Introduction and Brandy Gillmoreu2019s Background

– Welcome back everyone to The Medicine of Mindset Summit. It's Jana, I'm back here with you and this next 35, minutes is gonna be exceptional and why I know this is because I got to spend some time with Brandy Gillmore last week and we just got to know each other and really I feel like we became fast friends. She's spectacular in what she does, how she does it and really how she's come to serve humanity.

It really is fascinating. And so let me tell you a little bit about a little bit more about her. She's a world renowned mind body expert and we're gonna learn about about her story. She is the host of the award winning podcast, heal yourself, Change your life. And she was telling me last week about a few of her guests that just call in to her show and she heals them there on the podcast. So we're going to learn more about that.

Her gifts for healing and life transformation began with her own journey and an injury that left her in excruciating pain requiring a wheelchair walker and a cane and not just for a moment in time, but for six years. And when you're in the middle of six years, that's a long time.

She's healed herself and now she's able to heal others with her ability to teach people how to tap into the power of their own minds really, she does have a heart connecting ted X talk and that's where I first came across her and you're gonna quickly fall in love with her because she's just so genuine, she knows her stuff. She's gonna be showing us some really cool scans to help you understand what is actually going on in this healing process.

And so Brandy, thank you so much for being here on our virtual stage today. – Absolutely. And thank you so much for having me and I have to say when we connected last week, fast friends is the perfect description for it.

I love that we connected and it was just, it's just magic. So I love what you're doing in the world and thank you so much for having me. – Okay, so let's start by going back to a couple of the sentences in your bio, you sustained an injury, there was debilitating pain for six years requiring a cane, a walker wheelchair and I'm not gonna, you know, give away, I really encourage everyone to head over to your Ted X talk.

But can you let's ground this conversation in what you experienced? – Well, experience, it was a lot. So I can tell you that working with healing myself, we're dealing with the mind is literally the last thing that I ever thought that I would be doing. So I used to do network engineering operations and I had an accident, technically two accidents, a car accident and a fall and I felt just wrong, just right. However, you want to say it, but my entire life changed overnight. You never think it's going to happen to you.

So it's kind of cliche but it did and basically I went from living a full life being active to being wheelchair walker cane on a good day.

Injury, Chronic Pain, and Losing Hope

I could get out with my wheelchair or a walker or cane with a very short distance and on a bad day I didn't make it out of bed, I was on morphine for years. I was going through nerve abrasions, infusions, injections and my doctors just kept saying there's nothing else we can do for you and I was kind of just I couldn't give up. It was a place, I mean I didn't have a quality of life, I was in so much pain and I was a mess, – I want you to talk us through. There's a part of your Ted X talk that I want to just bring up right now because it was very impactful for me.

You talked about a research study that you were invited to be a part of and then it ended up that you weren't the right fit for that and you talked about the feeling of hope that you had going into that study that maybe this would be the answer.

And thinking back like when was the last time I felt hopeful we're here at The Medicine of Mindset Summit and this

whole week is about helping people be reminded and be hopeful that their own body, their their mom's body, their you know daughters body can heal itself. Talk to us a little bit about that feeling of hope and what that did to motivate you to start figuring things out on your own.

– Absolutely. You know initially my hope was actually for the study I had been looking in different countries, started looking outside of the box taking supplements and all of these things and just hoping to get better and looking in different countries and at this point it was just hoping that anybody would find a cure.

And so My doctor's office that had been going to I have been going to several of them and I have entire teams of doctors where 345 doctors would come in the room and they would try to figure out something cause I just was like there's gotta be something I can't give up And so finally my doctor's office called and they said there was a brand new research study and I could be part of it and I thought oh my God this is it, I'm going to get my life back. And it was literally it reminded me of that feeling of counting down the days until Christmas as a kid and so I was counting down the days to this study going oh my God like this is it.

I was thinking of all the things I was going to do, the places I was going to go, seeing friends being out, I just in my head I was I was so excited. So finally the day come came and they wheeled me in my wheelchair into the hospital and the nurse got me all prepared for the procedure and they were taking my vitals and I'm laying there in the hospital bed and the doctor, he comes in and I see this look on his face and he's looking at my chart and he's looking at me and he says you know, Miss Gillmore, we've re reviewed your chart and we actually don't think that you're going to get better and you can't be a part of the study.

