



The Energy Codes and Creating the Life You Desire

**Tom McCarthy interviewing
Dr. Sue Morter, DC**



Tom McCarthy

Our next guest is someone I am really excited to be able to not just interview, but to learn more from. Her name is Dr. Sue Morter and she is the author of "The Energy Codes." And I'm really looking forward to diving into that with Sue. She speaks all over the world. She's a legend in the health and wellness community. And Sue, we are just so happy to have you on the Global Energy Healing Summit. Welcome to our summit.

Dr. Sue Morter

Oh, well, thank you so much. It's always a great joy to dive into these topics that matter most in life, which without our health and without our sense of wellbeing and sense of self, we kind of don't have anything, right? So, I look forward to where we get to go today.

Tom McCarthy

Good, let's start with energy. So everything's energy. I know, that's what you tell everybody. That's what I believe. So, talk just for people that maybe don't understand that concept of everything being energy. Talk us through that a little bit.

Dr. Sue Morter

Yeah. It's kind of a strange concept for the first time that you're introduced to such a thing, that the chair that you're sitting in is actually energy. That the computer that you're looking at is actually energy. So, a law of physics is that all physical form is energy that's just been compressed. When we compress energy, we get physical form. So, the human system is energy compressed. And at varying degrees of that compression, we have different experiences or the different phases of our own system, our thoughts and our emotions and



our physical tissue and the liquid tissue, the bone tissue, all of it is just different levels of compression to this energy field that is the whole of what is in existence in the manifested world. So it's kind of a lot, but if you just start thinking of it in those terms, it actually starts to make life very interesting because energy is malleable. It's changeable, it's actually formless. And so when we decompress that compressed state, we can actually shape shift quite a lot in our health and our relationships and our ability to manifest in the world very differently than we thought.

Tom McCarthy

Yeah, now, absolutely. And that is huge, what you just said. I don't know if everyone listening has understood exactly the importance of what Sue just said, but I think it's our addiction to saying, this is form, right? I can't do anything with this. That's what keeps people from healing. They wanna to believe, oh yeah, I can move energy and my body's energy, but you really have to buy into it wholeheartedly to make these massive shifts that we see in people that are able to heal themselves from things that a lot of people think, oh, you can't heal from that.

Dr. Sue Morter

Exactly, the study of epigenetics is also helping to bridge this world for us, that we're discussing right now. And that is that the study of epigenetics is showing us that more important than our genetic inheritance is the energetic environment around our system. And we determined that energetic environment by the thoughts that we think consciously and the energies that we hold subconsciously that are unresolved, or that are grudges, or latent fears or just this general disposition that we have about ourselves in the world creates a quality of the energetic environment that we're walking around inside of all the time. And so, epigenetics is telling us that if we change that, the quality of that energy, we can turn on or turn off different aspects of our own genetic coding. So what it means is, just because we have inherited a tendency toward a disease condition, does not mean we have to experience the symptoms of that condition whatsoever. We can turn it on, turn it off, turn other things on and off in order to allow for a different version of our vitality to express. And we never knew that. We thought, oh, I just inherited this. This is what I've got. That's what I'm gonna have to deal with in the whole of my life. Now, I was born with a scoliosis, meaning a curvature in the spine that doesn't allow this uprightness in this symmetrical



fashion. And I healed that scoliosis through exactly the terms that we're starting to speak about today, by changing the quality of the energy that runs through this system. By finding ways to do that, I was able to heal not only the scoliosis, but the migraine headaches that came from that and a variety of other things. I've been able to heal fractures and in nontraditional ways, without having to put casts on my arms that were broken. And so, I'm a walking testament to the idea that we can absolutely shape-shift the energy that's running through our system. And we're designed to be able to do that. But no one taught us how until now we now know how to do this. So, that's what we're here for.

Tom McCarthy

Not only did no one tell us how when you go to a doctor, they ask all the history of your parents and grandparents and they almost reinforce, okay, we're gonna find out what went on before you, so we know what's going to happen with you. And so, people are thinking, I'm a product of my genetics. I'm a product of, like you have a term called energy and energetic inheritance, right?

Dr. Sue Morter

Yes.

