Introduction and Community Welcome

I am thrilled to be joining you again today. Just imagine of all the things we could be doing. We are choosing to get together in the heart and energy, in spirit and connection, in this community of healing and well-being and support.

And here we are. We are stepping, marinating our minds. Our hearts are beings in uplifting messages. What, gift to be giving ourselves. And I am so glad you are doing this along with me.

I just feel the energy of everyone's good intentions and wise words and the movement that we're creating together here in this community. You are plunging in and being a full participant in the experience.

I'm so glad you are. It's a thrill to be doing this with you. Make sure you take notes every day. I encourage you to keep your journal handy. Write in your journal as you get insights.

I'm going to give you exercises during many of the interviews. I'm going to actually challenge you to apply those insights to your life and wind up after each interview with a game plan of how you apply that material.

Apply those ideas to improve your own life. The result is a dramatic the upper level of life. At the end of our time together, and the connection that comes from having this community of support with you always.

My guest today is Dr. Sue Morter. Dr. Sue Morter is the founder of the Morter Institute for Bio-Energetics, an organization committed to teaching people self-healing techniques that draw on our inner wisdom and higher consciousness.

She emphasizes the possibility of retraining the nervous system and the subtle energy system of the body and approach outlined in her book, The Energy Codes.

Sue, it's wonderful to have you here. I've known you for so many years, and you're one of the highest vibration people I know. You're always joyful, uplifting.

When we get together, it's this explosion of love and high energy, elevated conversation at the emotional, intellectual, spiritual levels. Your audiences see you that way as well.

But I know you've had major challenges in your life to deal with in various life areas like family, relationships, money, business. Go ahead and share with us that trajectory about having to face some of those huge life difficulties, and then use those experiences as a springboard to these higher states of consciousness.

Dr. Sue Morteru2019s Background and Life Challenges

Wonderful. Wonderful to be here. Yeah, wonderful. And a joy. You know, Sue, I've known you for quite a number of years and you are one of the highest vibration people I know.

You're always joyful. When we get together, it's just like this amazing explosion of love and high energy and and elevated conversation, and both at the level of human interaction and at the level of intellectual and emotional connection and the spiritual level that we're able to meet and join and celebrate on this magnificent level of being.

That is such a pleasure. It's such a joy, so expansive. And I know you're audiences also see you and perceive you that way. And I also know that you have had a major shift in your life to deal with.

I mean, I know you've had difficulties in your family and with money and relationships and other things, and and people often don't see that about you, about about me.

And so I wondered if you could just for a moment talk about that trajectory of both having to face some of these huge life challenges that you have, and also, as you had done that, found the the way the means to move to these higher states and sustain them.

Yes. You know what a what a great conversation right to have. And when I'm teaching my coursework I'm, I'm always very aware that, that we need to go into all of this.

I'm very transparent about about the trials and tribulations of life and how it plays an integral role actually in how we can ever be transcendent and how we can ever elevate our consciousness.

It's it's the deepening of our hearts, sometimes through pain and and confusion and such that, that that allows for like the deepening of the roots of the tree so that the tree can grow taller.

You know, we all know that analogy, but it's real. It's a very real thing. You know, I have had many moments in my life that have been quite challenging.

when my father passed and I wrote about this in my book, he basically wrote me out of the will in terms of, you know, being able to have access to my mother's belongings.

And, you know, this the sentimentality of my childhood and growing up, even my photo albums were not, you know, of my childhood, were not given to me.

They were they were, you know, kept with the estate and that was that was given to my brothers. And so, you know, that the feeling wasn't about the things, even though it was, you know, very tender.

It was about this, this, this withdrawal of love. It felt like a withdrawal or withholding of love. It felt like an excising of of something that I never would have thought would be an issue I never would have.

It was something I never thought I would have to deal with in my life. And so, you know, there was a lot of questioning, a lot of disorientation that that happened inside of those moments.

And, and I can honestly say that when I look back at it, it was a very wonderful experience for me to go through because I had to dive more deeply and discover what does love mean to me.

And what would I do and how would I operate in such circumstances. And and as a byproduct of that, I came to know myself more fully. having had to to deal with the the deep emotions and the painful states that came from that.

Prior to that, in my life, I had also had, you know, issues of abandonment and, abuse. There was, I also wrote about these things in my book that there was a family member that was just completely inappropriate with me. And, and it it left me very confused in terms of what is love?

What is trust, what is family? How does how does this all fit together? And it actually is what sent me on the trajectory of personal spiritual development, the inquiry that led me to wanting to know a deeper meaning of life.

And when we can kind of, you know, bridge those things together, they start to change how they are seated in memory, and they start to open and soften and actually contribute to a, an opening for us that allows us to see more deeply and to see more richly into, what love is, what life is, what matters most, how to operate, how to be, what consciousness is, what conscientiousness is, and how we can begin to roll that out in a priority that will allow us to to create a life based on what we've come to know, maybe relative to some of our past experiences, but also then ultimately to teach us that we're here to create we're here.

It's just because that happened in my past, just because that happened and that happened in that happen, it doesn't mean that has to define me today. I will utilize it and build a richness to my life because of it.

