



Somatic Energy Healing to Move From Fight-Flight To Flow

Guest: John Amaral

Niki Gratrix: Hello and welcome, everybody, to the Trauma and Mind Body Super Conference. I'm very excited to be with our guest today, John Amaral. John is an energy practitioner, he's an author, he's an educator and founder of the Energy Flow Formula.

He has a somatic energy healing practice and runs the body centered leadership programs. He was originally a chiropractor. He's been working for 25 years with thousands of people; he's worked with quite a few A-list celebrities, he works with as well, thought leaders and influencers.

So, John, thank you so much for being part of the Summit.

John Amaral: Niki, it's great to be part of it. It's great to see you again after many years.

Niki Gratrix: Yes, it's been quite a while. And I've been somebody who's had the benefit of receiving therapy from you and it was transformational and that's why I had you on the Summit. I know how powerful your work can be.

Now we're going to get to sort of talking about trauma as an energy blockage in the body but before we sort of get into that, do you want to share a little bit about your journey into how you got into being an energy practitioner - kind of moving from being a chiropractor and perhaps even your own health issues as well?

John Amaral: Well, it's an interesting sort of way that I came into any kind of healing practice at all because I grew up without having ever been to a practitioner of any kind, you know, any kind of alternative or holistic or anything.

I had very severe allergies and eczema all over my body. I was injected with medications for about seven or eight years; from the time I was about seven or eight years old till my teens, because I was reacting to the environment. I had all these symptoms, hives all over my body, all the time I would have reactions to the environment.

So they didn't really know what to do with me and I had a pretty traditional medical treatment regimen with cortisone injections, cortisone creams, steroids, etc. and I ended up

going to chiropractic college, never having been to a chiropractor, never had a massage in my life, never had any acupuncture or any kind of alternative treatment.

So I was a fine art major. I was studying the human body to draw and paint. I took a premed anatomy course and the rest is history. I decided to go into the health field because the man who was teaching at the lab was a retired chiropractor. He said, 'John, I think you have a real gift for this. What have you ever thought about doing something in health?'

So I went from this, you know, very disconnected from my inner world, emotionally disconnected and really living in a very kind of mechanical, mechanistic biomedical paradigm to really shifting gears.

But it wasn't because I had this, like, profound experience, it was because these things just sort of happened and I just made these choices. And it was synchronicity really was divine timing - I was guided somehow.

And then through that process, I met my wife, whose father was a medical doctor, her mother was a nurse, and she had psoriasis and she had all these conditions that weren't clearing up with medical treatment and someone referred her to a chiropractor. This was on Long Island in New York. I grew up in California. She grew up on Long Island.

She had this experience where she was actually referred to the practice of Donnie Epstein, who was a man who ended up developing networks, chiropractic networks, and spinal analysis and it's someone that both of us ended up studying with and teaching for a long time. But she had this experience when she went and saw this practitioner that she felt like she could breathe for the first time. It was like the stress and trauma in her body just melted away and she felt peace for the first time in her life. And she was like, whatever this is, I have to do this because at that time, she was in college going into basically she was going to do environmental law. She was at Syracuse University. She totally switched her major, switched everything and moved out to California. And I met her in prerequisites for chiropractic college and I'd never been to a chiropractor. She introduced me to this work. And then it changed my life.

Basically, I started feeling, experiencing the inner world. I sort of started to feel energy moving in my body. I started to develop self-awareness and body awareness and all the symptoms started clearing and all the eczema, all the asthma, all the conditions that I was experiencing were gone. Literally, they started just like going away. But there's a whole, it wasn't that it was just a cure, I had a huge part in that through self awareness.

We could talk about this, like how my experience of trauma that I didn't even realize I had came onto the radar and then I started to be able to heal. But awareness is the first step. And that's my introduction to all of this, is what brought me into, like, really a spiritual journey,

really a journey of inner transformation. And that's where it starts. But it has a sense to start with awareness. So that was the way I got into this. It was not like I had some incredible experience with this practitioner or something. My wife is the one that had it and she introduced me to it.

