Use Sacred Knowledge And Ancient Rituals To Enhance Your Energetic Field For Health and Inner Peace Transcript

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Introduction and Speaker Background

Hey, welcome back, everybody, to the bioenergetics summit. I am your host, Doctor Greg Eckel. I am Doctor Stephen Young today talking about using sacred knowledge and ancient rituals to enhance your energetic feel for health and inner peace.

Doctor Stephen Young, he's the co-founder and chief alchemist of immortal. His moonshot goal is to help a billion people and their suffering from chronic illness turn their health from a liability into their greatest asset and their life from disease to ease.

He creates at the intersection of science and sacred wisdom. By combining the old and the new, he has seen impossible transformation become easy. The entire paradigm of our reality is about to change.

Doctor Steve is passionate about creating technologies, processes, and tools for humanity to navigate this new future. He believes we all have the ability to play with and pass on our wisdom to our great, great, great great grandchildren for the most abundant future possible.

He is directly supportive. The healing of over 9000 plus patients directly in the last 20 years. He's a foodie with a goal to eat at the top 50 restaurants in the world, strives to be the sole child of Elon Musk and the Dalai Lama.

Currently, he's just enjoying being amazing. Welcome aboard. Thank you Greg. Super excited to kind of share with all of the awesome humans I am. This is a great topic for this conference and summit, and I'm going to start out with not a trick question, but what is your favorite color?

It is blue. Incorrect, sir. That is green. No, no, I like it, I like it. It's a little throwback to Monty Python. I appreciate your humor and your joy.

But more seriously, what are the laws that govern reality here? Yeah, I'm a huge fan of what are called the Hermetic Laws. And so these seven laws are also known as the seven immutable laws.

Right? Many laws in the past have actually been proven incorrect and have been updated. However, these seven laws have stood the test of time, basically.

Hermetic Laws and Reality

And so and really quickly I'll just list them and we can if we want to dissect them. There's the law of gender, right? Which means everything has a masculine and feminine energy component to it.

There's a law of polarity. Everything has opposites, right? Day, night, black light of doubt. There's the law of rhythm, which means everything in nature and in reality swings back and forth in rhythm.

Nothing is static and linear with history. There's a law of vibration, right? Everything in our existence. Just a bunch of vibrating molecules. Which is why our energetics and it's just vibrating at different frequencies.

And of course, we can affect the frequencies of these vibrations. And then there's a law of mentalism, which means all things stem from consciousness for thought.

So we generate in reality. And, you know, we now have science to show this, that we're not just observing reality, but our mind. As we observe reality, we're also affecting reality.

So that's sort of the law of mentalism. And then there's the law of cause and effect, right? Nothing happens by accident. Everything is sort of input output.

And then the last law, which is my favorite, I would say before last, is the law of correspondence, also known as as above, so below as within, so without.

And what that means is your your health that you're experiencing, your relationships, your work, professional, all the things, everything that you're experiencing in life is a direct representation of the internal aspect of you. Wow.

So it's, it's a little messy then right now, Yeah, yeah. For sure. Right now, we're being what I call initiated. Cared for what's about to come. So it appears very messy, for sure.

So these laws, the Hermetic laws, those come out of what? Tradition or. That's an amalgam. And from a couple of them are. Where does that happen? Yeah. Good question.

And so if you look into it, the hermetic follows because Hermes, who also has been thought of this thought, which is sort of like an Egyptian god, Hermes.

It's it's a mix of basically Egyptians slash Greek mythology. And from their tradition, it's been handed down over the thousands of years, and no one really knows exactly what the lineage is.

It's kind of unclear. And so but we know it's been around for thousands and thousands and thousands. You know, that it kind of reminds me of the, out of Chinese medicine and Chinese philosophy of the yin and yang, or in a Daoist component with the polarities and that kind of opposite sides, or, you know, along those lines through each of the seven that you went through.

So that was that's interesting, right? That those universal truths that we have out there. What are your views about energy in general, and then how do you apply it to daily life?

Yeah, I think, again, if we sort of anchor back to some of the romantic laws and, you know, the thing with the Hermetic is interesting, it's when you, when you apply and understand each of them individually, the world just makes much more sense because it's like the rules that govern reality.

And when the world makes much more sense, you get this incredible sense of inner peace where you kind of understand why things are interacting, the way they're interacting.

And what's fascinating is if you start to combine the laws, right, if you combine number one with three and five and six, these laws trap us in our 3D reality, our everyday egoic, you know, struggles in and joys and bliss and all the all the things.

When you start to combine these laws, they're also the same laws that can unlock you from the trap of the ego. It mind basically is. I just want to get that context first before I answer the the energetic aspects.

