



Conscious Life presents

Mind and Body Alignment Using The Energy Codes

Guest: Dr Sue Morter

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[00:00:09] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today I'm speaking with Dr Sue Morter, an international speaker, celebrated author, teacher, and doctor, with over 30 years of experience bringing together ancient wisdom traditions with cutting-edge quantum science.

Her highly praised *The Energy Codes* guide you to unprecedented levels of self-expression, health, and healing. Dr Sue's visionary models and techniques ignite an entirely new approach to assessing creative genius and living from personal freedom. Dr Sue Morter, thank you so much for being with us today.

Dr Sue Morter

Oh, it's my pleasure. I love connecting with you Meagen. I can't wait to see where we get to go with our conversation. I'm sure it will be fabulous.

Meagen Gibson

Fantastic. In the context of talking about trauma, which is what we talk about a lot, no matter what conference I make, every conversation always ends up being about trauma. But what causes us to separate from our parts, our mind, our body, our spirit, our energy, to you?

Dr Sue Morter

When I look at this, everything ultimately becomes a circuitry issue. If we have the neurocircuitry in place to manage what's happening, we are able to remain in contact, in context, and in integration and move forward into the situation.

If we do not have the neurosynapsis secured because of lack of experience, or a negative past experience, we've shut down, or we've not animated those circuits in some fashion. It blows our circuits, if you will, when we are what we would call traumatized.

[00:01:54] Dr Sue Morter

When something is greater than what we think we can handle, we move into a whole different part of the brain, and we start using energies differently in our system. The next thing you know, we're stymied, we're in fight, or flight, or freeze. The emotional impact of what's going on doesn't get processed.

The next thing you know, we're pocketing off different aspects of our system in a survival mode in one form or another, and we end up burying that energy and that chemistry in the tissues somehow. Which ultimately leads to what we know as disease-oriented, trauma-oriented diseases, that are unresolved energies, unresolved emotions, and unresolved healings that need to be addressed.

Meagen Gibson

Great answer, by the way. I want to get back to your modality, and *The Energy Codes*, and how it helps us resolve that, but in just a moment because I want to give people that. But I want to go back to what you were saying.

The way that you just talked about that removes and diminishes so much stigma for me. When we talk about it as circuitry, instead of, I think with mental health, with trauma, if you haven't experienced adverse experiences, if you haven't experienced trauma, it looks like something weaker people get, or weaker people experience.

Meagen Gibson

The way that you just talked about that, makes it so clear that there's not a personal determinants, there's no morality to who gets, I'm going to say mis-circuited, but that's not a word, but we're going to go with it, just nod Sue.

Dr Sue Morter

Yeah, exactly. There's no characterization here, there's no quality assigned to this, there's no better than, less than. It's simply a matter of exposure or not. If I've been there before, I've already established the circuitry for processing this situation. If I haven't been in this scenario before, I'm now in a creative mode, and I'm either able to be nimble on my feet and be able to put the pieces together. And there are certainly some things that we can do to make that easier.

Or I'm stymied, I'm just blown away. In those moments, our system just starts shutting down, or stepping up, depending on how it's geared, and how things are functioning. But it isn't about somebody being too weak, and too emotional, and overly sensitive, and too empathic, and these sorts of things. All of those play factors, of course, but just because someone is experiencing the effects of past and unresolved trauma, doesn't mean they're incapable in some way.

It's literally a matter of a circuit breaker in your house, if there was a power shortage, or a power surge, the circuits will flip in the breaker box one way or the other. It doesn't matter if it's too much, or too little. The system is designed to protect itself, just like the electrical system in a home is designed to be highly functioning, without allowing further problems to be generated because of an alteration in the input in some given moment.

[00:05:11] Dr Sue Morter

It's really helpful if we drop the judgment piece on it, and just get down to the brass tacks, and get to work with what it takes to turn those breaker switches back on in the breaker box, so that the system can begin processing information again, instead of being shut down from either overload, or an under service to some area that's trying to synapse.