Niki Gratrix: So very interesting. And just to be clear, and you would talk about a network, spinal analysis, that was the transformation, which is not the same as chiropractic. Do you want to just explain?

John Amaral: OK. I can explain. So network chiropractic was originally what Epstein coined, you know, as the name for this method that he was developing, where he was kind of weaving together all these different approaches within the chiropractic profession from some of the great chiropractors in history, B.J. and Palmer, who were the founders of Chiropractic; DeeDee the founder and his son, B.J., and then some other really kind of epic chiropractors who were doing upper cervical work, Logan Basic was another chiropractic technique.

So there were different approaches within the chiropractic world. Many different methods exist within chiropractic. And he had sort of picked the ones that worked the best at certain times and sort of orchestrated them into a system. And that was where network, you know, spinal analysis sort of evolved out of. And then it evolved again and evolved again.

And that's one of the things that Epstein has always done. He's always very much innovated and evolved the work. So we studied, my wife and I, with him and worked with him and ended up teaching for him for a decade, really, doing that work for a couple decades. But just over four years ago, I really got my own direction and was developing my own kind of methods. But his network's final analysis still is a kind of a modality within the chiropractic application that's still within the chiropractic world.

And Epstein has gone on to develop his own energetic methods and approaches that are really not within chiropractic anymore and I've done the same where I'm not, I'm still licensed chiropractor, but the work that I'm doing, I'm not you know, I'm not adjusting vertebral subluxation, I'm not doing any kind of adjustments anymore, I'm working in really the field around the body and within the body. And we could talk about that. But, yeah, that's the evolution of where that work came out of and in my work.

And I studied with many different people along the way and we've been to India multiple times so learning Ayurvedic and yoga - you know - approaches. And been to South America and been to Asia.

And, you know, there's so many different modalities that exist on the spectrum of energetic approaches that are more subtle. And I've gravitated more towards the subtle approaches that are working with the subtle body, working with the subtle energy system and are less

mechanistic or mechanical. And so that's drawn me further and further off of the, in some cases off the physical body, because the subtle, you know, organizing fields around the body is, as you're very well familiar with, are shaping and organizing how the physical structure really plays out.

This has to do with our consciousness, how energy moves in our bodies, what we perceive as our experiences, trauma, how things are held in the field, how things are held in the physical tissues of the body and we can dive in. But the way that I got here is through my own journey from being a fine art student, to go into chiropractic college, to being introduced to Epstein's work, to then, you know, becoming adept at that and then evolving my own methodologies as I've progressed.

Niki Gratrix: Super. It's interesting. Just mentioning with Epstein, he's got some big fans. I mean, we've got Ken Wilbur on the Summit and like Ken is definitely into Epstein's work. And he's got some other big names, Tony Robbins, of course, who you know and have worked with for years. Because it works, basically that's the message isn't it. It's very powerful.

So let's talk about this concept of a trauma as an energy blockage. Like expand on that. Yeah, I want to hear about how you work with clients, so what you actually do as well. But just, do you want to expand on that more, because we've got people, you know, we've got people talking about trauma in the nervous system, like Dr. Peter Levine talks about it in that context and Stephen Porges, so you know, all in the nervous system.

What would you say?

John Amaral: This is a 'yes and' right? So this is a yes, the physical system is going to react to experiences or events that are perceived as or are actual trauma. So, I mean, it's the same. The fight or flight, you know, system of the body, twelve hundred plus biological changes instantly happening when the body goes into fight or flight. One of the things that happens structurally is that the spinal cord is elongated inside the spinal canal and the meningeal sheath, the covering of the brain and the nervous system is stretched. It's attached into the cranium. It's attached into the first five or six, maybe seven vertebrae in your neck and into the tailbone. And what happens is, as the cord is stretched out and elongated as part of the fight or flight reaction, it can stretch over two inches inside of an adult spine that all the nerve tissues that are exiting the vertebrae are pulled on. And they actually change in what's called sincerity, which is the overall relationship, the tension, relationships and all the fascia in the meningeal sheath.