Tom McCarthy

And we really can overcome all of that. One of the coolest experiences I had was many, many years ago when I was involved in running Tony Robins company in my 20's. And I was out in Palm desert, was climbing some of the... They weren't huge, huge mountains, but I was climbing a mountain. So, I was out there all by myself. And I was just having fun. I was jumping down the rocks and I was getting a little aggressive as in my 20's. And I was an athlete, so I've had this happen before, and I landed on a boulder and my foot turn all the way in. Well, I've had that before and I haven't been able to walk for weeks. But immediately I tapped into what you're talking about, and I just said, "Look, this is a healthy ankle." And I just started sending it energy. And only like never letting my mind go to anything other than this is a healthy ankle. And because I was like three miles away from anywhere. I didn't know if I was gonna get back. So it was like my last option, but my ankle was fine. I mean, it didn't have a limp, nothing, no swelling. And that was something that convinced me we



can do this. Another little experience that happened for my son. He had a herniated disc at the age of 23 years old, was a basketball player, college basketball player. They said it was the largest state ever seen. He needed injections and sleep, brought him in and did that. Injections did nothing. When he associated it to being a mind-body situation, it went away, even though he had that herniated disc, it went away, never came back. So, I'm a wholehearted believer in what you're talking about. And there's so much proof in the pudding to back up what you're saying.

Dr. Sue Morter

There is so much research now in this mind-body relationship. In fact, it never really should have been studied as two separate entities, that the mind and the body and the spirit should actually remain integrated as they were originally designed to be. And when we allow them to be reintegrated again, which is what I'm teaching people how to do all the time, we become self-healing, self-regulating creative entities on the planet rather than a five sensory being that's just here to survive and trying to figure out a way to get through life and the best we can. We are designed for so much more than that. And as we start to identify in this way as an energy being, we start to see everything differently. Just like when you made the connection, oh, there's a relationship. When your son made the connection, oh, wait a second, I have some say here, then all of a sudden it becomes true. We do have some say because energy follows thought. Energy follows thought.

So, if we're having a conscious and intentional thought, energy is going to align with that thought. There's so much research showing that we can have an influence on the DNA molecule, which we were talking about earlier. We also have evidence that that DNA molecule has an effect on our environment. We have research showing us that when we think a thought tiny packets of energy called photons arrange in accordance with our thought. So, if we think a thought of possibility, the photons in our environment align to that possibility to that thought. If we think in terms of worst case scenario, the photons get busy arranging to respond to and actually create that worst case scenario so that it's constantly responding to our intentionality, where it becomes very important that we learn how to manage our intentionality on a conscious and a subconscious level, because these little tiny packets of energy called photons that are so tiny, they're influenceable by our own thinking. This is the world of quantum science. It becomes evident that we're creating our reality.



And if we're continually bumping up against things that are obstacles in our lives, or withholds or things that look like they're not a success or a failure in this point or another, or constantly attracting accidents into our life, there's a reason for that. And this is what I want people to get to the bottom of. It's like, hey, wait a second. If things aren't going the way I want them to go, there's a reason for that. And we just have to learn how to tap into, how to stream that energy in a way that is in service to us instead of playing bumper cars with it all the time, bumping into, oh, now I know what I don't want. Oh, now I know another thing that I don't want and another thing that I don't want. Instead of living life in that way, we become conscious out ahead of the game and drawing energies together in a way that truly align and serve with our highest good.

Tom McCarthy

Okay, Sue, give me one minute. The air conditioning's not on in here, it's really hot. I'm gonna go turn it on. I'll be right back. We'll edit this middle portion out. One second.

Dr. Sue Morter

No problem.

Tom McCarthy

Okay, thanks a lot, appreciate that.

Dr. Sue Morter

No worries.

Tom McCarthy

Okay, let me start back in. So Sue, your work, the energy codes, can you explain a little bit about the energy codes, how you came up with it, what it is, how it helps people?

Dr. Sue Morter

Absolutely, so about--



Tom McCarthy

That's a big question, I know, to add in there.

Dr. Sue Morter

In two minutes, I'll do all that. Okay, so about 20 years ago, I was having migraine headaches so severe that I couldn't function. I was missing work. I couldn't get out of bed to go treat my patients on those days of headache. And when I didn't have a headache, I could go to the office and help other people with their migraine headaches, but I was having this issue myself. And so, I started meditating. I was just drawn to meditation and in an attempt to try to ease the stress related pressure of energy blockages, which I was just starting to put that together. And I immediately started having trends in dental experiences in meditation, where I was in other realms instantly, is the moment I started to learn to meditate. It started happening. And I lit up one day inside of, as I was learning these practices, like lit up inside of a meditation in these total high brain centers into what we would call the higher self. And I was me, but I wasn't in a physical body. I was this ray of light and I could see the earth beneath me about the size of a marble. I was that exalted in the consciousness. And I could see 360 degrees around me in a brilliant light. So bright, it was 10 times brighter than the brightest day in the desert that I had ever seen. And I could see 360 degree in every direction, spherically, and all at the same time. Whatever I wanted to see it was there. And so, it was quite profound. There was a beautiful pink iridescent horizon that would rise and fall every time I would inhale and exhale. I wasn't taking any drugs. I wasn't doing any psychedelics or anything like that. It was just--

Tom McCarthy

I want that meditation. That sounds amazing, wow.

