Unlock Quantum Healing: The Power Of Bioenergetics Transcript

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Introduction to Dr. Sue Morter

Hello and welcome back to Mastering The Meno(Pause) Transition 3.0 Summit. I'm your host, Dr. Sharon Stills. You may notice I don't have my fancy tulips in the background because I am on location.

I'm on vacation, but this was the opportunity I had to interview the very special Dr. Sue Morter, and I wanted to make sure she was part of the Summit, because the conversation we're about to have is super important and can really change the whole trajectory of how you age and how you view life, and how you just view your health in general.

So for those of you that don't know her, Dr. Sue Morter is a renowned international speaker. She's a Master of Bio-Energetic Medicine, and a pioneer in Quantum Field exploration.

All the good stuff. She's been a number one LA times, USA Today Times bestseller. She's the author of THE ENERGY CODES. She is a teacher of different methods of healing, and one of them is Bio-Energetic Synchronization Technique, which is best?

Which one of my best friends in medical school, he was a best practitioner, and we all used to just line up and go treat us, treat us, treat us so I'm super excited about that.

So she just she sits on medical board, she teaches at school. She is a woman who is really changing, changing the conversation about healing and health and what it means.

So welcome. So much to the Summit. I'm super thrilled to have you here. Oh my goodness. What a joy to be here. And I look forward to where we get to go with our conversations.

It sounds like we're doing some pretty exciting things, with all that you're putting together. So I'm happy to be a part of it. And thanks for the invitation.

thank you, thank you. Well, I think we we spend so much time focusing, especially when we hear menopause. Everyone thinks hot flashes and estrogen. And, you know, I, I'm a fan.

I love my bioidentical hormones, but I really and everyone is so interested in that. And it's important. But we forget that we are these spiritual beings and that we're here having this experience and we have a lot going on, not just getting rid of hot flashes.

And I think if we can use this time to help the audience understand the Quantum Field, the bioenergetics, and how that can affect their aging process and how it's never too late to harness it.

we would do a great service for the women listening. beautiful. You know, that's that's definitely, my wheelhouse.

Energy, Bioenergetics, and Menopause

So, yay! We're in the right place to have the right conversation. You know what? Let's just dive in, you know? Yeah. How do bioenergetics affect us? Because we focus on what we can see, and we can't really necessarily see the bioenergetics. But how do they affect.

Yeah, yeah, it's really fascinating when we stop and think about it, that that the invisible world is actually the real world and the manifestation of chemistry's and physical bodies and so forth is actually a byproduct of this invisible energetic reality.

And this is what quantum science is bringing forward for us in such exciting ways. It's showing us that our thoughts and our feelings and our emotions are our generating vibrational frequencies that will ultimately determine how energy flows through our body and how how chemistry then, therefore will flow through our body.

And if that energy gets blocked, then chemistries start to develop in disproportionate fashions. So one thing that would be maybe easy for people to understand is that that there are these tiny little antennas on the surface of every cell in your body, and those little antennas are picking up information.

They're picking up vibrational frequency that's coming towards you and waveforms constantly and to the tune of billions of bits of information bombarding your system every millisecond.

And so that's a lot of energy that is coming towards you. And these little antennas are picking up on that energy. And we shield or distort or magnify or enhance or shut down that energy flow based upon how we use our minds, how we buy into certain beliefs about ourselves or about the world.

All of these kinds of uses of our faculties will determine how this information is received. And then that information is received and it rises up through the body in terms of neurons, transmitters and hormonal, expressions and energy waves, just in and of themselves in the form of gut feelings and hunches and intuitions, etc..

And so we're supposed to be living on all of that all the time and processing that information always. And so what happens in our lives is that we have a tendency to to choose certain patterns of beliefs or thoughts or ways of living that distort that energy flow.

And once it's distorted, it starts generating chemistries that are in accordance with the distortions. So, for instance, if I think that the world is not a friendly place, then my body is going to generate the chemistries to respond to that fact that I've decided.

And if I choose, that actually the world is always in support of me awakening to a greater version of myself, to me, developing, greater capacities than I ever knew I had, and that everything that happens in my life is pointing me in the direction of waking up.