This is all contiguous, so the meningeal sheet is tied into, you know, into the fascial system, which is tied into the pericardium around the heart, which is tied into the viscera around the organs, which is tied into the tendons and the muscle system. You know, that fascial

network is considered a liquid crystal. It is like James Oshman, who I believe is on here, I've studied his work. You know, this is this looking - and May Wun Ho a PHC researcher who passed away not too long ago - but this is the work of the quantum coherence system that's operating as a liquid crystal lane matrix, basically. So the physical system that is actually based is going to hold energy and build up tension. And now, like I said, the spinal cord is stretched for a long gaited when the body's in flight goes into fight or flight.

And this goes back to the work of a neurosurgeon named Alf Breig, who had done a lot of research on a long Dacian tension patterns of the spinal cord, because we tend to look at it like as chiropractors and as body workers, like compressive forces that happen in the disks, like a disk can be compressed or you can have a nerve impingement. But there's actually a much greater negative global effect, when you stretch or longer at the tissues of the spinal cord. You can change the sensory motor and the trophic or the regrowth functions of the cells by, you know, 50 or 60 percent by just not that much stretching or tension on those tissues.

So what Epstein was able to identify was that there are different distortions in this in the lengthening, the stretching the spinal cord that changes the tone of the tissues. Chiropractic was based on tone. If you go back to the early days of Didi Palmer and B.J., these are the founders of chiropractic. They talked about changes in the tone of the system, the vibratory frequency of the tissues of the body.

So Epstein developed what he called the phasing system. So there are different frequencies of oscillation or vibration of these tissues when you distort or stress the spinal cord and the nerve system in different ways and that has tied into a different consciousness. It is tied into a different experience of life and their sensory system, as you're perceiving the world around you, it is filtering everything through the state of your nervous system, really. And what is that tonal state? This goes into Polyvagal. You know, what's the tone of that system? The vagus nerve having 80 to 90 percent of the fibers is afferent. They're going from the heart to the brain. So all this information, feedback is coming through this sensory system from the environment around us and then it's going out before we even have a chance to make up a meaning about it, before we have a chance to make a conscious decision. We've already processed through this physical, you know, oscillatory state in our body.

So that's the physical part of it. That's part of the physical part. But then when you start looking more at the at the organizing fields around the body, you start to recognize that before any information even comes to the physical body, it's actually passing through this field. What you can measure around the body, electromagnetically, three to four feet with a sensitive manometer is. The squid manometer is one one of the ways. But apparently there are other people I know, in Epstein's book he talks about it being about 15 feet from the body that you can measure this.

So I haven't seen the research on what instrumentation is being used. But we can perceive experience and sense of things happening locally and things around us that don't haven't even touched us physically. And, you know, that goes to Rupert Sheldrake's work on morphic fields and morphic resonance. Right? The sense of being stared at. How dogs know when their owners are coming home. These are you know, there's research to support that we're affected by nonvote locality. We're affected by fields.

And so it's really important for me to integrate into the model and the way that I'm working, that we start with the field because the field is organizing the physical matter. Let's look at how trauma affects the field. How does the stress that we're experiencing, whether it's the abuse that somebody went through, whether it is an auto accident that somebody was in, whether it was an anxious pattern that someone keeps repeating in their mind, just about like what's going to happen? How is this all going to work or uncertainty? How does this show up in the field? Is it blocked energy? Is it some kind of distortion in our sport, the way our system is perceiving the environment, is the environment out there really even the environment out there, or is it something that we're more in a constant kind of interaction and co-creation with? Is the universe within us? Or are we in a universe that we're separate from, like how this gets into some very kind of foundational questions about reality. And that's what's always interested me. And so I'm giving more of a larger conceptual kind of here's the model. But I want to open for you to ask me some more specific questions. I want to target it to make it relevant and useful for the people listening.

