal health issue, which I will put aside. But there was a certain time where my meditation was really flourishing, and that was in the mountain, totally isolated, hoping to stay there for three years.

And again, generating compassion was part of the practice. And then I had a very deep disappointment for some people that I trusted, which happened a lot in the spiritual world.

Unfortunately. And the in first of all, I had to deal with concepts and belief systems to put a side of certain people. I mean, it was a deep, deep, deep trauma. And, in this sense, I realized that it's really the only place to grow for me.

It is for me to deepen my ability to use this as fuel for growth and for compassion. And what I did for two years is I put away all these rotary practices I was doing, and I was really trained in unique practices, and I went back to studying the very basic principles of, you know, the 37 ways, you know, of of a body sutra, how to generate love and compassion like that basis of what you call Mahayana, the vehicle of an open heart.

And for two, three, that's what I did. I just read the basics and I focused on the preparation for the meditation on generating love and compassion and on the different levels.

You know, there are different levels actually, there. And it really transformed me. It really changed me, you know?

And of course, it humbled me and it brought me to a place, you know, many people who are on, on a very esoteric spiritual path are very focused on I want to get enlightened and I want but it's really if we can be kinder, if we can have a more open heart, if we can help others in a genuine way.

This is an expression of enlightened mind. That's an expression of the divine within each sin in our body, you know? And so in this sense is truly transformed me and allowed me to reach and access new places of meditation, new places of healing other than myself that were so simple yet so difficult to find because we are covered by so many concept and so many habitual responses which are part of our survival, part of our trauma response.

And that's why trauma is at the root of pretty much everything. So I want you I'm going to go ahead and, just hit pause over here in our, our conversation.

And as you're listening, I want you to do this simple exercise to apply what Isaac is saying in your own life. And I want you to think about someone who's betrayed you.

And again, it may be someone on the spiritual journey that's betrayed you. It could be a family member. It could be a business partner. It could be an intimate partner.

It could be a child or a parent. You think about someone who's betrayed you and just get that feeling in your body. Right now, I'm thinking about somebody myself, and, you know, I'm getting a lot of tingling in my body.

It's like you could feel so in your body because that's the stress response turning on. That's the threat response turning on as if you could think of that person.

So think of that. Think of think of that person. Now, and this is your work at this moment as you listen to us share here today. So think about this person in your life that has betrayed you, who you've been disappointed by, who's really let you down, maybe who has done terrible things.

Just let your mind dwell on them for a moment, and it's likely you'll feel that stress response to your body. So breathe. Heal it. And in no way was what happened to you or what they did acceptable.

So we're not suggesting here that you forgive. You forget that you make it okay. You rationalize it. None of the above just feel in your body for a moment.

Feel how it feels, and then feel your breath and notice you're breathing. So you're feeling that betrayal. Like I'm feeling that that sense of betrayal.

When I think about this particular person and then I'm breathing, I notice the I'm breathing now as you feel on your body, as you notice your breathing, ask yourself this question.

Is that person suffering? Was that person suffering then? Are they suffering now? They made it look like they're suffering. They may seem very callous and indifferent and to have no sense of remorse.

And they may have never had any sense of asking for forgiveness for their their actions. And yet ask yourself under all of that, are they suffering? And as you breathe, as you feel those feelings in your body, you'll probably realize the answer is inevitably yes. There is suffering.

There are human being suffering, no matter how terrible what they did was. That action came out of suffering. Believe me, happy people don't do things like that.

balance. People don't do things like that. And so I want you to really apply what Isaac is saying here in your own life, right this very moment. Because in every interview here, I'm not going to have you sit back and say how inspired, how nice.

Then go on with your day. I'm going to challenge you to apply this to your life in practical ways. And the way you do

it right now is you think about that person, feel in your body, notice your breathing, and then you ask yourself that question are they suffering?

And you usually realize they are and they were. And often you'll realize they are suffering much worse than you might have suffered yourself. They might be in agony.

And those terrible actions, deeds, words might have come out of agony.

Trauma, Betrayal, and Reframing Suffering

So again, we're inviting you here to open yourself to the possibility of your trauma being the source, transcending your subject of view. Like Isaac in that three year process, was able to transcend his wounding and ask himself these big questions by going back to spiritual basics.

