



ENERGY HEALING

BERNADETTE DORAN

skeptiko.com

1
00:00:10,549 --> 00:00:08,710
on this episode of skeptico alex talks

2
00:00:13,509 --> 00:00:10,559
with energy healing researcher and

3
00:00:15,430 --> 00:00:13,519
practitioner bernadette doran

4
00:00:16,870 --> 00:00:15,440
i wanted to circle back around to the

5
00:00:18,470 --> 00:00:16,880
very beginning when we talked about

6
00:00:19,750 --> 00:00:18,480
mind-body medicine and the role of

7
00:00:23,670 --> 00:00:19,760
consciousness

8
00:00:26,550 --> 00:00:23,680
dr bangston's work is a jaw-dropping

9
00:00:28,150 --> 00:00:26,560
proof to me which is how i found him ten

10
00:00:30,230 --> 00:00:28,160
years ago i saw

11
00:00:33,030 --> 00:00:30,240
some of his mouse experiments published

12
00:00:34,470 --> 00:00:33,040
in in peer-reviewed journals

13
00:00:37,110 --> 00:00:34,480

jaw-dropping

14

00:00:39,030 --> 00:00:37,120

proof that a conscious belief in

15

00:00:41,990 --> 00:00:39,040

something a conscious awareness of

16

00:00:44,709 --> 00:00:42,000

something is not required for energy

17

00:00:45,990 --> 00:00:44,719

therapy these are mice now you know i

18

00:00:48,229 --> 00:00:46,000

don't know a lot about mouth

19

00:00:50,310 --> 00:00:48,239

consciousness but i'm pretty sure

20

00:00:51,910 --> 00:00:50,320

it's not like hey minnie who's that guy

21

00:00:53,990 --> 00:00:51,920

putting his hands on the cage i don't

22

00:00:55,750 --> 00:00:54,000

believe that anything is going to happen

23

00:00:59,110 --> 00:00:55,760

just have faith and imagine those little

24

00:01:00,630 --> 00:00:59,120

cells die right right exactly none of

25

00:01:02,069 --> 00:01:00,640

that is required

26

00:01:13,910 --> 00:01:02,079

stay with us

27

00:01:17,270 --> 00:01:15,750

welcome to skeptica where we explore

28

00:01:19,910 --> 00:01:17,280

controversial science with leading

29

00:01:22,070 --> 00:01:19,920

researchers thinkers and their critics

30

00:01:24,149 --> 00:01:22,080

i'm your host alex sacaris and on this

31

00:01:27,510 --> 00:01:24,159

episode of skeptico we're going to talk

32

00:01:29,350 --> 00:01:27,520

about energy healing and since this

33

00:01:32,310 --> 00:01:29,360

interview that you're going to hear in a

34

00:01:33,830 --> 00:01:32,320

few minutes is also featured in this

35

00:01:36,069 --> 00:01:33,840

book that i'm writing that i keep

36

00:01:39,109 --> 00:01:36,079

telling you about why science is wrong

37

00:01:43,109 --> 00:01:39,119

about almost everything i thought i

38

00:01:45,670 --> 00:01:43,119

might do an audio version of one of the

39

00:01:48,550 --> 00:01:45,680

chapters from this book that includes

40

00:01:49,910 --> 00:01:48,560

this interview with bernadette doran so

41

00:01:52,069 --> 00:01:49,920

i don't think you're going to need much

42

00:01:55,190 --> 00:01:52,079

more of an introduction than that to

43

00:01:58,630 --> 00:01:55,200

appreciate what's going on this is from

44

00:02:01,830 --> 00:01:58,640

chapter 9 of why science is wrong about

45

00:02:05,190 --> 00:02:01,840

almost everything the chapter is titled

46

00:02:07,429 --> 00:02:05,200

wrong about healing and medicine

47

00:02:09,430 --> 00:02:07,439

like a lot of middle-aged men i don't

48

00:02:12,710 --> 00:02:09,440

like going to the doctor

49

00:02:15,910 --> 00:02:12,720

but in 2013 i started experiencing

50

00:02:17,830 --> 00:02:15,920

severe heart palpitations i felt like i

51
00:02:19,990 --> 00:02:17,840
was having a heart attack three or four

52
00:02:21,270 --> 00:02:20,000
times a day and i knew i had to see a

53
00:02:23,350 --> 00:02:21,280
physician

54
00:02:25,830 --> 00:02:23,360
after looking up the name of my doctor

55
00:02:27,110 --> 00:02:25,840
who i hadn't seen in five years i made

56
00:02:29,030 --> 00:02:27,120
an appointment

57
00:02:30,630 --> 00:02:29,040
it's amazing how quickly they schedule

58
00:02:33,509 --> 00:02:30,640
your visit when you tell them you're a

59
00:02:37,270 --> 00:02:33,519
man in your 50s with heart pains

60
00:02:39,350 --> 00:02:37,280
after a few in-office tests and an ekg

61
00:02:41,910 --> 00:02:39,360
my doctor could find nothing wrong with

62
00:02:44,550 --> 00:02:41,920
me and sent me home i was relieved but

63
00:02:46,470 --> 00:02:44,560

still concerned despite all the tests i

64

00:02:49,190 --> 00:02:46,480

was experiencing strong heart

65

00:02:50,470 --> 00:02:49,200

palpitations every day after a couple of

66

00:02:51,830 --> 00:02:50,480

months i went back to the doctor and

67

00:02:53,270 --> 00:02:51,840

said look i know you didn't find

68

00:02:55,430 --> 00:02:53,280

anything the first time around but i'm

69

00:02:57,589 --> 00:02:55,440

concerned and i'm not generally someone

70

00:03:00,150 --> 00:02:57,599

who obsesses about their health

71

00:03:01,990 --> 00:03:00,160

my doctor did another exam then she ran

72

00:03:04,949 --> 00:03:02,000

another ekg

73

00:03:07,110 --> 00:03:04,959

then she came back in listened very

74

00:03:08,630 --> 00:03:07,120

carefully to my heart and said

75

00:03:10,949 --> 00:03:08,640

we've got to get you right over to a

76

00:03:13,190 --> 00:03:10,959

cardiologist you need to go now we're

77

00:03:15,910 --> 00:03:13,200

scheduling an appointment for you my

78

00:03:17,670 --> 00:03:15,920

sense of satisfaction about being right

79

00:03:19,270 --> 00:03:17,680

quickly turned to fear about what was

80

00:03:21,910 --> 00:03:19,280

going to come next

81

00:03:24,470 --> 00:03:21,920

of course medical stories like mine

82

00:03:25,589 --> 00:03:24,480

often have twists and turns

83

00:03:27,509 --> 00:03:25,599

with me

84

00:03:29,589 --> 00:03:27,519

obamacare intervened

85

00:03:31,910 --> 00:03:29,599

within hours after my appointment with

86

00:03:34,869 --> 00:03:31,920

the cardiologist was set i received a

87

00:03:37,350 --> 00:03:34,879

call telling me obamacare laws had gone

88

00:03:39,990 --> 00:03:37,360

into effect that very day and my

89

00:03:42,309 --> 00:03:40,000

insurance was no longer in effect at

90

00:03:44,630 --> 00:03:42,319

that hospital i called my insurance

91

00:03:46,949 --> 00:03:44,640

agent and found myself in a insurance

92

00:03:49,190 --> 00:03:46,959

limbo i would either have to change

93

00:03:50,949 --> 00:03:49,200

health care systems including switching

94

00:03:53,110 --> 00:03:50,959

doctors that everyone in my family had

95

00:03:55,350 --> 00:03:53,120

used for years or i would have to wait

96

00:03:58,309 --> 00:03:55,360

30 days for my new insurance to take

97

00:04:00,789 --> 00:03:58,319

effect i decided to wait a decision

98

00:04:03,190 --> 00:04:00,799

completely against my doctor's advice in

99

00:04:04,949 --> 00:04:03,200

fact she called up and told me okay if

100

00:04:07,350 --> 00:04:04,959

you have a heart attack here's what to

101
00:04:09,670 --> 00:04:07,360
do here's what to tell the ambulance i

102
00:04:11,910 --> 00:04:09,680
was starting to question my decision and

103
00:04:14,949 --> 00:04:11,920
that's when i remembered my interview

104
00:04:17,110 --> 00:04:14,959
with dr william bankston

105
00:04:19,749 --> 00:04:17,120
so since i'm not going to include for

106
00:04:22,310 --> 00:04:19,759
you my interview with dr william

107
00:04:25,110 --> 00:04:22,320
bankston because it's in the library of

108
00:04:27,670 --> 00:04:25,120
old shows for skeptico i will just

109
00:04:30,150 --> 00:04:27,680
remind you that dr bankston is a

110
00:04:31,830 --> 00:04:30,160
sociology professor at saint joseph's

111
00:04:34,070 --> 00:04:31,840
college in new york

112
00:04:35,990 --> 00:04:34,080
who has done just some amazing things

113
00:04:38,469 --> 00:04:36,000

with energy healing which he happened to

114

00:04:41,270 --> 00:04:38,479

just kind of kind of stumble into he's a

115

00:04:44,310 --> 00:04:41,280

highly regarded academic

116

00:04:46,790 --> 00:04:44,320

a very rigorous researcher been elected

117

00:04:49,670 --> 00:04:46,800

president multiple times of the society

118

00:04:51,670 --> 00:04:49,680

for scientific exploration a very

119

00:04:52,710 --> 00:04:51,680

impressive group if you've ever checked

120

00:04:56,150 --> 00:04:52,720

them out

121

00:04:58,310 --> 00:04:56,160

so in this chapter then i talk about my

122

00:04:59,909 --> 00:04:58,320

interview with dr bankston in his

123

00:05:02,150 --> 00:04:59,919

amazing work

124

00:05:05,510 --> 00:05:02,160

studying energy healing his own energy

125

00:05:08,150 --> 00:05:05,520

healing with animals and with people

126

00:05:10,950 --> 00:05:08,160

and then i move on and talk about my

127

00:05:12,950 --> 00:05:10,960

specific experience with bernadette

128

00:05:15,749 --> 00:05:12,960

doran here's that

129

00:05:18,469 --> 00:05:15,759

dr william bankston is an impressive guy

130

00:05:20,950 --> 00:05:18,479

and while his unexplainable methods and

131

00:05:23,029 --> 00:05:20,960

too good to be true results left a lot

132

00:05:25,510 --> 00:05:23,039

of unanswered questions

133

00:05:27,670 --> 00:05:25,520

his approach and rigor left an

134

00:05:30,230 --> 00:05:27,680

impression on me so when i needed

135

00:05:32,710 --> 00:05:30,240

healing i looked for a healer that used

136

00:05:35,590 --> 00:05:32,720

the bankston method with a little help

137

00:05:38,710 --> 00:05:35,600

from dr benson i found bernadette doran

138

00:05:40,550 --> 00:05:38,720

an energy healer in chicago i decided to

139

00:05:43,749 --> 00:05:40,560

schedule a healing with her while i

140

00:05:46,550 --> 00:05:43,759

waited in insurance limbo i also decided

141

00:05:47,909 --> 00:05:46,560

to chronicle my experiences with her for

142

00:05:50,830 --> 00:05:47,919

skeptico

143

00:05:53,990 --> 00:05:50,840

and i am doing so here here is my

144

00:05:55,590 --> 00:05:54,000

interview now several months old but

145

00:05:59,510 --> 00:05:55,600

still relevant

146

00:06:04,950 --> 00:06:01,830

today we welcome bernadette doran to

147

00:06:08,870 --> 00:06:04,960

skeptico bernadette is the director of

148

00:06:11,510 --> 00:06:08,880

equilibrium energy and education a group

149

00:06:13,990 --> 00:06:11,520

out of chicago that is very much

150

00:06:16,710 --> 00:06:14,000

interested in doing some great work in

151

00:06:18,950 --> 00:06:16,720

the area of energy healing

152

00:06:20,870 --> 00:06:18,960

so bernadette first let me thank you and

153

00:06:23,270 --> 00:06:20,880

welcome you to skeptico

154

00:06:25,749 --> 00:06:23,280

thank you i'm delighted to be here

155

00:06:27,510 --> 00:06:25,759

so your group this is going this first

156

00:06:30,150 --> 00:06:27,520

of all let me say that this show is

157

00:06:32,469 --> 00:06:30,160

going to be a bit of a departure from

158

00:06:35,270 --> 00:06:32,479

topics that we normally talk about in

159

00:06:37,110 --> 00:06:35,280

terms of consciousness science but i

160

00:06:39,270 --> 00:06:37,120

think the further we get into it folks

161

00:06:42,390 --> 00:06:39,280

will see that it is not at all a

162

00:06:45,189 --> 00:06:42,400

departure from the topics that we talk

163

00:06:48,710 --> 00:06:45,199

about but let's start by having you tell

164

00:06:51,510 --> 00:06:48,720

folks a little bit about this group e3

165

00:06:52,950 --> 00:06:51,520

and what you do there and some of the

166

00:06:54,550 --> 00:06:52,960

recent things that have come up i guess

167

00:06:56,150 --> 00:06:54,560

i throw that out there because one of

168

00:06:58,950 --> 00:06:56,160

the things that drew me to you was you

169

00:07:01,350 --> 00:06:58,960

recently hosted a seminar with dr

170

00:07:03,430 --> 00:07:01,360

william bankston who is a former guest

171

00:07:05,270 --> 00:07:03,440

on this show and someone who people

172

00:07:08,070 --> 00:07:05,280

who've listened to the show kind of know

173

00:07:11,270 --> 00:07:08,080

about his amazing work in doing energy

174

00:07:14,469 --> 00:07:11,280

healing in a clinical controlled

175

00:07:16,390 --> 00:07:14,479

experiment with rats that had cancer so

176

00:07:20,070 --> 00:07:16,400

in the process i'm sorry to go on here

177

00:07:23,430 --> 00:07:20,080

but in the process of introducing e3 do

178

00:07:25,670 --> 00:07:23,440

tell us about your work with dr bankston

179

00:07:27,670 --> 00:07:25,680

thank you so much well i think we are

180

00:07:29,350 --> 00:07:27,680

one of a kind equilibrium energy and

181

00:07:32,790 --> 00:07:29,360

education

182

00:07:34,950 --> 00:07:32,800

is a research-based energy therapy

183

00:07:38,150 --> 00:07:34,960

wellness center that's the simplest way

184

00:07:40,469 --> 00:07:38,160

we describe ourselves now research-based

185

00:07:43,670 --> 00:07:40,479

for a lot of reasons first of all i was

186

00:07:46,390 --> 00:07:43,680

actually a biology major in college and