Niki Gratrix: Well, what you've said already is really great. And it's crucial because it just is. Well, I've just taken what you said as well. You reminded me that we have this field and the field perceives what's going on around us before we process it mentally, which is another reason why a lot of people say that talk therapy doesn't really work for trauma. I don't want to down talk therapy too much, because it's got a role. But it just shows you how important it is to start at the bottom up approach. Is this what we're kind of talking about here, what we call a bottom up approach? You can't talk yourself out of a distortion in the energy field. You have to address the distortion of the energy field. Like I said, distortion in the end, you feel. I think that's really what trauma is. The various research I have done, that is what I have found, I think it's a distortion in this field which then affects the rest of the body and impacts it in all kinds of ways. Is that your clinical experience?

John Amaral: I would say technically it's a distortion, but it's also dissonance. So, for example, if somebody is in a distressed state, if somebody is in a state of reaction; fight or flight, in fear and overwhelm and anxiety, etc, then you are going to have a shift in your, basically coherence in the system. And this is you know, this is the work that Heart Mouth Institute has done for years, looking at coherence and whether or not you are able to stay in a, you know, sustain a state of coherence, brain, respiratory rhythms, heart rate variability, etc.

So if you are in a state of dissonance where the body's in this kind of reactive place, whatever thoughts come into your consciousness, whatever plans you make, whatever decisions you make about your health and your path, they are distorted already because you are not having thoughts, it's not a mind over matter in the way that that we just have thoughts and that changes our body. It doesn't quite work like that. We can only have thoughts that can arise from a certain state of coherence or lack of coherence so that the energy system sets that context for what content can actually come into our mind even.

So, because the field organizes the physical matter and consciousness is the ground of being beyond time, space, dimensions. Consciousness is the ground of all being, what arises from consciousness, which is everything. All of reality. Which is pure love, bliss, grace. Really. Perfection. Everything is interconnected in the perfect way. That ground of being is what we remember when we have awakened experiences, when we reconnect to this field that is loving, beautiful, that is really everything.

It's the loss of connection to that, which is when we experience trauma, we experience stress when we experience lack of coherence in the system, we're losing our connection to something that is always there. And so anything that would come out of that distorted state is going to be a kind of a hallucination or an illusion of the truth. And so what if we start making decisions and choices based on that, we start building models or conceptual models of the world instead of just being in this world.

I've had these multiple experiences of awakening, awakening and mystical experience with all kinds of really amazing things that happen in my own journey here. And so I know the ground of being pure love, pure grace. I know that anything that is not that is a distortion of that. So really, in some ways, anything that is not that, where we do not feel somehow filled with like, a sense of joy and grace and bliss and like, everything is actually perfectly organized. That means we are in reaction to something, we are, in a way, trauma. So we're all kind of - human beings in some way, shape or form, we're experiencing some kind of trauma from just dropping out of that state of perfection but it's always available. And so then how do we get, in a way, how to remember it? And how do we clear the system to to spend more time in remembering that, hey, everything is actually perfectly organized.

Niki Gratrix: I love that. That you, as you spoke with such clarity, I was like, you had to have had personal experience with that because you speak with such clarity, it's awesome. This is the key thing. When you work on people, I want to do exactly what you do to help, you know, create a coherent field.

And when you're working, do you also get the benefit? So I'm just wondering, if you are doing this every day as a practitioner, is that feeding your energy field the same time as some therapies that will work that way? That was just a little aside question because I am interested but let's get into that.

John Amaral: I do get energized. The only time over the years that I would get drained was when I would somehow get attached in a way to do it. OK, so let me explain it this way, what I found is that the way to have really extraordinary results happen is total certainty about the outcome. Knowing that when you show up this something is going to happen and having a clear sense and knowing of what you're going for, what it is, what it will look like, feel like, what will the experience be of someone in coherence when the body is in sync, when things are flowing? How will that look? How will that person experience what will happen in their lives?

So knowing that already means that's a fully formed outcome. So we know we're going to get there. So I show up. I know that's going to help. And then I have to have complete un-attachment to how that happens exactly when that happens, and me doing it so because I'm just facilitating. So if I'm fully in certainty about the outcome and I'm completely unattached from my part in it, then it's incredible. You know, things happen and it's really just the person you know, they're sorting it out. I'm helping to show them, in a way, new pathways to sort out how they can find more coherence and find more flow.