Be able to look into others conversations and their inquiries and their request with compassion, because I know what it takes to transcend such things.

I know what it takes to turn them into something that is beneficial, instead of something that keeps keeps you in a box or keeps shutting love or life or opportunity away.

And so and so in the mix of all of that, I'm I'm actually grateful. Now, in those moments, I wasn't I was buckled over. I was kind of ugly, you know, it was.

It was all of that. Yeah. Of course. And everyone needs to know that that when those things are happening in their lives, it's not what's going to keep them from transcending.

It's not what's going to keep them from evolving or awakening or healing. It isn't if we choose to put it in a different role and work with it and investigate it.

And I'm not talking about stuffing it and moving on and pressing on and going after your life anyway. I'm talking about inquiring, feeling it, looking into it, being present with it, and recognizing that I can be with this pain and it doesn't have to define me.

I can be with this pain and it will actually dissolve. I will familiarize myself with being able to be present with such a painful set of circumstances, and my subconscious then will recognize, oh, we've been here before.

It's okay. We are fine. This is no fun. This is certainly a surprise. Or this is this is causing some interruption in the regularity of our normal flow.

But there's something in it that will also unpack something beautiful if we stay the course, if we stay with it. So that's actually been a very big part of, of my teachings when I'm working with people in terms of, of how to heal, because that translates to, sinus issues and digestive issues and sleepless nights and stress and anxiety and all these things that we think have a hold of us.

It's not it's just this thing that we didn't ever allow ourselves to be present with in the past, and it's still knocking on the door until we go back and recognize that I can sit in the room with this.

I don't have to run. I can sit with this. I don't have to fight it. I don't have to cover it up. I can be with it. And as I do accomplish that kind of presence, it changes who we know ourselves to be.

So that, I'm reminded of a comment by the former head of the Harvard Adult Development Project, which has been studying how human beings develop as adults now since 1938.

And the Harvard Adult Development Project had one of the former head of it, Robert Keegan, says that being able to witness ourselves in that way, being able to see ourselves from above, be able to untangle our identity from our circumstances is, he calls it, make the subject object shift that he says.

That is the single biggest leverage point for human development, that there is that ability to look at it from that, that perspective. Now, I hear how you've done that.

And I really, I'm struck by the the way you are able to do that in a whole group set of different experiences, none of which was was very pleasant. And when we report that afterwards, of course, people think, well, you know, this person had had a remarkable resilience.

They were able to do it in the moment, though, it's very easy for that pain to capture the entirety of our attention where we have no attention left to make that subject object, so that you've been able to make nobility, to see ourselves move up, nobility to sell selves long term, we're completely enmeshed in it.

So what one thing would you recommend people do who are just looping on their negative thoughts, who can't

escape, who have been able to make that jump, that shift into the witness perspective and then see their lives from that higher plane.

Beautiful. So I do a lot of work with subject object and that whole perspective shift with people. And it is tremendous for people to be able to, to have a sense of self regardless of their external circumstances, regardless of what is going on in the outer world.

They develop a sense of self. As I kind of describe it, like when we land here, we sort of splat. And in that. It's a rough landing. The splat landing.

Splat landing. and the landing gear goes one way, the body goes one way, the breath, the mind. It's all just we're dispersed and we look outwardly to try to figure out who we are and what's going on and what's true and what's safe, and who can I depend on and how do I follow?

How do I fit in? How do I get fed? How do I get clothes? All that stuff is just externalized. So we externalize our power. And so coming back on to self or subject, it allows us to pull back from that splat, to gather ourselves and our resources back again into the body.

I use the body a lot, because the body is a grounding mechanism that allows the mind and the body and the breath to reunite, and a greater sense of self is a byproduct of that.

So I'm constantly inviting people to take their attention off of the person who's talking for just a moment. Keep listening to them, but bring your energy right back onto you.

And oftentimes we'll give them an exercise about, you know, we're sitting here having this conversation. Pay attention to what's going on in the doorway.

and imagine that someone who pushes your buttons or tips your triggers, which has traumatized you in some way, is standing in the doorway. And notice how your energy flies over to them or flies in some direction because of this person or this situation standing in that doorway.

And that's you, an object now just secretly, stealthily, sort of, you know, personally pull your energy back. You can still look at them in the doorway and carry on a conversation, but just draw your consciousness back on to self.

And as a byproduct of that, you will feel a groundedness and a centeredness after I'm teaching them how to anchor themselves in the body and then adding this thing on top of it, it has an a remarkable impact on one's ability to stay lucid and to stay present, and actually then to be able to be compassionate instead of defensive and to be curious instead of protective.

And when we start to move into those frequencies, we open up into a different realm. We're now engaging from a different reality. It's it's sort of a flying up of consciousness that we see from the bird's eye view that, wow, I've been enmeshed in this situation that's been on me, and I need to get it off of me and keep it there.

So when I bring my energy back onto self, onto subject, instead of throwing it on to object, I can start to feel and sense that. So this occurred to me just naturally I didn't learn about subject, object, subject.

In another traumatized moment in my life, I was, I was ending a relationship that wasn't ending peacefully, and I had never been in that experience before.