Meagen Gibson

This example really works for me and also what you referred to a little bit earlier, also, which is the point of all of this work, is not just to feel better, or to feel less of the circumstances. It's to get back all of the vitality, and the energy, and the creativity, and the curiosity, and the imagination, and all the things that we all really enjoy that you lose access to. That's always been one of my personal first signals as to when I need to dive into some self-care, some techniques, some boundaries, is when I lose access to those factors of myself. I don't know if you want to say a little bit about just like, why we do this work, what's at stake?

Dr Sue Morter

People always want to feel better, and they want to be stress-less, and they want to be able to be in their creative genius whenever possible, and be able to come up with new ideas to explore into life, or to create new projects, et cetera. Those are motivators for people to begin to look at, okay, why isn't that happening? Why don't I feel okay, I've achieved this, I'm this successful, or I try, and I'm very devoted, and I do all these things. So why do I not feel a sense of well-being, a sense of fulfillment? What's missing? What's going on here?

The pain of that on any level in our lives will oftentimes draw us to looking more deeply. I personally began that way, I was in physical pain, and then emotional pain, to the point that I sought out meditation, which then led to me opening up in all sorts of ways, and utilizing new aspects of my system that I didn't even know we weren't using. Since then, I have been motivated more by the adventure, the exploration. How good can it get? How much can I embrace? How empowered can I feel? How much can I allow life to be in my favor? So I'm coming at it from that perspective.

Even with that disposition, every once in a while something comes out of left field, seemingly right on time, actually, but seemingly out of left field, just when everything's going perfectly, and it'll blindsides and buckle you over and have you have to stop in your tracks and assess, okay, what's going on here?

What I know is when something blindsides, and buckles me over, and catches me by surprise in that way, it packs in it a tremendous opening, a tremendous opportunity, because I had mastered the level of consciousness that I was operating on. I had gotten familiar with the circuits that were already in place. And it's time for evolution to come along as soon as we have up leveled to a place that we have met, and we have mastered. So the next up-leveling comes in as a surprise, which, if someone isn't looking at life from the perspective that I'm speaking about right now, they would observe that as traumatic.

[00:08:52] Dr Sue Morter

Someone said something that was traumatic, or something happened that was traumatic. But if we are interested in really stepping into our power and owning our creative capacity, we would witness that happening from a different lens, from a different filter. We would perceive it as oh, here's an opportunity for me to elevate my consciousness, for me to build new circuitry, to be able to be present even in this type of a situation that is surprising, or shocking because of who it came from, or how it was delivered across my path, et cetera.

That this too is an opportunity for me to climb up into a bigger version of myself that, had this not happened, I might never be stimulated into this awareness to be able to awaken and build new circuitry, to be masterful at a higher level of performance, or experience of the true, essential self, which leads to fulfillment on a greater level.

In any sense, we can turn it into something that is supportive to us, and that really is going to be my big recommendation at the end of the day when it comes to trauma. Of course if we are upset, and if we are disabled from it emotionally, or physically, temporarily or permanently, or seemingly, no matter what the case, we have to be with that.

But we also then eventually, in my experience, are served very well by leaning in with curiosity to. What is this asking of me? What is this prodding me toward? What is this pointing me toward recognizing? In terms of a bigger version of myself than I thought I was, that I can handle this. There's obviously a bigger version of me, or a deeper version of me that it's time for me to integrate, to awaken to, to get to know, or this wouldn't be happening.

I'm always trying to steer people in the direction of the idea that everything that is happening is truly in service to your evolution. It's not here to get you, or to take you out of the game, it's here in support of you, waking you up to a greater version of you than you knew before.

Meagen Gibson

All right, so let's definitely get into it now, it's a perfect opportunity. How does the energy codes help with that? Let us know, explain to me, for somebody who doesn't know anything about the energy codes, what is it? And how does it help with this process?

Dr Sue Morter

Sure. We have some major faculties, the mind, and the body, and our breath. They are the three main components of our being, if you boil it all down, it's mind, and body, and spirit. Spirit in the body is breath in the body, and we can utilize the breath in the body to turn the body toward functioning in a creative healing mode, versus being locked down in a survival mode of fight or flight or freeze, those kinds of reactions, et cetera.