So I get actually energized in most cases because I'm actually focused on and watching for and getting excited about that opening. So as the person takes a breath, as the person moves in a new way, as I see, and experiences tension drop as they make that sound and they express that energy that's moving out of the body that was held in some tissues from some traumatic experience. And they never made the sound, they never experienced fully. Maybe they felt the experience as it was happening.

Well, let me just go a little on tangent here for a second. I think it's really relevant to the conversation about trauma, is that when our body goes into a fight, flight, reactive traumatic experience, what we're doing is we're taking the experience and fragmenting that energy and information and redirecting it to a part or parts of the body to protect in a way from having to be overwhelmed by that experience. So emotions that are being experienced that we don't have the capacity at the time to either register or it's not safe to express. That the sounds we would make and emotions that would happen as emotion comes out, because emotions need sound and emotion to totally to truly express. Otherwise, it's not emotion. It's just a strong feeling that energy gets redirected as a standing wave.

So you have energy that's actually vibrating and resonating in certain regions of the body, gets encapsulated in there, this is where people feel in a way that parts of their body feel foreign. This is like dissociation and it's in its highest degree. But the experience of this part of my body no longer feels like me, somehow it feels separate or foreign. And in that experience, we're protecting ourselves from that information because the higher brain can't deal with it, it can't make that association, because that would have to mean we would experience something that doesn't feel safe.

So we want to make sure that we're all for, well for me and working with people, I want to make sure that I'm showing people a new pathway, a new way to connect to the energy that was bound up and held in different parts of the body because it wasn't safe to be felt, but we do it through a pathway of first finding where their flow is.

So energy flow precedes lock tapping into the bound up areas because it's kind of like, if you go upstream in a river and there's a beaver dam. I love beavers. But like, let's say you're like these beavers, they're clogging up this river and you want to, like, wash away all the debris. You would go upstream and if you open the floodgates, you know, upstream or you increase that flow, it will wash in a way through and wash away or kind of integrate all that debris and take it down and out. And so, in a way, if we create an increased coherence and an increased energy flow, then it's easier for the system to assimilate and move energy that was bound because you have a sense of what's working and where there is ease.

And this is where, you know, Epstein's work was very influential because he actually identified instead of trying to adjust the vertebra and move the structures of the body, you would go to the place where there was the most rapport or receptivity and you had input force there. And that would allow the brain and nervous system to go, oh, here's where the freedom is. And that would start to grow in that he called spinal entrainment.

Niki Gratrix: Wow, that's amazing. Okay. That's the best, I really understood what exactly you do, brilliant analogy. I think that totally makes sense to me.

John Amaral: So you're putting force into a region that's very receptive to that input and the more directly vector you can get to where you're giving the brain and body more specific information, the less force you need to use and the more response there is. Because it's like a nuclear fission or something, that is more precise that when you split the atom, you release a tremendous amount of energy. But you have to get to that very, very tiny specific area. So in a body, it's like it's a nonlinear system.

And if you input just at the right place at the right time with the right amount of force, you create an increased self awareness and an increased self-regulatory ability to assess. Like it's the way I'm holding my body is this pattern of adaptation that I've created around some traumatic experience. Is it still relevant? Is it efficient to be holding my body with all this tension and holding my shoulders up like this and holding my head forward?

I can now, in a way, either consciously or unconsciously be, somatically, be asking that, because there's a reference now for something different. And the reference is created by showing the nervous system, body and brain where is the most space, freedom and flow? Let's use that as a reference. Now you're more awake and aware that, hey, there's freedom here. I can breathe and breath brings increased awareness. You start oxygenating the

system or more energy and blood flow, the higher brain gets activated. This is part of the body coming out of fight or flight, the parasympathetic nervous system kicks in.

