Your Inner Dialogue: A Missing Piece of Cancer Care? Transcript

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Introduction and Doctor Ealyu2019s Background

Healer, author, teacher. Doctor Henry Ealy is a founder of the Energetic Health Institute, where healing happens literally every day. He is a dedicated champion of love, logic, light and freedom.

Today, this amazing healer is globally recognized as an expert teacher in the life healing arts and sciences. He knows our history and the magic within our worth, and he is ready to share what he loves so much with you.

Doctor Ealy is the author of several books. In 2003 13, he published Energetic Health Interesting Insights into Advanced Natural Medicine. In 2025, he published The Book of Questions.

Embrace Your Heart's First Thought, and this year he published The Philosophy of Healing. Today, Doctor Ealy is joining us to speak about the importance of one's internal dialog.

Doctor Ali, welcome to the cancer breakthrough. So the importance of one's internal dialog. Please tell us a little bit about your own journey and how you came to that realization, man. Well, Sylvie, thank you so much.

And that was the best sounding introduction I have ever had. Thank you so much for giving me that. You know, I think we get to these places. It's where we find that we're always being guided, even when we don't know that we were being guided in these directions.

Why Internal Dialogue Shapes Healing

And one of the things that really stood out for me the first time I attended the Belgian Cancer Conference in Jacksonville was that there are so many good people that are working so hard to recover and to really reclaim their life.

And it it watching everyone in there. And I watched so many of your attendees taking notes. They were just taking notes and notes and notes on every single word, every single doctor and great presenter that you had up there was saying.

And that's a beautiful thing. We love seeing people become students. You'll hear me say all the time, stop being a patient. Start being a student. If you're going to heal, it's going to be because you've decided that you are going to invest your energy into this process.

I think what's so important is that medicine comes in many different forms, and I think that's one of the big things about healing, is that we have a tendency to reduce medicine to a pill, a capsule or a tea or a therapy that we're doing, especially the latest, greatest therapy that's going to cure everything.

And these things are wonderful and they're essential. But we have to understand they only last in the bloodstream for a few hours, in most cases, some a little bit longer.

But in most cases it's just a few hours. What lasts with us for 24 hours a day is how we talk to ourselves. The internal dialog, the conversation that we're having with ourselves.

And so when people say, if I do everything right, it's going to work. Well, maybe that's possible. But what we find is that the supplements, the nutrients, the nutrition, all these lifestyle changes that a person who's being a student is going to learn that they become even more effective when they've gotten the internal dialog together, meaning how they talk to themselves.

Because, Sylvie, I know you've seen this. People who are taking the supplement, people who are taking the new

nutrition, they're buying organic, they're doing all these wonderful things for themselves, but they still don't believe that they're worthy of healing.

And I saw that at the conference that there were some people there that they're taking notes. I want to do everything right. And that's beautiful. That means you care.

But you could see. And of course, when I got to talk with some of them, you could see that they didn't believe they were going to heal. And that's because of the conversation they're having with themselves.

And that's where I come in and say, let's have this conversation. Let's see about transforming this conversation into something much better, something that's truly medicine for you.

And that can that's it's actually one of the easier things to do when we are aware of what needs to be done. And that's what today's conversation with us, I think is developed. So in your view, what is a primary primarily shaping this, this internal dialog?

Is it the past experience environment, personality? Can it be changed? It can absolutely be changed. We this is the beautiful thing that we all have. We have the power with free will to change at any moment.

We're ready to make that change, but it's being aware of where we need to make the change. And for some people it is. They need to go back and understand why am I the way I am?

Where did this begin? In the book of questions that you referenced, it was, I believe, chapter three, where I reference a story about myself not being worthy and where that all started.

It actually traces back to my high school graduation. And so really interesting story. But what I like to get into with people is let me share a few stories so that your stories can come up and you can see where things begin, and then you can decide.

Do you still want to be that way?

Recognizing Negative Self-Talk

Because there's always this opportunity to transform it. So what we what we look at is, yes, it can happen from our childhood most of the time. I've seen Sylvie over the last 30 years.

It's it's because of something where we have failed or felt like we have failed. It's a belief that someone else put into us that we accept it. And usually as children, that's when we accept beliefs because we don't know any better.

Our discernment is low, but as we get adults, we don't realize how much of what we accepted as kids has shaped how we engage with everyone. So for me, Sylvia was. It was.

I'm not worthy. That was the big revelation for me because I'm not worthy. Started creating a very big disharmony in all of my relationships, especially with other people.