I had always had amicable closures on things. And, you know, it worked. And we remained friends, and we just realized that this wasn't the right role or what have you.

And and here I was, living in the same house with somebody who wouldn't speak to me about the circumstances and instead would say, you know, you're going to have to talk to my lawyer about that.

It's like, oh my God, you know, I can't, I don't know how to process that. And, and, my mother passed away just in that same time frame, and I was being called to come out and speak, around the world.

And I still had a clinic, and I had patients who were who were depending on me to show up for our appointments. And I wanted to be there, and I was loyal to all of that.

And so I was in that conflict, and I came home from teaching one weekend, and half of the house was empty. The dogs were gone. They were supposed to stay with me in this separation.

It was just a it was a big moment in my life with all of these things happening simultaneously. And, and I was, you know, just being tough and being strong and blown away all at the same time.

And I was headed to work the next day or sometime there soon thereafter. And I forgot something had to go back into my house and through my bedroom, into the closet to get it.

And as I passed by my bed, I just fell over. I fell over on it and I would just burst out crying.

Feeling Pain and Finding the Witness Perspective

And I remember saying inside my own self that I'm not even going to try to hold it together right now. I'm just going to I'm just letting go. I mean, I didn't intend to do that.

It just happened. And I felt myself falling down this deep, dark well and spinning and spinning and head over heels and just, spiraling downward. And it felt like I would never hit whatever bottom there was.

I was just falling, and I was crying and crying and crying and and then this this message came through. That was me talking. And it was if everything goes away, if everything goes away and falls apart, I still have me.

And I don't know where that thought process came from. It was just, you know, it was a higher message. It was like, you know, it doesn't matter. Su and in that moment, I started laughing in the middle of my tears.

That biggest amount of joy rose up through me that I had ever felt. And here, in the middle of my breakdown, I'm like my crying, my laughing. It. Yes, all of it. It was.

That was one of those messy moments. But in the midst of that mess, something rose up inside of me. That was this unconditional version of me, this timeless version of me that was stable and steady and knew that what we were going through here is an exercise.

It's an exercise in consciousness. This is a project that we are in, and I knew it in that moment. It just came. And I recognized that that we can do this, that this is not bigger than us and that actually the name of the game is to realize that everything else is temporal. It's going to come, it's going to go.

And our job is to get to know the timeless one that is here. And so when traumas occur and we're looking to transcend them, it's really about coming to know this deep, personal, intimate version of us as this timeless, stable, unwavering version of life itself and that we have access to it.

And so this subject coming on to self versus giving my power away, has been a tremendous gift and tool that I have used in my life over and over and over again since that moment.

It was years later that I learned that it was called subject, object, subject. But that's what happened. I fell onto myself. I fell on to subject because I was too exhausted and too overwhelmed and too many traumas going on at the same time that I just had to let go and the byproduct of letting go was I dropped in.

And that's what one thing that I would love for people to recognize that when you let go, it's not about still remaining dispersed and letting go and just being a dispersed person that's not holding on to anything, because that's scary.

But to realize that when you let go, you drop in to yourself. If you direct your attention that way. So yeah, go ahead, do things here. What is that? and again, I want to encourage everyone to grab the journals, the video journaling all along.

I would be journaling now and make some notes over here. This is super important to say. Notice a few things here. One is that she initially was trying to cope by, just skating over the top of her feelings and really trying to just keep on functioning, making it okay to have all those losses happening at the same time.

And then they overwhelmed her and they overwhelmed her by her body collapsing on the bed. And our bodies are such a powerful guide. So your body is going to be guiding you in all kinds of ways, and sometimes it'll be like that.

Your body is just say no, sit down, feel. And that feeling is vital. And in early trauma research, we used to think that we just transcend. We just become a higher version of ourselves.

We just claim that higher version. And then the the all those traumatized feelings eventually dissipate. And researchers show that's not actually the way it works.

The way it works is you have to feel first. So notice that doctor Sue was feeling she was really feeling. And so I'm saying this and having a journal about it, that you have to feel those feelings of loss and grief before you can move on.

You first feel, and we don't often want to feel, we often want to just move on. So the temptation is to dissociate your feelings, deny your feelings, minimize your feelings, pair your feelings with statements of of comfort like, oh, there's this, this bad thing happening.

There's a lot of good here as well. And often your body just wants you to to drop down into that. Well, that doctor was saying she dropped into it. So how do you let yourself fully feel?

That's the first question you want to think about here is have you let yourself fully feel. And then when you fully feel the way she did so she really did allow herself lying there on the bed crying to fully feel.

And it was physical. It was in her body. It was an intellectual exercise. She was not sitting in a workshop and journaling about this. She was lying on the bed bawling her eyes out.

Okay, so that's totally fine to make it that physical and make that real, real in your life. And then finally, if you just do that and nothing else, then you can get into that spiraling downward cycle and just go back there again and again and again with repetitive grief.

You then move to the point where you do find bedrock. You hit that essential selfhood which of course, that would take away from you. And so, as you're reflecting on this beautiful story that you just told us, you know, awful, beautiful story, just think about these parts of your life.

And where have you not felt fully? Where have you not been fully in your body? Where have you not fully surrendered to those feelings of loss and grief?