Then my body is going to produce the chemistries to support that kind of a reality. And it's kind of wild for us to think about that. But that's how it's how it rolls.

And so and so when it comes to menopause, when it comes to chemical imbalances or when it comes to us, I've felt a sense of familiarity and strength and a sense of self that we once knew in our lives being altered or changed or shifted in some way.

It is a natural process that happens over time, with the layering of our thoughts and our believes in our our beliefs and our frustrations and our our fears and so forth.

They are contributing to this constantly. So. So when we reach a certain point in our lives where our creative needs are shifting, we're not, you know, busy raising the kids are busy starting a business or busy you know, trying and trying.

what happens is that creative energy that we are made of and that we are constantly receiving and perceiving is now, kind of stuck or stymied or suppressed or compartmentalized.

And when that happens, our chemistries respond accordingly. When that happens, we start having the symptoms of what we would call menopause. But it's actually all energy that's either flowing through our bodies or not, and we want to get the energy flowing again so that life and renewal and rejuvenation and, in ingenuity can be a regular part of our daily living again, or maybe even for the first time in our lives, because all that other crazy external demand is, is shifting in certain ways in our lives.

So there's lots to explore in that whole department. But but the bottom line is everything is energy and is either

flowing in our bodies or it's not. And when it's not flowing, it gets blocked.

And when it gets blocked, we suffer and we suffer in all of the ways that we equate to menopause. But it might not necessarily be limited to our idea of what menopause has always been.

So maybe that's helpful to get us started. Yeah, I have like 18 different questions I can ask them. Good. so okay. Good thing is energy and it's either flowing or not.

So how do we know if our energy is flowing and what are some of the things that block our energy. How to how do we make sure it's flowing. Yeah. Great question.

So how do we know it's not flowing the way that it's supposed to. Number one, one great way of knowing this is if you have pain anywhere in your body, if you have like physical pain, if you are in emotional pain or stress or distress on a regular basis, if you are, if you would describe yourself as someone who is always blank.

I'm always nervous. I'm always afraid. I'm always actually kind of angry or agitated or frustrated in life.

Signs of Blocked Energy

Those kinds of expressions are signs that the energy isn't flowing the way that it is supposed to. If we have digestive issues, asthma, allergies, if we have, cognitive brain fog, if we have, a tendency toward depression or anxiety, all of those are also a response to energy not flowing properly in the body.

So many other signs and symptoms as well. But those are some pretty common ones that that would maybe, you know, you know, trigger something in someone's mind that maybe this applies to me, actually.

Also, the word trigger made me think of this. If you get triggered often, in a negative way, if you find yourself explosive or agitated, if this happens or that happens, it means that there is something unresolved in your system on a deep emotional level that can create, the trigger that we that we all know and try to avoid at all costs.

And yet when those moments happen in our lives, it is a byproduct of energy trying to be released. It's trying to flow again. And, we just haven't learned how to harness it.

And we can we can learn how to harness that and to get the energy flowing again. We can do so with some simple practices of learning how to direct your mind into the core of the body, learning how to breathe in ways that enhance the movement of that energy again, and learning how to to ask better questions in life that maybe we'll have a moment that we can, that we can work with that as well, simply because it directs us toward a more free flowing, energetic reality which heals a lot of things in, in our, in our lifetime. So, so when you say ask better questions, do you mean of yourself or do you mean of others?

Yeah. So, you know, one of the things that happens is when something upsets us or when something isn't the way we want it to be, we usually ask, why? Why do you do that?

Or why do I always react to these things the way that I do? Or why is this happening in my life? And those sort of open ended questions, might not be getting answered as directly as we would like to have those answers.

So if you've ever ask those questions more than once, chances are we're asking the wrong question, because if we were asking the right question, a response would come and answer would would start to resolve.

And usually what happens is we're asking that question from a place of our head. We're in our mind. We're living in our heads. We're trying to ask, why is this always happening to me?

And the mind alone can't answer those questions. And so if the question remains unanswered, then we're just identifying as the mind. We're using the overusing the mind and not using the mind.