But then also, especially with myself, I didn't feel worthy because of something that happened 30 years ago, and I didn't realize what big influence it had over me.

But the lack of worthiness, Sylvie, for me, started to become, well, I'm not worthy, so I have to give people things in order for them to like me. I have to do things for people or they won't like me.

I have to bend over backwards and make everything about everyone else, or they won't like me because I don't feel worthy in myself. That's the internal dialog.

That's the internal conversation I was having with myself. And and then she of not being loved. Exactly. And when

and then when somebody wouldn't acknowledge I do something for them, even though they didn't ask me to do it, I would do something for them, because that's what good people do, right?

We always extend ourselves and I would do something, but if I did that a couple of times and they didn't show gratitude the way I thought it was supposed to be shown, then it would be frustration.

It would be a argument or something like that, which is we all know when you're trying, when you're working to heal, you don't have the energy to waste on arguments.

You don't have the energy to waste on things that are anything other than focused on your healing process. And so that's where the internal dialog comes in, because when you get into a sense of for me, for example, but I'm just using me as an example, I want people to understand when you read the book of questions, it's it will bring up what's in you.

And that's the most important part. But for me, when I was getting into, well, I'm not worthy, I finally had to step back and say, well, is that true?

Am I not worthy? And it helped me look at my life and go, well, look what you've done. That's been good. You've done this and this and this. You've helped this and this person and this person and this person.

And I started to understand that this programing, this thing, this I had accepted as a child wasn't true. And once I realized it wasn't true, it was easier for me to transform it and say, okay, well, I am worthy.

And now what that means is that when somebody is mistreating me, I can still love them, but I can also invite them out of my life when I'm going through a healing process.

And the people who love you will support you, the people who you were there for them and they were just taking from you and you didn't realize it. They'll leave.

Either way, it works in your benefit when you're healing because you've got your internal dialog now corrected and working for you as medicine 24 hours a day.

So as a healer, how do you help people recognize when their internal dialog has become negative and harmful? So great question. And and I think one of the easiest things we can do is really look at the words that we use.

So how many times have you heard someone being empathetic towards another person? A situation happened and the person feels bad, and now someone's coming in to empathize with them and they say, I hate when that happens, right?

We're using a word with a very dark magic. In my opinion, having studied so many words and where they come from, the most profane word in our entire culture in speaking in English is the word hate.

The word hate means to wish ill intent, extreme and severe, ill intent upon another person. That's what it means. So when it means that and we are using it, we're trying to use it in an empathetic way. It doesn't really fit.

Building Positive Self-Talk Through Gratitude

And what happens with that is I think we can all agree that the body is electric. I've proven this, doctor. I've taken Doctor Robert Becker's work, Doctor George Lucas, his work.

And it's easy with a simple multimeter to prove you put the black probe on the nose and you pinch the red probe with the fingers, and you can see that the body is electric.

We run on direct current. It's easy to see well when we use words. These words our body already knows that these words have a certain electricity to them.

They create a certain electrical feeling within us. When we use words like hate, the body now knows this is a negative word and it drops the energy. It drops the electricity in the body.

So even though we're using it empathetically, the body still knows it's wrong. It's not the right way to use it. Is it something you have been able to to measure?

Yes. It's something we've started measuring actually at the Energetic Health Institute. So you have people coming swearing and seeing and. And what's so fascinating about it is it's what somebody believes to that.

That is the biggest thing. So if somebody believes a word is bad, then it drops. But if somebody doesn't believe the word is bad, even though it has a it, the drop will only be a little if it's a negative word.

So belief plays a big role in it. And I think the first people that we saw do some studies like this were the heart math people, where they were actually showing.

If you talk to yogurt in a certain way, they can measure the electrical change in the yogurt from the conversation that it's having, but it really reinforces this wonderful idea.

Words have energy in them. And so when we're healing, we listen to our words. When I hear somebody say, oh, I hate that, I go, hold on. You're in a healing process.

Hold on. Let's find out. Can we transform that into something that feels a little bit better, something that's going to actually help you? What I do with people, Sylvie, to start out with.

And my students, they they really like this one. What we do every single time we get together is I have them write a compliment to themselves. Okay? Now this some people go, well, that could be narcissistic.

No, good people are not narcissistic. What's what's the key ingredient of a person who's a narcissist? Even when they're wrong, they will not admit that they're wrong.

That's what a narcissist is. But good people, it's okay to give yourself a little mental high five. It's okay. You're going to need this energy. You've got to generate energy now to heal.