And then where have you just gone there and then not moved on to that next step that she is describing, of finding the bedrock of self, among at all. So, so those are some useful things for you to contemplate and just make some notes on your journal.

Now you can follow up later and develop them, but for the time being, just notice those really important elements of the story, which is common to, healthy ways.

turning trauma to transcendence. you know, that reminds me of of something that also often comes up when I'm in some of the deeper levels of, of coursework and really delving into the depths of what happens with consciousness.

And I have lucid memory of choosing to become the moment that I am initiated, and all these massive energies were coming together and and it was into this place that was generating.

And I am, if you will. And then suddenly I was descending and descending and just dropping like like an elevator shaft, just dropping through this elevator shaft.

And then I have lucid memory of landing in the womb. And I was just, just in this position and, and I recognized that there was something that happens right in that moment that is like a cataclysmic, you know, bang.

This is huge and tremendous shapeshifting that happens in our reality when we are birthing and and it is a trauma of sorts. And what we know is that we never want to feel that feeling again.

Meaning it's frightening, it's intense, it's massive. And I feel that we spend our lives trying to avoid that feeling. And consciousness doesn't want us to do that.

It wants us to be able to be present with anything, any time, no matter what, to be free to be our true, whole, full self. And so if there are feelings that we're trying to avoid, then the universe is definitely going to deliver an opportunity for us to be faced with that feeling again and again and again and again.

And when I look back over the collection of traumas that I have experienced in my life, there's a common denominator in there. I mean, I get to the emotion, I get to the feeling, but there's something underneath it, which is this like it's a feeling of I'm going to die or annihilation, or I'm not going to be okay if this person leaves or if this if I'm not loved over here, if this is happening, I'm not okay. I'm.

I'm my, My life is threatened. My existence is threatened. And and when we are running from that fear, we will find situation after situation after situation occurring in our lives so that it can be proven differently to us eventually, even if it takes our whole lifetime to do it.

I feel that that at some point before we exit this life, we're going to recognize, oh, I'm okay. Yeah, it's okay, it's okay. Right here where the rubber meets the road while life is happening, I my existence cannot be threatened.

I am an eternal presence and I am fine. And even if it's in the last five minutes of our lives that that we get to that place. Because I feel that's why we come in in the first place.

So if we can kind of look at it from this transcendent bird's eye view perspective and say, there's a project going on here, and it's really so that I can learn to be present with whatever I feel, with whatever circumstances are coming, whether it's minimally threatening or, you know, and or tremendously threatening to my very existence, that that I it forces us out of the personality and into the essential self, into the soulful presence that resides underneath these layers of our personality.

And I feel that that that's what's going on in the course of our lives, that these traumatic experiences are surfacing so that we have an opportunity to master it, to recognize, oh, on subject I individuate I am not subject to this.

I am not identified by this trauma. I'm here and this is happening. And that's different than being enmeshed in it. And so ultimately, if we can look at our traumas as something that is showing, it's revealing so that we have an opportunity to recognize another version of ourselves that we may never have gotten to know if we hadn't been faced with such challenging circumstances that generate these challenging energies once again, these challenging energies that we don't want to feel, and we've spent our lives running from feeling those feelings.

And, you know, for me, what happened was one day I realized, oh, it's just energy. Everything is energy. And this too is just energy. These are just energies that I'm unfamiliar with.

And so I don't like them because I don't feel safe, because they're unfamiliar and they're kind of wrenching. And so what if I went into that wrenching?

What if I trusted it, that the universe was trying to get me in my body and get me into onto subject, get me onto self because the true self is eternal and that's the healer.

So if I can be pressed into that version of me, then I'll be better off because of whatever the means was to get me there. So, you know, it's just another perspective that I wanted to, you know, have the opportunity to toss into the conversation.

Because I think that if we have a little bit of a context, that maybe there's something good happening here and this isn't just something I have to survive, that maybe it's serving something even bigger in me.

And if I can look into these things, I'd be I might be more willing to let myself feel some of this stuff that feels terrible and breathe at the same time, and notice that it's actually opening me into some deeper places within me that I don't even know I had until I started leaning in and, allowing and trusting that that all is well and everything that's happening in my life is serving my awakening to my true, magnificent self instead of just looking at it like, oh God, I just got to get through this.

And then when I get back to normal or I get through this and get on with life, it's like now I think something more is meant for you through this, you know?

And for me, it was sort of like, if it's going to be this painful, I'm going to benefit from it. Suffer this, but. I'm going to get the goal. I'm going for the trophy.

so I'm looking at even. I'm not going to get no benefit out of it. I'm going to take the benefits. So here's the next journaling exercise. Everyone. What part of your current experience are you resisting and what might be the magic, the growth potential for you in that that you are seeing?

I know it's hard when you're in the middle of a financial crash. You've lost your job when your long term marriage dissolves, when you have a dear friend who dies, when you have a health crisis that comes out of the blue and and strikes you down.

there are so many ways we have ourselves our sense of self disrupted and the the temptation to say, I want this to go away. Let's put an end to this. This is painful and it is painful, as Sue and I are clearly admitting and and recommending that we feel it too.