The issue is this, we end up living, identified and using only one of those components on a conscious and intentional level, which is the mind. We start using the mind to make decisions, to look around, to see what we need to do, to educate ourselves, to learn more, to apply it, to strategize, to figure out how to be safe, and how to get down the road, et cetera. We start using the mind so much alone, in its own right, that we become so enmeshed with it and identified as that, that we start thinking that's who we are.

[00:12:33] Dr Sue Morter

Here's the problem with that. The mind is only a part of who we are, it's incomplete, it's only a portion of us. When we're identified as the mind, we're going to periodically have, or regularly even, have a sensation that there's something missing, there's something not okay. I feel okay in this moment, but I'm really worried about the future I don't know. Or I don't feel okay in this moment because I'm so worried about something that happened in the past, and so on. This is how the mind operates, it's only a part of who we are, it's only partially awake to the truth of us.

The parts of the mind that are not yet aware of the rest of us, those subconscious parts of us, drive us toward life experiences that we actually would even call traumas. It pushes us toward the unknown because it wants to become known, it wants to become awake, it wants to be an enlivened part of who we are.

We're driven by our unconsciousness so that we can bring it up to the conscious level, and awaken to a bigger, better, more capable version of ourselves. What the energy codes does is it teaches us to not use the mind alone to heal that situation. But to use the mind, and the body, and the breath together, because when we do so, we start experiencing a more holistic, comprehensive sense of self. A truer version of us than we can experience when we are only sitting in the seat of the mind.

What we're doing with the energy codes is a codified approach to bringing the mind onto the body, and then using the breath to seal the deal, to integrate and weave mind and body back together again. I know that I've used this maybe in conversation with us in the past. I just want to mention it again because it just makes it work for people so quickly, they visualize this and it works.

If we picture it like this when we land here, we splat and the mind goes one way, and the body goes another way, and the breath goes another way, and we spend our lives really pulling those things back together again. We just don't know that that's what we're doing, and that's why it takes our whole lifetime to do it. What the energy codes is doing is teaching us, that's the name of the game, here's how you play to win, you pull them back together in a moment's notice.

You begin weaving them back together whenever you feel like a trauma is at hand, or a trigger is at hand from a past trauma that was unresolved, or a potentially challenging situation where you feel the friction, you feel the heart rate go up, you feel the compression happening in the chest, and the respiration gets shallow, and all the signs that I might be in danger here.

The moment that that happens we're teaching people to do something specifically with the mind, and the body, and the breath, so that this situation doesn't become a volatile, expressive, or explosive situation, or an implosive traumatizing situation.

But rather becomes a highly functioning moment where I get to experience more, and more, and more of my magnificence, really my true self. Not my defensive, guarded, protective self that is so on the forefront of my awareness, because I've been identified as only the mind for so long that I'm pretty much afraid all the time knowing that something's missing. Or that I'm not in my wholeness, but I don't know what to do about it. I'm in knee-jerk reaction mode, a hair trigger in many situations where I don't need to be.

[00:16:20] Dr Sue Morter

If we get mind, and body, and breath back together again, we're able to experience a greater sense of wholeness, a greater sense of well-being, and a greater sense of capacity to manage these situations. Not only manage them, but grow from them, or evolve from them, or awaken, or celebrate ourselves because of them, rather than just trying to survive them.

And when we start to shift that, life changes, the reality that we're living in begins to change. It begins to look like a grand adventure of waking myself up to an awesome person that I am, instead of just looking over my shoulder all the time trying to get by, just until got to get through till this point in time, or the survival strategies that we've all come up with.

So it's a codified way to do that. It's the short answer to your question. It's how, it's the how to, by asking better questions and using the mind in different ways, and pulling it back together again from the splat. The mind and the body working together is more than the mind alone. It's like two team members instead of just one team member being responsible for everything.

