Unlocking The Connections In The Body/Mind Using Acu-Light Therapies Transcript

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Introduction to Rosemary Bourne

– Well, welcome back everyone to The Medicine of Mindset Summit. I'm Jana Danielson. I'll be your host for this latest episode here for our week long experience with tapping into the understanding that we do have so much power within when we draw on the just amazing power of mindset.

So my expert with me today is Rosemary Bourne. I'm gonna tell you a little bit about her and we had just a wonderful chat. This is the first time that we're meeting and you know what I can tell this is gonna be a good chat.

It's just how quickly we hit it off just five minutes ago. So you're gonna really fall in love with this lady. She began began her joy in alternative medicine in 1980 she studied shiatsu and macrobiotics and then she received a lot of degrees and you'll be able to tell how highly educated this woman is in these amazing areas, She got her degree in acupuncture and Chinese, herbalism and then her doctorate in oriental medicine, she was introduced to s a genetics, the actual IT system created by German natural path peter Mandel and we're gonna dive into this in a moment and today we get to learn from her and you know, here's just how funny this all works out.

I was actually doing another interview for this summit and the speaker was telling me all about this amazing, you know, energy work and color puncture.

And I was like, what? What is this? Right? And so we got connected with Rosemary and here she is magically on your screen today. So Rosemary, thank you so much for being here. – Thank you for having me and hello to everybody who's listening to the talk also.

– Alright, well yeah, I mean we want to thank you for coming back to each episode. This really is about you know, helping you connect the dots so that you can start living what you're learning and just improve your quality of life.

So, Rosemary tell us about Peter Mandel and this method of S. A. Genetics. – Yeah. So s a genetic color puncture is a system of colored acura like therapy which in its basic essence combines the principles of Chinese medicine with modern discoveries about the biophysics of light.

What Is S.A. Genetics and Color Puncture?

So it's an interesting thing because you were mentioning that the way you got into your whole track of healing was from chronic pain. So actually this is also the story of Peter Mandel. Peter Mandel had a very serious accident when he was a child, he had chronic migrants and so he began a journey of you know, learning about different medicine techniques and then starting to engage in them and practice them.

And eventually he became a German natural path. Way back in the seventies, he studied Chinese medicine in Hong Kong. But then in the early seventies he really started to develop this very unique system and the way he developed this was in in in collaboration with this bio Photon physicist fritz Pop, who I would really say the system doesn't exist without the bio photon research that fritz pop started also in the seventies in Germany and so I thought I'd just read you one quote uh from fritz pop so he says in terms of healing, the implications are immense.

Light can initiate or rest cascade like reactions in the cells and genetic damage can be virtually repaired in hours by fake beams of light. The entire cellular metabolism and communication between cells and cell conglomerates would be impossible without light. So this system is deeper than our nerve nerve cells and our nerve pathways in sense this is the underlying sub stratum of communication in the body.

So our body is basically a photovoltaic cell which is supplied with energy and information by light. And I just wanted

to mention that usually when I get asked to appear on podcasts, we start here and then people want to talk about the biophysics of light.

But I was actually very delighted to be asked to speak on this podcast and Jana, I'm just going to mention that I had sent you an email because I had heard about this podcast, the medicine of mindset.

So I was kind of thinking how can I talk about s a genetics from this direction rather than from the scientific or to some extent from the strictly medical perspective, you know, speaking from the symptoms and what you wrote back was that the term medicine is often thought of as what we take from a bottle.

We often very forget then that we could rely on the earth our own immunity and the power of our minds and our awareness to heal us. So what we're interested in doing is educating and inspiring people to understand the innate power to heal physically emotionally and spiritually in how we think the choices we make and the habits that drive and the reason why I wanted to share that was because that really aligns with the viewpoint of this system. And so I was excited to be able to talk from more this understanding of how peter Mandel views sickness and health and I so this is really in alignment with, with our perspective because from the s energetic perspective physical illness and pains are important signals of deeper dis harmonies in the psyche and the spirit that then disturb the healthy bio communication in the cells in a sense, throwing off the cellular rhythm.

So the understanding is that all disease develops from the subtle information field to some extent what you're calling mindset to the course, which is the body.