187

00:07:49,510 --> 00:07:46,400

my my career and my life to kind of a

188

00:07:52,070 --> 00:07:49,520

winding peripatetic turn but the most

189

00:07:54,629 --> 00:07:52,080

important thing to me and and also i

190

00:07:57,350 --> 00:07:54,639

must add i lived in california

191

00:07:59,670 --> 00:07:57,360

for some years and there's a lot of

192

00:08:02,390 --> 00:07:59,680

wonderful things going on in energy

193

00:08:04,710 --> 00:08:02,400

therapy but a lot of it there's no way

194

00:08:06,710 --> 00:08:04,720

to know if it's any good what it's doing

195

00:08:09,029 --> 00:08:06,720

what its potential is a lot of stuff

196

00:08:10,390 --> 00:08:09,039

honestly is just weird you know that

197

00:08:13,830 --> 00:08:10,400

some people do

198

00:08:16,790 --> 00:08:13,840

and so um the whole point of opening

199

00:08:19,749 --> 00:08:16,800

equilibrium was to create

200

00:08:22,070 --> 00:08:19,759

a place where people could come and have

201

00:08:24,390 --> 00:08:22,080

therapies as well as learn

202

00:08:26,710 --> 00:08:24,400

how to do therapies on themselves and

203

00:08:29,909 --> 00:08:26,720

their loved ones as well as be certified

204

00:08:32,790 --> 00:08:29,919

in certain certifiable therapies that

205

00:08:34,949 --> 00:08:32,800

are proven end of story proven

206

00:08:36,870 --> 00:08:34,959

i always say if i can't prove it to you

207

00:08:38,949 --> 00:08:36,880

i'm not going to do it to you well let's

208

00:08:40,790 --> 00:08:38,959

let's stop right there for a second and

209

00:08:42,630 --> 00:08:40,800

give people a sense for what we're

210

00:08:44,630 --> 00:08:42,640

talking about when we talk about

211

00:08:46,870 --> 00:08:44,640

therapies what we're talking about even

212

00:08:50,790 --> 00:08:46,880

with energy healing i think most people

213

00:08:52,710 --> 00:08:50,800

are familiar with the basic idea but

214

00:08:55,750 --> 00:08:52,720

maybe start from the beginning and in

215

00:08:56,870 --> 00:08:55,760

particular hone in on these therapies

216

00:08:59,670 --> 00:08:56,880

because i think that'll create a

217

00:09:02,310 --> 00:08:59,680

reaction for some people and then the

218

00:09:03,990 --> 00:09:02,320

idea of of proven it and how you would

219

00:09:05,190 --> 00:09:04,000

go about that

220

00:09:08,150 --> 00:09:05,200

great thank you

221

00:09:10,470 --> 00:09:08,160

um first of all energy therapies are

222

00:09:12,269 --> 00:09:10,480

there's a wide variety of a kind of

223

00:09:14,870 --> 00:09:12,279

therapies that are

224

00:09:16,630 --> 00:09:14,880

non-physical and non-physical in the

225

00:09:18,870 --> 00:09:16,640

sense of western medicine take a pill

226

00:09:20,550 --> 00:09:18,880

cut you open take a pill cut you open

227

00:09:23,910 --> 00:09:20,560

they're not physical they're not

228

00:09:24,949 --> 00:09:23,920

invasive all the energy therapies we do

229

00:09:28,070 --> 00:09:24,959

here

230

00:09:29,990 --> 00:09:28,080

stimulate your body's own chemistry set

231

00:09:31,990 --> 00:09:30,000

to rebalance itself

232

00:09:34,870 --> 00:09:32,000

that's the easiest definition of energy

233

00:09:38,550 --> 00:09:34,880

therapies i can give you the way they

234

00:09:40,630 --> 00:09:38,560

work is basically quantum physics and i

235

00:09:42,790 --> 00:09:40,640

would probably need an extra 200 iq

236

00:09:44,790 --> 00:09:42,800

points to explain all of that although

237

00:09:45,829 --> 00:09:44,800

there are a couple of books we always

238

00:09:48,150 --> 00:09:45,839

refer

239

00:09:50,310 --> 00:09:48,160

people to to help understand this and i

240

00:09:53,670 --> 00:09:50,320

would certainly suggest the basic code

241

00:09:58,470 --> 00:09:53,680

of the universe by an italian

242

00:10:00,870 --> 00:09:58,480

doctor physician misimo citro c-i-t-r-o

243

00:10:02,829 --> 00:10:00,880

that explains not only the basis of

244

00:10:04,790 --> 00:10:02,839

quantum physics the basis of

245

00:10:06,829 --> 00:10:04,800

interconnectedness

246

00:10:09,670 --> 00:10:06,839

of consciousness the basic

247

00:10:10,630 --> 00:10:09,680

interconnectedness of energetic

248

00:10:16,310 --> 00:10:10,640

uh

249

00:10:17,910 --> 00:10:16,320

understand all kinds of things and one

250

00:10:19,829 --> 00:10:17,920

of the things is how energy healing

251
00:10:21,509 --> 00:10:19,839
works not only in person but absent

252
00:10:23,910 --> 00:10:21,519
healing and that's a whole other

253
00:10:26,630 --> 00:10:23,920
category but but but how i would

254
00:10:29,430 --> 00:10:26,640
describe energy therapy is

255
00:10:32,550 --> 00:10:29,440
different frequencies of energy

256
00:10:34,790 --> 00:10:32,560
and each therapy has its own frequency

257
00:10:36,630 --> 00:10:34,800
except for bankston that's another

258
00:10:38,790 --> 00:10:36,640
amazing thing it actually adjusts its

259
00:10:41,430 --> 00:10:38,800
frequency to you

260
00:10:44,310 --> 00:10:41,440
but most other energy modalities have a

261
00:10:47,110 --> 00:10:44,320
specific frequency that stimulate your

262
00:10:50,630 --> 00:10:47,120
own body's um

263
00:10:52,630 --> 00:10:50,640

natural systems to rebalance themselves

264

00:10:54,870 --> 00:10:52,640

that's in a nutshell what energy therapy

265

00:10:58,550 --> 00:10:54,880

is bernadette let me jump in there again

266

00:11:01,509 --> 00:10:58,560

because i can already hear in my head

267

00:11:03,430 --> 00:11:01,519

the pushback from a lot of people and

268

00:11:05,509 --> 00:11:03,440

you went through a lot of points there

269

00:11:07,509 --> 00:11:05,519

that i think are good but i want to try

270

00:11:10,069 --> 00:11:07,519

and break them down even simpler first

271

00:11:11,750 --> 00:11:10,079

of all this whole idea of of energy

272

00:11:15,110 --> 00:11:11,760

healing

273

00:11:18,310 --> 00:11:15,120

is an outgrowth of this whole movement

274

00:11:20,389 --> 00:11:18,320

of mind-body medicine right so this yes

275

00:11:22,710 --> 00:11:20,399

that is absolutely correct right so this

276

00:11:25,269 --> 00:11:22,720

whole idea that we've been exploring and

277

00:11:27,350 --> 00:11:25,279

has gained some kind of credibility

278

00:11:29,110 --> 00:11:27,360

among conventional medicine hey that

279

00:11:31,110 --> 00:11:29,120

there's more to

280

00:11:33,350 --> 00:11:31,120

the body than just the physical there

281

00:11:34,949 --> 00:11:33,360

seems to be this interaction with the

282

00:11:37,430 --> 00:11:34,959

mind and we don't know quite how it

283

00:11:39,269 --> 00:11:37,440

works but heck we have this placebo

284

00:11:41,509 --> 00:11:39,279

effect and we can't get around it and it

285

00:11:43,750 --> 00:11:41,519

seems stronger than our strongest

286

00:11:45,590 --> 00:11:43,760

medicines maybe we take maybe we better

287

00:11:47,829 --> 00:11:45,600

take another look at it and then the

288

00:11:50,230 --> 00:11:47,839

other point you made is that some people

289

00:11:53,190 --> 00:11:50,240

have gone further and said well you know

290

00:11:55,350 --> 00:11:53,200

if i really dive into this mind brain

291

00:11:57,110 --> 00:11:55,360

thing there's this consciousness thing

292

00:11:59,269 --> 00:11:57,120

yes that is in your mind but there's

293

00:12:02,949 --> 00:11:59,279

also there's this energy element that we

294

00:12:05,509 --> 00:12:02,959

can't again quite put our finger on but

295

00:12:08,069 --> 00:12:05,519

it does seem to be able to be

296

00:12:10,069 --> 00:12:08,079

moved around and adjusted and shifted

297

00:12:11,670 --> 00:12:10,079

and we go into other cultures and they

298

00:12:13,430 --> 00:12:11,680

seem to have a long history of that and

299

00:12:15,430 --> 00:12:13,440

then as you alluded to

300

00:12:17,910 --> 00:12:15,440

we don't fully understand quantum

301
00:12:19,990 --> 00:12:17,920
physics but when we start hearing some

302
00:12:22,550 --> 00:12:20,000
of the terms and ideas and concepts in

303
00:12:24,470 --> 00:12:22,560
quantum physics we say huh might that

304
00:12:26,870 --> 00:12:24,480
not be an explanation

305
00:12:30,310 --> 00:12:26,880
for all this other stuff we see going on

306
00:12:32,629 --> 00:12:30,320
so with that i i i just want to

307
00:12:34,949 --> 00:12:32,639
say that i think

308
00:12:37,430 --> 00:12:34,959
i just really support people who are

309
00:12:39,990 --> 00:12:37,440
willing to then venture out as you are

310
00:12:42,310 --> 00:12:40,000
and say okay we don't understand

311
00:12:44,629 --> 00:12:42,320
everything about this but let's start

312
00:12:47,269 --> 00:12:44,639
using the tools and methods of science

313
00:12:49,269 --> 00:12:47,279

that we have to start applying some of

314

00:12:50,870 --> 00:12:49,279

these techniques and seeing if we can

315

00:12:52,790 --> 00:12:50,880

measure the results so kind of a black

316

00:12:54,870 --> 00:12:52,800

box thing we don't know exactly what's

317

00:12:56,470 --> 00:12:54,880

going on but let's see if we do this

318

00:12:58,949 --> 00:12:56,480

let's see if we can measure on the other

319

00:13:01,350 --> 00:12:58,959

end what comes out here and see whether

320

00:13:02,710 --> 00:13:01,360

it's efficacious in the same way that we

321

00:13:04,629 --> 00:13:02,720

do with

322

00:13:05,990 --> 00:13:04,639

many of the other more conventional

323

00:13:07,829 --> 00:13:06,000

treatments that we have and it's really

324

00:13:10,790 --> 00:13:07,839

medical history i mean that's how

325

00:13:12,629 --> 00:13:10,800

medicine has always advanced in its

326

00:13:14,230 --> 00:13:12,639

therapies and we've refined it and we've

327

00:13:15,670 --> 00:13:14,240

tried to understand better about the

328

00:13:18,470 --> 00:13:15,680

treatments that we use and what they

329

00:13:21,269 --> 00:13:18,480

really do but in the end if you really

330

00:13:23,030 --> 00:13:21,279

get for re really get real about reading

331

00:13:26,230 --> 00:13:23,040

our medical history a lot of times we

332

00:13:28,710 --> 00:13:26,240

didn't know exactly how or why the

333

00:13:31,430 --> 00:13:28,720

treatments we were using on people were

334

00:13:33,190 --> 00:13:31,440

effective we just measured as health

335

00:13:35,190 --> 00:13:33,200

care givers that and i'm not a health

336

00:13:36,710 --> 00:13:35,200

caregiver but healthcare givers measured

337

00:13:38,790 --> 00:13:36,720

hey this seems to be

338

00:13:40,470 --> 00:13:38,800

helping people so

339

00:13:42,629 --> 00:13:40,480

jump in there and and

340

00:13:44,550 --> 00:13:42,639

and tell me what i'm missing or what you

341

00:13:46,150 --> 00:13:44,560

would add to that

342

00:13:48,870 --> 00:13:46,160

oh you're not missing anything at all

343

00:13:50,710 --> 00:13:48,880

and there's so many new doorways you've

344

00:13:53,990 --> 00:13:50,720

opened up for discussion here but first

345

00:13:56,230 --> 00:13:54,000

you know i wan i want to go immediately

346

00:13:58,550 --> 00:13:56,240

to your remark about medical history and

347

00:14:00,310 --> 00:13:58,560

you know a lot of your listeners may

348

00:14:01,670 --> 00:14:00,320

already know this story and you may know

349

00:14:05,189 --> 00:14:01,680

this story

350

00:14:07,189 --> 00:14:05,199

the thing about energy energy therapies

351

00:14:09,269 --> 00:14:07,199

is that they are invisible that's the

352

00:14:11,030 --> 00:14:09,279

most difficult thing

353

00:14:14,069 --> 00:14:11,040

that's that's why

354

00:14:16,629 --> 00:14:14,079

moving forward in this very highly

355

00:14:19,110 --> 00:14:16,639

valuable therapeutic direction is so

356

00:14:21,990 --> 00:14:19,120

challenging for us because if it's

357

00:14:24,870 --> 00:14:22,000

invisible people don't think of it as

358

00:14:27,350 --> 00:14:24,880

something valuable or useful if you're

359

00:14:29,590 --> 00:14:27,360

used to taking an aspirin if you're you

360

00:14:31,750 --> 00:14:29,600

know if if you're used to something

361

00:14:34,629 --> 00:14:31,760

physical from the medical community then

362

00:14:37,430 --> 00:14:34,639

you can't imagine number one or then as

363

00:14:39,990 --> 00:14:37,440

a corollary number two even fathom that

364

00:14:42,949 --> 00:14:40,000

something invisible could be helping you

365

00:14:46,230 --> 00:14:42,959

now the example i want to use in this

366

00:14:49,269 --> 00:14:46,240

um i'm not sure what the year was

367

00:14:53,030 --> 00:14:49,279

but uh i want to say the late 1800s or

368

00:14:55,030 --> 00:14:53,040

early 1900s a dramatic shift was made it

369

00:14:56,470 --> 00:14:55,040

was before the invention of the micro

370

00:14:58,470 --> 00:14:56,480

microscope so whenever that occurred

371

00:15:00,310 --> 00:14:58,480

that's the time we're talking about but

372

00:15:03,430 --> 00:15:00,320