And the body and the breath together, the way they're supposed to be being used. When we start bringing mind and body and breath together, we are more empowered than we will ever be if we're just sitting in our heads pontificating, strategizing, predicting, you know, and, and and asking the wrong questions.

So, so one of the things that I immediately begin directing people to is, is inviting them to pay more attention to what's going on inside their body, all the time, to pay attention to the nuances in the feelings, so that those gut feelings don't have to become so big that they're like this two by four that hits you and you can't miss it.

But we can train ourselves to sense and feel on a more subtle level, these nuances that are constantly rising through the body and trying to tell us, hey, you know, that thing that you're doing, it's not really right for you.

you know that thing that you just said you didn't really mean it? you know, that thing that you declined? You actually do deserve to say yes to that, and you know it, but you're overriding it with your protective personality because you don't want to get hurt or be embarrassed or whatever.

So there's a language that's being spoken that we aren't even listening to because we've trained our minds to pay attention to what's going on in the outer world, instead of what's going on in the inner world.

Yeah. So when you say like, oh, on someone who always worries, or I'm someone who believes the universe is supporting me, is it just constantly like catching yourself, oh, here I am worrying, let me change that thought.

Or is there more to it? Yeah, there's more to it. So great question though, because that's the question most people would ask like, okay, I can't just decide, you know, that the universe is in my favor.

I've been trying that. Now it's not working. So, so what we have to do is build more neuro circuitry to allow for the mind to feel and sense more deep truths that are rising up from our deep wisdom core center, and to honor those truths in a way that makes us question less and have more answers instead of questions, and to feel present and capable and available.

Building Circuits Through Breath and Attention

Let me just show you an image that came to mind just as we were getting started here. I went and grabbed a little, poster here because I wanted to give us the opportunity to to take a look at this.

So energy pours down through the top of the body and hits the earth and turns and rises up through the body again, and it rises up, and then it comes out the top of your head and cycles around and around and around.

And that's how the energy is constantly flowing through the body, through bioenergetics. That's the measurable energy flow, and that's how it's supposed to work.

Now here's how it works with most people, that energy is coming down and descending down through the body and hitting the earth. And as it rises up, it rises around areas, obstacles, blockages, gaps in the highway, if you will.

Big potholes in the pathway. And and it these areas are shut down or not developed based upon our life experiences. If once we were loving and kind and generous and we were sharing our generosity and we got duped, we got blindsided.

We got hurt, we shut down that area of our system that would give us the power and the wisdom to do that again, or if we feel like we don't belong or we feel like, we shouldn't have said something or we don't feel connected to the divine in some way, we shut these different areas down in our body.

And so then this rising energy has to go around all these things that we've shut down or that we've never really developed. And that wobble creates a distortion in the bio field.

It creates a distortion in the energy field that we are living in. And as. And so this person standing in here looks out

through this distorted pattern and sees a distorted reality.

It sees. See, I told you, it never works for me. See, I knew it wasn't safe. I knew I shouldn't open my mouth at that situation. And. And now I'm getting flustered and oh, it must be my menopause.

And here I go with a big rush of energy that doesn't know where to go or doesn't know what to do, when in reality, the system was just trying to operate the way it's built to operate, but we keep suppressing it and locking it down in certain ways, compromising its flow.

And so, along about the time we're 40 and 50 and 60 years old, we are experiencing the effects of having shut down these things along the course of our lives.

And so what we want to do is allow for a return to that stability in our system, because that stability then opens up a kind of a trap door between the conscious and the subconscious.

And the next thing you know, we're actually able to hear and feel our inner wisdoms and our gut feelings and our inner knowingness instead of overriding them for what seems smart or safe, or what the neighbors are doing, or what everybody else my age is thinking and doing and and buying into, so we have the ability to shift that.

Now, here's what happens when that rising energy, when that rising energy hits one of these gaps, we get a knot in our stomach or a lump in our throat or tightness in our chest, etc.

it's constantly telling us something's not right here, something's not right here. What's not right is the flow of energy. But we, because we live in our heads, we think what's not right is how you're treating me.