And my to Buddhism also teaches that the Buddha and everyone now, Isaac, there are people I have a lot of trouble seeing the Buddha in, there's certain world leaders.

I look at them and think, if the Buddha is there in disguise, he is very well disguised and. It's so beautiful what you said. It's really it's it's so obvious that life is full of difficulties and suffering.

And it's the hardest thing for us to accept, you know? I mean, that's why, you know, if we didn't know that, we just talking about Buddhism. In Buddhism, the first truth is the truth of suffering.

And people say, wow, why? Why did the Buddha start there? Because it's so profound, just like what you did. Now it's really the medicine for everything.

Because when the self created suffering, it creates either a shield or creates a fight. That's what the sympathetic nervous system does. But this said, it does it also, if it fights, then it becomes aggressive.

It created inflammation if it covered itself so it can change its environment and then it fights and then it goes into a fighting mode with with its neighbors, with its community.

You call it either cancer or usually autoimmune diseases. So this pathological tissue processes start from your description. If the cell felt in harmony, it didn't open out to its environment, it would melt this shield around it.

Then oxygen will come to the cell and then the metabolism will change. And then the pathological cell cancer cell will turn into a normal cell. So in medicine we look for genetic treatments and different pathways.

But the mind has the power to change it. You know it does. And that's why you and I are talking now. And the trick is you recognize it. You feel it systematically in certain areas.

How can you delivery to the cellular level that that's really this certain insight. The head which I call open heart medicine and the different layers, some which were taught, some which are new, and a new version of Chong Blend.

It was never taught before what they call inner tone in secret. Tom Lin. But it's all is I unwind it. It's all based on this understanding it. What's interesting, I'm sure you have through your life a lot and people listening have.

We have an insight. We think, oh, it's just an insight. And then when we look back, we say, oh, this is that is because we spent ten years studying this, in five years studying this.

Right. And then suddenly it all blends together and only we can let go of our concept before restrictions that we are willing to unlearn, which is very different than not learning.

It's a fundamental difference. Then all this speculation of knowledge and information and wisdom comes out, and

as long as we don't hold to it, we don't think this is the only truth.

Like you said about, you know, this is this totally about climbing? And then. Other things will unfold. And as long as whether the, as long as there is flow, there is healing.

As long as there is flow, traumas can melt away. What fixates us like what you did now and people realize, wow, this person has been suffering terribly.

Suddenly our heart opens when our heart opens, we connect with the overflowing circulation of the heart. Because if the heart doesn't flow, we are dead in a minute or two.

So this is at the root of open heart medicine. But there is a whole level of cellular understanding and the understanding that we are our reality is constructed by our response to experiences that are rarely completely fresh.

They are affected from things that happened to us in the past. Some were bombastic, like you ask people to do. We will classify as severe traumas, some very small thing like something that bothers deeply will go away in a day or two.

But as they accumulate over our life, over multiple generations as epigenetic behavior, they lead to a response that often we say, oh my God, where did this come from?

Isaac, you know, well, it came from all this accumulation of experiences. It created a certain trigger, a neurological trigger, a neurological pathway.

And the moment we start realizing it and we start melting it away, it is changeable. It is absolutely changeable. Mentioned like in the book, in your book, The Survival Paradox, you talked about your grandfather and how, trauma can be transmitted into generationally.

And sometimes it's not you, it's not us, it's not our stuff. We're actually processing stuff that's been handed down to us by people earlier in our our bloodline.

Let's go and talk about that. That's a fascinating concept. And for me was revolutionary. I suddenly realized a whole bunch of things that I was grappling with and, and trying to process myself weren't me.

They were back, you know, back from my ancestors in the 1600s. So it's it's it's amazing. And while it's not you, it's right now within you. Yeah. And once you heal it, you go and you heal people related to the event because then it will go forward.

And, you know, I use I talk about it for decades and people often would think I'm crazy. But now with epigenetics, it's known. So in my case, I named after my grandfather, Isaac, and ten out of his ten siblings were killed by Hitler in the Holocaust.