And in that moment I was just laying there, I lost my breath. I felt like I had like a tennis ball that I swallowed. And I just it was like every hope that I had all these years to just get better.

It's just that there was nothing. And so I left the hospital that day and I don't remember leaving the hospital. I don't remember getting home. But the next memory I have is I was waking up in my same bed and I was awake and I didn't even want to open my eyes. I was just like, what's the point? And then as I was laying there I had this thought that came into my mind, it was like brandy, what about the placebo?

And that's when it hit me, you know leading up to the study, I kept thinking, please don't get the placebo. I want the real treatment. But then as I was laying there, I was thinking, you know, well there's a certain percentage of people who can get better from the placebo.

So if I can figure out what happens in the mind for people to get better, then there's still a chance that I could heal. And so with that I I couldn't give up.

And I started thinking about okay the mind and I thought okay this is absolutely ridiculous the idea that I could heal with my mind. I mean I had an accident, I had injuries, I had issues and physical issues and so it didn't seem like it was really possible.

But when I started researching the mind and things like spontaneous remission or even one thing that stuck in my mind, there's two specific things. One was the awareness that our body is constantly repairing and replacing cells, even our bones. We have about a science estimates we have about a new skeleton of every 10 years. And I was like, well wait a second here then, how is it possible for somebody to have that old football injury from high school?

So that was one thing. Now, another thing is this is that people with multiple personality disorder now called disassociative identity disorder. But they have multiple personalities in different personalities.

They can have different illnesses, they have back pain in one asthma in another eyesight, but there's a person who's blind in one personality and not technically three personalities and I think four, she's not like there's, there's all of these things where you can be blind in one personality but not another headaches and one personality, all kinds of different ailments and I was like, wait a second here, asthma and different personalities, that's not even supposed to be possible and between that and the placebo, all of that made me start going, wait a second.

Something is missing here. And it led me on this incredible journey of healing with the mind.

Discovering the Mind-Body Connection

– So let's touch on some of the misconceptions that people have around healing with the mind. Like there might be, I mean there could be members of our audience that are thinking like is she a psychic, like where you know, where exactly do you fit and what have you learned about these misconceptions and how can we start to bust them so that some of these healing abilities that we have can actually be accessed – Absolutely one misconception with the mind.

Is that pain or whatever it is. The ailment is just in our head now. Instead the way you want to look at it is that our mind holds the blueprint for our physical body. I mean I have worked with people to help them to heal themselves and they're doing it. I'm just showing them how to use their mind, but I've had people heal tumors. I have had people who've been bedridden with major issues who are now running and completely healthy.

Like all of their medical tests are great people who have had cysts or a variety of different physical things, physical injuries that healed. So it's not that it's all in the mind. And actually I'll show you an image of somebody that I worked with who had physical pain in her neck.

And so this is a scan of thermography and basically what I did after I got better myself, I thought people are gonna think I'm crazy because I would have thought that was crazy.

Before I started doing this. I would have thought that's impossible. And so what I did is after I got better, I wanted people to see how incredible our minds are. And this is thermography and this is a picture of a woman's neck and on the scan on the left where there's all the red that's her pain level at a level five. And you can see that by the heat that's being generated by the neck pain. She had chronic neck pain for over a year.

And so her and I worked with her mind. And as she did, you can see the scan on the right that's green. So her neck pain went away and these scans are 16 minutes apart and I just showed her how to use her own mind.

And what I love about this is not only can we see that there's an actual difference and I've done this under video and live all the time. And even actually, as Jana mentioned you know, doing it even on my podcast and showing people how to release their own pain because we are all truly incredible beings and so just being able to see the difference. But the other thing is that I love is that you can see that it's not just all in your head either.

You know? And so a lot of times people think well if you're healing with the mind, it's just that you're no you're telling yourself it's not there. And so that's a lot of a lot of misconceptions.

Well just telling yourself that is not real, you don't wanna do that either, that's not what you wanna do. You want to be a real shift. – I want to touch go ahead, go ahead. – No, no go ahead.