Dr. Sue Morter

Yeah, it was. And the most important thing was that I had a knowingness that this was the truth of who we all are, that this light was becoming this other energy, as it was passing through my own consciousness, through my own system. And it was bringing something to the planet and that sounds really esoteric and kind of out there, but I knew it as well as I'm sitting here. I knew it as well as every day that I would go to the office and treat patients



and work with symptom patterns and get results. Now, I had another understanding of who we are and what we're doing here. I also knew this, that in that state, there was nothing to accomplish. There was nowhere to go. There was nothing to achieve or to become, it was whole. It was wholly whole. I was completely complete and satiated and validated, if you can imagine that sensation of, oh, everything's okay. It was totally there. And I knew that that was the truth of who we are and that everyone was actually designed of the same structural, this same energetic structure, this presence. And so, I had no idea why that happened in my life or what I was supposed to do with it, but I knew that there was something so profound and sacred about it, that it became the focus of my life. And I spent the next 10 years turning my life into a living laboratory to figure out how to return to that state, that exalted state on command, how to be there, how to live from there.

And more importantly, how to bring that state here and live as that here on the face of the planet in regular life, at work, at home, in relationships, with my health, in every facet of life. I wanted to know implementation. I wanted to know embodiment of that. And so, the energy codes are what I codified over those next 10 years with myself and reproducing that experience, which I did figure out how to do. So, I wanted to share it with my patients. And as I began sharing it with my patients, they started getting better, faster, and staying better, longer, and everything started to change. So, I started taking notes on it, basically. And about 15 years after the fact, I finally decided to write it all in a book.

And that's what the book, "The Energy Codes" is. It's a codified systematic way to go about putting the circuitry together, electromagnetic energy circuitry, and neurocircuitry together to align ourselves, to be able to transcend our primitive brain and rise up into these high brain centers and operate from a place of creativity and genius rather than getting stuck at the primitive brain level and operating as a fear-based problem solving surviving presence that's just trying to make do and get by because as I said earlier, we're designed for so much more than that, but until we learn how to come from a place that is more put together than our typical society has raised us to be, it seems elusive, but it isn't difficult. It's so simple. The mind would have a hard time believing that it's that simple, but we do have to follow things in an orderly fashion so that we can start to perceive life differently. Just like you, Tom, who in a given moment you realized there was a mind-body connection and your ankle was not going to be problematic. It was gonna heal. I had the same thing happened with broken arms that were a result of being up in the mountains



and falling, onto some boulders, et cetera. Your son had this same connection, mind-body. I can have an influence on what's going on in my back if I just allow that connection. We were raised not knowing about that connection. And so, it's just in another world. I might as well not be true until we know about it. So, the energy codes is teaching people how to know about it, and then what to do to allow it to work for them too, because this isn't just something that's available to a few lucky people who happened upon it, or a few gifted people, or sacred moments in deep meditation. It doesn't have to come that way. It can come in a logical laid out fashion. We just have to be open to realizing that we are more than we thought we were and embracing them.

Tom McCarthy

Yeah, you see, that's awesome. And you had some words in there that I want you to talk a little bit about. You said electromagnetic circuitry, I think. And neurocircuitry, almost like you're wiring it in? Is that what we're doing?

Dr. Sue Morter

Definitely, so, everything is energy. So, energy first moves in a stream through the body. It runs from above the head, down through the body and hits the earth and rises back up through the earth and comes out the top of the head in this toric field flow. In fact, I have an image here. I can show you that I use them on my classes that I'm teaching online. So this energy, maybe you can see this, the energy drops down through this body hits the earth, rises up, comes out at the top of the head and cycles around and around and around. And it keeps cycling like that. It keeps cycling like that. It keeps coming in. We use some of it. We expend some of it. And some of it is used for healing and integration and digestion and filtering and cleansing and healing. And it rises up and cycles around.

And it's constantly feeding and nurturing the body. And that's how it's designed to function. And in most of us, it's functioning something like this, where the circuitry, as it rises up, some of the circuits aren't in place. And so, the energy cycles around it, weaves back and forth and diverts around gaps in the connectivity. So it's like the woods or a deep jungle and you have a path that's this winding path when in reality, ultimately, it would be more like a super highway that's just going right through the central core of us. And so, what the energy codes are doing are teaching us how to build circuits, build a pathway



through these areas of blockage or gaps, so that the energy doesn't take on this distortion. You see when the energy wobbles like this, it creates a distortion in the energy field. And that distortion in the energy field is what creates that environment in which the cells receive this information. And they think we're not in a safe environment. We don't know what's going on. So, chemistry start being produced inside of our body to guard us and protect us in those states, whereas if it was receiving this kind of energy flow, there are little antennas on the surface of the cells of our body that pick up on this balanced harmonic type of message and then the body produces chemistries that are in accordance with being safe and being in a perfect environment, et cetera, being healthy and whole. But if it's receiving information of a distorted nature, then the body is saying, I don't know what's going on out there, but we got a bear chasing us right now or we might as well have, and we need to produce the chemistries to respond to that. So, this is electromagnetic energy.