So you're showing the nervous system and brain, hey, there are points of, right where the spinal cord is attached and under tension, we can input a very subtle force in just the right area at the right time, which helps to suspend that fight or flight mechanism. The spinal cord starts releasing tension. The whole nervous system goes into parasympathetic and the brain and body goes, 'we can breathe' and now increased self-awareness is happening, and now you start feeling your body and the information that was held or pushed down in different areas of the body is now made available because the higher brain is now able to - the cortex, the prefrontal cortex is lit up again because that that's what happens when you come out of fight or flight. The heart and brain are starting to actually communicate. You know, you have that whole cardiac nervous system. You have forty thousand plus neurons that are the same as in your brain, in your heart. You start re establishing that flow and connection between brain and heart. And the whole system jumps into a higher level of coherence.

And next thing you know, you can experience and remember sometimes, oftentimes, people actually have a visceral remembering, remembrance, but sometimes it's just the experience of like, whatever that was that they were responding to was still anchored in their body that they were reacting to is no longer even relevant. It's just like gone. Suddenly they are just like, that happened. And, you know, there was abuse, there was a rape, there was a traumatic accident. And you're like, I've done all this therapy. I've talked about it for years. But the visceral component of it is, it's like it releases and suddenly there's no charge, an energetic charge, and the physical physiological charge is no longer there. And so now you're no longer referencing that incident in that same way. So, for all intents and purposes, you've rewritten that whole pattern. You've written that whole event. And now when you reference back to...

Niki Gratrix: Oops, we just lost you briefly for a second, it is still recording. That was brilliant. So you've rewritten the events and when you reference back to it... So just start from what you were saying: 'when you reference back to that, it's not the same.'

John Amaral: And so when you reference back to that, whatever that was that happened in your life. It no longer has the charge. But what's interesting is that we only know, research has shown that we really, about half of what we remember never even happened. So we remember an event or circumstance that happened, let's say, 20, 30 years ago or in this accident or we were in this abusive situation or whatever it was, we remember certain things in certain ways because of heightened emotional intensity at the time in our brain and the nervous system locks that in. And then we oftentimes, though, we're making up a whole story about this.

Some researchers were looking at this like, post 9/11, interviewing people that were, you know, saw the towers fall and they were, there was traumatic memory and experience that was happening. And in a number of the cases, quite a few actually, they found that when they actually did really look into where this person was when this happened, there's no possible way they could have actually seen this. So they had stitched together, you know, like one person was in a room that was facing the opposite direction of the towers and they vividly remembered looking out the windows from their room and seeing the towers and yet they were facing the opposite direction. There's no way that could have happened. So they had stitched together and it wasn't that they were just lying, they had stitched together images and experiences around that time and fabricated a memory that now served as an anchor to a traumatic experience, that actually didn't happen in the way that they remembered it. But it still had the effect.

So part of this, when we're releasing bound energy in the body, when we're unhooking the fight or flight mechanism and we're letting the spinal cord release its tension, the body goes parasympathetic, we're letting the coherence come back into the system. We're helping the brain and body start to coordinate. We're letting somatic information be revealed to the brain now that it's safe to feel this because the body is not in this vigilant state and what happens is you can remember the past in a different way, which is actually in a way, it gives you the ability to receive the gift of that past now rather than just the wound of it and rather, there's the trauma, because even the cells that were there, let's say seven, eight, 10 years ago, the majority of the cells of the body are completely replaced, most of them in a number of years. And by about seven or eight years, almost all cells are replaced.

The heart, actually, you have a, let's say someone is 50 years old. You have about 50 percent of the original heart cells in your body still. So heart cells, it's a much slower process. So I feel like the heart actually retains, in a way, direct information from our whole history and in a different way than some of the other tissues. Obviously, some of the neurons in our body, et cetera, take a lot longer to be replaced.

But we fabricate a reality based on experiences that were distorted oftentimes from past things, and the healing that happens when people experience trauma. That trauma, there's a very subjective aspect of it because we can be hallucinating or making up whole and intensifying things that that may have happened or maybe didn't even happen. But it doesn't matter in a way, because the whole system responds as if it is sometimes still happening or if it happened or preparing for it to happen again.