So we have them write a compliment and have them write a compliment this way. So be first part of the compliment is that it has to include your name. Second part is it has to be written in the language that you talk to yourself in.

So if that's French, write it in French. If that's English, write it in English. If it's ghetto, it is for me sometimes write it in ghetto. Whatever your language that you talk to yourself in, write the compliment down.

And then when you write the compliment, you have to read it back to yourself. And this is the key part and why we have the name in there. Because people who are good people don't readily accept praise.

That's something we've seen out there. I know you've seen that the people you work with, you give them a compliment and they go, oh no, no, no, that's not me.

That's not me. Well, energy was just coming to you. Energy that you can use for healing was just coming to you. And you said, no, no, no no no no no no, no.

Because you thought that being humble was what was needed. But let's look at what you just did when you said no, no, no, no, no to a praised coming to you you said deflects the positivity.

Yeah you send it away. And then how do you make the person feel who's attempting to give you energy. You make them feel like, well, maybe I shouldn't give you energy next time.

You've now just created this whole negative experience for yourself and someone else, and you're attempting to

heal. That's no good. So what we do is when they read it, the rule is very simple.

And everybody listening, it's actually this easy. If it doesn't put a smile on your face when you read it, the compliment isn't strong enough. So you have to go back and write it again so that it makes up.

Puts a smile. If that's how you know when you read it. That's how you know that now you're building that energy up, that you're transforming your internal dialog.

So your first thought with yourself becomes one that's positive. And now you start developing this positive belief. Because what we see in people and you see this especially in sports with teams they take on, teams will take on the personality of their head coach.

Well, when you're healing, you're the head coach. So you've got to be very positive with yourself and talk to your body and tell your body how much you love your body and how much your body is doing such great things.

And it might start out where it seems a little weird at first. That's okay. It will become a belief, and from the belief will become a knowing. And now what starts happening is you start generating energy.

You know who I learned this from? Sylvie. Yeah. My aunt. My aunt lived to be 100 years old. 102. Okay. She lived on her own until she was 87. She lived by herself until she was 87.

Her daughter lived right above her, of course, but. But she lived and was able to take care of herself and Sylvia. I was having a rough time.

Community Support During Healing

This was like 20 years ago, and I was having a rough time in my life, but my aunt was always happy. She always had a smile on her face. And if you think of someone living by themselves and why would you like it didn't make sense.

So I went over to her house and we sat down and used to go over to her place. And I love listening to people who've lived because it's like, I need instructions, I need help.

This thing called life. And so I'd always go over and go rubber feet. So I'm there rubbing her feet and I'm like, Auntie, you always have a smile on your face.

Can you please tell me what your secret is? How did you get to be in your 80s, living by yourself and you're happy? Genuinely happy. How did you do this?

Because for me, I'm in my. You know, I'm in my 30s, late 30s, early 40s. I'm. I'm tired. This is hard, this life. She said, baby, let me tell you how I do it.

Every morning when I wake up, the first thing I think is, thank you, God, for this new day. And so her day, every day begins with praise and gratitude and genuine positivity that she's trained herself.

She made the choice to make that her internal dialog. And so I said, okay, I'm going to try this out, because if it's if it looks like it works, let's try it out.

Sylvia. I started doing that. I still do it to this day, every morning. It is the game changer of game changers. It is the medicine of medicines to wake up every morning and be grateful for having another day.

It inspires your body to do everything it needs to do to create that again tomorrow. And it's medicine that's free out of all of the medicines we pay so much money for, and a lot of the medicines deserve it.

But this is a free medicine that's immensely powerful, and it's one that I encourage everybody listening to embrace.

It is immensely powerful, for sure.

But for some people who are depressed, are used to negativity, do not see anything positive in them selves. It must be hard to find first this place of gratitude, and also something positive to say about themselves.

To write this compliment you are speaking about. Absolutely. And you're so right. And I think for those people, the the worst environment, we could put them in and ask them to do something like this is to try and do it alone.

In those situations. It's we have a saying at the Energetic Health Institute, the greatest energy always prevails. So if you are alone and you have trained yourself over the years to be negative, and you've got become a master of negativity, which we know happens, it happens so often here, being alone is going to be very difficult for you to transform that.

And I don't know anyone that has been successful in doing it by themselves when it's really negative. This is where community comes in, and this is where taking that risk of being around people that are very positive, people that are going to be very encouraging and being around them all the time is so important.

And we see this happening. It's one of the secrets of our success at the Energetic Health Institute is we get together every day of the work week. On Mondays, we get together with breathing.