And how can you ask that question, Sue asks herself, is, which is what potential transformation is here? What does this make me look at? I might not otherwise have looked at and it's so worth asking other questions.

So journal for a moment.

Trauma, Energy, and the Search for the True Self

Just make a few notes to yourself about a situation in your life right now that you might conceivably hold in that light. What is the hidden potential lesson for me?

Growth experience here. For me, expansion of consciousness that might lie here for me, that I haven't yet perceived. And when I hold this event in that light, how does it shift my whole perspective?

So again, that that approach to your challenges is going to turn them into the fuel for your growth. And I recommend you draw a lot just about this one, but you can go back and look at other things in your life that have happened and say to yourself, you know, how did that ultimately help me?

How might that have helped me and even take some of the most dreadful experiences of your life and say, how did I change for the better? What positive momentum did I develop as a result of that?

That tragedy, that trauma? There is often something for us to see there. And just shifting our perspective is is

powerful. So I want to move on to another topic now, completely, which is energy and vibration.

And I love that analogy. I know that, that same, teaching is there in Dallas that we have kind of a soul conference before we become incarnate and we decide on our soul journey on the Earth plane, that we meet together with our guides, and we decide on things like who our parents will be and what our body will be like, what challenges will face that particular life.

And then eventually the the birth conference is over and we're we're pop down the the chute and we splat down into this life, as you put it. And then the worst part of it, from my perspective, is we get amnesia on the way.

So I don't remember all this when we, when we're zero and 1 or 2 and five and ten and 20, we have to then then rediscover what that purpose is and how to how to move there.

But then, assuming we do and assuming we are able to grow and learn, and then eventually you discover yourself in some, some different place of transcendence, what I observe about you is that when people are with you, in fact, for everyone listening, when you're with Sue and I right now, you probably noticed even in a very introductory conversation that you're feeling different and that there's an energy shift that's going on.

And by the end of a time together, your energy will probably have shifted quite considerably in the course of an hour. And I watched Sue actually stand and talk to a group of hundreds of people and literally watched people transcending, moving into self transcended states, popping into awakened states as she speaks.

So Sue is is that person who carries those. And I, I want to ask you, Sue. So we all had some awakened experience. We've been walking on the beach and looked at a sunset.

We've been standing what other, a beautiful river. We've been making love. We've been holding hands with a friend. We've been hugging. A person is dying.

Something has happened to everyone which has brought us to that awakened state for a moment. And, in Sufism, that's called the glimpse. The Sufis call that the glimpse of heaven.

When we had that self transcendent moment, you are able to transcend, and you don't just have it as a moment. Do you have it as a state, as an ongoing state that you experience any woven in it to your neurobiology as a trait, as a permanent trait, and then you just keep on moving up that vibrational scale.

And I've actually watched you move up that vibrational scale at several notches. And in the last few years. So how do we do that? How do we begin to move from having those glorious experiences of hitting transcendence, of plugging into the all that is, of oneness with the universe, those non-dual glimpses?

How do we move from those happening occasionally to then raising our vibration to where that elevated state becomes our new normal? Beautiful. Beautiful question.

And I think there are a couple of things that I work with on an ongoing basis every day. I just became, I, I became very interested in how to embody some of these most profound, transcendent experiences that I've had in meditation.

I became I, I had a beautiful experience in the year 2000, 2001. They were happening over and over and over, and I was waking in this exalted state of consciousness where I was high above the earth.

I could see in every direction in a brilliant, brilliant light, ten times brighter than the brightest day in the desert that I'd ever seen. And I could see the earth beneath me about the size of a marble.

And I was embedded into it up to what would have been my knees. But I didn't have a body. I was just a ray of light, and I was me. But I didn't have a physical body the way that we're used to.

But I was me. I was there and I had freewill. I had conscious choice. I could look up or down or back or here I could see in front of me, behind me, above, below the same.

And I was lit up in this transcendent state through the third eye. And and I knew that this was the truth of all of us. And this brilliant light. Every time I took a breath, this brilliant light would come down through this channel, and it would become the vibrational frequency that we call love.

And I knew that that love was moving down through this ray that I was and it was hitting the earth was coming into the earth. It was feeding this, this realm.

And I knew that I was that this was the truth of who I am, and that this experience that I'm having in this lifetime was a project that I was doing, that here I was, I was this transcendent one, and this this human earthly life was simply a project that I was in.

I knew that in that moment it's like, oh, oh, yes, oh, I get it. And prior to that, I had no idea about anything about transcendence or multidimensional ity or transformative realms.

I had no idea. I just wanted to meditate, to get rid of the headaches that I was create, that I was having in my life, because I was, you know, trying my best to be a good person, do the right thing and all that stuff.

And it's exhausting and tiring, and I got headaches. So I learned to meditate, and I instantly started having these experiences and so that changed my perception of reality.

But it didn't change my life until I learned how to take that transcendent experience and bring it into my body here in this life, looking out, walking and talking, driving my car, going to the clinic, treating patients, being in the world as we know it.

And so embodiment became the focus of my attention because my life started changing when I stopped trying to go back there for a while and instead became interested in bringing that version of me here.