there was a huge

373

00:15:06,150 --> 00:15:03,440

extremely high mortality rate of women

374

00:15:08,629 --> 00:15:06,160

during childbirth i want to say around

375

00:15:09,670 --> 00:15:08,639

50 percent something like that

376

00:15:11,269 --> 00:15:09,680

and

377

00:15:13,030 --> 00:15:11,279

people just took it for granted oh well

378

00:15:16,069 --> 00:15:13,040

you have a baby you might die there you

379

00:15:16,870 --> 00:15:16,079

go you know well there was a physician

380

00:15:19,990 --> 00:15:16,880

who

381

00:15:21,990 --> 00:15:20,000

had the idea he noticed that doctors did

382

00:15:24,710 --> 00:15:22,000

not wash their hands

383

00:15:26,790 --> 00:15:24,720

after handling one patient they just

384

00:15:29,430 --> 00:15:26,800

went on to the next patient next patient

385

00:15:31,110 --> 00:15:29,440

it was just his idea it was just i don't

386

00:15:33,430 --> 00:15:31,120

know if it was an intuition if it was

387

00:15:35,590 --> 00:15:33,440

his own personal science experiment or

388

00:15:37,590 --> 00:15:35,600

if he was just you know really into

389

00:15:39,750 --> 00:15:37,600

personal hygiene but he decided to see

390

00:15:40,790 --> 00:15:39,760

if it would make a difference

391

00:15:43,430 --> 00:15:40,800

and so

392

00:15:46,389 --> 00:15:43,440

he went out of his way absolutely every

393

00:15:49,110 --> 00:15:46,399

single time to wash his hands after

394

00:15:50,949 --> 00:15:49,120

going from one delivery a woman who

395

00:15:54,550 --> 00:15:50,959

delivered her baby to another

396

00:15:56,790 --> 00:15:54,560

and the mortality rate in his hospital

397

00:16:00,550 --> 00:15:56,800

plummeted once he started doing that

398

00:16:03,590 --> 00:16:00,560

well not that and he he was the object

399

00:16:05,590 --> 00:16:03,600

he was a laughingstock of his hospital

400

00:16:07,829 --> 00:16:05,600

people made fun of him they thought he

401
00:16:10,629 --> 00:16:07,839
was crazy they thought he was ridiculous

402
00:16:12,949 --> 00:16:10,639
well some years later the microscope was

403
00:16:16,230 --> 00:16:12,959
invented and people could see the

404
00:16:18,069 --> 00:16:16,240
microbes on their hands and so what all

405
00:16:20,470 --> 00:16:18,079
of those doctors for all that time were

406
00:16:22,470 --> 00:16:20,480
doing was transferring infected matter

407
00:16:24,949 --> 00:16:22,480
from one person to another to another to

408
00:16:27,030 --> 00:16:24,959
another women got septicemia and all

409
00:16:28,949 --> 00:16:27,040
kinds of things and died this was a

410
00:16:31,670 --> 00:16:28,959
doctor who just

411
00:16:34,310 --> 00:16:31,680
moved forward with a theory that he

412
00:16:36,310 --> 00:16:34,320
thought would work it was proven but he

413
00:16:38,790 --> 00:16:36,320

became the laughingstock of a lot of

414

00:16:40,710 --> 00:16:38,800

people and actually i sadly discovered

415

00:16:42,629 --> 00:16:40,720

in larry dosi's new book one mind he

416

00:16:43,670 --> 00:16:42,639

actually committed suicide because he

417

00:16:45,509 --> 00:16:43,680

felt so

418

00:16:47,590 --> 00:16:45,519

he had become such an outlier and felt

419

00:16:50,550 --> 00:16:47,600

so rejected by the community but it

420

00:16:53,509 --> 00:16:50,560

changed it changed the course of medical

421

00:16:56,230 --> 00:16:53,519

history now every doctor washes their

422

00:16:58,230 --> 00:16:56,240

hands everyday they use latex gloves

423

00:17:01,110 --> 00:16:58,240

they use all kinds of sanitary

424

00:17:02,949 --> 00:17:01,120

precautions and so the death rate has

425

00:17:05,510 --> 00:17:02,959

dropped dramatically in all kinds of

426

00:17:07,750 --> 00:17:05,520

ways but if it wasn't for that one guy

427

00:17:09,669 --> 00:17:07,760

who said i can't see anything on my

428

00:17:11,270 --> 00:17:09,679

hands you know and he would say the

429

00:17:12,870 --> 00:17:11,280

doctors say well look my hands are fine

430

00:17:15,510 --> 00:17:12,880

they're fine there's no blood on nothing

431

00:17:17,350 --> 00:17:15,520

you know well no you're you can't see

432

00:17:19,590 --> 00:17:17,360

what's really on them

433

00:17:22,630 --> 00:17:19,600

so that is

434

00:17:24,870 --> 00:17:22,640

what i say the state of energy therapies

435

00:17:26,390 --> 00:17:24,880

are energy medicine the state of it

436

00:17:29,990 --> 00:17:26,400

right now

437

00:17:30,710 --> 00:17:30,000

now um i must tell you that these kind

438

00:17:33,669 --> 00:17:30,720

of

439

00:17:35,669 --> 00:17:33,679

therapies are far more accepted in other

440

00:17:37,590 --> 00:17:35,679

countries than america

441

00:17:39,270 --> 00:17:37,600

in fact that's how i got my start when i

442

00:17:40,549 --> 00:17:39,280

lived and worked in australia and that's

443

00:17:42,390 --> 00:17:40,559

another part of the story of the

444

00:17:45,190 --> 00:17:42,400

interview if you want to get into

445

00:17:47,430 --> 00:17:45,200

but we are we are reluctant to embrace

446

00:17:49,669 --> 00:17:47,440

it because we're used to be western

447

00:17:52,390 --> 00:17:49,679

medicine being the only form of therapy

448

00:17:55,830 --> 00:17:52,400

invasive therapy that adds something to

449

00:17:57,990 --> 00:17:55,840

the body through ingested medication or

450

00:17:59,190 --> 00:17:58,000

takes something out of the body through

451
00:18:02,150 --> 00:17:59,200
surgery

452
00:18:05,190 --> 00:18:02,160
we are we are used to a 100

453
00:18:07,510 --> 00:18:05,200
physical form of therapy

454
00:18:09,750 --> 00:18:07,520
so that's why research is so important

455
00:18:11,990 --> 00:18:09,760
to us first of all we do have a research

456
00:18:14,549 --> 00:18:12,000
page on our website and i wouldn't

457
00:18:17,190 --> 00:18:14,559
certainly invite anyone to take a look

458
00:18:20,950 --> 00:18:17,200
because a lot of when and when i say

459
00:18:23,350 --> 00:18:20,960
a proven therapy what i mean is

460
00:18:25,909 --> 00:18:23,360
what kind of experiments have been done

461
00:18:27,590 --> 00:18:25,919
to indicate results from a particular

462
00:18:29,590 --> 00:18:27,600
form of therapy

463
00:18:32,470 --> 00:18:29,600

so i'll give you a couple of examples

464

00:18:33,750 --> 00:18:32,480

and also we do our own original research

465

00:18:35,110 --> 00:18:33,760

here and i'll talk a little bit about

466

00:18:36,630 --> 00:18:35,120

that later too

467

00:18:37,590 --> 00:18:36,640

please do because i think folks are

468

00:18:39,750 --> 00:18:37,600

going to be

469

00:18:41,669 --> 00:18:39,760

and maybe if i can kind of direct you a

470

00:18:44,230 --> 00:18:41,679

little bit because i'll definitely point

471

00:18:47,029 --> 00:18:44,240

i'll definitely point people to the the

472

00:18:48,870 --> 00:18:47,039

website at equilibrium

473

00:18:51,750 --> 00:18:48,880

e3.com

474

00:18:54,630 --> 00:18:51,760

and your page on research where you do

475

00:18:57,750 --> 00:18:54,640

have there's a considerable amount of

476

00:19:00,070 --> 00:18:57,760

academic scientific medical

477

00:19:01,830 --> 00:19:00,080

peer-reviewed research that you point to

478

00:19:04,070 --> 00:19:01,840

but i think folks would be particularly

479

00:19:06,150 --> 00:19:04,080

interested in how an

480

00:19:09,110 --> 00:19:06,160

institution like yours which is really

481

00:19:11,029 --> 00:19:09,120

just a a group of practitioners who are

482

00:19:13,430 --> 00:19:11,039

using these therapies on people who are

483

00:19:15,430 --> 00:19:13,440

trying to make their life better

484

00:19:18,150 --> 00:19:15,440

how you're going about doing your own

485

00:19:20,470 --> 00:19:18,160

research great wonderful question we

486

00:19:22,789 --> 00:19:20,480

have an amazing person named vernon

487

00:19:25,270 --> 00:19:22,799

nicholas who is our research director

488

00:19:27,750 --> 00:19:25,280

he's a professional researcher he has

489

00:19:29,830 --> 00:19:27,760

been his entire life but he started his

490

00:19:30,950 --> 00:19:29,840

whole research career in in market

491

00:19:32,630 --> 00:19:30,960

research

492

00:19:35,430 --> 00:19:32,640

but that's what he has his degrees in

493

00:19:37,110 --> 00:19:35,440

he's trained in getting data analyzing

494

00:19:38,789 --> 00:19:37,120

data he's the most objective person

495

00:19:42,230 --> 00:19:38,799

you'll ever meet in your life

496

00:19:44,789 --> 00:19:42,240

and so um he and i took a look at all

497

00:19:47,669 --> 00:19:44,799

the different kinds of measurement tools

498

00:19:51,350 --> 00:19:47,679

that were out there that were affordable

499

00:19:52,870 --> 00:19:51,360

to us even remotely affordable to us

500

00:19:54,230 --> 00:19:52,880

because there are some kinds of

501
00:19:55,510 --> 00:19:54,240
different things you can build and buy

502
00:19:57,270 --> 00:19:55,520
there are hundreds of thousands of

503
00:19:59,110 --> 00:19:57,280
dollars well we're just a tiny little

504
00:20:01,990 --> 00:19:59,120
place we've served five thousand people

505
00:20:03,430 --> 00:20:02,000
so far but we're just a small venture

506
00:20:04,950 --> 00:20:03,440
trying to do you know trying to help as

507
00:20:08,070 --> 00:20:04,960
many people as we can

508
00:20:09,430 --> 00:20:08,080
but um vernon vernon and i discovered we

509
00:20:11,909 --> 00:20:09,440
and he and i have been going to energy

510
00:20:13,750 --> 00:20:11,919
medicine conferences for the last five

511
00:20:14,950 --> 00:20:13,760
years that's how we met bill bankston

512
00:20:19,909 --> 00:20:14,960
and

513
00:20:22,870 --> 00:20:19,919

now that now we work together with so um

514

00:20:25,549 --> 00:20:22,880

we we discovered something uh was

515

00:20:30,149 --> 00:20:25,559

available called a gas discharge

516

00:20:35,430 --> 00:20:33,110

the the basic concept started

517

00:20:37,510 --> 00:20:35,440

in russia about 20 years ago for this

518

00:20:39,789 --> 00:20:37,520

kind of camera the russians are really

519

00:20:43,029 --> 00:20:39,799

into this stuff they they understand the

520

00:20:45,510 --> 00:20:43,039

electromagnetics of the body and the the

521

00:20:47,190 --> 00:20:45,520

first cameras kirlian cameras

522

00:20:50,470 --> 00:20:47,200

k-i-r-l-i-a-n

523

00:20:53,270 --> 00:20:50,480

cameras are very rudimentary electrical

524

00:20:55,510 --> 00:20:53,280

measurements of the electrical impulses

525

00:20:59,750 --> 00:20:55,520

of the meridian system we all have a

526

00:21:02,789 --> 00:20:59,760

meridian system and 5 000 years of

527

00:21:04,549 --> 00:21:02,799

chinese medicine tibetan medicine all

528

00:21:06,310 --> 00:21:04,559

that kind of stuff people understand

529

00:21:07,830 --> 00:21:06,320

that western medicine doesn't even

530

00:21:10,149 --> 00:21:07,840

acknowledge that there is such a thing

531

00:21:12,470 --> 00:21:10,159

but that's how acupuncture is based

532

00:21:14,549 --> 00:21:12,480

there's all kinds of different energy

533

00:21:16,630 --> 00:21:14,559

therapies that stimulate the meridian

534

00:21:17,669 --> 00:21:16,640

system to get the body back in balance

535

00:21:26,549 --> 00:21:17,679

so

536

00:21:28,149 --> 00:21:26,559

version of that earlier

537

00:21:30,950 --> 00:21:28,159

electrical

538

00:21:32,230 --> 00:21:30,960

photographic device concept into

539

00:21:35,190 --> 00:21:32,240

something called

540

00:21:36,870 --> 00:21:35,200

gas discharge visualization

541

00:21:40,310 --> 00:21:36,880

it's a small camera

542

00:21:42,710 --> 00:21:40,320

all all of your meridians end in your

543

00:21:44,630 --> 00:21:42,720

fingertips and in your toes

544

00:21:46,710 --> 00:21:44,640

and so by

545

00:21:48,310 --> 00:21:46,720

when vernon takes the picture it's just

546

00:21:50,470 --> 00:21:48,320

a little tiny camera you just put your

547

00:21:52,070 --> 00:21:50,480

fingertip down one fingertip at a time

548

00:21:54,950 --> 00:21:52,080

on this little camera

549

00:21:58,390 --> 00:21:54,960

and there's actually a tiny tiny tiny

550

00:22:00,549 --> 00:21:58,400

infinitesimal electrical charge that you

551
00:22:04,870 --> 00:22:00,559
get zapped with to capture what that the

552
00:22:06,310 --> 00:22:04,880
energetic state of that meridian is in

553
00:22:08,149 --> 00:22:06,320
is each finger

554
00:22:09,590 --> 00:22:08,159
and so um

555
00:22:12,870 --> 00:22:09,600
then there's

556
00:22:15,270 --> 00:22:12,880
very very very complex software that

557
00:22:17,909 --> 00:22:15,280
instantly analyzes

558
00:22:20,149 --> 00:22:17,919
the state of your

559
00:22:23,669 --> 00:22:20,159
not only your physical being but also

560
00:22:26,470 --> 00:22:23,679
your emotional balance as well as your

561
00:22:27,270 --> 00:22:26,480
physical vitality levels lots of other

562
00:22:29,750 --> 00:22:27,280