It's how my boss is. It's how life goes. It's all out there. But as long as we are blaming the out there, we never get to address that. We just need to build more circuitry in here to allow this flow to correct itself and to become more aligned and robust, and cycling and recirculating in the ways that it was built to.

So if we ask a better question rather than why? Why do you do that? Every time I, you know, I want us to go do this and you say this or I why does it always happen this way?

Instead of asking that, ask where? Where in my body do I feel the stress, the strain, the knot in my stomach, the lump in my throat, the nudge in my gut?

Where is it? And then, if we will take our attention to that area and kind of hug it on the inside just to stabilize the tissues and stabilize this energy flow, what begins to happen is we can carve right through these areas that we used to have to go around, because when we go around them, we create a wobble, and then we feel wobbly.

In life. We don't feel grounded, we don't feel certain, we don't feel clear, and our bodies don't run the way they're supposed to. So our chemistries get thrown and our whole disposition gets altered.

We don't think that we're supported. We think, you know, I must be falling apart. I must be getting old. You know what's going on here? When all the while, it's just that the energy isn't being allowed to flow the way that it was supposed to.

So the next time someone is triggered or upset, the invitation here is to say, where in my body could I build the circuitry to be able to be present in this kind of situation if it happens again, rather than having to avoid those kinds of situations all the time so that I don't get triggered because we pretty soon we find out I can't go anywhere, I can't be with people, I can't do anything because I get triggered all the time, and it's not worth it to me.

And so if we're not enjoying that approach to life, then another one is how about I empower myself to be able to be present with anything so that come what may, and I get to get out and enjoy myself and do the things I love and, and pursue dreams and visions and and so forth.

So we ask, where in the body could I build the circuitry to, to be able to sustain the life that I would love to be living in all types of situations.

And so your mind is going to go somewhere in the body. You might feel the nudge, the lump in the throat, the tightness in the chest, the not in the stomach.

Or you might not feel anything at first because you're so used to living in your head. You don't feel stuff in your body, you don't feel it. But here's the beauty of it the mind in the body in the breath were designed to work together.

And the moment that we start saying, hey, you guys, let's work together, they're like, oh, I thought you'd never ask. And so when you ask the question, where could I build the circuits?

Your mind goes to your throat and you're like, I have no idea what that means. You don't have to know. You just hug right there in the throat, just kind of squeeze the muscles and stabilize.

And then you start breathing up and down this central channel that that I was just pointing to a moment ago. You start breathing up and down this, which is something that most people don't do.

But this is a measurable field of energy, and it's at the base root of who you are. And if you can establish yourself back here again, instead of living this way and you can, what happens is you become not so subject to your story, not so subject to what other people are doing. You.

You tap into the timeless version of you that is you thing that is rejuvenating, that is constantly recreating the chemistries and the biology of, the ideal you.

And it feels like you're getting younger all the time. I have 80 year old people in my coursework 85, 80, 86, 92 year old people in my coursework that say they feel younger than they felt in 30 and 40 years.

And the reason is because we're getting the energy moving again. We're getting things flowing again the way that it's supposed to be. And and tapping into this.

So again, let me just say you ask where, where in the body could I build the circuits instead of circumventing and going around these things? Where can I build the circuitry to better be able to be present with this situation without taking it personally, without getting upset or spinning out in some way?

And your mind is going to go to your throat or your chest, to your gut somewhere. Just go in there and hug it and anchor yourself in this deep core version of you, and start inhaling and exhaling up and down through this central channel.

So if we have like 30s, we can do that together if you'd like to. Okay. Or I'm already doing it. Okay, I don't I don't mean to hug the whole hog the conversation, but but it's just so transformational for people to just start learning that, oh my gosh, I can shift the energy of my life by shifting my breath in my attention that I could do that.

You can do that. And so so let's say that, that something is happening in your life right now. And, when you think about it, you you feel you shrink or you feel less than or you feel contracted in some way.

So you ask, where in my body could I build some circuitry to not feel contracted, but rather to be expressive and expansive and your mind goes to your throat, or it goes to your heart, or it goes to your gut, or it goes to below your navel something, somewhere.