Meagen Gibson

It's so interesting that you mentioned that, because I've been doing a lot of thinking lately about psychology versus biology, and exactly what you were talking about. How we get stuck in our heads and we think that, and I identify with this a lot, there were the better part of a dozen years where I felt like Neo from The Matrix. Forgive The Matrix reference, but where I would just want to plug myself in, and if I learn everything there is to know about X, I can control the entire world, and never experience anything bad again.

It's like, I'm having difficulty in this situation, okay, I'm just going to learn everything I can, I'm going to do all of the intellectual and emotional labor for everyone involved, and I am in control and can fix this entire situation. Then I had an experience a couple of weeks ago where I had to get some cortisol shots in my feet for plantar fasciitis. Aging, don't do it. And forgive the reference, but felt like an out of control... From the cocaine bear movie.

I was physiologically so uncomfortable after the shots, and had this moment where it felt like panic, it felt like anxiety. It felt like all these familiar things that I've worked, done a ton of work on, and breath work, and bodywork. And it was this moment where all I could do was just surrender, and know that this thing was not in my conscious control. This physiological reaction was not in my conscious control. And also, what can I take from this? How could I honor myself and how much work I had done? It's an anecdote around physiology and biology, and what's in our control, what's not.

Meagen Gibson

I want to talk to you about the seven steps that people can use in this system, and how they help integrate all the parts of ourselves, and embody our soulful self.

[00:19:22] Dr Sue Morter

The whole big program, it takes a long time to really explain it all, but the steps are really learning how to anchor ourselves in our bodies, so that we're not jumping up into our heads and starting the story writing, and starting the strategizing, and identifying in this place that is quite painful.

People very close to me have had nervous breakdowns because they've been living in their head, and they've been earnestly living in their head, sincerely living in their head, thinking they were doing the right thing, the smart thing, trying to get ahead, trying, you know, to get ahead, trying to get by and to make things happen.

I just get so broken-hearted about the fact that I could see what you're doing. I could see that, and have spoken into it, these are not students that come, that are interested in learning, but people in your life, or in your neighborhood or what have you, that aren't necessarily seeking this information, but need it.

It is just so disheartening to see how much of that exists in the world, when there are answers right in front of us, that have just gotten lost in our cultures, and aren't taught the way that they were with the indigenous peoples, and the way that they were at one time on our beautiful planet here.

We've advanced ourselves out of context, out of contact with the truth of who we are, and what's really going on. Then therefore, what's really important. Some of the codes are to anchor ourselves back in the body so that we don't get caught up in that spinning process of trying to figure it all out, and do this and go for the next thing, and exhausting ourselves. It also then allows us to be present with ourselves in a way that we have the wherewithal to allow for a loving presence, to allow for a quality of life that gets edged out when we get so convinced, and so focused on achieving, or accomplishing, or the doing.

Now it doesn't mean that you don't achieve and accomplish. It means you go about it in a grace filled way that feels good, that you're happy that you did it, that you do it again tomorrow, and that is guiding your whole life. Both are right here available to us any moment to begin to process life from either perspective. One of the codes is teaching us how to sense, and feel, and make those choices in an instant. When there is an alignment and an integration, there's a felt sensation in our system that is a certain vibration, it's a certain tonality that we can notice.

When it's missing, we can notice that pretty quickly. The moment that it's not there, we can learn what to do to, bring ourselves back into that alignment. But it always involves bringing the mind, and the body, and the breath back together again.

There are also codes in the system. One of the codes is a clearing code that allows us to clear old past unresolvedness. Whether it's a trauma, whether it is an incident, or an accident, that we would call it an accident, or some way of being that you grew up inside, that was insidious. Like there wasn't a specific happening, but it was just this judgment, or this shaming was infused into the way of child-rearing, or the way of describing how you should be in the world, or a level of non-acceptance of who you are just inherently.

When we grow up inside of that, we don't realize that there are circuits inside of our system that are never being activated, they're never being invited to be turned on. They are the circuitries of

self-acceptance, and self-awareness, and self-love, et cetera. When those things are never lit up and turned on in our system, we're running on three cylinders instead of six. It leaves this subconscious messaging happening all the time of like something's wrong here.