And he died. You know, he escaped literally from eastern Poland. What is Ukraine now? On September 1st, 1939, my grandmother, his wife, was a survivor in the family.

He was accommodated. And they they survived. They made it with him. They made it to Israel. And we were never told that he had all these siblings who died until our grandmothers it grave in 2008.

Okay. More than 50 years after he died, my mother mentioned as they were buried one next to the other. My mother mentioned, you know, almost all the siblings were killed.

He never talked about it. He he kept it in his stomach and he couldn't stomach it. And he died from stomach cancer at the age 50. And my mother could never see any movies or programs about the Holocaust.

It was too traumatic for her. For me, I always had this intense pain in the center of my chest, intense since age 1314, with upper big problems and no matter what I did and it was also intense through even my 50s, maybe six, five, six years ago, it really changed and I always knew it's not connected to me.

It's something bigger than this body. And I could connect with it. And I really knew that it relates to the Holocaust. And I went through some using of psychological methods and memory reconsolidation and especially meditation.

Because what happens in meditation, if you are skillful enough, when you have a realization, you can truly let go of it, otherwise you just becomes an understanding.

So when I had this experience, it just healed in one second. And now I know I can touch as hard as I can. I don't feel anything. There's no pain. And what happened when this happened to me?

I didn't mention anything to my mother, but my mother, in her early 80s, suddenly turned on the TV and was starting to watch programs about the Holocaust.

And this is really is a multiple, multiple generation in me. Is the old the first child of Holocaust survivor, then very connected with my mother. And it's interesting.

Generational Trauma and Epigenetic Inheritance

I don't write but about the book, but my mother used to come to my meditation in healing retreats in Israel, and once we took a walk on the beach where my father used to take us, he's not alive.

And we just said, I was just meditating, you know, open. My mother was sitting next to me and suddenly she started crying. You know, this is we are talking 2009, 16, 17 and Esther, what happened?

She said, it's the first time after over 60 years that I went back to my father's death. I always suppressed it and I didn't think about my grandfather.

This I was just opened and I allowed her to go to this place and heal it, and she was wise enough to recognize it. So this is a multi-generational healing, and it's a personal example.

I'm sure many people head of the interdependence between us, stronger in our family, in our blood lineage, but exists in communities. And because we each of us, is made from infinite number of people.

It's very easy math wise to see this. We are all connected. There is no way that we one day in the past didn't have the same parent, or the same relative or the same friend.

It's mathematically impossible. These are infinite numbers of connections, and this interdependence affects each of us adversely, but hopes also helps us to heal as an individual, as a group.

I don't know if you remember last time when we talked after the interview, you mentioned the idea that study that was showing that when we meditate in a group, there is greater benefit.

And the reason is when our heart opens, it radiates outwardly and our neighbor is enjoying. And then if we drop our meditation for 15 seconds or a minute, the people around us, while holding us right.

And that's the group energy. And what's really interesting for me, and I'm sure you have this experience, is that even in the day and age of electronics, of digital, you know, broadcast of zoom it, you can feel it through the camera, you know, it's right.

First, I remember I was very resistant to anything, you know, that is not live. Then you realize, wow, this thing really is boundaryless. It's timeless.

You know, it's it's not it's not bound by regular physics. And, so in this sense, yes, it's and it's an amazing journey that all of us go through. So just realize again, to apply what Isaac is showing us here, realize that some of the things you're dealing with, some of the longstanding patterns, maybe some of the longstanding pains you have in your body, maybe some of the longstanding psychological habits, behaviors you have that don't serve you may not be yours.

They may belong to your ancestors, and they may have been passed down in the energy fields. They've been passed on behaviorally, may have been passed down genetically.

There are remarkable studies showing that that epigenetic tagging, little molecules that attach to genes that either suppress them or express them, those little tags can be passed along many generations.

In animal studies, we we've mapped seven generations, human trials, three generations so far, but it's likely it's been passed along many, many more generations. So it's energetic.

It's behavioral. It's part of the, the family system. And the culture that you have. It's been passed long in terms of of genetic tagging. There are all these ways in which these habits just get perpetuated from generation to generation.