And so. So I started developing embodiment practices for myself, because I couldn't even return to there until I learned how to get in my body with what I had already experienced.

And then I could kind of push off from the bottom of the pool. I had more power because I was in my body. Otherwise I was just dispersed and splattered and so.

So embodiment is going to be one of my answers there to to anchor myself in the core of my body became the primary focus. So I started working with bodies, and I started working with anchor points up and down the central channel of, of, my system, because that was where I was drawn to go instantly.

It was it was the only thing that was true, that was real. It was like these deep waters of this deep river called the system. Now this central channel core of the body.

And the more time I spent there, the more I could automatically go out into life and interpret it the way we're talking about here today. I could, if I was seated inside this central channel and building the energetic circuitry and then the neuro circuitry to sustain my presence there.

It was my new home base, and I stopped leaving it by living in my head all the time, which is what I did prior. If I stayed in my body, I had the wherewithal to use my body as a filtering device to to be able to translate this cosmic intelligence that's trying to come in to this body form.

So the filtering levels of consciousness that reside in the body, we can't use them if we're not in the body, if we're just living in our heads, we miss the deep core wisdom, the sense of well-being, the fact that this is my gig.

It's my movie. I'm creating it. The ability to tap into ancient ancestral wisdom, the opportunity to identify myself as a

soulful self instead of just a personality.

The experience of unconditional love that comes from being in the body and being present in these ways. The opportunity to then speak it and manifest it and create decisions based upon this, this place of creativity, instead of being stuck in a place of survivorship, because I don't feel stable and I don't feel welcome and I don't feel at home.

That changed when I started getting into my body. Nothing changed in my outer world. I just felt different about life itself because I was grounding this cosmic presence that I am, that we all are in this physical form, which is the name of the game.

That's why we came here, you know, we came to the physical dimension. I think our physical bodies play an integral role in our success at being here, or otherwise.

We wouldn't come to the physical dimension. We'd come to the ethereal dimension. We'd stop the fourth dimension, we'd stop at the fifth dimension. But we came all the way in.

So, What is it about this physical place? Well, I started using the physical body to answer that question. So, embodiment coming into the body, learning how to live in the body instead of just living in our heads has been life changing for me.

And then the second part of it would be that I then was able to look at life from the perspective that we were just sharing about, from the idea that everything that is happening in my life is in the favor of me awakening.

It's all here to wake me up to the truth of who I am. And when I choose that as a singularly focused disposition and I insist that everything is going to fall into that, this is going to wake me up and this is going to wake me up, and this is going to wake me up, and I'm going to learn something about me and something about how to be elevated and how to be deeper and how to be integrated from this situation.

And this one and this one, and especially this one, because it has me buckled over right now. It's like, I know this is going to be good. How do I know?

Because I can't breathe right now. I'm so upset. So I know there's medicine in there for me. So that that disposition of a constantly looking into life as if every single thing that's happening is in my favor.

And the mind, the logical mind is going to say, how can losing my child be in my favor? How can you know? Being hit by a drunk driver and losing my leg be in my favor?

How can you know? How can being cheated on be in my favor? How can losing my job be in my favor? And I know that moment right there is a choice point for the rest of our lives that if we say it's going to be in my favor, and I'm going to figure out how, I don't have to know the answer, but I do have to come at it from that perspective, and the universe will get busy answering my question.

And it can't not what we know about what science is showing us is that when we think a certain thought, photons start arranging in accordance with how we're using our mind.

So we have to ask better questions. We have to ask bigger questions. We have to ask more deeply reaching questions and be willing to to go the course into the adventure of exploring how we could be magnificent.

And that could be being, magnified by the situation that I'm in right now that I don't like. And it's causing me to feel things I don't want to feel, but I don't want to feel them because I'm unfamiliar with them.

And if I became familiar with them, then I would recognize, oh, I'm bigger than I thought I was. So now I'm not operating in fear. and curiosity. I'm now be able to move into creativity and my genius gets tapped instead of being locked in survivorship and trying to, you know, just get by.

So, you know, I guess the short answer would be embodiment and and finding a higher state of consciousness through which to view life, finding the bird's eye view, you know, in what way is this serving me?

I know that it is. And it's my job to discover what and how that is. And what I do in the work that I do is teach people how to build the circuitry to be able to answer those questions that we can't immediately answer when we when we ask them, because we haven't been living in that way.

So I'm teaching people how to build the continuity through this system that our third eyes can open. Our deep wisdom center can be tapped, the two can work together, and love is present in a degree that we're interested in leaning in and inquiring instead of running and fighting and finding safety instead.

So, I don't know, I could go on forever, but hopefully that's helpful.

Embodiment, Vibration, and Raising Consciousness

I want to just back up for a moment here and amplify one thing that doctor Sue said here. And so, again, grab a journal, make a note of this. And there are some of those here listening who may not believe that they are that cosmic ray coming down the chute into a body.

And you may be so wrapped up in all the challenges of your life that you have a hard time remembering that, or a hard time holding that vision of you.

And as Sue was talking about this, I just had this little twinge in my heart and I I'm just thinking about some people I know, people I've worked with, people in my family, and they don't believe that, there is no sense.