– Okay, this is there's so much goodness in what you just shared now, because this is, you know, this is very new to me and I'm sure there's people you know, watching in our audience that this is the first time they're hearing about it.

So can you paint us a picture of what it looks like when someone is getting a treat like a treatment with you or by someone trained in this area? What what do they do? I mean is it in person?

Can it be done virtually? And what is that half hour or hour long experience? I think that will help a lot in creating security for where we're going to go with this conversation.

– Well the first thing to say is that everybody's patterns of disharmony is is unique. And so we use a system called energy emission about evaluation.

Which is basically we take an energetic photo of the discharge from the fingers and the toes. So as you know, all the meridians begin and end on the fingers and the toes. And from that pattern that we can see of that discharge that we can see from the fingers and the toes.

We can look at at three levels of information. First is the matter of the body.

How the Assessment Works

We can see uh we have a map connected with the 1010 fingers and toes. And we can see so for example the thumbs. Just to start with the thumbs on the physical level. The thumbs are connected with the teeth.

As you know, dental work is a big issue in focal intoxication. In naturopathic medicine, we can look at the dynamic between the teeth and the lymphatic system.

The ear nose and throat. So we can get a whole snapshot of that system. The index finger is connected on the physical level with the spine and the colon.

So we can look around the photo and see various patents on the physical level. And then what's incredible about the system is we also look at the energetic or the soul level which is connected with the attachment system starting from birth and pre birth to age 369, 12. And then we can see how that dynamic where the various breakages might

have been in the attachment system, how they start to play out and affect the body, the stress level in the person and the dynamic then between the mind and the body.

So what we're interested in looking at is finding where there are those blocks in the information flow that we can start to unwind. That will then allow the body to start to come back into a better rhythm with itself.

– Okay, so you're taking photos of the hands and feet and your discerning all of that information from what you see, correct? – Yes. – And what do you see in the photos? Are you seeing colors?

Are you seeing like distorted shapes like what do you see? – So it's not actually, we don't use a colored photograph. There are different what we would call or a photographs, which I'm sure people have seen.

You know the aura around the head. But this system is actually based on a German the work of a German man and some Russians. So the reading system is based on the work of all who was the first man that started looking at the emission from the fingers and toes and using a bio electrical testing system. So for we look at three general patterns of disharmony. One is the endocrine pattern of disharmony, which is the hormonal endocrine emotional loop connected on the emotional level with shock fear, um loss of connection to your own information. So dissociated states, panic attacks, digestive issues, so on and so forth, toxic, which is inflammatory infective conditions, has a different pattern and then and it's psychologically is connected with more reactive emotional states, Anger, sadness, unprocessed emotions affecting the lymphatic system. – Okay.

– And then when we move into the more severe category, we're talking about what we call degenerative categories, which are a pattern of lymphatic stasis, but they're also connected to more severe states of emotional shutting down and being walled off and losing the capacity to receive another person to share and to be in relationship with your own information and with other people?

– So once you've done your analysis or your assessment, how what are some of the core concepts based on what you see? How do you start the journey, the healing? I'm assuming there's like a healing journey or a healing process that follows that take us through that piece.

Patterns of Disharmony and Healing Approach

– Well, I think one of the key principles that I wanted to share, which I think is a very important thing is to say of course one of the understandings is in this system is that everything develops and nothing just occurs.

So you wound up at a certain point in your life with pain in your life, but that pain exists within a whole pattern of disharmony and other um causes that started to move you in that direction. So what we're trying to do when we're looking at the photograph is to see where was the initiating action within that disease. And it's important to say.

So we're working with the underlying subconscious patents and it's important to say that we're not in any way saying that if you have cancer, you shouldn't be working, you know with your naturopathic doctors?

With your telepathic doctors, The body is the body, the matter of the body is real. But what we're saying is if we can free up some of these underlying subconscious stresses, then the body can start to unwind and the whole pattern will unravel. So in terms of your asking, how do we start the process? We look for what we call the start destination strategy. So we're using the camera to see.

Okay, did this person have the quarter around their neck three times when they were in utero, how was the guest station? Was this child wanted? So this is the left little finger. How was the time in the womb?