All of this energy flow, we are electric and magnetic. All right? The energies of the human system, the bio energetics are electromagnetic. And so, those energies have to move in a certain pathway. And as they move in a pathway, they stimulate the nervous system. They stimulate the sensory nervous system, and then it causes the body to respond in certain ways. So, if we can build a better electromagnetic pathway, just like what we were looking at, if we can build a pathway that looks more like this than one that looks like this, and we can, as we do, the nervous system starts to get stimulated in a balanced fashion, rather than sending a message to it that's constantly saying something's wrong. Something's wrong. We don't know exactly what it is, but something's not right here.

And so, the chemistries of the body change. So, electromagnetic circuits are pathways. Those pathways rush energy through them, and it stimulates the sensory nervous system. And then the sensory nervous system gets the message that all is well, or there's a problem here. And then it's gonna tell the intercom system and the immune system and the digestive system, and all other systems of the body that we're either in a state of emergency or we're in a state of creative genius. And so, a by-product of that is we are either healing ourselves, or we're making ourselves sick, unknowingly, because we're not designed to be in a state of an emergency 24 hours a day, day after day, week after week, month after month. It exhausts our adrenals, our thyroid, our whole immune system gets compromised. And then we wonder why there's a pandemic that's affecting everybody on the planet because everybody on the planet isn't taking care of themselves for the most part.



Tom McCarthy

Yeah, but that's interesting because when somebody gets a diagnosis of a "scary disease" they immediately go into fear. Most people do.

Dr. Sue Morter

Yeah.

Tom McCarthy

They don't know the energy codes or technologies that help them get out of it. And so, they make it harder for themselves, their immune system, their body, their energy. They heal from this thing that you already have to change your consciousness around. And so, that was really interesting that you talked about that because even people that kind of talk the talk of everything's energy, when they get sick, a lot of times they go, yeah, everything's energy, but then they have really have a lot of fear. And so, they're unknowingly, or maybe consciously, I don't think they are aware of what they're doing to themselves. So, that is such a critical piece. To heal you cannot be... I mean, when we're talking about the really tough stuff to heal, it's much, much harder to heal from that emergency state that you're talking about.

Dr. Sue Morter

Yes, well, there's an area in the brain between the thalamus and the hypothalamus that is the relationship between our consciousness and our subconsciousness, those two areas of the brain. There's like a doorway between them. And if that doorway remains open, we can update energetically. We can think a thought and it can literally have a positive effect on our health and our vitality. If that trap door slammed shut, we can be thinking thoughts about positivity and possibility and healing ourselves. But if the trap door is slammed shut, the subconscious never really gets the message that we're okay. And so, the subconscious could still be in there responding to some emergency that was so overwhelming that it cause this trap door to slam shut in the first place. And the last message that got down into the body was emergency. So, often people are trying to heal themselves and they're trying to take it on and really be self-naturally approaching this, right. But they're not getting anywhere with it because this trap door between these two parts of the brain is slammed



shut. And what people might not realize is it's the subconscious that heals us. The subconscious is the healer. Otherwise, we would all just consciously decide, I'm well, done and get on with it. And some people are deciding that, but it's not happening. And there's a reason for that. There's a good reason for that. And the great news is that too is approachable. That trap door can swing wide open, and we can start having the influence on the conscious-subconscious relationship again, that we hear and read about being able to do. But the reason that the techniques don't work for people is only if that subconscious trap door is slammed shut, and the good news isn't ever getting to the part of us that's actually going to do the healing when it's time for healing to happen. So, I address all of that in the book and in the course work that I'm teaching so that people learn not only what to do, but what things to do together simultaneously so that these trap doors and these energy circuits can start to actually run the body the way our consciousness is learning that it can. Research is showing us so much about our potential, but if the average person just goes to try to do that then, and then they don't get the results, they get thrown right back into the old belief system that, oh, I must not have the ability to change my health. Or it must not include me. I must be doing something wrong. And it isn't that, it's just that we haven't put enough of the pieces together until we have, which we have now. We put enough of the pieces together to open those doors and allow the research to actually work for us. It's not enough to just have access to interesting information. We have to learn, okay, how do I put that information into application so that I can change my own life, my own health, my own vitality.