And this is the work where I'm working with people I'm looking to intersect with their consciousness, their energy and their, you know, the physical matter of their bodies, which is really only about four and a half percent of the universe is the physical matter. So we want the subtle body to subtle energy field in their consciousness is what's going to shift the physical material world the fastest.

Niki Gratrix: Amazing. And just to confirm as well, this obviously, this mode that you're working in, it's not a re-traumatizing. This is just dimensioned and obviously there isn't the risk of re-traumatization as people are released.

John Amaral: Yeah. You don't have to relive or re-experienced the trauma as it happened. What happens is the energy that was held in the body around like, that is dissonant, that adaptation, when the spinal cord is stretched and the respiratory system like, you know, you can track the heart maybe, maybe goes into a less coherent state.

The tendons and muscles build up tension, the body is now in a protective kind of armory when it starts releasing energy it is liberated. But if you feel safe and you feel held and you feel guided in that process, when you re experience it, that energy, it doesn't mean you have to re-experience that exact trauma. You might have tears, you might have a sound of visceral experiences that were held in the tissues of the body that actually need to be expressed through tone and sound.

That's like when you get into the visceral system, the fascia and the kind of, what I'd call the life force energy that is pre rational information, so that means your thinking mind, even your emotional system doesn't register it. So sometimes, when that comes on the radar, someone finds themselves, like they're healing, the brain is starting to make these connections and we're starting to bring into awareness information that was held in these tissues of the body that we couldn't get to with our thinking mind.

That's where you might experience, you might find yourself sobbing and there might be a tone or a whine or a cry, a shriek that never came out that needed to happen but you held it in. Maybe somebody was going through sexual abuse and like, they had to be quiet or maybe somebody just in their family was just a very intense; like children are to be seen and not heard and shut up and hold it in and everything was held in. So sometimes like that, real expressions that needed to come out if you were really expressing your true emotions with the kind of passion and intensity that was actually true for you at the time, that's what can kind of come out. And people are sometimes surprised.

This is what happened when I was working with a celebrity, a good friend of mine, Julianne Hough, in Davos at the World Economic Summit. I was doing a session with her and I just, you know, went in the field around her body and a shriek just came out of her and she just moved into this position because her body was expressing. I mean, I had worked with her a lot before and she moves and expresses. But people at the World Economic Summit were not used to seeing this kind of thing. And so it went viral around the world. And there was like, you know, they were talking about Julianne Hough having an exorcism and all these things.

So because people don't have a context for what was happening, but what was happening was a spontaneous expression of that energy that felt good. It wasn't like she was re-living something traumatic and having this experience of pain. It was a release that actually felt, even if it was a painful sounding sound or a moan or a whine or a cry, there's a sense of resolution and relief that's happening because you're finally completing an experience that never got to be fully expressed.

And so there's people who don't really experience the trauma and just feel the trauma again, they re-experience it as it's in a way passing through. It's almost like when you bring up a file on your computer and it says, are you sure you want to delete this? And you're like, I'm sure I'll send it to the trash. And it's going to show you for a moment, here's the thing. Let me check. Okay. Yes. And it's on its way out so that the system does that. It's like a re-tracing kind of experience, but it doesn't mean that you go back and regress back to that place and then now you're in it and you're just suffering in it. You're actually now liberated as it's passing through.

Niki Gratrix: Love it. Absolutely brilliant. It's been an absolutely awesome interview, I've been enthralled the whole time. You spoke so clearly about it as well. Before we get to, just sharing your details, how people can maybe get to work with you somehow with people that you've trained and so on. I think I resonate with your work so much because it actually is, you must be, you're triggering Kundalini releases.

I mean, we're talking about waking up with a spiritual awakening here. Based on what you're saying, I think ultimately that is going to be one of the best ways to clear trauma is still a spiritual awakening process and get the Kundalini energy working. It's like the two things and actually the same trauma healing and Kundalini; even spiritual awakening. It's the same path, right?