– I, one of the, when we were talking last week, one of the main messages that I took away from you was just how customized this self healing is and I think you were the one of the only people and I love this that I talked to this whole week who said you know I've tried it all.

You know I tried that you said the supplements, I tried the meditating, I tried the affirmations. I tried I tried I tried and there comes a point where you have to realize that not everything might work for you just like it did for someone else and having people around you that are like, oh you should try this, oh you should try this or you should try this. So I'd love you to talk specifically about, you know, you were really clear that meditation didn't work and it works for millions and millions of other people. But in your in this situation specifically it didn't. So what did you figure out to start to make this, you know, work for you and now you're able to share it with others?

– Absolutely. And that was me for about 5.5, somewhere years. Somewhere in there. I was in beta state and and trying all these special brain waves and phantom phase frequency and one frequency in this year and one frequency in this year and and trying to get everything to sync up in my brain and doing the mind programming and

it didn't work.

And so, and meditating and sending white light and visualizing myself better and all of these things and what I started to realize is a few things first and foremost, as I was laying there, I started seeing Time was passing by 11 years, years and years and I was like, you know, there's there's gotta be a better way.

And so there's a couple of things that I did one, I started looking at it for a moment and saying, Okay, well how do how does the mind really work for you?

And I started looking at emotions and I thought, okay, that's something we know. And yes, that's basic. And so I was unpacking that. Okay, well if somebody's embarrassed, their face turns red, even emojis know that um you know, if somebody's got anxiety, they can have a panic attack racing hard. Okay, we know that sexual thought, sexual arousal, physical response different for men and women, but it's there. And I was like, okay, well yeah, we know that emotions affect the physical body, but how much do they really affect the body?

And then I started thinking about broken heart syndrome or somebody can lose a loved one and die. Either or an infant who doesn't get enough love can actually die. Or a senior who loses his steps.

There's a much higher rate of death following their loss, especially in the first three months. And I started looking at this and going, well, wait a second here.

If we know that emotions can impact us to the point of death, what are we overlooking? And so what I started realizing is a few things first and foremost that our emotions are impacting the body.

But part of the reason it's so confusing is because when you stop and think about it, somebody can have pTSD but not be physically sick. And so I started going a little stress does affect the physical body, but not always. And what I began to figure out was that it's kind of like a recipe. You have a certain recipe, you make one thing, you have a different recipe, you make a different thing and it depended on what it is. So even that thermography scan that was 16 minutes apart where she had been meditating and all these things and I just helped her to do that under thermography which I just actually finished a study doing the same thing and 100% of people were able to release their pain So back to back to back showing people how to do it where it's not taking years at a time instead what I help people do is identify the specific emotion and change that. And so even with that image that I just showed that was six there was 16 minutes apart That one right there was done in 2015.

I've done plenty of since then but her pain never came back. She embodied the change and so that's what is key. Now another thing that was key is this is it was creating a real emotional shift. So when I started thinking about data state and meditation and all that, I like to see where things are.

So former network engineering, very logical and extreme relaxation. I started thinking you know I was looking around and saying well I've seen my grandmother pass and she was in theta state for a month and a half so if she is and half the people in the hospital or in a deep state of relaxation for a long period of time.

If that was that healing, wouldn't they just be we'd see spontaneous remission left and right.

Customizing Self-Healing and Emotional Shifts

And so I was like wait a second. So it can't be that much. And then when I started also looking at, so I said okay, what about positive emotions? Now when we look at intense positive emotions.

So we look at love falling in love, dopamine oxytocin. Like there are biochemical responses not only that, but if we look at optimism, okay, so there have been a lot of studies post surgical.

So after surgery where if a person is in fear for anger or upset after a wound injury surgery or any of that, that cell proliferation healing can take longer.

They have a lot higher rate of complications of rehospitalization. But optimism faster healing, faster self proliferation, better healing results exponentially. And I said, okay well wait a second here, I am doing this and meditating, why am I not going for extreme optimism?

Why am I not doing that? Because there are no studies that says, hey, if you're just relaxed the whole time, it's going to do it. Plus I thought, you know, so if this is what's going to speed it up then let me do that.