Tom McCarthy

Yeah, I love that analogy of the trap door. That's really, really cool. And that it can open back up, which I know a lot of your work is about, a lot of my work is about that too, more in the corporate realm versus the health realm, but that's really, really cool. Hey, Sue, where can people find out more about your work? Where can they go?

Dr. Sue Morter

Oh, sure. Well, I have a website. I'm pretty easy to find at drsuemorter.com, drsuemorter.com. D-R-S-U-E-M-O-R-T-E-R.com. There's all sorts of information there about courses that I teach, online courses. Of course, we've done so much of that in the last year and a half or so. And we'll continue to do it even after things open up, because we've been able to serve people all over the world. We have now over 97 countries, I think that we're



...serving with courses that I'm teaching, et cetera, and all sorts of things that are available, that people can sort through. It's pretty easy to navigate the website.

Tom McCarthy

That's awesome. So drsuemorter.com, everybody makes sure you check out Sue's work. And, Sue, what is the purpose of illness? What gifts potentially are in an illness? Why do people get sick or have disease?

Dr. Sue Morter

Sure, so, ultimately I want everyone to know that everything that they experience in their life is really in service to them to call them, to awaken, to more of who they really are than they knew. And I mean, that's why we come to earth, is to wake up to the truth of who we are as a multi-dimensional completely empowered, conscious being. And as we do so, we make a contribution to the consciousness of humanity overall. And we also benefit personally by awakening to that. So, when someone is suffering from a disease condition of any sort, no matter what the nature of that is, if they have back pain or headaches or digestive issues or organic systemic issues or chronic degenerative disease conditions, all of them are on a spectrum, but they're all on the same spectrum from headaches to debilitating cancers, they're all on a spectrum of energy disruption.

And if we've been disrupting our natural energy flow intensely, or for a long period of time, it's going to show up as some sort of symptomatology, some sort of diagnosable condition. And if people start to realize that that's all a diagnosis is, that that's all a condition is, is blocked energy in specific ways, then we can start to get on board with being a little bit more empowered than we were before. And when we can start to dissect it even more, which is something that I take great care in teaching people how to do in my coursework, that we can start to recognize the types of illnesses that we have are related to aspects of our own consciousness that have been asleep, that we've not been integrating and bringing into the fold and allowing that distorted figure to become open and clear and robust and fully expressing. So, if someone has arthritis, it means something different than if someone has asthma. And it means something different than if someone has chronic migraine headaches or a reoccurring injury that happens all the time on and on and on.



Tom McCarthy

It's all blocked energy.

Dr. Sue Morter

All of it is blocked energy and that energy is blocked in different ways, causing different symptom patterns and the ways that the energy is blocked have to do with the versions of ourselves that we believe to be who we are that aren't. Like, I'm too shy, or I'm not enough, or I'm not very creative, or I'm not good enough or strong enough or whatever, whatever. Whatever the story is that we've been telling ourselves, it's out-picturing into the physical expression of who we are, is inevitably going to reveal in some kind of symptom pattern until we learn to live as the one who's bigger than the beliefs that we've been carrying in our mind. And that's what I really love to teach people, is how to identify that.

Tom McCarthy

Yeah, and I love that 'cause that's empowering. So, when an illness shows up, you just remember blocked energy and I have the power to unblock it. And as I do unblock it, I have the power to heal my body, right? To get back into resonance. And something that I saw that I'm a big believer in, and you talk about the body's designed to heal. It's not designed to just get sick and be sick. It's when you unblock the blockages, it heals, right?

Dr. Sue Morter

It totally, if you cut yourself in heals, if you break a bone, the body knows what to do to heal that. And that same principle is true with every single condition known to mankind. And now we're even learning, even if there's genetic inheritance because your parents or their parents or their parents didn't have access to the information that says, it doesn't really matter what you inherited. You can change it and then have techniques to learn how to change it. And so, the bottom line is, it is here to empower us. It's all here to show us that we are so much more than just this bag of bones that gets into trouble and that we have to just keep pampering it all along the way just to get us through this life. It's like, wait a second. No, no, no, no, no. This system is brilliant. It is made of the magnificent qualities of really profound, miraculous stuff. And so, we need to lean in and learn more about it and allow the mind and the body and the spirit presence that we truly are to work together in a



combined fashion to truly integrate this healing capacity that we have. And for so much more, not just healing, but way beyond that as well.

Tom McCarthy

Yeah, and that is how so many people think of their life. They've got to pamper it, medicate the body just to get through. It's not a very fulfilling way to live your life.

Dr. Sue Morter

Right, as if it is a burden.

Tom McCarthy

I like your way a lot better.