things

563
00:22:33,110 --> 00:22:29,760

so what this and then it analyzes all

564

00:22:35,909 --> 00:22:33,120

that instantly and vernon can show you

565

00:22:37,590 --> 00:22:35,919

immediately your state of being he can

566

00:22:39,110 --> 00:22:37,600

make the invisible

567

00:22:42,310 --> 00:22:39,120

visible that's the whole point of this

568

00:22:44,789 --> 00:22:42,320

make the invisible visible and so there

569

00:22:47,750 --> 00:22:44,799

are several ways to slice and dice it he

570

00:22:49,909 --> 00:22:47,760

can show which organs which systems are

571

00:22:52,870 --> 00:22:49,919

off whether an emotional level or

572

00:22:54,950 --> 00:22:52,880

physical level if you're how low your

573

00:22:57,510 --> 00:22:54,960

vitality is compared to average how

574

00:22:59,590 --> 00:22:57,520

stressed you are compared to average all

575

00:23:05,830 --> 00:22:59,600

kinds of amazing things and all

576

00:23:10,870 --> 00:23:08,390

acquisition of the information as well

577

00:23:12,710 --> 00:23:10,880

as the slicing and dicing you know by

578

00:23:14,870 --> 00:23:12,720

the software it literally takes five

579

00:23:17,190 --> 00:23:14,880

minutes it literally takes five minutes

580

00:23:19,430 --> 00:23:17,200

and so what we do with this

581

00:23:21,350 --> 00:23:19,440

we work very very very closely with bill

582

00:23:24,870 --> 00:23:21,360

bankston with us

583

00:23:28,470 --> 00:23:24,880

we really are his uh one of two of his

584

00:23:30,230 --> 00:23:28,480

major unofficial clinical data arms of

585

00:23:32,549 --> 00:23:30,240

original research

586

00:23:35,830 --> 00:23:32,559

and so uh we

587

00:23:39,750 --> 00:23:35,840

try and capture this information on as

588

00:23:40,549 --> 00:23:39,760

many patients clients as we possibly can

589

00:23:44,310 --> 00:23:40,559

we

590

00:23:46,070 --> 00:23:44,320

comes in and says i don't feel good what

591

00:23:48,710 --> 00:23:46,080

do you guys think is wrong with me we're

592

00:23:51,270 --> 00:23:48,720

not physicians we cannot diagnose but we

593

00:23:53,270 --> 00:23:51,280

can use this tool to say well according

594

00:23:54,630 --> 00:23:53,280

to this you know your liver is not so

595

00:23:57,510 --> 00:23:54,640

good and blah blah blah and this and

596

00:23:59,669 --> 00:23:57,520

that so um but

597

00:24:02,789 --> 00:23:59,679

here when you say according to this what

598

00:24:04,789 --> 00:24:02,799

i'm saying to the gdp visualization

599

00:24:06,950 --> 00:24:04,799

analysis yeah according to you yeah

600

00:24:08,549 --> 00:24:06,960

according to your meridian information

601
00:24:10,710 --> 00:24:08,559
that we captured

602
00:24:12,950 --> 00:24:10,720
moreover what i hear you saying is that

603
00:24:16,310 --> 00:24:12,960
you know you have this device that

604
00:24:17,909 --> 00:24:16,320
reliably collects some biometric data

605
00:24:20,549 --> 00:24:17,919
right so whatever

606
00:24:23,190 --> 00:24:20,559
whatever somebody thinks about that data

607
00:24:23,909 --> 00:24:23,200
we can probably come to some agreement

608
00:24:27,430 --> 00:24:23,919
that

609
00:24:29,430 --> 00:24:27,440
this device reliably and consistently

610
00:24:30,789 --> 00:24:29,440
collects this data and then what it's

611
00:24:32,549 --> 00:24:30,799
doing apparently from what you're

612
00:24:35,669 --> 00:24:32,559
telling me is it

613
00:24:38,390 --> 00:24:35,679

then goes into its database of

614

00:24:40,230 --> 00:24:38,400

of the huge database that it has of

615

00:24:42,390 --> 00:24:40,240

people with different

616

00:24:43,510 --> 00:24:42,400

reported conditions and ailments and

617

00:24:45,750 --> 00:24:43,520

matches

618

00:24:47,830 --> 00:24:45,760

whether or not those biometrics meet

619

00:24:50,230 --> 00:24:47,840

certain criteria for the for that data

620

00:24:51,990 --> 00:24:50,240

so it's it's i think it sounds a little

621

00:24:54,310 --> 00:24:52,000

bit more

622

00:24:56,870 --> 00:24:54,320

smoke and mirrors-ish than i think it is

623

00:24:57,830 --> 00:24:56,880

it's like anything it's like getting

624

00:24:59,669 --> 00:24:57,840

your

625

00:25:01,510 --> 00:24:59,679

blood pressure taken right and they say

626

00:25:02,789 --> 00:25:01,520

okay well you know here's your blood

627

00:25:04,710 --> 00:25:02,799

pressure and then they go compare that

628

00:25:06,950 --> 00:25:04,720

with the database and they say gee

629

00:25:09,029 --> 00:25:06,960

people of your age of your health

630

00:25:11,110 --> 00:25:09,039

generally are in this range you're not

631

00:25:13,269 --> 00:25:11,120

in this range experience has told us

632

00:25:14,390 --> 00:25:13,279

that means this and it sounds like

633

00:25:16,390 --> 00:25:14,400

you're doing

634

00:25:18,630 --> 00:25:16,400

somewhat similar to that right

635

00:25:21,510 --> 00:25:18,640

yeah it is somewhat similar to that and

636

00:25:24,710 --> 00:25:21,520

uh and i yes yes that's right because he

637

00:25:26,310 --> 00:25:24,720

the the russian man karatkov his name

638

00:25:30,390 --> 00:25:26,320

his last name is duck

639

00:25:32,630 --> 00:25:30,400

his name is dr karat khan he has spent

640

00:25:33,990 --> 00:25:32,640

well he personally probably spent 18 to

641

00:25:36,870 --> 00:25:34,000

20 years

642

00:25:39,430 --> 00:25:36,880

collecting that data and analyzing that

643

00:25:42,710 --> 00:25:39,440

data and creating the software base that

644

00:25:45,510 --> 00:25:42,720

is now an analytical tool for everyone

645

00:25:47,190 --> 00:25:45,520

but the great advantage not only can we

646

00:25:49,350 --> 00:25:47,200

you just say always come on down and

647

00:25:52,310 --> 00:25:49,360

we'll tell you about how you look

648

00:25:54,710 --> 00:25:52,320

even better we can say alex you let me

649

00:25:56,390 --> 00:25:54,720

let let us just take your data up here's

650

00:25:58,630 --> 00:25:56,400

your data there you go you look a little

651
00:26:01,269 --> 00:25:58,640
low in the whatever whatever area now

652
00:26:02,789 --> 00:26:01,279
let us do a bankston treatment on you

653
00:26:05,830 --> 00:26:02,799
for an hour

654
00:26:07,190 --> 00:26:05,840
okay great now let us take your data

655
00:26:09,029 --> 00:26:07,200
again

656
00:26:12,390 --> 00:26:09,039
this is where

657
00:26:14,070 --> 00:26:12,400
the hugely important work comes in that

658
00:26:17,909 --> 00:26:14,080
we try and do

659
00:26:20,230 --> 00:26:17,919
we trust this machine to be accurate we

660
00:26:22,549 --> 00:26:20,240
trust all of the research we trust all

661
00:26:23,350 --> 00:26:22,559
of the users around the world who use

662
00:26:26,230 --> 00:26:23,360
this

663
00:26:29,269 --> 00:26:26,240

in clinical applications and say okay we

664

00:26:32,230 --> 00:26:29,279

want to show you exactly

665

00:26:34,230 --> 00:26:32,240

what this one therapy did for you today

666

00:26:36,870 --> 00:26:34,240

just now before and after

667

00:26:38,950 --> 00:26:36,880

that is what is so exciting to us

668

00:26:41,190 --> 00:26:38,960

and there are absolutely different what

669

00:26:43,510 --> 00:26:41,200

i would call energetic or frequency

670

00:26:46,390 --> 00:26:43,520

signatures to the therapies there are

671

00:26:48,549 --> 00:26:46,400

absolutely different effects on people

672

00:26:52,390 --> 00:26:48,559

there's a hugely different

673

00:26:54,630 --> 00:26:52,400

visible we made visible analysis of what

674

00:26:56,950 --> 00:26:54,640

reiki does for example compared to what

675

00:26:59,190 --> 00:26:56,960

bingston does you know compared to

676
00:27:01,830 --> 00:26:59,200
chronic healing compared to all of these

677
00:27:03,830 --> 00:27:01,840
different things but we can show people

678
00:27:06,310 --> 00:27:03,840
you know a lot here's the thing

679
00:27:09,029 --> 00:27:06,320
you know we put our hands on people and

680
00:27:11,029 --> 00:27:09,039
uh after the therapy is over everyone

681
00:27:13,190 --> 00:27:11,039
always feels relaxed they might have an

682
00:27:15,669 --> 00:27:13,200
emotional release their pain might go

683
00:27:17,350 --> 00:27:15,679
away and they say i feel so much better

684
00:27:18,950 --> 00:27:17,360
thinks that's great that's wonderful

685
00:27:20,710 --> 00:27:18,960
that's the whole point but that's a

686
00:27:26,230 --> 00:27:20,720
subjective

687
00:27:29,510 --> 00:27:26,240
there's nothing that we can say okay

688
00:27:31,510 --> 00:27:29,520

we're so happy you feel better but with

689

00:27:33,510 --> 00:27:31,520

this we can say okay we're happy you

690

00:27:36,470 --> 00:27:33,520

feel better and

691

00:27:38,710 --> 00:27:36,480

look at how much more your heart uh

692

00:27:41,269 --> 00:27:38,720

energy has come back to your whole you

693

00:27:43,510 --> 00:27:41,279

know our arterial system has come back

694

00:27:46,710 --> 00:27:43,520

into alignment with where it's supposed

695

00:27:49,029 --> 00:27:46,720

to be look look how much less stress you

696

00:27:50,789 --> 00:27:49,039

have in your body based on your hormonal

697

00:27:53,590 --> 00:27:50,799

responses all that kind of stuff

698

00:27:55,750 --> 00:27:53,600

that is what we are really excited about

699

00:27:57,990 --> 00:27:55,760

because you know it's human nature we

700

00:28:00,310 --> 00:27:58,000

don't trust what we can't see it is you

701
00:28:02,149 --> 00:28:00,320
know that's why we use cell phones even

702
00:28:04,870 --> 00:28:02,159
though that we do have all kinds of

703
00:28:06,630 --> 00:28:04,880
information of how much damage they do

704
00:28:08,230 --> 00:28:06,640
to the brain depending on how powerful

705
00:28:09,430 --> 00:28:08,240
they are but anyway

706
00:28:12,149 --> 00:28:09,440
the point is

707
00:28:14,710 --> 00:28:12,159
it's wonderful to be able to hold out

708
00:28:17,830 --> 00:28:14,720
something visible for people to see and

709
00:28:20,149 --> 00:28:17,840
say oh no wonder i feel so much better

710
00:28:21,110 --> 00:28:20,159
or no wonder i feel so relaxed that's

711
00:28:23,590 --> 00:28:21,120
great

712
00:28:25,990 --> 00:28:23,600
and that's why all of the data all of

713
00:28:28,310 --> 00:28:26,000

the research collected on our website

714

00:28:29,269 --> 00:28:28,320

and from what some people you know would

715

00:28:31,990 --> 00:28:29,279

call

716

00:28:33,590 --> 00:28:32,000

especially reliable sources the national

717

00:28:35,110 --> 00:28:33,600

institute of health the feds you know

718

00:28:38,710 --> 00:28:35,120

the federal government

719

00:28:40,470 --> 00:28:38,720

for example has a whole arm

720

00:28:43,029 --> 00:28:40,480

under its under its control that

721

00:28:44,950 --> 00:28:43,039

researches it's called a national center

722

00:28:45,990 --> 00:28:44,960

for complementary and alternative

723

00:28:47,190 --> 00:28:46,000

medicine

724

00:28:49,669 --> 00:28:47,200

they

725

00:28:51,190 --> 00:28:49,679

very religiously research all kinds of

726
00:28:53,750 --> 00:28:51,200
stuff nutrition

727
00:28:55,830 --> 00:28:53,760
vitamins energy therapies whatever on

728
00:28:57,350 --> 00:28:55,840
average they spend a million dollars

729
00:29:00,070 --> 00:28:57,360
every year

730
00:29:01,430 --> 00:29:00,080
just researching reiki one of our

731
00:29:04,310 --> 00:29:01,440
primary

732
00:29:06,789 --> 00:29:04,320
most wonderful most egalitarian forms of

733
00:29:07,669 --> 00:29:06,799
energy therapy that anyone can learn

734
00:29:09,990 --> 00:29:07,679
so

735
00:29:12,710 --> 00:29:10,000
that is really where where we're coming

736
00:29:14,789 --> 00:29:12,720
from we all know as practicing

737
00:29:17,669 --> 00:29:14,799
therapists and most of us have had the

738
00:29:19,510 --> 00:29:17,679

experience of life-changing events that

739

00:29:21,590 --> 00:29:19,520

led us in this direction in the first

740

00:29:24,070 --> 00:29:21,600

place which is why we do it

741

00:29:26,389 --> 00:29:24,080

and so we are walking the talk we are

742

00:29:28,549 --> 00:29:26,399

living proof that it works but just

743

00:29:31,190 --> 00:29:28,559

because i know it works doesn't mean i

744

00:29:35,110 --> 00:29:31,200

can prove to you that it works and so

745

00:29:37,269 --> 00:29:35,120

what we are all about is only using

746

00:29:39,269 --> 00:29:37,279

only bringing to the public's attention

747

00:29:41,590 --> 00:29:39,279

only offering

748

00:29:43,990 --> 00:29:41,600

proven therapies

749

00:29:46,789 --> 00:29:44,000

as well as training in those therapies

750

00:29:49,350 --> 00:29:46,799

and bill of course bill bankston fits in

751
00:29:51,590 --> 00:29:49,360
exquisitely because he has 30 years of

752
00:29:52,630 --> 00:29:51,600
mouse research okay 30 years of animal

753
00:29:54,789 --> 00:29:52,640
studies

754
00:29:56,870 --> 00:29:54,799