Your mind just landed there and if you give that area a hug, just hug it and just squeeze it on the inside like you matter to me. And I didn't mean to circumvent you all these years, but, back now, and, I'm going to see what I can do to breathe some life into you.

And now I'm going to take a breath from above my head and draw it right. And just imagine this. You have to

imagine it because people aren't used to doing this, but it's always been happening on an energetic level that this energy is pouring down through the center of your head, in the throat, in the chest, all the way to the belly.

Inhale low in the belly and then exhale into the earth. Just drop it straight down through the tip of the spine and into the earth, and then breathe in from the earth up into the belly.

And now squeeze that area of the body, hug that area of the body, whatever it was that was, you know, involved in this question, and you're hugging it and you're just sitting right there with it.

And as you sit there, something is going to kind of drop open or drop in or feel warmer. And then when you feel that, you exhale up through your throat in the center of your brain and out the top of your head, and then inhale from overhead through the center of the brain, through the throat to the chest.

Come right into that same area and give it special loving attention. And then exhale right down into the earth. Just ground yourself by dropping your energy into the earth, and let the earth absorb and hold and nurture and nest for you.

And then inhale up from the earth into the belly, into this area of the body that that just got our attention and just love right into that spot.

The Universal Energy Field and Hot Flashes

And as you do, something will eventually drop in or drop open or feel warmer, more inviting, more present, more lively. And then you exhale up through the throat and up through the center of the brain and up and out the top of your head.

There are energy centers above your head and energy centers below your feet when you're walking. And we're just starting to tap into those. So let's take a breath from overhead, right down through the center of the brain, through the throat, through the chest, right in through this area of your body that got your attention.

And just let it melt you and soften you on the inside. Something softens when that connection is made. And then exhale down into the earth again. And then just inhale up from the earth into the belly and just exhale.

so at first that might feel like, you know, patting your head and rubbing your belly or something like that. It's like a lot to think about, but in a day or two of doing that, it won't feel so foreign.

And you're going to start to draw from client quantum sciences perspective of photons, these little tiny packets of energy that is awake, packets of awareness.

You're going to draw them into the central core channel of your being. And it starts to build a sense of self that was vacated long ago when you started trying to please everybody else and do the right thing and perform and show up and protect and guard and all of those things that we've spent our lives doing.

And instead our attention goes inward and we we responsibly start stewarding this power of the universe. I just have one more image I want to share with this before before we go or go on that there is truly a tremendous thing happening here.

So this is kind of another version of that same image. So here's that little image that we've been looking at right there. It's right inside this. But this is the universe, okay.

The whole universe is compressing itself into a funnel and into a channel and hitting the Earth and rising up. And it's inside of that torque field flow that the human body is built.

And so you are the universe. You are this endless supply of unlimited energy and pure potentiality. And if you're not feeling that way, there's a reason, and it's because you kind of cut this off and you've been trying to live in that

without opening to this.

So that's why I have you breathing above your head and below you, so that you start to engage this again, because what we're doing here in this life is we're we're the universe coming in and hitting the earth this way, rising up and cycling around.

And then we roll that out in front of ourselves and project this energy onto a movie screen here. And then we are constantly walking into that movie all of our lives.

That's what's going on. So if all of that energy is cut off and distorted, and then we're projecting a movie that we don't really like so much and we're constantly frustrated, and the flashes and the chemical imbalances that occur are often times greatly magnified because we're living inside of this distorted picture.

That isn't the truth of who we are, and compromises us and robs us of our energy that could be being used to harmonize and balance those chemistries in ways that that, you know, that distortion simply won't allow for.

I've worked with so many people, myself included. When I started having hot flashes, it was like, oh, wait a second, you know, I know energy and this is not supposed to be happening.

What is this surge going on? And I had one, and I immediately asked, where in my body could I build the circuits for this to dissipate and for me to use this energy instead of it just coming off of me and being wasted in this way?

And so my mind went to my solar plexus the next time it went to my throat. And then I never really had hot flashes again. This energy started surging through my system.

Instead of just offloading in the ways that we would have those kinds of reactions. And, you know, you know, as you have shared, sharing that, that it isn't just about hot flashes and that kind of thing.

but it's a way for us to monitor and to recognize, well, I'm harnessing this energy. I'm not wasting it. It's not just surging and having to go somewhere.