And so when we start to apply, let's say the law of mentalism and the law of vibration, right? All things are vibrating. And let's say in the law of correspondence together, essentially what we realize is that our everyday word choices write our thoughts, which is sort of mentalism or mental thoughts are influencing reality and influencing the vibration of not only us, but the vibration of our external environment.

And this will show up in science, right? Like emotions work, like water and crystal formations and how we sponsor our thoughts, right? That is just a proof or an example of the law of correspondence and the law of vibration.

And so if we apply all that together into our lives, we realize that our everyday thoughts in our words absolutely dictates our bio energetic feel, our health and everything.

And I'll give you, you know, the viewers, a very simple but clear example. Imagine you wake up every day and

these are the words that you use. I have to wake up.

I have to brush my teeth. I have to put on clothes. I have to get in a car. I have to go to work.

Applying Energy and Language in Daily Life

I have to pick up my kids. I have to eat right now. We have a very different feel that I get to get up. I get to put on clothes, I get to brush my teeth, I get to go to work.

I get to pick up my kids. Just simply one word shift from half to two. You get to completely changes the vibration of our reality. And that's just one word.

So you can imagine with all the other words that we get to piece together what that means. So being very on top of what I call with the highest discernment in which we're thinking and speaking absolutely trickles down and affects everything in that is a lot of responsibility.

But so true. Right. That that component, and I guess to, to, to mirror is we get to do that right. We have that, that privilege and or ability. On that front, let's unpack some of those laws with the gender and the polarity.

Let me just start down from the top of like giving in that discernment around, though. Yeah. For example, if we start to combine a few laws, let's apply it to attachment.

Right. So this is a very common concept in sort of the spirituality, energetic and even personal development space of attachment. And essentially if we were to apply that framework into the Romantics will realize is that what we're really saying is if you're linearly existing in any way, that could be, I eat the same breakfast every morning, or I drive the same way to work every day, or I have the blank routine that I do the same every day.

The law of rhythm and the law polarity, just those two alone would state that that linear existence at some point will create some kind of what I call resistance.

Right? Some kind of friction point to get our attention. And so if you were to apply the law of rhythm, right, everything moves and seasons, everything swings back and forth.

And so it's probably not a good idea, let's say, to eat like I used to. If I knew all this, I would eat like oatmeal every morning. And eventually I became highly sensitive to oatmeal.

And so, you know, we have biological tests that kind of, again, illustrate these laws that if we eat exactly the same substance day in and day out every day, eventually we actually can become sensitive to it and inflammatory to it.

That is just a biological way of illustrating the logarithm, right where we're attached to that food. But we can also apply that to psychology, right?

If we're attached to an identity right now, I'll commonly talk about mom. Right. Moms when they first have mothers, when they first have children. Right. Their identity is like, I am the protector, right.

And you need that identity because the baby needs to be fed, needs to be kept safe because it could, you know, it can't really fend for itself. But sometimes mothers don't update that identity when their kids are teenagers or when they're like 40 years old, that I am the protector and it no longer serves because your kid probably doesn't need protection at that point.

They might need something else, right? And so you update that identity. So that's a psychological example of a linear attachment. And so these biological psychological that can also apply to energetics.

We're meant to exist in this law of polarity and rhythm swinging from one pole to another. And eventually we we land in the middle, which we would call the Dallas.

We call this a point where we're no longer, you know, clinging to the sides, basically. How about in vibration? How does that one play out, you know, in the law vibration and automatically say, when you master the law of Vibration, you also master reality and they also say when you master the law of vibration, you're now acting and living and expressing and experiencing from your divine self.

So if we sort of unpack that, what that means is, you know, I'm on my computer right now sitting on a table, right? And this table has what we call wood.

And so that's the chemical way to describe it. But if we describe it purely from a law vibration, it is just molecules vibrating at a certain frequency that shows up as wood in everything in our body, our health, everything that we're consuming, every, emotion that we're feeling.

Like, you know, some people say, oh, we have bad emotions like anger or frustration or resentment. There's no such thing as bad. But that's just the human construct.

Those emotions are just, we'll call it slower vibration frequency than like, joy and love and bliss. I am no different than this wood or this computer that I'm using.

There's a vibrating at a different frequency to my cells. And so when you start to see reality from a vibrational perspective and not from a psychological egoic story perspective, what I find is that a lot of things that don't make sense psychologically makes absolute sense vibrationally.

So I, by all I've done, actually exercise. When I facilitate where I have people recount, they remember a very what I call a heightened emotional experience.