perfect now what we are doing is

755
00:29:59,510 --> 00:29:56,880
amplifying his research base with

756
00:30:03,750 --> 00:29:59,520
clinical studies for people who come to

757
00:30:06,350 --> 00:30:03,760
us with human human problems cancer and

758
00:30:08,710 --> 00:30:06,360
alzheimer's cataracts uh

759
00:30:10,549 --> 00:30:08,720
gastrointestinal disorders all those are

760
00:30:12,230 --> 00:30:10,559
all things bankston method works

761
00:30:15,029 --> 00:30:12,240
phenomenally well for

762
00:30:17,029 --> 00:30:15,039
okay let's talk a little bit about dr

763
00:30:18,470 --> 00:30:17,039

bankston then i know that he was

764

00:30:22,389 --> 00:30:18,480

recently there

765

00:30:23,909 --> 00:30:22,399

at e3 and did a seminar with a bunch of

766

00:30:25,590 --> 00:30:23,919

folks and i want to hear more about that

767

00:30:26,789 --> 00:30:25,600

but let's fill people in on a little bit

768

00:30:30,789 --> 00:30:26,799

on the details

769

00:30:32,950 --> 00:30:30,799

he was on skeptical a while back he is

770

00:30:35,269 --> 00:30:32,960

in addition to being this kind of

771

00:30:37,350 --> 00:30:35,279

maverick academic who just really more

772

00:30:39,110 --> 00:30:37,360

or less stumbled into energy healing it

773

00:30:41,430 --> 00:30:39,120

wasn't his primary discipline it wasn't

774

00:30:44,389 --> 00:30:41,440

his area he was just one of these

775

00:30:47,830 --> 00:30:44,399

guys i really love that about him is he

776

00:30:50,470 --> 00:30:47,840

was just curious and unwilling to let go

777

00:30:53,590 --> 00:30:50,480

of a question that seemed to be pursued

778

00:30:55,190 --> 00:30:53,600

so he ran across this phenomena through

779

00:30:57,430 --> 00:30:55,200

some gentleman who

780

00:30:58,789 --> 00:30:57,440

was able to do this energy healing and

781

00:31:00,950 --> 00:30:58,799

he was just kind of curious she's like

782

00:31:02,870 --> 00:31:00,960

wow you know let's see how far i can

783

00:31:05,830 --> 00:31:02,880

push this let's see how far i can take

784

00:31:07,909 --> 00:31:05,840

this he was a true scientist a true uh

785

00:31:09,430 --> 00:31:07,919

he is a true scientist but in this case

786

00:31:11,510 --> 00:31:09,440

he demonstrated just this

787

00:31:14,070 --> 00:31:11,520

open-mindedness that says i'm going to

788

00:31:15,750 --> 00:31:14,080

keep testing this guy until he fails if

789

00:31:17,990 --> 00:31:15,760

you listen to banks and that's really

790

00:31:19,350 --> 00:31:18,000

his story he said yeah that's right i'm

791

00:31:22,070 --> 00:31:19,360

going to keep testing this guy till he

792

00:31:23,590 --> 00:31:22,080

fails and he didn't fail and it

793

00:31:26,710 --> 00:31:23,600

eventually led to

794

00:31:29,269 --> 00:31:26,720

as you just alluded to a most amazing

795

00:31:31,430 --> 00:31:29,279

experiment that he did at a new york

796

00:31:34,789 --> 00:31:31,440

university where they did an experiment

797

00:31:37,029 --> 00:31:34,799

on rats that had been injected with

798

00:31:39,110 --> 00:31:37,039

cancer which is a horrible sounding

799

00:31:40,950 --> 00:31:39,120

thing that we would do to an animal but

800

00:31:43,669 --> 00:31:40,960

we do this all the time it's part of

801
00:31:45,190 --> 00:31:43,679
cancer research and these rats have been

802
00:31:47,669 --> 00:31:45,200
bred to the point where they are

803
00:31:50,230 --> 00:31:47,679
predictably and reliably

804
00:31:51,909 --> 00:31:50,240
dying of cancer after

805
00:31:53,269 --> 00:31:51,919
so many days i think in his case it was

806
00:31:55,830 --> 00:31:53,279
21 days

807
00:31:58,070 --> 00:31:55,840
and bankston went ahead and in this

808
00:32:01,029 --> 00:31:58,080
clinically controlled very

809
00:32:03,269 --> 00:32:01,039
properly done experiment

810
00:32:05,990 --> 00:32:03,279
did this hands-on not even hands-on

811
00:32:07,190 --> 00:32:06,000
hands above the cage energy healing and

812
00:32:09,269 --> 00:32:07,200
the rats

813
00:32:12,549 --> 00:32:09,279

not only went into remission but were

814

00:32:14,230 --> 00:32:12,559

cured and lived out their natural life

815

00:32:16,630 --> 00:32:14,240

something that really the the

816

00:32:18,389 --> 00:32:16,640

researchers who are doing cancer

817

00:32:21,590 --> 00:32:18,399

research associated with the university

818

00:32:24,149 --> 00:32:21,600

said they had never seen before so

819

00:32:25,590 --> 00:32:24,159

that's really dr bankston's story and he

820

00:32:27,350 --> 00:32:25,600

continues to be

821

00:32:28,950 --> 00:32:27,360

this kind of

822

00:32:30,710 --> 00:32:28,960

all-around

823

00:32:32,310 --> 00:32:30,720

scientific guy who's interested in a lot

824

00:32:34,549 --> 00:32:32,320

of different things he's the current

825

00:32:36,389 --> 00:32:34,559

president of the society for scientific

826

00:32:38,950 --> 00:32:36,399

exploration that if anyone knows about

827

00:32:42,470 --> 00:32:38,960

that wonderful organization they

828

00:32:45,509 --> 00:32:42,480

investigate all manner of kind of

829

00:32:47,669 --> 00:32:45,519

science that doesn't fit normally into

830

00:32:48,950 --> 00:32:47,679

conventional paradigms of how things

831

00:32:50,630 --> 00:32:48,960

should work so he's really a kind of

832

00:32:52,710 --> 00:32:50,640

broad-minded guy

833

00:32:54,710 --> 00:32:52,720

and i just wanted to fill people in a

834

00:32:57,350 --> 00:32:54,720

little bit on that background tell us

835

00:32:59,509 --> 00:32:57,360

then a little bit about your experience

836

00:33:01,990 --> 00:32:59,519

with dr bankston and in particular as

837

00:33:03,990 --> 00:33:02,000

you just alluded to the bankston therapy

838

00:33:05,269 --> 00:33:04,000

and and how you've seen it work in your

839

00:33:07,029 --> 00:33:05,279

practice

840

00:33:09,110 --> 00:33:07,039

great thank you first of all you know

841

00:33:11,190 --> 00:33:09,120

one of the things i wanted to mention i

842

00:33:13,029 --> 00:33:11,200

wanted to circle back around to the very

843

00:33:15,269 --> 00:33:13,039

beginning when we talked about mind-body

844

00:33:17,509 --> 00:33:15,279

medicine and the role of consciousness

845

00:33:18,230 --> 00:33:17,519

dr bangston's work

846

00:33:23,990 --> 00:33:18,240

is

847

00:33:26,070 --> 00:33:24,000

i found him 10 years ago i saw

848

00:33:28,870 --> 00:33:26,080

some of his mouse experiments published

849

00:33:30,310 --> 00:33:28,880

in in peer-reviewed journals

850

00:33:32,070 --> 00:33:30,320

jaw-dropping

851

00:33:34,630 --> 00:33:32,080

proof that that

852

00:33:36,630 --> 00:33:34,640

consciousness a conscious belief in

853

00:33:39,590 --> 00:33:36,640

something a conscious awareness of

854

00:33:40,870 --> 00:33:39,600

something is not required for energy

855

00:33:42,950 --> 00:33:40,880

therapy okay

856

00:33:44,870 --> 00:33:42,960

these are mice now you know i don't know

857

00:33:46,149 --> 00:33:44,880

a lot about mouth consciousness but i'm

858

00:33:48,230 --> 00:33:46,159

pretty sure

859

00:33:49,830 --> 00:33:48,240

it's not like hey minnie who's that guy

860

00:33:51,590 --> 00:33:49,840

putting his hands on the cage i don't

861

00:33:53,990 --> 00:33:51,600

believe that anything is going to happen

862

00:33:56,149 --> 00:33:54,000

oh mickey just do oh you know don't

863

00:33:57,830 --> 00:33:56,159

worry he's a nice man just have faith

864

00:33:59,990 --> 00:33:57,840

just have faith and imagine those little

865

00:34:02,630 --> 00:34:00,000

white those little white cells dying

866

00:34:05,110 --> 00:34:02,640

right away all right right exactly none

867

00:34:06,710 --> 00:34:05,120

of that is required none of that is

868

00:34:08,950 --> 00:34:06,720

required and as a matter of fact it's

869

00:34:11,030 --> 00:34:08,960

it's really interesting if there is any

870

00:34:13,270 --> 00:34:11,040

relationship between consciousness and

871

00:34:15,909 --> 00:34:13,280

therapy i so far

872

00:34:17,750 --> 00:34:15,919

based on um based on everything i've

873

00:34:19,510 --> 00:34:17,760

seen with all our therapies i would say

874

00:34:21,589 --> 00:34:19,520

the consciousness gets in the way of

875

00:34:23,589 --> 00:34:21,599

healing to be honest with you because

876

00:34:25,589 --> 00:34:23,599

with the bankston method and other

877

00:34:27,829 --> 00:34:25,599

methods interestingly

878

00:34:29,990 --> 00:34:27,839

a hundred percent of success as we've

879

00:34:31,589 --> 00:34:30,000

had is with our own animals you have

880

00:34:33,190 --> 00:34:31,599

dogs who are sick and stuff like that in

881

00:34:35,109 --> 00:34:33,200

alzheimer's patients isn't that

882

00:34:37,510 --> 00:34:35,119

interesting because there is no

883

00:34:40,230 --> 00:34:37,520

consciousness to get in the way

884

00:34:42,230 --> 00:34:40,240

um but anyway that's that's more details

885

00:34:44,310 --> 00:34:42,240

but but you do not need to believe you

886

00:34:47,349 --> 00:34:44,320

do not need to have faith it is the

887

00:34:49,030 --> 00:34:47,359

example i give all the time what is

888

00:34:50,310 --> 00:34:49,040

energy healing like what's a good

889

00:34:52,790 --> 00:34:50,320

analogy

890

00:34:54,470 --> 00:34:52,800

it's like if you take a can of coke out

891

00:34:55,990 --> 00:34:54,480

of the refrigerator put on the kitchen

892

00:34:59,349 --> 00:34:56,000

table

893

00:35:02,310 --> 00:34:59,359

very shortly room temperature the larger

894

00:35:04,150 --> 00:35:02,320

field the larger field will rebalance

895

00:35:06,710 --> 00:35:04,160

the can of coke so that it is now the

896

00:35:09,349 --> 00:35:06,720

same temperature as room temperature

897

00:35:11,750 --> 00:35:09,359

really it's that simple in a nutshell

898

00:35:13,910 --> 00:35:11,760

the can of coke does not have to believe

899

00:35:16,310 --> 00:35:13,920

in the room temperature it does not to

900

00:35:18,069 --> 00:35:16,320

have have faith in the room temperature

901
00:35:19,750 --> 00:35:18,079
it doesn't have to ask the room

902
00:35:22,230 --> 00:35:19,760
temperature to bring it to room

903
00:35:24,790 --> 00:35:22,240
temperature automatically

904
00:35:28,069 --> 00:35:24,800
the larger field room temperature brings

905
00:35:30,150 --> 00:35:28,079
that can of coke into equalized balance

906
00:35:31,910 --> 00:35:30,160
that is what energy therapy does and i

907
00:35:34,390 --> 00:35:31,920
think that's what the all of the

908
00:35:35,670 --> 00:35:34,400
bankston research and animal research

909
00:35:37,670 --> 00:35:35,680
proves you

910
00:35:40,310 --> 00:35:37,680
none no belief no consciousness no

911
00:35:41,829 --> 00:35:40,320
efforting anything is required and as a

912
00:35:43,589 --> 00:35:41,839
matter of fact don't think about it

913
00:35:46,550 --> 00:35:43,599

don't let it get in the way

914

00:35:48,470 --> 00:35:46,560

so dr bankston is maybe the most

915

00:35:49,670 --> 00:35:48,480

remarkable person i've ever met and

916

00:35:52,550 --> 00:35:49,680

worked with

917

00:35:55,430 --> 00:35:52,560

we are huge fans of his

918

00:35:58,150 --> 00:35:55,440

we're members of the ssc also

919

00:35:59,349 --> 00:35:58,160

his his hall therapy is what we are all

920

00:36:01,750 --> 00:35:59,359

about

921

00:36:04,069 --> 00:36:01,760

in terms of what is the potential what

922

00:36:06,710 --> 00:36:04,079

what our interest is what is the

923

00:36:10,230 --> 00:36:06,720

potential of all this stuff proven

924

00:36:12,390 --> 00:36:10,240

potential for helping people main

925

00:36:15,030 --> 00:36:12,400

equilibrium right maintain equilibrium

926

00:36:17,270 --> 00:36:15,040

maintain a stress-free life maintain

927

00:36:19,829 --> 00:36:17,280

balance tell us all that kind of stuff

928

00:36:21,829 --> 00:36:19,839

all energy medicine therapies energy

929

00:36:23,990 --> 00:36:21,839

therapies are comparable in certain ways

930

00:36:25,510 --> 00:36:24,000

but dr bangston's therapy the bengston

931

00:36:26,550 --> 00:36:25,520

method of therapy is completely

932

00:36:29,430 --> 00:36:26,560

different

933

00:36:32,310 --> 00:36:29,440

it is not a what i would call a gentle

934

00:36:33,910 --> 00:36:32,320

energy therapy i'm trained in

935

00:36:35,270 --> 00:36:33,920

more than a dozen different therapies

936

00:36:36,950 --> 00:36:35,280

most of the people who work at

937

00:36:39,030 --> 00:36:36,960

equilibrium are

938

00:36:40,710 --> 00:36:39,040

and when you're a therapist

939

00:36:43,349 --> 00:36:40,720

you you become

940

00:36:45,109 --> 00:36:43,359

very sensitive to the different energies

941

00:36:46,710 --> 00:36:45,119

moving through you one therapy feels

942

00:36:49,349 --> 00:36:46,720

like this another therapy feels like

943

00:36:51,990 --> 00:36:49,359

that you you just become more sensitive