And some of the things you're dealing with, some of the things that are really troubling you and pulling you down in your life might not be yours. They might be things that belong to your grandparents or great great grandparents or, you know, and these people were living in a very different world where survival was much harder.

The average GDP per capita in 1800 was about 1% of what it is today. Not not 10%, 1%. In other words, people then were making do with what, 1/100 of what?

they have now go for as far back as the Great Depression, it was much, much less. You can go back to 1980. The world's wealth per capita has trebled in only the last 40 plus years.

And so people back then were make do with a lot less. So they had scarcity. I mean, my, you know, my, my, my, my wife was say one point and why are you saving cardboard boxes?

And I'm saying, well, because of the war, we had to save cardboard was really precious. She was saying, Dawson, when you were born, the board went over the Second World War one over for ten years.

Great time doing stuff that my grandfather did in World War two. You know, took a lot. I put it up and helped me realize the fallacy of that. But, but so, so examine the things that are, are, are holding you back in your life.

Just think about what things that are holding you back. And as you contemplate these, just ask yourself the question right now, could these be old? Could these be the echo of patterns of my ancestors?

Could these be artifacts of my history and my my past? They might not be me. And then, like Isaac saying he healed that sense in his body, and certainly his mother could watch Holocaust movies and maybe start to come to terms with that emotionally in a way that she hadn't been before.

So the beauty of it is what is suggesting here is that when we heal ourselves in the here and now, that can also have an effect effect on the system on the field.

When one person in a system changes, then the whole system changes everyone and that system changes. So you healing yourself might be giving other people and your family system the opportunity of healing.

And so those are two vital ways to look at it. Is this mine or is it an artifact of my ancestry and as I heal this, could I be offering the gift of healing to my whole family system?

Maybe to my whole ancestral line? These are really provocative questions, and we know a little bit about them in terms of epigenetics, in terms of energy, in terms of metaphysics, who knows what's going on when we heal

ourselves.

And then perhaps we I know when I, when I did this, this process intensively. Isaac, at a certain point, I did a lot of ancestral healing for a period, intensity for about a year after that year of I went from being mad at my ancestors for having me, all these dysfunctional beliefs and patterns, just being grateful and loving them as they were.

And I felt like the whole ancestral line, all these ghosts give a huge sigh of relief. not to, you know, and I want to go back to the first exercise you did, because this is, so going along your line of being practical for people.

So for people who, like, meditate or work on themselves, you know, when you feel that you are more relaxed, you're more open just for a second, feel how your body feels.

That's connected to. Because very often when we meditate, people who meditate, even people who are mindful, they are, they are aware from here outside and they forget there is a body in sight.

So try to also have an internal expression, a feeling. And then meditation is not what you experience. Meditation is your relationship with what you experience.

So the different relationship between our somatic experience and how we respond to it, that's how evolved is our meditation. And just like there is complete flow, there's also a complete letting go that can happen insight.

And for this letting go to happen, just like you, we talked once this to be an acceptance. And second is to be forgiveness. So for me, I can't even mention what happened when this went away because it's too hard for Jewish people to accept.

But I forgave what was done in the Holocaust. I forgave those certain images that they held and they forgave, and they went back to the suffering of the people who were perpetuating the Nazi actions without naming names.

And I never read about them. But sure enough, it was exactly their biography from childhood and what they went through. And by doing this boom, it went away.

So when you go to your cells, when you realize, wow, this is not mine, open your heart not only to yourself, but to all those people who are suffering and have suffered, then really.

And that's a concept to an understanding, a heart, contemplation and the letting go. And when this happens, it's going to percolate everywhere forward and backward in time.

It does. We know that time moves in both directions. We're talking just about going to the past. But I have news for you. We are also affected by the future.

And so what is a big benefit for me, coming in from an energetic point of view, we can finally be in the moment. We can have a fresh response and in order to be in the moment, first we slow down, we let go.

But eventually we also have to let go of holding to the moment.

Healing Stories and Mind-Body Transformation

We have to let go of mindfulness or being mindful of something. Because if we are, we are doing something to something else. We are holding really true.

Openness is like an ever growing flow, like a river. Now there is one organ in our body that is air of always flows and it's the heart. So when we move from our head, from our analysis, from stopping, from our ego driven response, that is based on everything you talked about.