I don't use the word trauma. It's a whole nother story. And so they will recount the light and it's interesting when I recounted it's very time linear, very sequential like this happened, I felt this and this happened.

So on and so forth. And I'll say, okay, let's take a deep breath and let's recount and remember it and see and experience it purely from vibration, from a vibrational reality.

And what happens is there's no time, right? There's no linear sequence. There's just kind of tune in to the overall ambient feeling and thought of it, and it completely changes the perspective of their memory of this heightened emotional experience.

You're wow. Yeah, in a vibrational lens, I love it. That does make total sense. Then you put in on top of that, maybe this mentalism component of we as observers actually change the experiment, right?

The, plenty of, evidence of that happening. So the mentalism and the power of mind, whether it be, you know, imprinting an image in somebody from a faraway place, a visualize using this in, telepathically.

I don't know if that falls within the mentalism camp, but it does. Yeah. A deeper understanding of the law of Mentalism is that there is this collective consciousness, and there's many words for it.

Right? Some people call it source knowledge, some people call it Akashic Records, right.

Vibration, Memory, and Collective Consciousness

Some people call it unified field. There's many words for it. And so, you know, it's interesting, I, I've been, as you know, studying some, some magic and alchemy with the Dharma hurricanes.

And they have this philosophy that humans are incapable of originating thought. They're these more powerful beings that originate thought. And we get the download of these thoughts and then we elaborate on.

Right. So there's this in another way they said it is there is this sort of more powerful collective consciousness or

unified field that is downloading the information.

And this is why, you know, if people are not aware of these studies where they have like monkeys on one island that were learning to do something in the monkeys on the other end, which they didn't have cell phones and they weren't talking to each other very soon.

They also learned how to do the things without being taught. And so because there is this sort of unified field, collective consciousness, Akashic record, again, many names for me, that's a deeper understanding of the law matters.

Yeah. So fascinating. So these seven laws that are governing reality, and then you're putting that in with discernment of the language of how you apply it in your daily life.

So from your experience in your studies, what specific tips or actions would you recommend someone regarding their energy? Yeah. So one, we've of course talked about is word choice.

And second would be kind of related to word choice. And I'll give you an example. When something happens our language shows up as oh that makes me feel angry.

That makes me feel sad and that makes me feel. And so we can switch that to this awareness of I am feeling X in response to that. It's subtle, but it's powerfully different.

But the other way to say it is, we're now speaking, acting, behaving in an embodying from what I call a divine perspective from the projector perspective, not just the observer perspective.

And so when we live from that space, what's interesting is at first you start to realize, oh my God, I've actually co manifested everything in my life, but you're no longer the receiver.

Just we, you're like, oh my God, that person hit me in a car accident. Or that person, you know, kicked me something in me, right. And led to that experience.

And so what's interesting about this is when you live from that space, at first, if you're used to. He makes me feel angry. That's happening to me. This feels very unusual.

It's like, wait a minute, what do you mean? I caused it all? Eventually, when you start to live from this place that you are absolutely causing everything in your life, all the the bliss and joy, as well as the sorrows and sadness for a certain experience, you start to feel very different.

You know, you're you're you're almost like the driver instead of the passenger. Basically, you start to realize that you're absolutely the driver. Yeah, that that piece of it sometimes is a hard leap for folks.

Right? But they're they're used to just experiencing as, as almost as a victim. Right. It's just happening to me. And then this whole lot is a piece of this is saying, no, actually the cause and effect is, is one it's coming from within and without.

And to have that. So how do you help people kind of grok that at the beginning? Because sometimes, you know, I would say when folks get into this thought process, then it starts to get into like, well, are you blaming the child with cancer?

Like there's a blame that somehow in this old language or the old patterning that comes out for folks. So how what are the techniques or some kind of bio hacks around that?

Yeah, that's a great question. And so first I contextualize it is, you know, if we apply the Law of Polarity right? Opposites, what we're really saying is like one way I call like your this side would be like your guy or divine self.

If we use less religious spiritual language, we say this is the driver and this is the passenger, right? And so we're meant to experience both. Right.

And so first and foremost, it's not wrong or bad to be the passage. Just like it's not wrong or bad to be the driver. We're meant to experience both reality.

I just found that most people live on the passenger side. They've already mastered that sort of speak. And in another word, we might call or label the passenger.

It could be victim, it could be many things. Right? And just first and foremost, there's nothing wrong with it. That is just one half of the reality I'm just suggesting.

Explore the other half. And eventually we we, you know, we've had this discussion where these multi-dimensional, infinitely capable beings trapped in the thinking, where like just in a human meat suit, I call it.