944

00:36:54,630 --> 00:36:52,000

to to the sensation of it

945

00:36:57,030 --> 00:36:54,640

i will tell you that um

946

00:36:59,910 --> 00:36:57,040

reiki is one of the gentlest therapies

947

00:37:02,630 --> 00:36:59,920

reiki is like a like a very very gentle

948

00:37:03,910 --> 00:37:02,640

mountain stream very gentle energy

949

00:37:07,109 --> 00:37:03,920

moving through moving through moving

950

00:37:09,109 --> 00:37:07,119

through bangsten method is like niagara

951
00:37:11,990 --> 00:37:09,119
fall on steroids

952
00:37:14,550 --> 00:37:12,000
the power of this energy wherever it's

953
00:37:17,430 --> 00:37:14,560
from whatever it is however it started

954
00:37:20,630 --> 00:37:17,440
in the first place who knows but i'll

955
00:37:22,790 --> 00:37:20,640
tell you the power of it is unlike any

956
00:37:24,710 --> 00:37:22,800
other energy therapy we are familiar

957
00:37:26,710 --> 00:37:24,720
with and we're familiar with almost all

958
00:37:28,710 --> 00:37:26,720
of them

959
00:37:30,710 --> 00:37:28,720
so bernadette tell me this let's shift

960
00:37:32,550 --> 00:37:30,720
gears for a minute here because what

961
00:37:34,790 --> 00:37:32,560
we're actually going to do here and i'm

962
00:37:37,190 --> 00:37:34,800
very excited about it and it's a little

963
00:37:39,910 --> 00:37:37,200

bit of a departure from what we've done

964

00:37:41,030 --> 00:37:39,920

in the past on this show is i'm actually

965

00:37:41,990 --> 00:37:41,040

going to

966

00:37:44,390 --> 00:37:42,000

get

967

00:37:46,150 --> 00:37:44,400

a therapy a therap a series of

968

00:37:49,349 --> 00:37:46,160

therapeutic treatments

969

00:37:52,230 --> 00:37:49,359

from e3 from equilibrium e3

970

00:37:53,270 --> 00:37:52,240

to help me with the condition and i'm

971

00:37:58,790 --> 00:37:53,280

going to

972

00:38:00,069 --> 00:37:58,800

would be appropriate and but i am going

973

00:38:03,270 --> 00:38:00,079

to share

974

00:38:05,510 --> 00:38:03,280

some of that process with folks as i go

975

00:38:07,030 --> 00:38:05,520

through it and what the results

976
00:38:09,910 --> 00:38:07,040
might be so

977
00:38:12,150 --> 00:38:09,920
for me i really would like to do

978
00:38:13,030 --> 00:38:12,160
the the bankston therapy

979
00:38:15,109 --> 00:38:13,040
and

980
00:38:16,790 --> 00:38:15,119
i i for all the reasons that we've just

981
00:38:18,310 --> 00:38:16,800
said and talked about and because i do

982
00:38:21,589 --> 00:38:18,320
have that personal experience and this

983
00:38:23,750 --> 00:38:21,599
is for me both i i do have a health

984
00:38:26,550 --> 00:38:23,760
issue that i want to address and at the

985
00:38:29,349 --> 00:38:26,560
same time i want to explore this more

986
00:38:32,230 --> 00:38:29,359
fully because as anyone who's listened

987
00:38:34,550 --> 00:38:32,240
to the show knows this exploration of

988
00:38:36,550 --> 00:38:34,560

the larger questions of consciousness

989

00:38:38,710 --> 00:38:36,560

and are as a human being our

990

00:38:41,030 --> 00:38:38,720

relationship to consciousness and

991

00:38:44,069 --> 00:38:41,040

extended consciousness is really at the

992

00:38:46,470 --> 00:38:44,079

core of the of of what i'm interested in

993

00:38:48,710 --> 00:38:46,480

doing so with that

994

00:38:51,190 --> 00:38:48,720

let's shift gears for a minute and why

995

00:38:52,470 --> 00:38:51,200

don't you tell me as someone who is

996

00:38:55,190 --> 00:38:52,480

preparing

997

00:38:56,870 --> 00:38:55,200

for a bankston therapy

998

00:38:59,589 --> 00:38:56,880

what you would tell me and what i need

999

00:39:01,030 --> 00:38:59,599

to know and and ask any questions that

1000

00:39:03,349 --> 00:39:01,040

you would ask

1001
00:39:05,349 --> 00:39:03,359
great very good so um when someone says

1002
00:39:07,510 --> 00:39:05,359
i'd like to do bank stim therapy where

1003
00:39:09,670 --> 00:39:07,520
there's actually a whole of their very

1004
00:39:11,270 --> 00:39:09,680
long email that says frequently asked

1005
00:39:14,069 --> 00:39:11,280
questions about

1006
00:39:16,390 --> 00:39:14,079
um bankston therapy that we send them so

1007
00:39:18,390 --> 00:39:16,400
we will be sending you that and there's

1008
00:39:20,310 --> 00:39:18,400
there's a couple of things to know in

1009
00:39:22,230 --> 00:39:20,320
advance first of all

1010
00:39:24,550 --> 00:39:22,240
it seems to us and i and i'm going to

1011
00:39:26,470 --> 00:39:24,560
give a slightly broader foundation here

1012
00:39:28,710 --> 00:39:26,480
there's there's a whole branch that i'm

1013
00:39:30,870 --> 00:39:28,720

sure you're very familiar with of a new

1014

00:39:33,550 --> 00:39:30,880

branch about 12 years old now i think it

1015

00:39:35,589 --> 00:39:33,560

is of medicine called

1016

00:39:37,670 --> 00:39:35,599

psychoneuroimmunology you can actually

1017

00:39:41,030 --> 00:39:37,680

now be trained to be a physician who is

1018

00:39:43,190 --> 00:39:41,040

a psychoneuro immunologist and

1019

00:39:44,310 --> 00:39:43,200

immunology or tons of research on this

1020

00:39:46,470 --> 00:39:44,320

is um

1021

00:39:49,109 --> 00:39:46,480

the relationship of

1022

00:39:52,390 --> 00:39:49,119

thoughts and emotions to physical

1023

00:39:55,190 --> 00:39:52,400

disease and pretty much everybody even

1024

00:39:58,150 --> 00:39:55,200

even in the straight straight strict

1025

00:40:00,069 --> 00:39:58,160

western medical community now

1026
00:40:03,030 --> 00:40:00,079
understands and believes that at least

1027
00:40:05,349 --> 00:40:03,040
80 90 percent maybe more of physical

1028
00:40:08,950 --> 00:40:05,359
diseases

1029
00:40:12,150 --> 00:40:08,960
have an underlying emotional component

1030
00:40:14,230 --> 00:40:12,160
and so um the first thing the bankston

1031
00:40:17,950 --> 00:40:14,240
method does

1032
00:40:20,310 --> 00:40:17,960
is collapse whatever the emotional

1033
00:40:23,910 --> 00:40:20,320
infrastructure is whatever the emotional

1034
00:40:26,390 --> 00:40:23,920
scaffolding is that might have allowed

1035
00:40:30,150 --> 00:40:26,400
um the biochemical

1036
00:40:33,829 --> 00:40:30,160
platform for a disease to manifest okay

1037
00:40:37,270 --> 00:40:33,839
so what that means is after you know it

1038
00:40:40,470 --> 00:40:37,280

it is very very very common

1039

00:40:43,030 --> 00:40:40,480

for i would say 99.9 percent of the time

1040

00:40:44,870 --> 00:40:43,040

for people who are receiving bankston

1041

00:40:47,109 --> 00:40:44,880

therapy two things happen they have

1042

00:40:48,790 --> 00:40:47,119

tremendous emotional releases

1043

00:40:50,950 --> 00:40:48,800

immediately like the day after the

1044

00:40:52,710 --> 00:40:50,960

treatment you may feel suddenly

1045

00:40:54,710 --> 00:40:52,720

overwhelmingly sad suddenly

1046

00:40:56,470 --> 00:40:54,720

overwhelmingly angry

1047

00:40:58,470 --> 00:40:56,480

all kinds of different things for no

1048

00:41:00,630 --> 00:40:58,480

apparent reason the reason is the

1049

00:41:03,349 --> 00:41:00,640

bankston method is working on that

1050

00:41:05,990 --> 00:41:03,359

emotional scaffolding first

1051
00:41:07,030 --> 00:41:06,000
because the physical disease is unlikely

1052
00:41:09,510 --> 00:41:07,040
to be

1053
00:41:11,910 --> 00:41:09,520
strongly helped unless that emotional

1054
00:41:13,030 --> 00:41:11,920
scaffolding is gone you'll just it will

1055
00:41:15,190 --> 00:41:13,040
just come back

1056
00:41:18,150 --> 00:41:15,200
the other way people experience the

1057
00:41:21,910 --> 00:41:18,160
release of that emotional infrastructure

1058
00:41:24,470 --> 00:41:21,920
is through dreams it appears to us

1059
00:41:27,109 --> 00:41:24,480
that dreams are an extremely

1060
00:41:29,190 --> 00:41:27,119
uh efficient evacuation route for

1061
00:41:31,990 --> 00:41:29,200
emotions and

1062
00:41:33,430 --> 00:41:32,000
a lot of people especially the first few

1063
00:41:35,670 --> 00:41:33,440

nights after

1064

00:41:40,150 --> 00:41:35,680

the first treatment or two will have

1065

00:41:42,870 --> 00:41:40,160

dreams about long-standing emotional

1066

00:41:45,750 --> 00:41:42,880

set points people who are very fearful

1067

00:41:46,550 --> 00:41:45,760

have a lot of fearful dreams people who

1068

00:41:49,430 --> 00:41:46,560

are

1069

00:41:51,510 --> 00:41:49,440

angry have a lot of hostile dreams very

1070

00:41:54,950 --> 00:41:51,520

interesting we are complicated little

1071

00:41:56,790 --> 00:41:54,960

music boxes way more than we think about

1072

00:41:59,109 --> 00:41:56,800

on a day-to-day basis but the bangston

1073

00:42:01,510 --> 00:41:59,119

method helps us kind of slice and dice

1074

00:42:04,950 --> 00:42:01,520

what all these elements are so we tell

1075

00:42:08,550 --> 00:42:04,960

you to expect that we also tell you to

1076
00:42:11,589 --> 00:42:08,560
expect to be to feel the need for much

1077
00:42:14,470 --> 00:42:11,599
much more sleep than usual

1078
00:42:16,870 --> 00:42:14,480
we're not sure why that is a couple of

1079
00:42:19,270 --> 00:42:16,880
vernon and i conjecture that number one

1080
00:42:21,430 --> 00:42:19,280
because it's such a powerful therapy

1081
00:42:22,550 --> 00:42:21,440
it's doing it it's almost it's almost

1082
00:42:24,550 --> 00:42:22,560
like

1083
00:42:26,230 --> 00:42:24,560
running your systems in overdrive it's

1084
00:42:27,910 --> 00:42:26,240
like doing an eight-hour workout at the

1085
00:42:30,630 --> 00:42:27,920
gym and then just going home and

1086
00:42:33,190 --> 00:42:30,640
collapsing into sleep the other thing we

1087
00:42:36,150 --> 00:42:33,200
also think is that we

1088
00:42:38,710 --> 00:42:36,160

know and we have several clinical cases

1089

00:42:41,030 --> 00:42:38,720

where people's belief systems it's not

1090

00:42:43,829 --> 00:42:41,040

that they don't believe in the therapy

1091

00:42:47,430 --> 00:42:43,839

they have emotional they have limiting

1092

00:42:50,309 --> 00:42:47,440

belief systems where that we feel get in

1093

00:42:52,950 --> 00:42:50,319

the way of the energy helping

1094

00:42:55,670 --> 00:42:52,960

and so um

1095

00:42:57,670 --> 00:42:55,680

we believe that therapy also makes you

1096

00:42:59,829 --> 00:42:57,680

sleep because then your mind doesn't get

1097

00:43:01,190 --> 00:42:59,839

in the way and undo what the therapy is

1098

00:43:03,349 --> 00:43:01,200

trying to do

1099

00:43:05,510 --> 00:43:03,359

so we would tell you about that okay now

1100

00:43:07,190 --> 00:43:05,520

and and just to interject again i don't

1101
00:43:09,190 --> 00:43:07,200
have to believe any of that i don't have

1102
00:43:11,510 --> 00:43:09,200
to accept that that's going to happen i

1103
00:43:13,270 --> 00:43:11,520
don't have to try and make that happen i

1104
00:43:15,430 --> 00:43:13,280
can be skeptical that that's going to

1105
00:43:18,230 --> 00:43:15,440
happen i can say gee that probably won't

1106
00:43:20,710 --> 00:43:18,240
work for me which i think most people in

1107
00:43:23,990 --> 00:43:20,720
this situation are most

1108
00:43:25,670 --> 00:43:24,000
middle-aged men like myself with a

1109
00:43:27,910 --> 00:43:25,680
rather kind of traditional background

1110
00:43:29,190 --> 00:43:27,920
would say gee you know i i i kind of

1111
00:43:31,829 --> 00:43:29,200
have my doubts that this is going to

1112
00:43:34,309 --> 00:43:31,839
happen and all that's okay right oh yeah

1113
00:43:36,630 --> 00:43:34,319

absolutely without question 100 okay you

1114

00:43:38,230 --> 00:43:36,640

do not need to believe anything however

1115

00:43:40,069 --> 00:43:38,240

i will tell you

1116

00:43:41,430 --> 00:43:40,079

part of the way of generating the

1117

00:43:43,430 --> 00:43:41,440

therapy if you're trained in this

1118

00:43:45,750 --> 00:43:43,440

therapy there's something that bill

1119

00:43:48,630 --> 00:43:45,760

developed early on

1120

00:43:51,510 --> 00:43:48,640

um call is called image cycling

1121

00:43:52,790 --> 00:43:51,520

and and what it does this is a provable

1122

00:43:54,630 --> 00:43:52,800

thing now

1123

00:43:56,150 --> 00:43:54,640

if you are

1124

00:43:58,630 --> 00:43:56,160

interested in

1125

00:44:01,190 --> 00:43:58,640

helping yourself as we are trying to

1126
00:44:02,870 --> 00:44:01,200
help you we can you do not have to do

1127
00:44:04,390 --> 00:44:02,880
this you do not have to do this at all

1128
00:44:07,270 --> 00:44:04,400
but if you're interested there's

1129
00:44:08,950 --> 00:44:07,280
something called image cycling and

1130
00:44:12,230 --> 00:44:08,960
how i want to

1131
00:44:15,430 --> 00:44:12,240
describe this is most of us image cycle

1132
00:44:17,750 --> 00:44:15,440
all the time for the worse for example

1133
00:44:19,349 --> 00:44:17,760
it's like oh my god my boyfriend's going

1134
00:44:21,190 --> 00:44:19,359
to leave me oh my god my child isn't