I'm capturing that. I mean, think about it. If you've if anybody's had that flashes, you know, that move, that whole thing. Well, what if you could harness that power?

What if it was there for you? It's just been not been shown where to go and what to do in a moment when you need it most. And by doing this work, wherever your attention takes you and it may take you to a different place every time.

So don't always go to the same place that your mind went. The next time that you think of it, or the next time you get triggered, or the next time you're having a surge of energy, a power surge as so many people call it.

The next time that's happening, ask a better question where in my body could I build the circuits to harness this energy so that I can be present and empowered in every situation in life, instead of just having to dodge dodge the bullets all the time kind of thing.

So I'll stop there and see where you want to go. But thanks for letting me go on. I have one thing to say, and then I have one question to just kind of wrap it up.

yeah. I think what I was trying to say in the beginning, the picture you showed of how we are the universal energy really summed it up, at least for me.

And I hope for all of you watching, because to me that shows we we are we are the universe. We are here for so much more than then being stuck in our physical, and that we can harness this energy, can help our physical, because we're all here for a reason.

We're all here to shine and give a gift, whether it be small on a large one. They're all important. And so I, I think I want that picture like hanging above my.

I know, I know, it was in my head, you know, just visualizing this I could see and sense and feel what was going on as 20 years ago I had a 24 years ago, I had started having these major openings in my own consciousness.

And I could see this was this, this conversation. And and so I had my graphic designer go to work with helping me, you know, create an image that would show people what's really going on.

And, and so it's been helpful for many, many people that they're like, oh my God, thank you. That image will be in my head for the rest of time and let it become real.

Feel yourself receiving. Feel yourself, you know, being showered by this compression of this funnel in this channel because that's what built you. That's that's how it happens in the developing embryo.

And, and we continue throughout our whole lives. And it's always pouring in like that. It's never not it's not something that happened at the beginning.

And it hasn't been happening since. It's happening right now has been happening every moment of your life. And so if we can just imagine it, we at least give permission for it to be a possibility.

And when we do that, it starts enhancing it and magnifying it. And the next thing you know, you're actually starting to feel empowered in ways that you didn't know before.

And your attention comes in to feeling and perceiving that, and you start building circuits to enhance it. And all of a sudden life becomes this project.

It's like, give me another one, give me another trigger. Let me see if I can build the circuits for that one. And it's like you're not avoiding things.

You're just like, bring it, because I'll know, when I get there, exactly what to do. I'll need I'll know what I need to know if I build the circuitry for the knowing.

Because this this energy, it's information. We think about it that way. So you're constantly being bombarded with all of the information that you need for everything.

I know that's a crash course of a conversation to have. And, you know, 30 minutes in. Okay, okay, let's change your reality. But it's a start. It's a start. And if you'll just let it start, you know, it it you were built for this.

So it kind of starts enhancing itself. If we get in alignment with it. And I of course, I'm always here to help people, you know, develop a deeper understanding of that.

But but even just, you know, just breaking the seal on this idea that I'm all alone and I have to make things work myself. And it's a hard, cold, cruel world out there, and people aren't what I thought they were and all that stuff.

That's just like, duh, just doesn't feel so good to live that way so we can shift it. Yeah, it was making me think when I was in such perfect medical school, I used to hang the the big biochemistry Krebs cycle post.

I was like, oh my God, Griffin, while I'm sleeping. Yes, I feel like we missed the boat. Like maybe we could have had that and we could have had your picture of the.

Yeah. Yes or the invisible. And so yes, my last question before I ask how we can learn more because I know I want to learn more, is what is your personal viewpoint like, do you feel like if you really harness this energy, you don't need to take vitamins, see?

Or do you feel like you still are a physical body and it's important to eat your organic greens and and just so curious because. Yeah. And I asked myself all the time. Yes.

Nutrition, Supplements, and Thriving

You know, I think that when we establish this knowingness and it's not just not just an intellectual understanding, but when we establish the ability to experience ourselves as all this energy and this energy being that is recycling, and we're building circuits and we're here to navigate the enhancement of that, that's really what our life is about, is to wake up to the fact that we are this pure energy or, you know, spirituality would call it spirit.