And I talked about, and we just connect with this ever going flow, ever going transformation of suffering, of dirty

blood that comes into the right out, connect with the universe through the breath to the ongoing nourishment of love, compassion innate without discrimination of the order.

Sending blood from the heart. We connect to our infinite healing potential and it is infinite because we never know what the next moment is going to bring.

We never know what potential, what transformation. Some people are very I have a little genetic epigenetic imprint. It takes them a little bit to uncover the veil.

For some people, it's hard work. I know how many years I had to dig and dig and dig, but as we often say, once you find gold, it's gold. Doesn't matter if you find it right away or it takes a lot of work.

Go ahead and share. you have number of peace histories and the survival paradox of somebody who went through this in a healing process, and it resulted in outer healing of, of a disease.

Yeah. So it's say there are so, so many stories, to pick one interesting story is somebody who had very, very aggressive cancer, who came back and after very aggressive chemotherapy.

So there were really not too many choices. And this person was somewhere coming from a retreat and out of this place, they would always turn to a certain direction and a highway and go back home, go back to their habits, go back to their belief system that were focused around spiritual practice, but were restricting them.

And instead of turning right, they turned left to the place where they went to college, to the place where they were more free without restrictions. And if they send this person to do a skin in their major hospital in the Bay area, I'm trying not to disclose information.

So when this person came to the retreat from their annual exam, they came to me all happy and said, Isaac, my skin's are clean, I'm healthy. And what I heard in my years don't ask me why and how.

I said my disease is so weird. The next morning is the wake up boom. The whole cancer is back. So I just wrote them a simple herbal formula. But they made this major shift and when they drink a few cups, it literally shrank away.

And then they needed another 2 or 3 years of three times a week to support the change. But, you know, now it's decades, decades away. So this is an example of how the change of habits, the change of concepts, the flexibility to be willing to change has happened in some time.

You will see it in people when they live in same time, it will even transfer to the passing away process. You know, which is one of the very interesting stories in my book that was debating.

Should I put it in or not? Because it sounds a little bit crazy, you know, but it was profound about this specific cancer patient. And you can see diseases like Parkinson turning around, you know, and, just because you break, you broke the pattern of suffering, you know, the story.

But in the open range, I mentioned his name because there's a TV, TV program and it literally, he, he, he would say that he's like, I know in Hebrew, is it EOB?

He's like the person who suffer always was tested with suffering in his life. He lost his children and his house burned down and he lost his wife. And then he had came to me for Parkinsonian prostate cancer.

And while he came to me, just as I was assessing him, his colon bursted open for metastatic colon cancer with metastasis. And he he did so in an emergency surgery, did one course of chemo, even not the whole three weeks.

I mean, he was totally stiff from Parkinson. He couldn't move. It was clear he's going to die. So he couldn't do any Western treatments. But we had a heart to heart connection.

That's what it was all based on, you know, just up. And then he followed the regimen. His cancer went away, his Parkinson's went away. And we have documents 12 years later, him in his early 80s doing breakdance with his wife, and, moving, moving the mouse of the, of the laptop.

And then eventually he died from old age, you know, 15 years later, just regular heart failure. But it's but he did it because there was a trust. There was a love between us.

And there was the understanding that he can change this curse that everybody said he had. Can be changed. He he let go of this survival response and just had complete trust because in order not to be in a survival mode, we do have to trust, you know, it's part of the and we have to accept.

And this is not easy, as you mentioned, when we have our genetic and it been in epigenetic scarring, you know right. It's like a rubber band. It loses its flexibility. It becomes stiff.

So we have physical scars, right. Like somebody had surgery or internal scars, but scars on what? A scar. Scars are fixations on a tissue level the active fixation.

So we have our main fixation, our emotional fixation, our ohmygod fixation. And then if we do it long enough, it's slowly penetrating to our cellular level into our physiology, into our biochemistry.

And then we can address it from a biochemical point of view and from experience real psychological, psycho spiritual, emotional, energetic point of view.