Yeah. So because we're these multidimensional infinite beings, we can actually be 100% driver and 100% passenger, right? It's not 50, 57, 38, 20. We actually can hold both vibrations fully in our beingness.

So first and foremost is that context. And of course, often I get the whole some kid dies of cancer. What do you mean? They call said I remind them that from a certain perspective, I believe and I I'll just say this is my opinion, is that we as vibrational, multi-dimensional, divine beings, we've incarnated in this need to have this human experience, and we chose it.

We chose all of it. And so if, let's say a baby dies at three months or three years or whatever we roll into our life, we'll see that as being tragic.

But it's very possible that that soul incarnated for that reason. Right? And if we don't understand sometimes in that moment, the ripple impact of that, for example, you know, Alice Lemonade stand when she died young, imagine how many lives her passing away has helped and influence.

Responsibility, Choice, and Avoiding Victimhood

And so sometimes when we zoom out of time and we have faith, we start to experience these tragedies as something different. And again, I'm not saying don't see it as tragedy.

I'm saying see it both as a tragedy. And it was meant to be. And there's faith and there's some kind of divine influence it and hold both vibration. Thank you for that.

Yeah, the context is helpful and, you know, I think, you know, having that broader perspective of you're able to be 100% in each is also kind of a mind gasm.

When you realize, like, yeah, it's not an either or scenario here. And so having that, the word choice and that I, I also love the discernment around I'm feeling X in response to that episode rather than a lot of times, you know, what I'm hearing from my kids, you know, and their friend group is, oh, I'm anxious, I'm depressed, I'm overwhelmed.

It's like, I think and they look at me funny when I start to correct them. I said, I'm, I need to do this for you because you are identifying 100% with that molecule of emotion, which is incorrect.

Right. And so having that conversation, I love that we're having that here. How does our relationship to our actions impact our lives? Yeah. Often times, I remind people that our relationship to our choices matters more than the actual, decision of the choice.

You know, sort of unpack this a little bit, right? And let's apply to health so you can say, what am I going to have for dinner today? And let's just go.

We'll swing the polls to illustrate a point a lot easier. Am I going to eat broccoli or am I going to eat bacon wrapped with cheese, deep fried with an Oreo?

Right. And so some people will say healthy and unhealthy. And so what's really interesting about this is we all know biologically broccoli is more healthy than bacon, cheese and Oreos, right?

Biologically, however, here's the interesting part. If a person who eats broccoli goes, I'm eating broccoli because I don't want to die of cancer, because I know it prevents this and prevents that disease.

And you know, I'm deathly afraid of dying from cancer because I know my parents would never had this cancer. So, I read an article that says broccoli really helped me not die from cancer in a person who eats the bacon cheeseburger because I'm enjoy.

Like, as I eat this, I'm just in less. There's no guilt afterwards. There's no this is bad. Typically when you label food as bad and you eat it moments later, you feel guilt.

They just fully enjoy it and they Edith slowly and they relate to it like they love the texture to taste. And for most people, if you're enjoying the, the process when you eat these types of foods, you'll find that they're not like shoving it down, like they're eating it slowly because they're enjoying the, the, the experience of it.

And so what's interesting is while biologically broccoli is more healthy than the bacon, cheese and Oreos, energetically and vibrationally, we can also say one is in fear and vigilance with broccoli, and one is enjoy and presents with bacon, cheese and Oreos.

Very different vibrations. Right. And so our relationship to our choices in filling matter, I believe, infinitely matters more because it affects our vibration more than the choice itself.

I'm in total agreement. You know, the way I talk about it is, you know, if you have that negative, that fear component and you're putting that into your body, it's like a hundred times more potent than if you actually just enjoyed the freaking thing that you're eating.

Yeah, nice and slow. I love that the experience of it. Wow. That is spectacular. So on that line on the seven laws and this I'm going to call it our responsibility.

What do you have some techniques or suggestions on how to become aware of it? Like so much of it is this autopilot program that has been moving in us that we're not even aware that we're we don't have that discernment or we're using we're doing like negative programing rather than positive programs.

Yeah. I think give overall strategic to you know, also give it a very tactical tip, right. For the both ends. The overall strategic tip would be simply and this is not to slow down, right.

Because when we slow down, we have the moments to essentially observe how we're actually feeling moment to moment, like when we're busy, we're just so focused on left right action, execution, getting from A to B.

And, you know, I had this really interesting realization earlier last year was that when we say things like, what's the best way to do blind what we really default to is like, what's the most efficient way to do blank?

And what we're taught the most efficient is a straight line from A to B, basically right pick efficiency. And I started to think about like, what if our life is just a series of experiences and moments from A to B, B to C, C to D, you know, EFG so on and so forth.