We do meditation in the morning. By Thursdays and Fridays we have two hour master classes where we spend time together and we listen to our students, and we put them in breakout rooms and we talk with each other.

So there's always support, and you don't have to be anyone other than yourself if you're having a bad day. It happens to us all. It's not frowned upon.

It's not like you have to fake your way through it. But what we've seen is the community aspect is what's so powerful. People who are helping to evolve themselves out of the negativity and transform the pain that they've experienced previously in their lives into strength, because that's possible to do it.

But it's much more difficult to try and do it by yourself when you do it with people who are have done it for themselves, and that's the pervading energy around you.

It's like, well, wait a minute, everybody else has done this. I can do it too. And you just start learning how to do it. But it's the community aspect for people in that situation.

Sylvie, that I really feel strongly is the most important thing. So it doesn't matter. It's at the Energetic Health Institute, doesn't matter if it's a, you know, Bell.

And through all of the wonderful stuff that you're doing, it doesn't matter if it's in a Pilates class, it doesn't matter if it's in a yoga studio, it doesn't matter if it's at church or synagogue or a mosque.

It doesn't matter where that community of positivity is. But it's important to be in that community of positivity as frequently as you can every week while you're going through a healing process, especially cancer.

Yeah, just speaking of cancer means with a lot of fee and, and and I see in so many people who have been diagnosed with cancer, especially at the beginning of their journey, their main question is, why me?

What I have done. And and she rose because I feel responsible for people around them and, and need to continue to give and to be there. And they feel they are not they are going to fail.

They're there spouses, their children are not being able to to continue to take care of them as, as before. So it's a lot of negativity, additional source of fear and negativity that comes with the initial diagnosis.

Facing a Cancer Diagnosis with Purpose

How would you help more specifically, this community of people who have received this diagnosis, like an additional shock in their lives, even if they were not negative people, if they were positive and optimist people before.

When the diagnostic comes, it's really change their lives. It's a wake up call, right? It's certainly a wake up call unlike any other. And and I think it needs to be respected on that level.

I think for people, the first thing to do and the first thing, if I could do anything and make this kind of like how we work together and help them, is that they need a hug before we even get into the how is this going to potentially impact the family?

What does this mean to the people that are dependent upon me? All these very real things that come up, my first thing would I wish we would do is just grab them and just hug them.

Just come here. It's time to be held. It's okay. It's going to be okay. And I think if you start your journey with this intention, everything is going to be all right.

We are going to get through this no matter what that outcome is. I don't know, but I know we're going to get through it in a good way because we're going to set the intention to get through it in a good way, right here, right now, from the very start.

I think that you grab people who've gotten this diagnosis and they need to be able to go through that process of whatever it is. My God, how is this going to affect my kids?

Oh my God, how is this going to affect my husband? How is this going to affect my wife? What does it mean in terms of them? Do they have everything because all the worries come right to the surface?

Do they have everything they need? And what I would like to do when I hear people going through that, Sylvie is grab them and say, stop for a second. We need to acknowledge that you are thinking like this.

That's your internal dialog right now. We need to acknowledge that. That's beautiful. We don't give people enough credit. You just got diagnosed. And watch my mom go through this.

You just got diagnosed with something that we all know could mean the end coming right at the end of this beautiful story. And your first thoughts weren't about you.

Your first thoughts were about everyone that you love. Can we stop for a minute and say thank you to that person? How beautiful is it of you? And have you look at it too, at how beautiful you are to think like that?

Now that we've acknowledged that and we've hugged it and we've embraced it, that we can say to these same people, now is the time to transform. The way you look at things.

Now is the time, the opportunity for us to transform. And you have focused on so many other people because that's the vast majority of the folks here, right?

They focused on so many other people. They've given out so much of their heart energy. Now it's time for us to focus that back on you now, is it time for it to be about you?

And what do we need to do to find a purpose for you to stay? Because the body needs a purpose. If there's no purpose other than, oh, I'm going to make some more money, that's not a purpose for your body.

But if it's a purpose of I want to see my grandkids a little bit more, I want to see my this story from my kids and everything. That's usually what drives a lot of this.

I want to see it unfold a little bit more. Okay, well, now we have a purpose. Let's hold on to that purpose. Now let's

make all everything that we're doing, especially when we get to the hard days.

You know what I'm talking about, Sylvie? Those days where I don't feel like taking another capsule. Those days where the doubt comes in. I don't know if this is going to work.

It's okay to have that feeling. It's okay to feel like I am unsure. I am doubting what's going on. That's okay. That's where community comes in. The community of your family, the community of the larger positive network that needs to be around you.