And ideally we combine them, but it always starts in the more subtle levels. Eventually we have to get there, and if we can make it our starting point, then the tools we need to heal from a medical point of view becomes more subtle and less aggressive, because we have really turned on the change from its roots, you know, from it's even pre energetic from the mind that gave rise to the energetics.

So the mind of the energetic level is where a lot of these things begin. And then move into the energy field then move into the body. And so when you are looking to heal, start at that level of the mind, pre energy of energy fields.

And I know that, people, Westerners tend to first of all look at what they can do externally. They want an external solution, a material level solution to a problem.

And it's so many things can be shifted and, and changed internally. Even if, for example, you do need medical intervention, you might need medical support or treatment.

But if you're doing both, if you're starting with that energy level and that mental level, that spiritual well-being level, if that's your origin point, then whatever you're doing medically and psychologically is a supplement and it's going to assist you in, in that, that process.

So again, as we're drawing our time to a close today, I want you to think now about what in your life have you been attempting to shift purely from the material level?

What have you been rushing to find a material level solution for that you haven't looked at the energetic, the mental, the spiritual, the emotional roots of in Isaac's book.

He has a number of sort of stories of people who looked for those inner causes, those inner shifts, those those emotional shifts, those spiritual shifts, and worked at that level.

And again, that works itself out at the level of your cells, at the level of your body. And he mentioned feeling good. One of the striking things I've had a lot of research using EEGs and some research using MRI.

So we have these elaborate, brain scanners and we're able to see what's happening in people's brains. And then I've done several studies using, markers like cortisol and immunoglobulins and, genes, gene chips.

And what we find is that you have this all this array of, sophisticated measuring research, research, research method to check in what's going on with people and measuring how they change.

But it all correlates with one thing, and that's how do you feel? If you feel good, then your brain may ratio's balance. we look at your MRI. Your average is nice and balanced.

We look at your gene expression. It's really rolling along well. Your stress hormone levels go down. So all of these things are downstream from you simply feeling good.

And when you apply what Isaac's saying here, when you apply those pre energetic, those mental, those emotional, those spiritual, those spiritual effects and then see them work out an energy and then your body, then you are you're starting at the level, of course, at the level of the invisible and then seeing what happens to your body materially.

Closing Advice: Keep Going

And if you then need, a great doctor, if you need a great physical therapist, if you need a course of treatment, you get that too. But you're starting at what's very often the, the origin point of these, these things.

So ask yourself, what in my life have I been trying to fix at the purely material level, what is it you've been trying to fix at the purely material level, and you haven't been looking at what those other invisible levels might contain, and the leverage you might find when you ask yourself, what's my energy around this?

What thoughts my having around this, what emotions are having around this? What is my spiritual process around this? What I've been neglecting, what is very often the origin are those physical symptoms and material conditions.

So that's your final exercise today as we wrap up our time together. But again, just do these simple exercises. We have a new here. They're going to give you, food for a lot of thought.

And motivation for serious behavior change. So as we're in our last few moments together here, Isaac what single piece of advice would you like to share with people?

In closing, if you have to give somebody just one piece of advice, what would that be? Keep going. Really. It is a process of peeling and just it's about repetition and keep going.

You it's hard to know when the big change will happen. Sometime. It's dramatic. Sometimes it's slow, but just keep going. And as long as we feel that we have moments that we, kinder, that we have greater love and compassion, that we feel opened, then we are making progress.

That's really what counts. And understanding that because of the nature of reality and because of the nature of our physiology, that we are run and governed by our heart.

Anything and everything is possible. Not everyone will be a miracle, but anyone can be a miracle. Because of this ever growing flow, because this space of you call the peaceful mind.

It's present everywhere. The difficulties are ripples and inside them, behind them there's always this vast place of love, of peace, of to increase. And the more we get trained in it, the more we can bring it to more challenging situations in life.

And that's really what integration is about. So those are your marching orders till the next interview. Go out there and be the very cool. Thanks for sharing. It's been wonderful to have you here.

Thank you so much Isaac for your energy. I felt it coming through the screen at with me and blessing me and touching me and opening my heart. Thank you for the Isaac effect.

Okay, thank you for having me. On all of us here. And. Every blessing. Till next time, thanks again. Thank you.