Was the mother in a car accident? Was she in a war zone? Was the father there? And then the actual birth itself. All the different complexities. You've had three Children. So even in this day and age, you know, birth is still a complicated process and you know we understand things about long term outcomes for Children who are C sections in terms of cognitive development, emotional engagement and so on and so forth.

So we were looking okay, was at birth was at age three. How was the early attachment period? And we start to look and we start to unwind and unlock those processes and then we see what happens. How does the body respond?

How's the flow of information? Does the person start feeling more resourced and more connected with themselves and to their own tracking and awareness.

– So each session, I'm sure. I'm assuming they come for sessions, is there a more are there best practices like is this a process that can take? I mean obviously it was years in the making. So when you talk about unwinding and I'm asking this question because I think as it's not, I think I know as a society we've become so conditioned to want immediate results.

We want to feel things right now you text someone and they don't get back to you, you can see they read it and you're like why aren't you getting back to me?

And I feel like we've applied that mindset to everything in our life, including our help, which we know it didn't you know, we didn't just wake up this way so that unwinding process. How do you manage that for a client so that they can not just fast forward through it, but really experience it because I'm assuming that it does take time.

– Yeah, but the thing is within the process, you're getting results all the time. So each session you should be feeling an improvement in your outcomes. So it's not like you have to do 10 sessions until your pain goes away. But we are hoping even in the first session that you're gonna get pain relief and we are, you know, looking for that symptom relief, we're just approaching it from a slightly different model. But the understanding is that and and you're pointing to something in the society that's part of the disease of our whole culture yet, which is that where we're kind of ripping ourselves off from becoming present to who we are right now and to having the innate capacity to sit with that state and actually start from where we are and begin to recover.

And sometimes you have to sit with a little bit of discomfort.

Case Study: Conflict, Autonomy, and Recovery

But I think when you do then there's always a sense of relief in that because we recognize that we're coming home to self. And so this is what we're trying to do is bring people back into a connection with their information with the field.

– So I mean I love how you're positioning this and what you're sharing and so let's go one step further. Can you share some experiences? Like I love hearing stories, like can you share some stories or some of the healing that you have seen happen in your practice utilizing this system?

– Yeah. Well firstly I was thinking about this because I think it's very interesting to hear cases because they make something three D. And I just want to mention and I hope this is okay.

But you were talking about Dr. Sharon Stills that she, she was talking about this. So I shared on her podcast a very interesting story about a woman with cancer. So I want to refer people to Sharon's website if they want to listen to that. And also on my website in the body electric summit, I also talked about three different interesting cases, a pain case.

Another case with a young child with autism but with a very interesting ancestral history. The father was in a Mexican gang escaped across across the border had very very very severe shock and ptsD and then the whole kind of ancestral piece for that child. But I was thinking today I want to share a simpler case because I think it's also, you know, it doesn't have to be the really dramatic case.

So this is a girl that I've known for now, I guess about 12 years and actually she's now moved away from here, but we still work online, we don't do color puncture, but we just connect and track.

And so when I met her, so one of the key concepts in the system that's connected with this case is about conflict

and I think it speaks to let's hurry up and get better and start performing well and you know, having a good image.

And what Peter says is he puts a lot of different therapies under this umbrella of conflict. And what he says is that something that really changed my life is that conflicts if we can approach them in the right way are actually the key to our evolutionary curve.

But what happens is usually is people move away from their conflicts. So, you know, this is how people develop burnout. Yeah. Is I don't know if you know the 12 steps to burnout, but there's a very significant step in the 12 steps of burnout, which is where you begin to deny your needs. you re evaluate friendships self care and you eventually wind up, you know, in a natural paths office with a flatline cortisol level.

So right at that point where you start denying your needs and moving away from your conflicts. Maybe you start drinking more or whatever you use for inadequate stress response. That's the point that we get interested in because within the heart of that conflict is some developmental capacity in the attachment system that just didn't quite get learned. And so if we can bring that into our process, we gained more power within ourselves, We developed more confidence and we can present more authentically. So this girl, I met her at that point, she had been in college, she'd come out from Minneapolis and she'd been in college out here, but she'd gotten into a horrific party vendor And then met an older man and gotten into a relationship with him. So she was maybe 18, he was in his 30 and they've gotten into a very stagnant kind of lifestyle, you know, smoking a lot of pot and she, her whole hormonal system. So in terms of her blood work, her hormonal system was very disrupted, her thyroid was starting to go off.