Dr. Sue Morter

As if it's a burden. it's no, no, this thing is miraculous. We're just not letting it do what it was built to do because we weren't taught. Nobody showed us, but it's very important that we stopped drawing the conclusion that we inherited, that you just have to keep popping the pills or having those things removed and aren't working, right. And just hope that it is a lifetime guarantee long enough to get you through this life. It's like, oh, wait a second. You can bring things back online that haven't been functioning. I have patients and clients in my coursework that tell me that they have functioning organ systems and functioning dynamics in their physicality, that they haven't experienced in a decade or more.

Things that they were being medicated for, things that they thought were never going to be the same, that they would never be able to run again because of their knee or their hip or their back, or just their energy level was just never what it needed to be. And it hadn't been for 10 or 15 years. And people telling me that are in their 90's, that they feel better than they had felt in 30 years. And all of this is rejuvenating, but we have to get the energy moving differently than it was when the person started feeling like they were falling apart. There was a reason for it. Something got blocked and we just need to go find what that is and get it moving again.



Tom McCarthy

I'm glad you brought that up because I know some people maybe in their 50's, 60', 70's, and they just naturally think my life's declining. I shouldn't be as energetic any more, things should be falling apart. You're saying no, no, no, no, it doesn't have to be that way. You can have great energy, even set in their 90's. People said they are reporting better energy than they had in their 60's. That's really cool.

Dr. Sue Morter

Absolutely, everything is energy. And if we allow the energy to be alive and awake, because we're landing our consciousness on the energetic part of who we are, then it starts rejuvenating and replenishing. You remembering this image. I was saying it's constantly being replenished. Every seven years, every cell in our body replaces itself. Photons are constantly flushing and flourishing and rinsing and cleansing if we let it. But if we keep believing that we can't or that we won't, or that we're old or that it can't, or it's not possible. And just because everybody else is getting old, doesn't mean you have to, okay? It has to do with how you're using the energy. Are you setting more energy free this year than you did last year? If so, you're getting younger. You're feeling younger, even though your aging. Your number is getting bigger. You're feeling younger and more vital all the time. And that's what I'm interested in people recognizing, that we are so much more empowered to be healing and flushing and cleansing and having a do over and begin again moment in our lives right down to the physical level than we have ever been taught. It's amazing. So, if we have an issue that's been around for more than seven years, we've been holding on to a belief structure that's been forcing the energy to go--

Tom McCarthy

It's not the same cell. It's not the same body.

Dr. Sue Morter

It's a new cell but we're breaking the new one just like we broke the old one. If you follow what I'm saying, where we're compressing things in ways that they're not supposed to be because our beliefs, when they open up the energy flows freely. So, we have to learn how to identify as the one that's bigger than just the believing machine that gets us into trouble.

Tom McCarthy

And the fact that cells do die or cells and all of us are dying right now, that's not a bad thing. That's actually a wonderful thing because cells also are being born. And in that gap between the old pattern dying and that whatever milli, milli, millisecond of a new cell being created, that's where we can influence our health, which is really fantastic and exciting, honestly. That's really exciting.

Dr. Sue Morter

There's a beautiful thing about integration. When we integrate, which is what the energy codes is all about. Building circuitry for integration, so that all of your faculties, your power and your love and your compassion and your brilliance and your creativity and your gut feeling and your ability to manifest, all those things are working together. They're supposed to work together as a team and when they do, the various cells of our body start to celebrate different moments. And so, one guy carries the next guy, and it's just like being on a team when integration happens so that we're constantly replenishing and rejuvenating and upleveling and using ourselves all the time. So, it's where by design we're supposed to be doing that. And, it wasn't that long ago on the planet that people were regularly living over 100, the Hunzas used to have a sport inside the tribe that was similar to what we would call volleyball and to be on... It was the oldies versus the youngies, okay?

And to be on the oldies team, you had to be over 100 and it wasn't uncommon that they would beat the youngies just because they had strategies, but they were out there playing this volleyball thing. And so, we've compartmentalized and we've gotten lazy and we've gotten dispersed and splattered and distorted in our own thinking. And I'm loving that we're at a time in our lives where people are starting to like, maybe I should take a look at what I'm doing on the inside. 'Cause there's a lot going on in the world right now. Maybe it's time for me to start paying attention. Well, there's never been a better time to do that. And we have put the pieces together and my father was a pioneer in energy medicine. So, I grew up inside of this. And then with my experience, I've added to that. And just trying to carry that forward for people to have generations of wisdom that are completely holistically founded and grounded in how the body functions and what quantum science is teaching us. And when we can put those together, it's just a whole new world that everyone has the opportunity to engage in.