And we're consistent. Living this efficient way. We're actually picking a way to live. That's the straightest line from birth to death. Simply insufficient way to get the day right because it's a series of moments.

What if we just pick like the joyous way it might take longer to do the thing, or the most fulfilling way, or the most

happy way? Again, may not be the most efficient, but it's a squiggly line, then a straight line to death.

And so I think slowing down and just discerning which kind of goes back to, in a way relationship to, to doing right. How do we want to feel? Because all the marketing messages are brainwashing us into thinking when we get the card, then we will feel happy when we get this, then we will feel like they don't want us to believe in no.

In body you can feel blank any time that you want because it's really hard to sell you things and that reality. Right? And so when we get it, businesses happen.

We're in this space. Adaptability them and all that things. There's nothing wrong with it.

Practical Rituals and Closing Advice

But when you have this awareness of like, oh, they're brainwashing me essentially to think that I need this for that, whereas, no, I'm, I can just choose that without this slow down and start to strategically see and experience reality in that way.

So that's sort of the big context in love, very tactical. Is it the thing? And this would be a little bit of a downer hurricane magic ritual which you've actually experienced, which is, you know, we we consume things.

We include things into our biofuel, our energetic fuel in our body. We want to make sure that, it is it's aligned in tune with us as possible. Right. So, you know, for example, if people to apply this, let's say you buy, a tomato from the supermarket.

Technically that tomato, depending upon who picked it. Imagine if someone picking that tomato on the farm was having an awful day to like, I'm suicidal.

I'm depressed from the law of vibration. They're vibrating that frequency and they're touching the tomato, the tomato does have an imprint of that frequency.

Right. And so what we want to do is before we consume, eat, drink things and we put it into our body, in our field, there's a very simple ritual that you can do.

This is very tactical, which is you hold that that thing in your hands. Right. It could be a cup of juice or water or food. You hold it in your hand, you face north because it sort of magnetically aligns your energy better.

And then you simply make a, like a plus sign with your hand and you say, I imbue you with my aura. And so it is. And it's just a way to say things, to feel that you're aligning your frequency to the food or drink, whatever you're about to, to consume.

And then you just turn the food or drink 180 degrees and you repeat the same kind of do it on both sides. I imbue you with my aura. And so it is. That's a very, easy, quick tactical thing to really start to harmonize what you're taking in, you know, into your system.

So that just to make sure we're clear on it there, there facing north, they don't they just turn the food around. They don't turn to the south just yet. Yeah.

They faced north the whole time. And you just do it to the food or drink it and turn the food around and get the other side basically back end of it. Yes. That is totally tactical and practical and, and really, you know, you said it like if the person picking the tomato having a bad day, I mean, that goes even into, you know, farm raised, or, you know, industrialized meat production with a lot of fear and, you know, inhumanity with the with the animals.

Now, hopefully we we are not, we're maybe becoming more aware to maybe not support that industry and look for local farmers, etc.. Which would be much better for ourselves and planet on, on that energetic level with much less imbuing need.

It's all. Yeah, absolutely. The coming down the, the homestretch here. One I think you shared a tip, but I wonder if you have a most impactful recommendation for people wanting to improve their health.

I mean, that that is a big one that you just shared there. And then any last parting words of wisdom that you'd like to share? Yeah, I think we did cover a lot of like, you know, it's to relationship to your choices.

And of course, your language is the down and it's sort of realizing your the driver. And you can also, choose a different path right in your domains. Beyond that, I would say for health, there's a concept.

And again we apply, vibration to this, which is when we are in is this we were vibrating pendulum of these indices. If right reading is this is vibrational, we cannot exist.

It's almost like if we're hot, we can't be cold. Yeah. Right. And so with that in mind, it goes back to choosing your daily choices, not from most efficient or best or most profitable.

Or let me get advance. Let me move ahead with the biggest distance. What if you just choose day to day from what is the most joy, right? What is the most excitement? Right? Whatever you're called to.

And so it starts to shift the way we decide, right? Because, you know, our left brain is like pros and cons. What's what am I going to do this or that?

And so just what is the actual think of it as what's the fuel that we're putting into fueling this decision. And I'm just suggesting that we switch away from best efficient, which is, you know, sort of that to joy, excitement loving.

Here's to more joy. I love it and love. We'll we'll take all of the above. Yeah. Thank you for that. Well everybody that as that's been riveting and full of actionable items.

Doctor Stephen Young, thank you so much for coming on the bioenergetics summit. Of course, super excited, to have tons of people, whoever's watching, listening to apply these things.

See you guys in the next session.