So I would say that that's what I started doing differently. I said, let me let me change And as I did everything changed, I started reprogramming my mind with emotional intensity with positive emotions lifting them and then identifying the specific problems and changing.

And it was radically different. And that's what I do when I help people to get radical results is exactly that I helped them identify the specific negative emotion and help them change it.

– And that is that what you call self healing or does self healing come after that is learned. And then the person can kind of be in the driver's seat.

– I mean it's all really self healing. I would say this is what it depends on. So I have a woman that I worked with who had a tumor in her throat and her and I connected the day before her surgery and her tumor had been in her throat for about four months.

And on that week she had a pre op M. R. I. And it showed the tumor was 5 mm And you could see it protruding. And her and I worked for an hour and 15 minutes. She showed up for surgery the next day and the tumor was gone. And the end he was like, no no no it can't be.

And he was like, he was like wait hold on. What? And he was just like, I've never seen anything like this in my 30 years of being an e. n.t. This is incredible. And so she did that.

So I've seen people all of the time create incredible results. But the thing of it is it's got to be real change and it's got to be lasting change. So it's just like the easy simple way to look at it would be to say you know if somebody has a panic attack and they stop feeling the panic it goes away.

But if they go back into it the next day then it comes back. And so I would say that it's got to be real real change. And that's what why it's self healing is because nobody can make you change.

But when you stop and think about emotions it's so clear that different emotions affect us in a different way. And so it all it's incredible what we are all capable of when we just identify those specific things and truly transform them.

And I have to say one other thing is this that I love. For example when I work with somebody who has let's say that I worked with a woman recently who had pain due to self criticism. So she was criticizing himself.

And I see that all the time an example what I see is this is it let's say somebody has a pattern of self criticism even criticizing themselves for a while and they have this self this pattern now let's say they do that their entire life what their life looks like, what it feels like.

Or they have this health issue. They say oh it's connected to this pattern of self criticism, Let me genuinely change this. So they re pattern this this emotional pattern and they change it into instead to self love, self support, self acknowledgment the trajectory of that life when somebody feels self love, self acknowledgement, self confidence, the things that they do, the love, the connection, the joy, the happiness.

So it changes. So the way that I look at it on a spiritual level is that when our thinking is off, that that's there's something like every ailment is giving us a message to change and when we understand what it's saying to us and what that emotional pattern is and really change it.

It's life changing and that's what I love. – What do you think? I'm gonna ask you a chicken and the egg and an egg

question. Okay, What Comes 1st? The environment which dictates the mindset or our ability to manage our emotions or do the emotions come first and then our environment is kind of following or do you know what I'm trying Am I clear what I'm trying to ask here?

– Yes, I think so. – It's kind of like the nature nurture. Yeah. – Okay, so I mean it depends on how much you want to go down the rabbit hole with this one. So let's go.

If we keep it super grounded, we could look at traditional psychology and we see that, you know, unfortunately a woman with an abusive father can leave him and find the abusive boyfriend boss spouse, etcetera, etcetera, etcetera.

So you can look at the chicken and the egg because you can say, well there was her father, but then you could see also that she recreates the same pattern.

So it depends on in the timeline if you're asking chicken or egg. So that's one way to look at it. And then if you're somebody who is tuned into past lives, then you would also say that the reason you got your parents is because your past life was already vibrating at this level. And so it's really just reoccurring in this lifetime as well. And that way, then you have a spiritual chicken or a spiritual egg whatever way you want to put it.

But, but looking at that direction, so basically our patterns bring more of the same and unfortunately some people have patterns of rejection or hurt or even another way to look at it as this is that somebody who has a pattern of feeling rejected then has that pattern and then they show up really needy, which then people feel they're needy and now their behavior is then re creating the problem over and over again.

So it really depends on how they're acting, what they're attracting, the way they're perceiving things. And so I would say that there's a lot of a lot that goes into it.