John Amaral: Yeah. I mean, I think what happens is that there is an awakening to some deeper aspect of being; an awareness of your body and its sensations, that feedback and awareness of your you know, as you go, as you heal, as you go deeper, as you expand further there's an awareness that, you know, there's my experience in my body. And for myself, then there's my relationships to my world around me. This is what is also known as a holarchy, right? That like, there's something called the holon and it's like that in every single part, no matter how minuscule is the part of a greater whole, you can't look at, if you can't separate something out, put it in a vacuum because everything is interconnected.

So every cell of my body is connected, somehow to larger fields of energy and information. We see this is what's happening right now in the United States and around the world. There's a shift happening because people are aware and now they're less okay with allowing a certain kind of dynamic that was going on for such a long time to consciousness has shifted already, so now the structures change. So what I see is, as we awaken, as we have

increased awareness, first it's self-awareness. Then it spreads out to an awareness of, usually, the relationships around us.

And then it goes out to a more global, you know, we go from egocentric to more kind of, world centric and then we go into more cosmos centric ultimately, where we recognize that every single thing in the cosmos is interconnected and that, you know, there's a famous - in physics is called the Poly Exclusion Principle. And it basically says that, you know, you can't like, you can't impact one single molecule, you know, in a universe without it affecting somehow every other molecule. And it's like, again, like chaos theory. You talk about, you know, the butterfly flaps its wings in Japan and it changes the weather in the Gulf of Mexico. Right? That everything is interconnected and everything matters.

So every time we take a deep breath, every time we come into more awareness in ourselves, every time we recognize a pattern that we know, we're reacting in some way and now we actually see that we can respond in a different way, that it ripples out and it makes a change or a difference in the world around us. And I feel like the work that I'm doing is very much about that.

I was a fan of Hawkin's works, power versus force. Every individual, their consciousness is on a certain scale and the higher and the more we elevate our consciousness on that scale, the more impact we have a positive impact in the world around us. And so in a way, that's that is a spiritual journey. It is Kundalini energy, the chakras and the energy, you know, all these energy centers are getting activated. The nadis, and basically the subtle energy channels are getting activated. The energy meridians in the body are getting activated.

There are so many different indigenous cultures, shamanic practices, ancient wisdom principles, yoga, the Dallas principles. All these things, like, I've really dived into all of them because I've had an interest in seeing what were the sort of ancient technologies and then how science, our more kind of modern scientific methodologies and quantum physics and stuff, start to kind of lay a foundation from this perspective under that. You do get to, as we do things, we get to that as we, as this all converges, we get to where we are now, which is, you know, we are an expression of consciousness. We are consciousness. The universe is within us. You know, we are co creating reality. We are creating the future for what is possible for all humans. And the more connected and conscious we are, the more trauma we have healed and integrated and recognized that we can grow and heal and actually contribute from it. And it's all perfectly organized somehow. The more everyone wins and everyone in the world is impacted in positive ways.

Niki Gratrix: I couldn't agree more. John, thank you so much for being on the Summit. The modality that you are using here, your tools and what you're doing it's one of the most powerful that people know about to help them heal trauma. I'm so glad I had you here for Summit. Thank you so much.

John Amaral: I'm so glad to be here, for sure.

Niki Gratrix: How can people find out more about you and your work online?

John Amaral: So people can find me online at johnamaral.com And also I have an Instagram account and which is [@DrJohnAmaral](https://www.instagram.com/DrJohnAmaral). And in the link in the bio there, I have access to a seven day challenge, a free challenge, so I take you through some exercises and processes and that's a free process people can experience like a virtual aspect of my work.

They can also find that on my Website, johnamaral.com, so they can find all the details about different events that I do when this Covid thing is, like, clear and we can start doing events again.

I do events in L.A, I do some events around the world. And also people can, you know, inquire about doing private work with me, which I have a limited amount of private sessions that I do and people can acquire there on the website.

Niki Gratrix: Awesome. Thank you so much, John. That was brilliant. Amazing. And I will see you all in the next episode.

John Amaral: Thank you, Niki.