So some other colleagues of mine sent her to me and you know, in this system of course we start to regulate the hormonal endocrine system, but when I started really being with her and and finding out what was really going on and looking at the curly in there was an underlying conflict going on for her, which was, she actually really knew that she wanted to move back to Minneapolis and she was in a very, very severe conflict around this relationship because she didn't really feel capable of leaving her dependency on this older man. And So the interesting thing though was every time I would move her to, okay, let's get you moving back to Minneapolis, she would actually have severe panic attacks. And part of her issue was her concern about causing this man pain. She was a very, very she still is to this day, a very dear person. So she couldn't get into her own autonomy when I'd move her to staying, you know, okay, you're staying, this wasn't working.

So classic conflict, should I stay or should I leave? Right, where do I go with this? And I couldn't get her to move. So I started working with these different conflict therapies and I have this here to show you one of the things we like to do is get people to participate in the healing.

So we want people to engage, because ultimately, you're trying to liberate people from therapy, you're trying to get them to feel resourced enough to be able to walk their own path.

So, I'm just gonna show you this, I gave her this this is a crystal with custom made quartz crystals, Swarovski made crystals, this is called a love disc.

So at a certain point, I realized actually this conflict can't move right now, she has to drop in a little more. So I gave her this disc called love disc and I started getting her to work on it using it at night before she went to sleep.

And I stopped pressuring her so much and just started working with her subconscious in more subtle ways in the sessions and regulating her hormones after about three months she came in and she said, okay, I'm going and it was like finally something because we can't always work directly through the mind.

We have to support the subconscious to get on board. And she finally said, I've got to go for myself and I have to learn to do this. And it wasn't an easy process.

He suffered terribly And obviously he was a nice man, but it wasn't the right relationship for her. And now 10 years later she's still in Minneapolis and that was definitely the right decision for her.

So it was a whole thing around her feeling entitlement to her own autonomy. And this was stressing her. She was getting into actual panic attacks, – Wow, okay.

So is there a way that we can use concepts from this system of healing at home? What would that look like? Can we, first of all, and if the answer is yes, what does that look like?

– Well, I think I've shared too, that I think are really significant. So the first one is their understandings right? And when you start to apply these understandings, it helps you in the way that you can orient within whatever process you're in.

Mindset, Awareness, and Daily Practices

So the first is, as I said, everything develops and nothing just occurs, you develop into an illness, there's a process that happens and then what we need to do is meet ourselves where we are and meet whatever conflict we're in and understand that we need to move towards the conflict and once we move towards that conflict, even if it brings a little bit of discomfort, then we can start to develop towards health.

So we come out of the trauma vortex and we move into the healing vortex. So we start to get that nice figure of eight going on. But in the middle there there's a place where we have to meet whatever that conflict processes.

– And so when you're working, I want to just look back to mindset, you've mentioned that, you know, on more than one occasion since we started our chat today, how do you, It seems to me that if there's a disconnect between the mind and the body, that this work is more challenging.

It's more challenging for the unwinding to happen. Like do you as kind of the expert as the therapist as a clinician, does that ever trip you up? Like, you know that the body wants it?

But there's these belief systems in the mind. I mean, you shared the story about the young woman who is in Minneapolis, but is it is the body and the mind hand in hand. Does one lead the other, what's your perspective on that? – Well, I like this, Japanese Zen saying which describes the relationship between the mind and the body. We say a tree is not made of wood. The tree is wood.

So your body is your psyche, there's no disconnect. But what can happen in shock and fear is that the mind in a certain skillful way, might try to disassociate those two parts. So, and you know, that's a very that's trauma.