Now, the other thing is of course consciousness and a lot of people don't realize how much our emotions control our consciousness and it's just something that sort of call it emotion controlled consciousness and the way to think about it is this is that if somebody's so so so in love, what do they see in a person, Right? All of the good, They see all blinded by love. We have all heard that they see all the wonderful things. Now, if somebody is missed off, it's somebody, what do they see? All of the not so good.

I see everything that they're frustrated at. And so what happens and we all know this when it comes to relationships, but our consciousness is really happening in life.

Neural Pathways, Meditation, and Positive Programming

So if somebody has fear towards life, they're seeing all the fearful stuff, somebody else can see blue skies while somebody else sees a scary world and our consciousness is constantly creating our lives whether it's real or perceived and and and so I would say that there's another chicken or a situation which then has to do with consciousness.

So there's a lot of ways that it recreates in our world. – And so when that happens, the pathways, the neural network in our brain is obviously impacted, right? And so instead of having these free flowing freeways, would you say that some of the pathways get blocked or like get super muddy and we have to find new ways to create what you're saying, I'm just, I'm thinking about our audience and if there's someone sitting in our audience, that's thinking how do I even start brandy All this sounds amazing, but what do I do? I'm willing to try anything right?

Like I've been on this journey on this pain journey on this, you know, rollercoaster, what do I do? What's the one thing that I start with? Is there one thing? – This is what I did is when I started realizing that I have to just lift myself and part of the reason was because I realized that what I was optimism and positivity helps speed up healing and self proliferation.

I thought, okay, I need that. If I'm going to hell. And then also I thought, okay, well if I can get some more

endorphins then maybe my pain can go down. I need that because even though I was on morphine, I was still in extreme pain, nerve ablation infusions, all of that. I was a mess.

So what I started doing is I started listening to music and I had been listening to the healing music. My whole, my whole house sounded like an Ashram for years. It really did.

And so what I started doing is instead I started programming my mind and making myself elated on purpose and I would listen. For example, one song I would listen to it. It's a beautiful day by youtube Now at the time when I started listening to it, I did not feel like it was a beautiful day.

But that's why I started bringing in, it's a beautiful day. Don't let it slip away when all I wanted to do was slip away. So I started programming that in another song that I started using was walking on sunshine by Katrina and the waves, which if you can imagine I'm laying there in bed in extreme pain, walking on sunshine and it's gonna feel good, walking did not feel good, but I started just getting myself to get excited and, and programming it over and over and over again and it, I could breathe again as I started doing that and then also working with negative and releasing the negative. But I would say that, I don't know if I would be here today without that, which sounds silly and by the way, I have had people that run multi $100 million companies and everything who say, well I'm a little too sophisticated to listen to music like that.

And I said, just try it and they do and they go, well, wait a second here, like it programs and helps to create new neural pathways. And the thing is, is that when you stop and think about our mind already does that with music, you could hear an eighties song or a song in the nineties or whenever you can hear that and you immediately think about how you were, what you were doing, how you were feeling or a wedding song and you could listen to that and you melt.

And so basically I was like, okay, well let me just use what's practical and what makes sense and what's easiest to hack this. So I started listening to the music and purposely going, okay, making myself really elated and programming it in to create new neural pathways, because part of it isn't necessarily that our neural pathways get blocked, it's that our brain can get very mis wired and even if you think about, you know, we've heard before, somebody like a cutter, unfortunately, somebody who's been through a trauma starts cutting themselves and they can experience a feeling of relief or euphoria, that's an extreme example of neural pathways getting mis wired in the brain, but we get trauma linked up to where it's not blocked its link or or fear or different things like that, So we just have a lot of the wrong neural pathways running and it and it really is about creating positive, intense, amazing neural pathways that make you feel good and kind of one way when it comes to meditation, this is this is how I look at it, is this is it a lot of people, if you imagine walking into your house and you walk in and there's a room full of like the whole room, there's radio stations playing and half of them are really great and half of them are not so great and imagine if you walked into that room and you sit there and you just try to meditate to stay peaceful and ignore the chaos and stay peaceful and common. Okay, so that's one way now instead, imagine you go into your house and you take the radio stations that are negative and you shut them off and you take the ones that are positive and you turn them up now you go into your house and it feels happy and flow it. That's the difference between meditation and just trying to calm or identifying the specific things, shutting off the negative, turning on the positive and it just, it feels good.