[00:23:48] Dr Sue Morter

We're getting down the highway, but the engine is revved up really intensely, and it's because we're going down the highway at 65 miles an hour in the first gear instead of in third gear. It's running the system harder than it's designed to be run.

Those are some things that are addressed in the energy code. We can go back and clear old unresolved emotion without even knowing, this is what I love about it, without even having to know exactly what happened that caused me to suppress, and to get then into this anxious mode that I'm constantly trying to outrun, and outperform in my life. I don't have to know where it started in order to address the circuitry, and connect the... Hook it up and get things moving again in a way that they're designed to be moving.

There is also a chemistry code where we learn that the chemistries of our body are generated not only by the foods that we eat, but also the thoughts that we think. The more acidic our environment becomes, our bodies become, the harder it is to come out of that emergency fight or flight mode, and the easier it is to get sick without self-healing. So we go down a certain road under those conditions, et cetera.

Lots of things to address in all of it. But the one that I love to work with right up front with people, is to learn to use the body in a moment when the mind is freaking out, because those are the hot moments where choice points are in front of us, and we make decisions, or we end up drawing premature conclusions that are not helpful to our health and longevity.

I like to work initially with people to allow them to utilize the alpha frequency Earth version of self, which is the Earth physical body, to utilize that alpha frequency with a mind that's getting out of alpha, up into beta, up into gamma, of freak out, draw conclusions, write the stories, and it happens instantaneously.

I like to teach people that as soon as you feel yourself doing that, as soon as you experience yourself as over-giving, or over-trying, or over-worrying, or are you okay? Or looking into your circumstances in the ways that we do, or trying to control our environment by judging, and comparing, and competing, and all of those scenarios that we get into. The moment that we recognize that that's happening, there's something that we can do to stop the runaway train. To just stop, and do not ingrain another set of circuits another day in a row to keep yourself in this emergency mode.

Let's just stop that, and bring it home, and allow yourself to be settled enough to make a conscious choice about what you want to do next, or what you want to think next, or what you want to say next, instead of just getting into that knee jerk, reactive, trauma-inducing disposition.

Meagen Gibson

And even trauma exacerbating.

[00:27:02] Dr Sue Morter

Yeah.

Meagen Gibson

I think about so many of the people that attend our conferences, and I think all of them who've experienced that can relate to what you just said. I was sitting here, I was like, oh, yeah, that's familiar to me, that process. And just being able to slow down, like you said. I'm not sure exactly what that code looks like, but people will have to find out more from you, won't they?

Dr Sue Morter

Well, I'm happy to share if we have time or whatever.

Meagen Gibson

Please do. Go ahead.

Dr Sue Morter

One thing that we can do is, when those moments are upon us, we feel it. We feel our blood pressure going up, our throat gets tight, or we're starting to breathe shallow in the upper lobes of the lungs, and tension in the back, or whatever. It's a classic pattern that gets going, the heart starts pounding, and we're searching all our files to figure out what to say, what to do. And it's just, oh, my God, if we could just see ourselves in that moment and realize, oh, you're doing it again. There you go. There you go.

And realize that that very thing, right there, is what you're here to master. You're here to master your reactions in those moments. The way to do that is instead of getting up in your head, and then getting out in the story and trying to get the other person to see it your way, or to control them by having them understand you. The key is take all of your energy that you would spend on doing that, or the other things that you might do, and bring it on to yourself. It's a process called Subject Object Subject.

It's ancient, from ancient Eastern tradition. This process comes forward today in a manner that quantum science is also showing us is one of the most effective things that we can do to regulate the autonomic nervous system. It's to bring all of your attention to the core of your body. Just bring all of your attention. Instead of it being on the person, on the situation, on the trigger, on the whatever, let's just bring all of your attention right into the core of your body, and breathe in your belly, and start breathing slower and lower in the body. Slower breaths, lower in the body, slower and lower.

By doing that, it starts to activate the autonomic nervous system in a way that moves it from fight or flight, into the parasympathetic dominance of relaxation, filtering, cleansing, healing, even creativity. The moment that we do that, now we're ready and able to do something really profound with this triggering traumatizing moment. And not allow it to become traumatizing, or repeating an

old trauma, which we do subconsciously. We repeat them, we recreate them until we can learn to master them. The way that I'm describing behaving in this moment is a way to master them.