And we say it's okay to feel that way. Now. Let's keep moving forward though. Let's make sure we still do something loving, positive, healing, medicinal for ourselves. Today.

Let's give ourselves a compliment. Let's look at it from a different angle, where it's good. And when we start creating that, that becomes a matter of fact response for the person, because there's going to be days that, quite frankly, suck.

When you're healing, there's going to be some hard days. That's just the way it is. You're going to it. Miracles. I say to my students, miracles are earned.

You put in that work and the miracle will happen. But it will not happen usually unless you are ready to put that work. But that work is in here. That work is in here because we get in here and in here.

Right. And now the actions to start doing the things we need to do, start coming in. I need to take my supplements today. I'm going to the store and getting my organic food.

I'm going to go and exercise and move my body a little bit. I'm going to go sit in the sauna. I'm going to do all these things that I know I are going to help me, but I'm going to do it with the right internal dialog, because I believe that the outcome is going to be me healing and being that success story.

And when we set all of our energy in in that direction. That's where divinity steps in. And divinity blesses us with that reality coming into fruition.

It is so true, so true. So for people who are in hearing all those things and feel that they're not going to be able to do that by themselves and they need to.

Daily Practices, Fasting, and Getting Started

The support you mentioned some some hoops as a as a healing institute where you are helping people are getting the community and the support they need.

How can they join you and and reach this community? Well, first we would love to have them. We love bringing I love getting people that come in and they've been told they can't do it.

I love it, I love it so much. I love seeing people who are like, nobody thinks that I can pull this off. And I'm like, yeah, come on in and hang out with us.

We we think you can pull it off. And the thing is, you step in and there's no promise. But it was so cool. There was never a promise that tomorrow was going to happen for you anyway.

That's true for all of us. Every single day. There's no promise tomorrow is going to happen, right? So you just go. That's not the goal. The goal is to have the attitude that's going to support the creation of what you want to experience, because you are a powerful creator.

And in that sense, what we teach our students and we have one of our favorite ones to bring somebody who's recovering from cancer and the the one we love is the Cellular Healing certification.

We love bringing them in there. It's so much fun working with people. We have people dealing with cancer. We have people dealing with injury from shots.

We have people dealing with such a simple things like high blood pressure or or elevated cholesterol levels, you know, whatever. You know, it doesn't matter. It's all the same principles.

But what we teach them is this. So be just do today's work. Some people are like they start looking at that mountain that they got, gotta walk up. And it's like they're looking at the peak and they're like, how am I going to get up there?

And you're like, well, we're going to get up there together. Number one, you're not going to do this alone, okay? That's one of the beautiful things about healing Never Alone.

And how do we get up there? Because we're going to take one step at a time. And that step each day is that day's work. What's today's work? Okay, knock it out.

Because everybody can do today's work. And you start putting these days together. One day becomes ten, ten days becomes 20. 20 days becomes six months.

You start stacking those good days together with the positive internal dialog. And I've seen it work. I've just that's what I've seen healing happen. It's because we've taken that approach with it.

So it's it's a beautiful experience. And one for me, it's I'll be doing it the rest of my life. I'm never gets old. So how can people reach energetic?

Elsie? Cities are simple. Just go to energetic Health Institute dog. Take a look around on our homepage for which educational experience is right for you.

Like I suggested the Cellular Healing certification, but we also have other experiences as well. We have an entire holistic nutrition program for people who want to learn how to really optimize their kitchen and optimize the foods that are going in for the healing process.

We have a full detox and fasting program as well, and we teach fasting in the Cellular Healing certification as well. And very adamant about fasting and meditation when we're talking about the need of advanced healing.

You know, the people I've seen healed, number one, believe they're going to heal. That's the internal dialog. But the actions have to support the belief.

It can't just be belief. You have to have action with it. And that's where you get into, okay, let's let's start each day with meditation and gratitude and love.

Let's progress through the day with all the things we need to do for today's work. And then let's make sure we end the day with gratitude again and setting ourselves up, oftentimes for repeated fasting periods so that the body can engage the most powerful medicine it has laying within, living within each cell.

And that that is and stem cell regeneration. And that's all created by fasting. That's the best therapy I've seen for it so far. And you don't need to have been diagnosed with cancer to welcome happiness, gratitude and love in your life.

Beautiful. No, you know you do not. It is a medicine for us all. Absolutely. Thank you doctor. I think this was a powerful teaching, and I think it's going to really help a lot of people who have been listening to us today.

So thank you. Thank you for having me, Sylvie.