It feels a lot. – I've been asking our experts this week, these same last two questions as a way to weave together all of the, of the experiences that our audience is having with with each of you.

And so I want to ask based on your, you know, your own experience, your expertise that you have really come to just be very rooted in. What do you think is not being talked about enough? – What do I think is not being?

I think, I think there's too much of relaxation. I mean, if I came into this world, I wouldn't say when I grow up, I want to relax and I think that a lot of people are stressed and they're going to relaxation. And I also think that to be honest, I see a lot of people who have been relaxing and meditating for a long period of time, they kind of end up checked out from life. And I would say it's not about checking out, it's about checking in.

And so I would say about really programming and positive emotions.

Whatu2019s Missing in Healing and Daily Integrity Practice

Now there is the thing of of gratitude where people talk about, you know, gratitude creates a change in biochemistry, but there's a bit of a problem with that and it's this, I said all the time, I see people who come into my classes who have been trying to bring in gratitude and they don't feel connected to it or they can't feel it. So then they feel like something's wrong with them or they're disconnected to life and they even feel more depressed and what happens is that if a person has an underlying feeling of guilt or undeserving in life, then they start bringing in gratitude. It doesn't go well, it's like if somebody's like feeling undeserving, like I don't deserve or guilt or I made a mistake in the past and that's going on in their subconscious mind and then they go, I'm grateful for this life, it's so wonderful, I think like they don't feel like they deserve it, so it actually can trigger things in the wrong direction.

So I think what's not being talked about is being real with what's real and identifying the specific emotions and the specific emotional patterns instead of just meditating or checking out or just doing gratitude being real with what's real, if we have negative patterns, we all have things to work on and change and transform identifying the hurt and pattern and changing that to change your life.

And I think that's what's not being talked about. – Thank you for that answer. Because I feel like so many people are exactly in the situation that you explained, I should be doing this, I should, I should, I should and then there's this disconnect between.

So I, I appreciate, I do appreciate that. And I wanted to know as a last, as a last question here, what are you doing on a daily or a weekly basis in your own personal practice of life? To make sure that those positive emotions stay in check so that your mindset can stay, you know, in a place where yes, life will continue to throw curve balls at us.

It's not this linear last week or this week's better than last week and next year will be better than this year. It's not this linear progression. We know that there's gonna be bumps and bruises. So what do you do in your own personal, for your own personal mindset toolbox? – Yeah, I gotta say I, I stay pretty happy pretty easily. I'm, yeah, but I would say what I do honestly, is I stay in integrity.

To me, integrity, impeccable integrity is everything and you have feelings of guilt. It's like, you could be in your favorite place of the world in the world.

But if you have guilt or you're feeling bad about something. And so I would say to me staying in integrity, being impeccable with words impeccable with what I do, kindness is a form of integrity to me.

So being kind to people, I think that that makes everything easier to to stay in the positive. – I know that there's people in our audience that are like, where do I get more Brandy? So where's the best place that we can send them to connect with you with your work? – Absolutely. My website is a great place, brandygillmore.com And on there you can see my podcast and you'll hear people who are healing themselves and it's what we're capable of is truly incredible.

– Brandy, you have a light like 10,000 suns, you are just so sparkly and down to earth and authentically you and I appreciate that and I want to thank you again for saying yes to this project of mine and the invitation because I feel like we're at this really unique period in time where people need to be reminded of their own power and you've done exactly that. So thank you.

– Thank you for saying that. And I feel like you have a heart of gold beautiful. You just wonderful. And I think that's why we connected so well, we both have that, that light and that desire to see more and more people in power.

So thank you for what you're doing and bringing to the world. – You're welcome. All right. Everyone, we are going to take a little bit of a break before we come back and have another really great speaker to share their knowledge with you. If there's one thing you can do in the in this moment, what can your present self do to nurture your future self and that might be go to the bathroom because you've been not wanting to, you know, miss a little bit of this, or maybe it's to, you know, go out and get a breath of fresh air, fill your water bottle, please go and do that. And then I will meet you back here at the medicine of mindset stage.