[00:30:02] Dr Sue Morter

In that moment, instead of your attention going over to other, keep it on the self, pull it onto the self, gather it onto the self, nurture it on the self, and ask a better question. A better question than why do you do that? Or even why do I have such a reaction to you? Those why questions aren't going to help you in this moment, because when we ask why? The mind goes to work to answer the question Why? I have to get to logic. I have to get to experience. I have to get to some philosophy. I have to get to some reason that they do that, or I do this.

None of that is as helpful in the moment at preventing this in the future as what I'm about to share. A better question than why would be where? Where in my body could I build some circuitry to be able to stay on the self when these things are happening, instead of having to pull myself back onto the self when these things are happening?

If I can remain on the self, it carves a pathway of neurocircuitry to be able to engage the vagus nerve, to engage the electromagnetism of the energetic system of the body, to engage the levels of consciousness that are associated with the Chakra system, and all sorts of those patterns that we know are truly running the show on an invisible level here.

It begins to create a superhighway here that doesn't have any potholes in the highway, or gaps, or where bridges have washed out, and we just can't get across there. We can't allow that communication from the gut wisdom through the heart, to the head to maintain its flow. So the flow gets disconnected. And then we're just up here in our head trying to live and survive.

The stimulus that arises to the head when we're not connected in this way is one of survivorship, it's one of lack, and cover yourself, get out of there, prove them wrong, do something. It never leads to a better tomorrow. It leads to hopefully surviving today. And that's not a good enough game plan for the whole shebang, here for the next 100 years of our lives. We don't want to just get through the day. We want to, 20 years from now, have created something that we are amazed that we live in. This has been the story of my life. And my life is amazing at this time because of what I'm sharing.

When we ask where in the body? Your mind is going to answer the question by going there, because the mind and the body were designed to work together. The moment we start using them toward each other, they automatically begin to work together again, because we're not holding them apart by overusing one and ignoring the other.

So when I ask where in my body could I build the circuitry to be able to handle this situation? When you say that, or that happens better, if I want to be able to handle those better, I need to have more circuitry in place to be able to be profoundly present in any moment, in any situation, to be able to handle it and to be there, to make conscious choices and decisions, et cetera.

[00:33:33] Dr Sue Morter

We ask where the mind is going to go, to your throat, it's going to go to your chest, it's going to go to your gut, it's going to go low in your belly, to your heart. It's going to go to things like a lump in your throat, or tightness in your chest, or a knot in your stomach, or that errrr just went up your spine. And all of those efforts are an attempt to call your attention to those areas of the body, because those areas of the body house different aspects of your consciousness.

Let me explain what I mean by that, just for those that might not understand. We know that the heart space carries an energy that gives us heart and meaning, gives love and unconditionality, and that kind of thing, that's an easy do for people.

But some people don't realize that your throat area has to do with your ability to manifest, and to create, to speak, and to listen truthfully, and to hear the clarity of what life is really trying to hand you, which is support. If we're really clear, we see that there's support in everything. It's trying to teach us we're more than we thought we were, you're bigger than you thought you were, et cetera.

Below the heart in the solar plexus area, where if you got punched it would knock the wind out of you, that's your power center. And the level of consciousness associated with that is your personal identity. Who do I perceive myself to be? Do I think I'm lacking and I'm super shy? Or I'm incapable of this, or I'm a super impatient person. Or all those ideas about who we are, actually are rooted in a level of consciousness, when, in reality, at its highest functioning level, that same area of your body would be carrying ideas that are more aligned with, the universe is pouring through me, and all I have to do is steer my attention in whatever direction I want to go.

If I open and allow that to happen, things are going to happen in an automatic, beautiful manner. I'm going to be guided and supported in all of my endeavors. It's going to unfold in my favor, if I learn how to align my aspects of consciousness in a way that allow this superhighway to do its thing.