1135
00:44:23,829 --> 00:44:21,200
going to get into harvard oh my god you

1136
00:44:26,790 --> 00:44:23,839
know the house is i'm gonna the house is

1137
00:44:29,910 --> 00:44:26,800
gonna be foreclosed is worry worry worry

1138
00:44:33,109 --> 00:44:29,920

worry worry okay most of us constantly

1139

00:44:35,510 --> 00:44:33,119

cycle those worrisome thoughts it is

1140

00:44:37,430 --> 00:44:35,520

proven that worrisome thought set out a

1141

00:44:40,870 --> 00:44:37,440

cortisol release that is like an acid

1142

00:44:43,670 --> 00:44:40,880

bath to the system so the more you worry

1143

00:44:45,910 --> 00:44:43,680

the more the stress hormone cortisol

1144

00:44:48,150 --> 00:44:45,920

affects all kinds of organs and systems

1145

00:44:50,710 --> 00:44:48,160

in your body and lowers and lowers and

1146

00:44:53,589 --> 00:44:50,720

lowers your immune response for people

1147

00:44:55,430 --> 00:44:53,599

we treat we offer the opportunity and

1148

00:44:57,030 --> 00:44:55,440

when we do our experiment alex it's up

1149

00:44:59,430 --> 00:44:57,040

to you you want to do this or not either

1150

00:45:01,990 --> 00:44:59,440

way is fine with me but we offer people

1151
00:45:04,550 --> 00:45:02,000
especially as having extremely serious

1152
00:45:06,270 --> 00:45:04,560
disease or diseases that we know are

1153
00:45:08,069 --> 00:45:06,280
really stress-based most

1154
00:45:10,390 --> 00:45:08,079
gastrointestinal diseases are

1155
00:45:12,790 --> 00:45:10,400
worry-based they're all fear-based

1156
00:45:14,390 --> 00:45:12,800
diseases for the most part

1157
00:45:16,309 --> 00:45:14,400
we offer you something called image

1158
00:45:18,790 --> 00:45:16,319
cycling it's bill's technique but

1159
00:45:20,150 --> 00:45:18,800
essentially in a nutshell is focusing on

1160
00:45:23,030 --> 00:45:20,160
the positive

1161
00:45:25,829 --> 00:45:23,040
and so what that does is if you want to

1162
00:45:28,390 --> 00:45:25,839
help yourself to have a proven immune

1163
00:45:30,870 --> 00:45:28,400

boost you can jump on board it is not

1164

00:45:32,950 --> 00:45:30,880

required it is not necessary but we

1165

00:45:35,190 --> 00:45:32,960

offer that it's something you want to do

1166

00:45:37,030 --> 00:45:35,200

or not do doesn't matter we'll help you

1167

00:45:37,990 --> 00:45:37,040

either way okay

1168

00:45:40,390 --> 00:45:38,000

um

1169

00:45:41,990 --> 00:45:40,400

let's see what else and the other thing

1170

00:45:43,750 --> 00:45:42,000

we we

1171

00:45:46,550 --> 00:45:43,760

generally prefer

1172

00:45:49,109 --> 00:45:46,560

to do the therapy at night simply

1173

00:45:51,109 --> 00:45:49,119

because you will probably fall asleep

1174

00:45:53,030 --> 00:45:51,119

within 5 or 10 minutes of my starting

1175

00:45:54,710 --> 00:45:53,040

the treatment if you want to take a nap

1176

00:45:57,430 --> 00:45:54,720

during the day that's totally fine we

1177

00:45:59,190 --> 00:45:57,440

could set it up but we always ask you to

1178

00:46:01,190 --> 00:45:59,200

be lying down whether you're on the

1179

00:46:02,950 --> 00:46:01,200

couch whether you're in bed you know

1180

00:46:04,950 --> 00:46:02,960

whatever we just don't want you to be

1181

00:46:06,309 --> 00:46:04,960

you know operating every machinery you

1182

00:46:07,829 --> 00:46:06,319

know we will be able to do this over the

1183

00:46:08,630 --> 00:46:07,839

phone right

1184

00:46:11,030 --> 00:46:08,640

uh

1185

00:46:13,829 --> 00:46:11,040

yes although it's not required you do we

1186

00:46:16,630 --> 00:46:13,839

don't need to be on the phone we can be

1187

00:46:18,710 --> 00:46:16,640

on the phone but a distance healing does

1188

00:46:20,870 --> 00:46:18,720

not require a physical connection like

1189

00:46:23,270 --> 00:46:20,880

skype or the phone or anything like that

1190

00:46:26,390 --> 00:46:23,280

absolutely a distant healing means that

1191

00:46:28,870 --> 00:46:26,400

you just lie down and i

1192

00:46:30,950 --> 00:46:28,880

send you the energy and that book by

1193

00:46:33,270 --> 00:46:30,960

mishimo citro is the way the best

1194

00:46:35,430 --> 00:46:33,280

explanation of how the energy is sent

1195

00:46:38,790 --> 00:46:35,440

but yes absolutely the phone is that

1196

00:46:42,309 --> 00:46:38,800

required okay that's even easier i love

1197

00:46:44,309 --> 00:46:42,319

it good oh yeah absolutely no no no no

1198

00:46:46,710 --> 00:46:44,319

you just go lay down get your jammies on

1199

00:46:48,870 --> 00:46:46,720

get comfy and you know and then i send

1200

00:46:52,390 --> 00:46:48,880

the we we we agree we make an

1201

00:46:55,750 --> 00:46:52,400

appointment and um and we also prefer to

1202

00:46:58,390 --> 00:46:55,760

do four bingston treatments as

1203

00:47:00,470 --> 00:46:58,400

rather than just one or two or 25 or

1204

00:47:04,150 --> 00:47:00,480

whatever we prefer to do four

1205

00:47:06,069 --> 00:47:04,160

because um a lot happens the first of

1206

00:47:08,550 --> 00:47:06,079

all the bankston has to

1207

00:47:11,030 --> 00:47:08,560

get all those emotional underlying

1208

00:47:12,710 --> 00:47:11,040

factors out of you and then it starts

1209

00:47:15,109 --> 00:47:12,720

working on the physical disease and all

1210

00:47:18,230 --> 00:47:15,119

that kind of stuff so uh by the end of

1211

00:47:20,230 --> 00:47:18,240

four sessions we will see a difference

1212

00:47:22,390 --> 00:47:20,240

if this therapy is going to work for you

1213

00:47:25,510 --> 00:47:22,400

if it's not the therapy if you're fine

1214

00:47:27,349 --> 00:47:25,520

95 percent of people have have some

1215

00:47:29,589 --> 00:47:27,359

differences in some way

1216

00:47:32,630 --> 00:47:29,599

and along the way with these four

1217

00:47:34,790 --> 00:47:32,640

therapies what we ask is that um

1218

00:47:37,670 --> 00:47:34,800

48 first of all we don't need to know

1219

00:47:40,309 --> 00:47:37,680

how you feel during the therapy unless

1220

00:47:42,309 --> 00:47:40,319

you're an energy therapist most people

1221

00:47:44,950 --> 00:47:42,319

don't have many feelings most people

1222

00:47:46,710 --> 00:47:44,960

feel sleepy end of story so whatever you

1223

00:47:49,670 --> 00:47:46,720

feel if you want to share that's great

1224

00:47:50,470 --> 00:47:49,680

it's interesting but not essential but

1225

00:47:53,670 --> 00:47:50,480

with

1226
00:47:55,430 --> 00:47:53,680
48 hours after each therapy we require

1227
00:47:57,990 --> 00:47:55,440
you to email me

1228
00:48:00,950 --> 00:47:58,000
and describe to me any

1229
00:48:04,150 --> 00:48:00,960
mental physical emotional changes over

1230
00:48:06,710 --> 00:48:04,160
the last 48 hours no matter how nuanced

1231
00:48:07,510 --> 00:48:06,720
they may be even the tiniest tiniest

1232
00:48:10,630 --> 00:48:07,520
change

1233
00:48:12,950 --> 00:48:10,640
that is how we can tell what the impact

1234
00:48:15,349 --> 00:48:12,960
of the therapy is on an ongoing basis

1235
00:48:17,349 --> 00:48:15,359
and then by the end of four therapies

1236
00:48:19,109 --> 00:48:17,359
based on of course your how you

1237
00:48:20,870 --> 00:48:19,119
subjectively feel like oh my god i have

1238
00:48:23,430 --> 00:48:20,880

so much more energy i can't believe it

1239

00:48:25,589 --> 00:48:23,440

or the pain is completely gone or my

1240

00:48:27,589 --> 00:48:25,599

stomach doesn't hurt or whatever it is

1241

00:48:29,190 --> 00:48:27,599

and you know all of those reports you

1242

00:48:32,230 --> 00:48:29,200

send me

1243

00:48:34,069 --> 00:48:32,240

then we can say okay great we're done or

1244

00:48:35,829 --> 00:48:34,079

we can say you know what we should do

1245

00:48:37,510 --> 00:48:35,839

another round of four let's let's get

1246

00:48:41,270 --> 00:48:37,520

rid of that all together

1247

00:48:43,829 --> 00:48:41,280

so uh that's the only other requirement

1248

00:48:46,870 --> 00:48:43,839

also i require if we're distant

1249

00:48:49,270 --> 00:48:46,880

therapies um i require that you send me

1250

00:48:51,910 --> 00:48:49,280

a photograph of yourself so i can

1251

00:48:53,190 --> 00:48:51,920

connect with you a little better

1252

00:48:55,750 --> 00:48:53,200

and uh

1253

00:48:57,510 --> 00:48:55,760

just a brief description of what the

1254

00:48:59,510 --> 00:48:57,520

current diagnostic state of your

1255

00:49:02,150 --> 00:48:59,520

condition is we don't require medical

1256

00:49:05,430 --> 00:49:02,160

records you know doctors anything like

1257

00:49:07,349 --> 00:49:05,440

that uh x-rays nothing but we do require

1258

00:49:09,190 --> 00:49:07,359

at least a couple of senses how long ago

1259

00:49:10,549 --> 00:49:09,200

did this start what happened have you

1260

00:49:13,349 --> 00:49:10,559

had anything done you know what you've

1261

00:49:16,309 --> 00:49:13,359

been doing for it okay good let's go

1262

00:49:18,230 --> 00:49:16,319

that sounds pretty pretty simple again

1263

00:49:21,589 --> 00:49:18,240

so i'll tell you what i'm not going to

1264

00:49:23,109 --> 00:49:21,599

go into any specifics on the condition

1265

00:49:24,150 --> 00:49:23,119

right now but i will share that

1266

00:49:26,309 --> 00:49:24,160

information

1267

00:49:28,870 --> 00:49:26,319

with you via email and then i will share

1268

00:49:30,870 --> 00:49:28,880

it with my listeners after this whole

1269

00:49:33,109 --> 00:49:30,880

therapy is done and i report

1270

00:49:34,790 --> 00:49:33,119

on the results so i think we'll just

1271

00:49:37,589 --> 00:49:34,800

keep it really simple

1272

00:49:40,390 --> 00:49:37,599

that sounds great yeah and and like any

1273

00:49:44,150 --> 00:49:40,400

kind of health care practice you know

1274

00:49:46,309 --> 00:49:44,160

all confidentiality is 100 maintained

1275

00:49:48,390 --> 00:49:46,319

whatever you want to share with your

1276

00:49:50,390 --> 00:49:48,400

listeners at the end of this is great

1277

00:49:53,829 --> 00:49:50,400

but we are never going to share with

1278

00:49:57,109 --> 00:49:53,839

anyone the information you send us

1279

00:49:59,510 --> 00:49:57,119

well great bernadette i think we have we

1280

00:50:01,030 --> 00:49:59,520

have somewhat of a plan a treatment plan

1281

00:50:03,030 --> 00:50:01,040

i was almost tempted to say but i don't

1282

00:50:05,109 --> 00:50:03,040

know if we want to go there oh let's go

1283

00:50:08,069 --> 00:50:05,119

there that's fine i'm excited

1284

00:50:10,390 --> 00:50:08,079

this has been a fascinating

1285

00:50:12,309 --> 00:50:10,400

discussion up to this point i definitely

1286

00:50:14,150 --> 00:50:12,319

feel like it's not over but you've

1287

00:50:16,309 --> 00:50:14,160

you've certainly set the table for this

1288

00:50:17,829 --> 00:50:16,319

and given people a lot of interesting

1289

00:50:20,390 --> 00:50:17,839

things to think about

1290

00:50:22,230 --> 00:50:20,400

before we wrap things up here tell folks

1291

00:50:24,470 --> 00:50:22,240

a little bit more about

1292

00:50:25,670 --> 00:50:24,480

how they can get in touch with equilm

1293

00:50:27,990 --> 00:50:25,680

e3

1294

00:50:29,670 --> 00:50:28,000

what people are coming to you

1295

00:50:31,030 --> 00:50:29,680

for how they would approach you we're

1296

00:50:32,950 --> 00:50:31,040

definitely have a link to the website

1297

00:50:34,630 --> 00:50:32,960

but anything else you want to say any

1298

00:50:36,630 --> 00:50:34,640

books or anything like that that that

1299

00:50:37,750 --> 00:50:36,640

you have or people in your organization

1300

00:50:40,470 --> 00:50:37,760

have written that they might want to

1301
00:50:42,150 --> 00:50:40,480
hear about oh that's great thank you uh

1302
00:50:44,309 --> 00:50:42,160
well you know um

1303
00:50:46,470 --> 00:50:44,319
the the the teachers that we have come

1304
00:50:49,190 --> 00:50:46,480
here are really the authors that we

1305
00:50:51,349 --> 00:50:49,200
recommend bill bankston of course has

1306
00:50:54,309 --> 00:50:51,359
this book called the energy cure that we

1307
00:50:56,710 --> 00:50:54,319
sell that explains to the whole history

1308
00:50:58,710 --> 00:50:56,720
of this therapy as well as how it works

1309
00:51:00,630 --> 00:50:58,720
and also explains image cycling so you

1310
00:51:03,349 --> 00:51:00,640
can start boosting your your own immune

1311
00:51:05,190 --> 00:51:03,359
system uh he also has a set of cds

1312
00:51:09,109 --> 00:51:05,200
called hands-on healing we sell that as

1313
00:51:11,030 --> 00:51:09,119

well another uh therapy that that is

1314

00:51:13,589 --> 00:51:11,040

quite unique and more and more research

1315

00:51:16,950 --> 00:51:13,599

based is a form of energy psychology

1316

00:51:19,589 --> 00:51:16,960

called holographic memory resolution uh

1317

00:51:23,270 --> 00:51:19,599

it's it's actually trauma released there