Tom McCarthy

Yeah, and so, this has been so amazing. Before you leave, do you have a little exercise that you could share with everybody that might be helpful?

Dr. Sue Morter

Sure, so one of the things, just given this little image that we were just working with, we can start to breathe in a way that enhances this energy flow. That'd be very helpful because this is called a toric field flow. This is called a torus. And this is something that the Institute of HeartMath also utilize, is showing us the power of the heart here, the concentrated energy here. So, what we're gonna do is breathe up and down through this central channel, because when we do focus our attention, our minds concentration, and breathe through this central channel of the physical body, it enhances our ability to shift this, to carve a pathway right through these obstacles or these gaps in the communication line and allow it to harmonize, allow it to perfect itself like this one. So, something as simple as learning how to focus your conscious attention at the same time that you're focusing your breath, all right? So to do this, the best thing to do is to anchor yourself in the core of your body. And people are like, I don't know how to do that. So, I'm gonna tell you how to do that. Squeeze your shoulder blades together and drop them down. Just by squeezing them together and dropping them down, okay? Squeeze them together and drop them down, okay? So, on the backside, squeeze your shoulder blades together just gently and drop them down. Just a gentle little squeeze and then lower them toward the earth.

So, I'm going to do it, just squeeze them together and then just gently lower them. So, we're not releasing it. Keep them gently contracted. And it's creating an anchor right behind the heart. So, the heart is literally anchored to the spine with some connective tissue there. And when we squeeze and drop it down, we're activating the heart center. And the heart center is much more powerful than your brain. An action of love, a moment of love, is 5,000 times more potent toward healing than the most positive thought you can think. That's how potent love is. So, if we squeeze the blades and drop them down, we're activating the heart center in the physiology, just lower them down. Then we're going to contract some muscles in the base of the pelvic bowl and release them. We're going to contract them and release them. So any women that are watching, this is like a Kegel exercise. And gentlemen, you're about to learn what a Kegel exercise is all about, okay? So, this is like, if you were going to the bathroom and you had to stop the stream in an instant,



you'd have to squeeze certain muscles to make that happen. So, I want everybody to just imagine, okay, I'm gonna stop the stream, squeeze these muscles right there. It's in the base of the pelvic bowl. It's the base, the muscles of the perineal. And it's called Mulabunda in the Eastern culture. And it just means root lock. We're gonna lock the muscles at the tip of the spine. That's what we're doing, okay? So, squeeze those muscles and then release them and then squeeze them and release them. Now, when you squeeze them, pull your belly button back towards your spine, just squeeze those muscles and pull your navel back to your spine and exhale. And then we're gonna inhale. Lower the muscles, just release the muscles and let your belly get big and fat, like a big Buddha belly. And now we're going to exhale, pull the navel back to the spine again and squeeze those muscles and kind of lift them up and pull them back. Exhale, now inhale, drop the muscles and big Buddha belly. Like you're filling the lower pelvis with a lot of breath. And now we're exhaling. Pull the navel back to the spine and squeeze those muscles and lift them up towards your navel and then inhale and lower the pelvic bowl muscles and big Buddha belly again, same thing. And then exhale, pull the navel back to the spine and squeeze those muscles of Mulabunda base of the perineal and kind of lift them up a little bit, like really exhale all of your breath out of your belly.

And then once more inhale, belly gets big, same thing, pelvic floor lower, big inhale into the belly, okay? So, that's part of it. Now we're gonna do this. Imagine that there's a tube that runs right down through the center of your body. And you're gonna inhale from above your head right down through like, if you had a blow hole, like a whale on the top of your head, a dolphin, okay? You're gonna breathe and imagine you're breathing right down through the center of your head, center of your brain, center of your throat, into your heart, all the way into the belly. Big belly, inhale. Inhale, make your belly get big. Just like you're drinking it all the way down into the body from overhead. Now, exhale and shoot that breath down into the earth. That's all we're doing right now. Just shoot it down into the earth. Now inhale up from the earth, breathing into the belly and then exhale, press that breath up through your heart, up through your throat, up through the center of the brain and shoot it out the top of your head. Inhale, draw it in from overhead, right through the center of the brain, through the center of the throat, center of the chest into the belly. Draw it all the way into the belly. And now exhale, shoot that from your belly right down to the tip of your spine into the earth. That's a central channel breath. Now we're gonna put them together, okay? So, squeeze your shoulder blades. Just a little drop them down. It anchors the heart. Okay, right there. Lean back a little bit. It opens up this channel.