There's no space in their consciousness for the notion that they're anything other than their current human limited suffering experience. There's just no possibility, no iota of recognition that they're more and so believe to believe me, we're more we we we look at you, we when we see when we meet you, we see that more.

We don't see. We see the outside person that's presenting to the world. But when we look at you, when you're seen with the eyes of love and compassion, we see that angelic presence that's here for a reason that maybe you haven't found your reason yet, maybe a little confused about your reason.

You're confused about why you're here. You don't believe you have that higher purpose that Sue describes and, one of my favorite quotes is from Jonathan Livingston Seagull and Richard Bach in that book says, if you've ever wondered about whether or not there's a reason for your existence on Earth, here's a test.

If you're here, there is. If you're here, there's a reason for being here. So we see that. We know that spirit knows that causes those, that the universe knows that we see you that way.

When you show up at a an event like this, at a class, at any place, we might run into you. And I want you just to believe. I want you to. If you aren't seeing it for yourself, go find people who see it in you and believe that a new and have them remind you, yeah. I'm in today.

So we're doing that that right now. Just make sure that you got that. And then the next thing soon after that was just this ability to to see how, challenges are the material that that grows us, even if we don't recognize it at the time.

So, so once we began to do that, once we had seen ourselves as this angelic beings here on earth for a reason and acknowledge our reason for being here, once we are treating our challenges as opportunities for seeing the next thing, and the next way we can grow our understanding and expand, how do we move up that vibrational ladder?

That's a concept. That's this president Sufism. It's present in Christian mysticism. There is a beautiful illustration from a 13th century woodcut. I use sometimes of somebody of people walking up the spiritual ladder of ascending as the wonderful image from the Bible, Jacob's ladder of angels coming up and coming down.

how do we move up that vibrational ladder to really claiming the fullness of who we came here to be? beautiful. So when I was speaking about, embodiment, I was kind of speaking to that.

But let me kind of expound on it. First, I'd like to say that if someone is having a hard time, you know, grasping that there's some kind of transcendent or descending ray of light that is here with the purpose and and it just doesn't compute.

It's okay. It isn't. It doesn't affect anything other than where you would bring your focus. But don't take yourself out of the game just because your starting point or your come from is from a different perspective.

There's a place for everyone here. So so by by implementing self-compassion, by not making it hard on yourself because you've been traumatized and you don't know how to to process it by just opening yourself through to love through self-compassion, it sort of does the work automatically.

And so we learn that we're capable of compassion even in the middle of a challenging, painful time that I'm choosing. Self-compassion means I'm not completely consumed by this situation.

It's not completely consuming me. I can just I can kind of peel it off a little bit and have compassion for myself while I'm in this painful moment, and so that doesn't require anything except a freewill choice, which we all have to agree that we have, even in, and especially when we don't think that we do have a choice to just move to compassion.

That's a choice to move to compassion instead of self-judgment, or instead of being stymied in fight or flight or freeze, instead of just ruminating over the the upset to just love yourself.

The one who's upset love the one who's upset, love the one who's hurt. Love the part of you that is devastated. That's a freewill choice that you're engaging in and you're starting to move in this same way.

It's just from from another viewpoint. But the same thing is happening. So please don't take yourself out of the game. If there is a different belief system governing, you know how you would deal with trauma because it's all encompassed in this conversation that we're having, and there's a place for everyone here.

So then let me answer, to what you're asking about raising our vibration. When I talk about embodiment, I'm talking about building energetic pathways with our consciousness that then allow for tiny little packets of energy, called photons, to gather in a place where they haven't been gathered.

They've been splatted. and so as a byproduct of that, we start to build a superhighway between our gut and our heart and our throat and our and the brain in our head, and all of this intelligence and these levels of consciousness start to work together.

And every time, in one of the practices that I teach people is to take your attention to the body when you're upset and see where in your body there's a charge or where your mind goes when you simply ask the question, where in my body could I build circuitry more stability so that these types of situations wouldn't upset me so much?

And so my mind will go someplace. And that's the place. It's the mind in the body in the breath, or trying to work together to reveal. Here's how you can master this.

Here's how it could be better. Here's how you could heal. It's all the universe is truly on your side. But no one has taught us how to use our faculties in such a manner that we can truly, anchor that and utilize our faculties the way that they're meant to be.

So we don't benefit from our mind, or our body or our breath or their ability to work together nearly the way that we could if someone had taught us. So that's what we're doing.

That's what I'm working with people trying to get them to see. And they do. When they do, what happens is the vibration of their physical body changes, the vibrational frequencies moving toward love, moving toward

compassion, moving toward more illuminated dispositions happens as we keep bringing our attention to the body, as this conscious being who's making a choice to transcend something.

The more we bring our attention to the body and ask, where in the body could I build the circuits? Where? Where is this stress coming from? Instead of asking, why did you do that?

Or why does this always happen to me? Ask a better question where could I build the circuitry so that I could respond differently when these things happen?

Because clearly they're supposed to be happening? How do we know? Because they're happening just like you have a purpose. You know, if you're here, you have a purpose.

If these things are happening, they're supposed to be happening or something else would have been happening. So let's just decide that it's in my favor and then it's trying to support me, but I just haven't been looking at it that way.