Science calls it energy. It's the same thing. and so when we start to establish living as that, things begin to change. And, and so it's always important to fuel the system with foods that are as close to as nature tried to provide them initially.

And before we kind of altered the Earth and altered the water and altered our ability to maintain the vitamins and the minerals in those foods. But as closely as we can still consume those things, obviously it's better for the system.

and I also know that that when people are really enhancing this energy flow, we can buffer more of those deficiencies in our diet or the lack of remembering to take our supplements or, you know, even even compensating for what what you had to do at that birthday party or whatever, you know, to eat the cake and, and so forth, that, that we have the ability to transform and transmute it much more readily when we're in this.

It's kind of like a washing machine. This whole being talked feel flow that I was describing, it really acts as a giant scrub down. It's constantly allowing for new chemistries to reinvent or to re re, corroborate or collaborate or alchemy in different ways.

There's a constant transformation happening. So, you know, I personally am always looking to eat and alkaline diet that allows my body the right chemistry to break down foods and, and, and so forth, and allow my cells to be swimming in the proper chemical environment and, teach people how to do that.

And I also, I'm fond of supplements in, in a short term fashion where we're utilizing them as a booster to help us get in better charge of our system.

But if we're not doing anything to build the circuitry or to get in better charge of our system, and we need more supplements this year than we needed last year, then I don't really think that we're addressing from a responsible stewardship standpoint, everything that we could be addressing in proper proportion.

So so it's it's sort of like all things in moderation and all things in their right time. And let's get busy learning who and what we really are so that we can master that and harness it and magnify our ability to be self-healing and rejuvenating and self illuminating and, and, and truly master this life experience.

We're not here to survive. We're not here to survive. We're here to thrive. And if we're stuck in the survival phase of things, we just haven't evolved into the fullness of our being.

We haven't become aware of all of our faculties because as soon as we do and then we start using them, we thrive. We're not we're not preoccupied with being safe or or, you know, or getting by.

It's not a good enough goal for us to to just find safety. It's it's really ours to move into our creator ship instead of being stuck in our survivorship.

so where can we learn more? And, oh, some training program. oh my gosh. You know, I love to share this stuff.

Where to Learn More

And so I'm doing it all the time. I love to teach. I'm finding all sorts of ways to teach from all different perspectives and themes and topics. you name it.

my website shows a lot of that. We're currently redesigning it. So check back in and check back in and check back in because it's going to it's going to pop in with some new understandings and simplified.

But but also there's lots of free stuff on YouTube and and we're on social media, there's, there are lots of ways to find us, but my website is the best way to get plugged in to, I take people on sacred tours around the world to you.

You work with sacred sites and and the energies that are available there. I also teach coursework, everything from an afternoon workshop to, you know, a five day workshop to a year long study deep study program.

it's there for you at whatever degree you'd like to jump in or plug in. we have we have some things available. So I would just go there. Is the website.

Yeah. drsuemorter.com. And, and there's all sorts of places to play around in there to, to learn. And if you have any questions, call us or contact us at info@drsuemorter.com.

And we have a team standing by, nearly 24/7 to answer your questions and, and get you steered into something that might serve you specifically the best.

Yeah. what a gift for being here, ladies. Go check her out. This is, you know, this is it I love. Yeah, I love what you said at the end. You know, this is this is our purpose.

And we have to we have to start thinking about our energetic field and the crew and then from there, we get to have this sacred second act. And I want you all to just, you know, being like Dr. Sue.

She's she's obviously walking her talk. Look at her. So yeah. Creation. And what an inspiration. so much my joy. I know you're you're two on vacation and have a busy schedule, so I appreciate you coming and sharing with you.

Absolutely. I'm glad we could sneak it in. And it's been a joy and a pleasure. Thank you for what you're doing and pulling these important conversations together for people and just allowing people to be exposed to information that didn't used to be available to us.

So readily and so easily. So, so thank you. It's very important what you're doing in the space that you're holding for everyone I share. All right. Thank you. Yes. Blessings.