Now, we're going to inhale from the earth up into the belly. The pelvic floor drops. The belly gets big. Big Buddha belly. And now we're gonna exhale. Pull your navel back to your spine and shoot that breath up through your heart, right up through your throat. Roll your eyes up. Feel some tension behind your eyes. Shoot the breath right up through that tension and at the top of your head. We're finding the channel in the core of the body. Now, inhale to the tension behind your eyes, through your throat, through your chest, all the way to your belly and exhale drop that. Shoot the breath down into the earth. Pull the navel back to the spine. Lift that pelvic floor, squeeze those muscles. Now, inhale, drop the pelvic floor, inhale up from the breath, from the earth into your belly. And then as you exhale, the belly comes back to the spine, pelvic floor raises. And we're gonna exhale that breath up through the heart, through the throat, through the center of the brain and at the top of the head.

Inhale, we're just repeating now. Inhale through the center of the brain, the throat, the chest into the belly. Exhale, shoot it down into the earth. Belly comes back to the spine. Pelvic floor lifts. Squeeze it all out. Squeeze all the breath out. Now, inhale from the earth up into the belly. Pelvic floor lowers as if you're reaching down into the earth and you're grabbing up some of that good energy, breathe into the belly and then exhale, shoot that breath up through the solar plexus, through the heart, through the throat, to the center of the brain and shoot it at the top of your head. Navel comes back to the spine. Pelvic floor raises, squeeze those muscles Squeeze it all out of the body. Now, inhale from overhead, down through the center of the brain. Pelvic floor drops, inhale through the throat, into the chest, into the belly, big, full belly of breath. Exhale, shoot that breath into the earth.

Navel comes back to the spine. Pelvic floor raises, squeeze those muscles. Inhale, breathe up from the earth into the belly. Pelvic floor lowers. Open up big Buddha belly and just take an exhale. So, all we've been doing there is breathing up and down through this central channel. But what I'm doing is having you roll the eyes to feel the tension behind the eyes, squeeze the shoulder blades so that you can find where it is in the level of the heart and squeezing these muscles in the base of the pelvic bowl so that we can show the sensory nervous system where our consciousness wants to anchor in the core of the body. When we anchor in the core of the body, it begins to eliminate a different version of who we are because here's what's really happening. We've been talking about everything is energy, okay. Here's how it works in the biggest picture, okay? Everything is energy. Energy is compressing into a channel, compressing into a funnel, into a channel that hits the earth



and rises up. That same thing that we've been looking at. This energy is constantly flowing. What we're doing is breathing it into its action. We're concentrating the energy in this deep core central channel, because what happened for me 20 years ago was kind of like this. The same thing happened. I was this. And then all of a sudden I was this in meditation. And what I know is that we are drawing from energy and we are dropping our consciousness here into this physical body. And this energy is who we are. We are this energy. Energy isn't separate from who you are. Everything is energy, including you. You are the energy. You don't have energy running through your body.

You do, but you are that energy that is making a body. So you are this energy. And what we're doing right now is enhancing this central core channel so that we can start to identify as the energy instead of identifying as a personality that has energy and has a spirit, and has a body and all of these faculties, all these tools that we have, we actually are all of it combined. So, when we start to allow that to become true by breathing in this way, it starts to enhance the integrative capacity for the mind and the body and the breath to work together. And when they start working together, we start to activate this healer within. So, it's a simple exercise that will have a transformative effect. There are so many things we can do on top of that to deal with stresses and deal with people who bother us and deal with circumstances that have left injuries in our body that start to dissolve that and pull it all into this flow. But this deep core central channel flow is amazingly powerful in serving us as the healer within.

Tom McCarthy

Yeah, thank you so much for that, Sue. That is such a great exercise. And people are looking for things typically outside of them. What you're helping people understand is through exercises like you just shared and other work with the energy codes, you are the healer. You are so much more powerful than any pill that you can ingest. And thank you for sharing that exercise with us. And now that you've seen that exercise, everyone was watching this, continue to do it. You did it once and you made some shifts already, but with repetition, that's when you really start to change yourself and shift that energy and move through those blockages. And so, thank you so much. I know that everyone watching this, I know they're gonna go to your site, drsuemorter.com. Check out more of what you can offer them to help them really maximize their life. And thank you for that meditation you did 20 years ago too, where you had a migraine, that was your gift, right? Getting a migraine



where you didn't go into the offset day and did that meditation. And we're all the better for it. So, thank you so much for being part of what we're doing here. And we really do appreciate you.

Dr. Sue Morter

My great pleasure, absolutely. It's always a pleasure and great to connect with you today and great to connect with all the viewers because it is our time truly to awaken as the healers that we truly are. And so, every time we get to have a conversation about that and begin the process of understanding it, it's a great day. So thank you, Tom, for everything that you're doing.

Tom McCarthy

You're welcome. Thanks so much, Sue.

Dr. Sue Morter

Yeah.