In that when your mind goes to one of these areas, and there are other areas that I'm not dragging us through in this moment, but it's juicy information to learn, and to know, and to work with.

When I ask when this is happening, instead of why are you doing that? Or why do I react to you? Instead, I'm going to ask a better question. Where in my body could I build some circuitry that when you do that thing, I can handle it? I can see that, oh my God, you're just afraid. You're projecting that fear on me, and you're blaming me for something, but it really has nothing to do with me. You're having a rough time, and I'm not going to absorb it, and be traumatized by your actions. I'm going to be able to stand strong, and clear, and actually be available to support you in recognizing you're out of control.

That so the way I'm going to be able to do that, is when I say, where in my body could I build some circuits? And my mind goes to my heart, or to my gut, or to my throat, or what have you. That I learn what to do with that.

Just briefly, I'll say that a shortcut would be in the meantime, to just go to that area and hug it, and then manage to go into that area, not stay up in your head looking at that area of your body, but go

in there and just sit down inside of that space of your body, wherever it is, and breathe, and sit there and breathe lovingly, be kind to yourself.

[00:37:08] Dr Sue Morter

If you're in a charged moment right then, it might not be the moment to do it, so you can do it later when you get home. In laying in bed that night, you can be like, wow, when they said that thing, where did it get me? Oh, it was right here. Okay, so I'm going to hug this area, and I'm going to get down in that area, I'm going to start breathing right there.

Here's what's going to happen, you guys, if you do that, there's going to be a moment where things just boom. They just drop in, you're going to feel like you're home. Like, oh my gosh, I'm here for myself. A tear might even run down your face, or more than one. What happens is a reconnection of mind and body. And if you'll take a breath right then, it's an affirmation, it's a confirmation, it's a weaving together of I am home. This is me.

Because the truth of us is that we are the energy being, we are the breath, we are the spirit, and we have a mind and a body that we've invented to navigate this life. We have to bring it all back together again if we're ever going to experience our wholeness. So then the moment that that connection happens, you're going to feel something shift. And then when it does, you start breathing in your belly. Just draw the breath to your belly.

Then there's a central channel breath that you can inhale from the Earth up into your core, and then exhale at the top of your head. Just intend it, and then inhale from overhead into your core into your belly, and then exhale down into the Earth, and run that energy up and down this central channel, which is a very real energetic channel that the nervous system is a reflection of.

It starts supporting the building of neurocircuitry to maintain the communication that's arising from the vagus nerve up to the brain, the communication that's coming down from high-level intuition, and being able to embody and work with those energies. We're supposed to turn all these faculties on, and no one's teaching us how to do that, as far as our parents, and their parents, and their parents.

It's a beautiful thing to be awake and alive at this time, because people are interested. Even people who were never interested in this kind of thing are interested in understanding how it all fits together, because we're finally recognizing that the blame and shame, and all that doesn't cut it, doesn't work.

Trying to forgive, and release, and keep going helps, but it doesn't prevent us from being in a similar scenario tomorrow. By bringing mind, and body, and breath together, it truly allows for a solid embodiment of what we're talking about here, and allows us to really move forward as a more integrated individual, that's capable of managing things differently when they occur out of nowhere.

Meagen Gibson

They will continue to occur out of nowhere, won't they?

[00:40:04] Dr Sue Morter

Yes, they do.

Meagen Gibson

Oh, I can't wait to do that exercise tonight as I'm laying in bed, and just reflect upon my day and ask myself, where could I build better circuitry to support myself? Where can I turn that inward? Thank you for leaving us with that today. Dr Sue Morter, how can people find out more about you, and the energy codes?

Dr Sue Morter

Well, I'm pretty easy to find, drsuemorter.com. We're on [social media](#) as well, and available in all sorts of ways. We have complimentary things that people can participate in, just being in service to the global community, and hundreds, and hundreds of thousands of people around the world coming together in all those kinds of activities. As well as longer in-depth programs that people can engage in. It's all available there on the website. That's where I would go to start, for sure.

Meagen Gibson

Fantastic. Thank you so much, Dr Sue.

Dr Sue Morter

My pleasure always.