Either it's caused by develop developmental trauma or sudden shock trauma, like an accident. As you know, if you're in a car accident, you might forget for several hours actually what happened until you suddenly start coming back into the felt sense of it. So, some people have that very severely and we can read that and also you can track it in the affect when you're talking to someone just by asking simple things like, what did you have for lunch yesterday?

How many times do you pee in a day? Do you remember your childhood or do you remember your dreams? – It's fascinating. It's absolutely fascinating. And so I have a couple of questions that I want to use to wrap our time together and in this, the first one is in your area of, you know, mastery and expertise.

Do you think there's anything that's not being talked about enough? – Well, I the thing that I wanted to say was, you know, when I was thinking about this is that I think they're the shift that I think is the really powerful shift is there's a shift from mindset, which to some extent is within the conditioning.

Like if we start trying to make affirmations or something like that to some extent we're still in resistance to something, there's a shift from that to the field to the information field and that's the shift into awareness and once we get that shift into awareness so the matter awareness engage, we start to be able to track our pattern and then this is how the unwinding starts to happen.

So if you think about the brain, so the cinematically conditioned parts of the brain are the stem brain, so this is all

our instinctive responses and then the limbic brain, the amygdala and the hippocampus in this area, then we have all our memory storage and these two parts, these lower cortical centers can in a sense, capture us and keep us trapped in these loops and then sometimes we start trying to shift the mindset but in a sense sometimes that's a little bit like just trying to rearrange the furniture in the cell at a certain point there's a shift where you move up in, you engage the prefrontal cortex and then you start to be able to go, oh that's my pattern and what's this pattern made of and that's a very very fundamental shift and I think I'm very interested in that part of the conversation which is how we shift from conditioned mind and maybe trying to recondition our mind to how we shift to awareness, relaxation and an engagement in our capacity to track and respond appropriately in situations. – I like it. I like it. I often wonder with, you know, we hear about you know, you know the ancestral pieces that we bring with us and and I often wonder what will it be like, you know, 500 1000 years from now when we are, You know, when what you're doing maybe 50 years ago wouldn't have seen so mainstream or you would have found such a small little group of people that would have been excited about it.

And now I feel here we are, you know, you're getting the stage to be able to say this. You know, there is this, there is science, there is the art, there is this beautiful intersection of the two.

And so I have one more question for you. I've been asking all of my guests the same question because part of this week is really helping our audience see what resonates with them, what lands with them and what can they take from each speaker and you know, really plan that seed and nurture it. And so I'd love to know what are some of your personal mindset non negotiables or must have that, you know, really work for you with your body, your mind, your lifestyle.

Where to Learn More and Closing Remarks

– Well I think you know, daily meditation and breathwork is really the the absolute foundation because as I'm saying there's a real power in stopping the activity and sometimes people are afraid of doing that because they're afraid of the conflicts what's gonna come up and and the chaos.

And actually there's a way that you can make a kind of a handshake with that state that you encounter. And then I find then that's the way to break the pattern.

That's the way to, if we want to use this term resetting the mindset in a sense. It's uncoupling the train and then there's a little space, there's a little gap.

You can take a breath, you can come into the present and you can look at look at what's happening in a fresh way. – So, so good Rosemary. Now, if there are people here in our audience and I know there will be who want to learn more or connect with you, where's the best place to get more information.

– So I have a website it's colorpunctureusa.org and they're going to be able to look that up on, on your data and on that website, I have a new section and I post all these podcasts that I do. I have a really interesting talk from Peter Mandel and so there's about four or five hours of listening and watching and hearing that you cannot, you can engage with there and then you can read articles, you can see all the different types of equipment books cd sound therapies, many different things.

– Okay, well I just want to thank you so much for giving us a for, for some of us, you know, an introduction maybe for others. This is the next layer of their learning about this form of, of healing and I yeah, thank you for your time for your energy and I know it just feels like for some of our audience members you probably are there answered prayer that they didn't even know they were looking for. So thank you so much for being here.

– Thanks Jana. It was really good to meet you. – Thank you All right, gang, this is the end of another episode here at The Medicine of Mindset summit. I like to remind you to go fill your water bottle. If it's daylight go even if it's night, get out. If you can get outside, if you're not, it's not snowy, get some fresh air and we will see you back here for the next episode.