1318

00:51:26,710 --> 00:51:23,280

are other therapies that are um

1319

00:51:28,790 --> 00:51:26,720

trauma desensitization this is a whole

1320

00:51:31,270 --> 00:51:28,800

incredible therapy developed by a guy by

1321

00:51:33,430 --> 00:51:31,280

the name of brent baum that is actually

1322

00:51:35,910 --> 00:51:33,440

trauma proven trauma release it's like

1323

00:51:37,990 --> 00:51:35,920

shrapnel removal and he has several

1324

00:51:39,030 --> 00:51:38,000

books available that are on our website

1325

00:51:41,270 --> 00:51:39,040

as well

1326

00:51:43,270 --> 00:51:41,280

so um we we would

1327

00:51:46,390 --> 00:51:43,280

be delighted for people to check out

1328

00:51:48,630 --> 00:51:46,400

before if for nothing else just proven

1329

00:51:50,790 --> 00:51:48,640

research about these therapies just for

1330

00:51:52,069 --> 00:51:50,800

the possibility to go huh that's

1331

00:51:53,990 --> 00:51:52,079

interesting

1332

00:51:56,470 --> 00:51:54,000

to just at least take a look at our

1333

00:51:59,030 --> 00:51:56,480

research page to understand that there

1334

00:52:01,190 --> 00:51:59,040

is a lot of information out there our

1335

00:52:07,030 --> 00:52:01,200

research page our website is

1336

00:52:07,040 --> 00:52:12,309

our phone number is 312-786-1882

1337

00:52:18,470 --> 00:52:15,430

here in chicago and we can do

1338

00:52:21,910 --> 00:52:18,480

almost all therapies at a distance you

1339

00:52:25,030 --> 00:52:21,920

would have to be in chicago or fly in

1340

00:52:26,549 --> 00:52:25,040

for a gdv analysis with our research

1341

00:52:27,910 --> 00:52:26,559

director vernon nicholas it is a

1342

00:52:29,990 --> 00:52:27,920

physical machine so you have to

1343

00:52:32,790 --> 00:52:30,000

physically be here for that but just

1344

00:52:34,870 --> 00:52:32,800

about anything else we do reiki

1345

00:52:36,549 --> 00:52:34,880

holographic memory resolution bankston

1346

00:52:39,349 --> 00:52:36,559

method you name it we

1347

00:52:40,630 --> 00:52:39,359

80 of our client base is distant healing

1348

00:52:42,870 --> 00:52:40,640

around the world

1349

00:52:45,109 --> 00:52:42,880

okay bernadette well that's fantastic

1350

00:52:47,190 --> 00:52:45,119

again we're going to wrap things up now

1351
00:52:48,870 --> 00:52:47,200
but we look forward to kind of maybe

1352
00:52:51,510 --> 00:52:48,880
even checking back in with you after

1353
00:52:54,230 --> 00:52:51,520
this therapy is over in the meantime

1354
00:52:56,150 --> 00:52:54,240
thanks again for joining me on skeptico

1355
00:52:59,109 --> 00:52:56,160
it has been a tremendous pleasure thank

1356
00:53:00,470 --> 00:52:59,119
you for having me on alex

1357
00:53:03,109 --> 00:53:00,480
so while i was waiting for my

1358
00:53:05,190 --> 00:53:03,119
cardiologist to accept my insurance i

1359
00:53:06,950 --> 00:53:05,200
started doing energy healing sessions

1360
00:53:09,349 --> 00:53:06,960
with bernadette doran

1361
00:53:11,589 --> 00:53:09,359
i also began exploring other alternative

1362
00:53:12,870 --> 00:53:11,599
treatments for my condition i found an

1363
00:53:15,910 --> 00:53:12,880

excellent website called stop

1364

00:53:21,270 --> 00:53:18,309

and after doing my own research followed

1365

00:53:23,270 --> 00:53:21,280

their dietary recommendations i realized

1366

00:53:25,510 --> 00:53:23,280

this was confounding treatments but i

1367

00:53:27,910 --> 00:53:25,520

was doing everything i could to restore

1368

00:53:30,390 --> 00:53:27,920

my health the energy healing sessions

1369

00:53:32,390 --> 00:53:30,400

with bernadette were rather amazing

1370

00:53:33,910 --> 00:53:32,400

the first time we scheduled a session i

1371

00:53:37,750 --> 00:53:33,920

laid down a few minutes before the

1372

00:53:40,390 --> 00:53:37,760

healing was to begin 9 p.m my local time

1373

00:53:42,630 --> 00:53:40,400

almost immediately i felt a warm painful

1374

00:53:44,470 --> 00:53:42,640

sensation in the middle of my heart

1375

00:53:46,630 --> 00:53:44,480

you might expect i would have associated

1376

00:53:48,870 --> 00:53:46,640

this with the healing but i didn't i

1377

00:53:50,950 --> 00:53:48,880

raised my head and looked at the clock

1378

00:53:53,270 --> 00:53:50,960

it was 901

1379

00:53:55,829 --> 00:53:53,280

that's when i thought there might be

1380

00:53:57,109 --> 00:53:55,839

something to this energy healing stuff

1381

00:53:58,870 --> 00:53:57,119

after all

1382

00:54:01,829 --> 00:53:58,880

the sensation lasted for a few more

1383

00:54:04,150 --> 00:54:01,839

minutes then faded away i spent the rest

1384

00:54:06,870 --> 00:54:04,160

of the hour in a somewhat meditative

1385

00:54:09,750 --> 00:54:06,880

state then fell asleep

1386

00:54:11,910 --> 00:54:09,760

the next day i felt terrible

1387

00:54:14,470 --> 00:54:11,920

much worse than the day before i was

1388

00:54:17,190 --> 00:54:14,480

experiencing severe heart palpitations

1389

00:54:19,270 --> 00:54:17,200

pain in the heart and an upset stomach

1390

00:54:21,349 --> 00:54:19,280

i reported this to bernadette she

1391

00:54:23,589 --> 00:54:21,359

immediately told me that this was very

1392

00:54:25,430 --> 00:54:23,599

common she told me that i should expect

1393

00:54:28,069 --> 00:54:25,440

to feel worse for a while after the

1394

00:54:30,549 --> 00:54:28,079

treatments and then feel better

1395

00:54:32,710 --> 00:54:30,559

in fact over the next couple days i did

1396

00:54:35,430 --> 00:54:32,720

begin to feel better she also told me to

1397

00:54:37,349 --> 00:54:35,440

notice my dreams during that first night

1398

00:54:38,390 --> 00:54:37,359

i didn't notice anything different about

1399

00:54:40,549 --> 00:54:38,400

my dreams

1400

00:54:42,710 --> 00:54:40,559

during the second night and at other

1401

00:54:45,750 --> 00:54:42,720

times during the treatments i had some

1402

00:54:48,150 --> 00:54:45,760

very deep profound dreams that seemed to

1403

00:54:50,230 --> 00:54:48,160

be related to my healing during the

1404

00:54:52,390 --> 00:54:50,240

course of my next three treatments i

1405

00:54:55,190 --> 00:54:52,400

continued to be very skeptical and

1406

00:54:57,270 --> 00:54:55,200

reported the skepticism to burn a debt

1407

00:54:59,510 --> 00:54:57,280

but i also kept telling her about my

1408

00:55:02,390 --> 00:54:59,520

improved health after the four sessions

1409

00:55:04,470 --> 00:55:02,400

bernadette and i decided to do four more

1410

00:55:07,510 --> 00:55:04,480

i still had my doubts about energy

1411

00:55:10,309 --> 00:55:07,520

healing and about paying someone to send

1412

00:55:12,790 --> 00:55:10,319

you energy from two thousand miles away

1413

00:55:15,430 --> 00:55:12,800

but i couldn't deny the results either

1414

00:55:17,270 --> 00:55:15,440

about a week after the eighth treatment

1415

00:55:20,390 --> 00:55:17,280

i finally reached the point where i

1416

00:55:22,549 --> 00:55:20,400

didn't think about heart palpitations

1417

00:55:24,309 --> 00:55:22,559

they weren't there anymore i've had a

1418

00:55:27,510 --> 00:55:24,319

couple of mild reoccurrences in the

1419

00:55:30,069 --> 00:55:27,520

months since but only mild ones and very

1420

00:55:32,069 --> 00:55:30,079

infrequently i don't know if anyone else

1421

00:55:33,829 --> 00:55:32,079

would have the same experience i don't

1422

00:55:35,910 --> 00:55:33,839

know if was purely bernadette's

1423

00:55:38,069 --> 00:55:35,920

treatment or the change in diet or if

1424

00:55:40,630 --> 00:55:38,079

the whole thing was in my head

1425

00:55:41,589 --> 00:55:40,640

i don't know and to some extent i don't

1426

00:55:43,349 --> 00:55:41,599

care

1427

00:55:45,990 --> 00:55:43,359

i do know that during the period

1428

00:55:49,109 --> 00:55:46,000

bernadette was supposed to be sending me

1429

00:55:51,750 --> 00:55:49,119

energy i felt a strong sensation

1430

00:55:53,829 --> 00:55:51,760

followed by a shift in my health

1431

00:55:56,150 --> 00:55:53,839

it was a remarkable experience that i

1432

00:55:58,950 --> 00:55:56,160

haven't completely absorbed into my

1433

00:56:02,390 --> 00:55:58,960

world view how can a person 2 000 miles

1434

00:56:05,030 --> 00:56:02,400

away use a very structured technique to

1435

00:56:08,069 --> 00:56:05,040

somehow channel energy to someone

1436

00:56:11,190 --> 00:56:08,079

i don't know but it certainly defies a

1437

00:56:12,789 --> 00:56:11,200

mind equals brain understanding of human

1438

00:56:14,710 --> 00:56:12,799

consciousness

1439

00:56:17,430 --> 00:56:14,720

so there you have it that's one of the

1440

00:56:19,190 --> 00:56:17,440

chapters from my upcoming book and also

1441

00:56:21,829 --> 00:56:19,200

the story about

1442

00:56:24,230 --> 00:56:21,839

my energy healing experience i hope you

1443

00:56:27,750 --> 00:56:24,240

enjoyed that and i'd love to hear from

1444

00:56:31,589 --> 00:56:27,760

you about any experiences you've had

1445

00:56:33,589 --> 00:56:31,599

with energy healing both positive and

1446

00:56:35,750 --> 00:56:33,599

negative if you've experienced that too

1447

00:56:38,069 --> 00:56:35,760

let me know let me know what your

1448

00:56:40,390 --> 00:56:38,079

experience has been of course the place

1449

00:56:43,030 --> 00:56:40,400

to do that is through the skeptico

1450

00:56:45,109 --> 00:56:43,040

website at

1451

00:56:47,190 --> 00:56:45,119

i k s-k-e-p-t-i-k-o dot com

1452

00:56:49,510 --> 00:56:47,200

so once you're there you can jump on

1453

00:56:51,349 --> 00:56:49,520

over to the skeptical form and leave a

1454

00:56:53,750 --> 00:56:51,359

note over there or you can comment

1455

00:56:55,349 --> 00:56:53,760

directly in the show notes following

1456

00:56:56,870 --> 00:56:55,359

this episode

1457

00:57:01,109 --> 00:56:56,880

while you're there be sure to check out

1458

00:57:03,589 --> 00:57:01,119

our over 250 previous shows of skeptico

1459

00:57:07,430 --> 00:57:03,599

all available there for a free download

1460

00:57:09,270 --> 00:57:07,440

or subscribe to our show on itunes

1461

00:57:11,510 --> 00:57:09,280

well that's going to do it for today i

1462

00:57:15,270 --> 00:57:11,520

have some interesting shows coming up

1463

00:57:17,190 --> 00:57:15,280

and i have to thank our listeners for so

1464

00:57:20,069 --> 00:57:17,200

many of these shows and i haven't

1465

00:57:21,990 --> 00:57:20,079

individually done that and i probably

1466

00:57:24,710 --> 00:57:22,000

should it just never seems to kind of

1467

00:57:26,950 --> 00:57:24,720

sync up for me to go back and remember

1468

00:57:29,510 --> 00:57:26,960

all the great recommendations i've had

1469

00:57:31,510 --> 00:57:29,520

from people and i've even taken to to

1470

00:57:34,150 --> 00:57:31,520

lately you'll notice either in the forum

1471

00:57:35,670 --> 00:57:34,160

or in facebook or through private emails

1472

00:57:37,190 --> 00:57:35,680

when somebody suggests a guest

1473

00:57:39,270 --> 00:57:37,200

suggestion i'll often go hey why don't

1474

00:57:40,789 --> 00:57:39,280

you go contact that person

1475

00:57:43,030 --> 00:57:40,799

and see if they're interested in being

1476

00:57:46,069 --> 00:57:43,040

in the show and i love doing that i love

1477

00:57:48,069 --> 00:57:46,079

you being involved and being engaged and

1478

00:57:49,670 --> 00:57:48,079

i also find that it really makes a

1479

00:57:51,270 --> 00:57:49,680

difference sometimes with guests when

1480

00:57:53,589 --> 00:57:51,280

they hear from someone other than the

1481

00:57:56,150 --> 00:57:53,599

show host and they're able to explain

1482

00:57:59,030 --> 00:57:56,160

from their perspective why that person

1483

00:58:01,349 --> 00:57:59,040

should be on the show so i love that

1484

00:58:03,829 --> 00:58:01,359

kind of participation and i certainly

1485

00:58:06,710 --> 00:58:03,839

love some of the great guests that you

1486

00:58:08,150 --> 00:58:06,720

all have suggested so please follow

1487

00:58:09,430 --> 00:58:08,160

through with that but i do have to tell

1488

00:58:12,069 --> 00:58:09,440

you i'm kind of

1489

00:58:13,349 --> 00:58:12,079

overbooked right now with more shows

1490

00:58:15,670 --> 00:58:13,359

than i can

1491

00:58:18,309 --> 00:58:15,680

get to right at the moment but do keep

1492

00:58:20,069 --> 00:58:18,319

the suggestions coming i love to hear

1493

00:58:22,870 --> 00:58:20,079

that and i love to hear all your

1494

00:58:25,750 --> 00:58:22,880

feedback in general so feel free to drop

1495

00:58:27,030 --> 00:58:25,760

me an email or a note over on facebook

1496

00:58:29,030 --> 00:58:27,040

and tell me what you think of the show

1497

00:58:31,190 --> 00:58:29,040

good or bad always love to hear what

1498

00:58:33,589 --> 00:58:31,200

people are thinking well that's gonna do