And if I bring my attention to the body and ask where could I build some circuitry, where could I have a through line? And I talk about all this in my book and my coursework. It's available for you.

I don't mean to be, you know, saying something that you're like, then I don't know how to do it. Just ask as a simple question where in my body could I build some circuitry to understand?

Not that I'm going to have the understanding in the next two minutes, but how can I build the stability that of a person who could have an understanding of why this happened in my life?

And eventually I will. Time will pass and I will. But I'd rather time not have to pass for decades before I get to those solutions. So where could I build the circuitry to speed up that process?

And your mind is going to go somewhere. You might even feel a knot in your stomach, or a lump in your throat, or tightness in your chest, but your mind will go there and you might feel something. So you give it a hug and you start breathing with it on the inside of your body.

You just squeeze the muscles like you're hugging that area, and you start breathing up and down your body. You inhale into your core and you exhale into the earth, and you inhale into your core and you exhale, to, you know, out above the crown, and you start spreading this energy, moving this energy through this torrid field flow that, that truly changes your vibration.

So that's what makes it sustainable. When we bring it to the body, it's like a savings account. So if we have an and a revelation one minute, but we don't take it to the body and, and allow the whole body to participate in that revelation, then we splat again and we have to go have that same revelation again two months down the road with a new, you know, stressful or traumatic situation.

So if we want to, like, actually build upon these things, we can stack them up by using our physical system to help us remember to better to store the good news, if you will.

It's been storing the traumatic news. Let's let it store the good news that we're having in these revelatory moments that we are encountering as well.

So that's how I raise my vibration. And that's how, people have come to me all the time saying, what has happened? What has you have, like, lit up even more in the last couple of years than I ever saw before.

It's it's been amazing to witness and watch. And I feel that way on the inside. It's amazing to me that people notice it on the outside. But but that's how that's how it has happened.

I have built the circuitry to sustain the revelatory moments, the AHA's, the revelations, the the wins. I've found I've

discovered a way to to allow my body to vibrate as that frequency, and it keeps it there even when something new happens that's not so pleasant.

I'm vibrating at a different frequency to meet that circumstance, and it does not have the effect on me that it used to. I'm not numbed out. I'm totally present, compassionate at feeling at all.

But I'm not blown over by it because I'm vibrating at a different frequency, one that is capable of managing what's happening in life on this planet. So and so.

There's are wish for you to. That's Dr. Sue's wish for you. That's my wish for you. Is that you? You attain that resilience and that you do have the ability to meet whatever's happening to you personally and on the planet.

We live on a challenged planet, but we've always had a lot of challenges on the planet. They're different today. There always have been challenges and the challenges in your life come and they go.

One of the keys that I pursued, as mentioned, and again, that's worth noting, your journal as well as we wrap up our time together now, is I wrote down the exact words that's worth writing down.

Her exact words, which were, quote, open yourself to love through self-compassion. So in the midst of those challenges, when life is bringing you things that are difficult and maybe even traumatic, quote.

Open yourself to love through self compassion. You're doing your best. You always have been doing your best. You will be doing your best in the future.

Just fill yourself with that self-love. Do you have all the answers? No, you don't and you never will have. And can you have compassion on yourself and hold yourself in that loving space?

Absolutely. Always. So we are strongly recommending that be your basic disposition toward yourself is that you hold yourself in self-compassion. In fact, the more confused you are, the more adrift you are, the less you understand the meaning of what's happening to you, the more confused your mind or emotions or swirling feelings going on might be, the greater the need for self-compassion.

So hold yourself in that sense of help, self-compassion.

Self-Compassion and Closing Reflections

Make that your default approach to your challenges. And then again, suddenly all the energy of struggle dissipates when you hold yourself in that way.

And we can see the situation clearly and we can move forward. Sue I'm so grateful for you. I'm almost to tears right now. just feeling the beautiful energy that has been unlocked for us all through this exchange of heart and mind and being we all were.

Those rays of love and light drop down through the divine chute into these bodies and minds. And I'm so grateful for the example you've been of how to discover that again.

And I know that that is the potential for every single person here on the planet. Is to find out who they are and what their their greatness is, move up the vibrational ladder, embody that fully, and then that will have an impact on our planet as a whole.

So thank you, thank you, thank you so much for your being, your work, your words, and for all of the inspiration you've shared today. Dawson is always a great joy to be with you, and we get to engage in a conversation that might be of service to someone else, nothing better.

So it's my pleasure, my honor, to share. Thank you for asking the deep, rich questions that you do. And hopefully

we've tapped in, to some people today that they can recognize that there is an alternative to cycling in the pain and to have an upliftment begin simply by knowing that we're not supposed to have the answers.

We're supposed to be open. And that's the key. The trophy is being open, and let the universe help take care of what's going on. And it does happen. So it's the opening that is the key.

So just show yourself to be open by being here for us for this hour. That is your declaration that you are open. And so all these things have opened up to you now and there's much more to come.

Thank you so much for being here. And again, steep yourself in these ideas. These concepts be open. Bring that openness to every single chat we have together, to every single day and every single moment of your life.

Thanks for being here and we'll see you in the next episode.