

messages that inspire positive growth and change

# *the aware show*

Lisa  
Garr



## THE AWARE LIFE TELESEMINAR

SUE MORTER

04/26/13

**Lisa:** Hello and welcome to The Aware Show Teleseminar Series. This is Lisa Garr. I should call this the freedom series because what we're going to be experiencing today is incredible, beautiful freedom in our bodies. If you've ever been in the place where your roller coasting with emotions of one day you're happy, and then your sad, and you're at the whim of whatever is going on around you. One day you're successful, one day you're not. If you're in that movement, this call, right now is going to offer you another option. Something that allows you to move your breath, to feel alive, awake and enthusiastic about life so that, then, what that does, it is makes you a vibrational frequency for what you want to create. If it is constant success or it is healthy relationships or physical health or consistent emotions – whatever it is – and we're doing this today with... oh, God I love this lady... Sue Morter. She has so much... just a beautiful energy. She's positively infectious to be around. I say positively because she's just a magnet for positive energy. Mostly, I don't know, because of her years or training people on the **Bio Energetic Synchronization Technique**, also known as **B.E.S.T.** It could be a number of reasons, but what we're doing today is we're going to learn about some of these techniques and we're going to do some of them on the call today. So, welcome to the show, Dr. Sue Morter!

**Sue:** Thank you. Thank you, Lisa, it is always so fabulous to talk to you and it's always just a juicy conversation that we get to get into. So, I can't to see where we go to today.

**Lisa:** Yes, yes, yes... and it's a high frequency is where we're going to go, too, today...

**Sue:** Yeah! *\*laughter\**

**Lisa:** ...because of what you do. I love the fact that what you teach is so usable; and I use the word practical a lot, but it goes beyond that. It's usable in every single day. This is something that... you can learn the power of energetic patterns and frequencies and so forth and you can do it in your car, you can do it at your desk, you can do it if you're in a heated argument. You know, you could do it to fall asleep, which you've done in the wonderful recordings that you've put together for this call, so... I love that you incorporate your work into life rather than having to go to the mountaintop to find it.

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Why is that you've done that? I mean, why have you really made this, your body of work, so practical for people?

**Sue:** Well, you know I spent 25 years in a treatment room with one patient at a time. You know, day after day, all day long. If I couldn't offer them up something to go home and do, that would have their life feel differently, it really wasn't serving; and I found that if we're not in practical application, it's just a theory. We love to have igniting conversations. We love to engage in inspired, elevated, lofty ideas that talk about the infinite possibilities of life and what our true nature is and how empowered we can be and what our destiny is. When people get off the phone or stop listening to an interview or they go home from a workshop... if they're not having some real to-do's, and they're not getting exactly how that physically is supposed to roll out, then it really just is remaining a conversation, and a lovely idea... and it actually can become more frustrating to us, because we hear all these great ideas and then we go home and try to have our life feel like that and when it's not, then we have a judgment on top of that. So, we were feeling lousy before, but now we're feeling, like, stupid and lousy, afterwards!  
*\*laughter\**

**Lisa:** *\*laughter\** And it just has validated all the feelings that we have.

**Sue:** That's right! Exactly.

**Lisa:** At this point, I've been interviewing wonderful people for 20 years... but my brain is starting to say, "OK, I have had the feeling and the experience and the crying and I had for that moment." It's almost turning off in my brain right now... going "Oh! If I hear one more vibrational thing *\*laughter\** coming out of someone's mouth..." I need this to work when I am frustrated. I need it to trigger in my mind, instantly, if something doesn't go my way, or in a situation that I have... you know... I can name about three of them, yesterday, that happened... and I'm going, "Wait. Where is that technique? Where is my toolbox? How come it's not there when I need it?" *\*laughter\**

**Sue:** Uh-huh... uh-huh.

**Lisa:** And look... yes! We need something that can be into our lives without us having to reach for a different language, pattern, question to ask our self, top-of-the-mountain thing! *\*laughter\**

**Sue:** Yeah, exactly.

**Lisa:** Uh-huh...

**Sue:** Yeah.

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**Lisa:** ...and that is what you do.

**Sue:** So, you know, the interesting thing is, there are techniques that we can do, in the emergency moments. In those urgency... “Oh, my God! Get me out of this situation! How do I save myself? I feel myself sinking. I feel these emotions rising. I feel my adrenaline pumping and my heart rates going up and blood pressure... I can feel it all happening, and how do I get out of this? How do I get out of this?” There are tools that we can do in those moments, absolutely, without having to rethink it or reframe it, or have a whole new perspective or an attitude change. We can do some things that will change the energy underneath the story, in an instant, that will feel calming to us, that will feel empowering to us and strengthening and integrating; without having to have the wherewithal to find the good and to find the blessing and to get the lesson out of it in that moment. Because in that moment, it feels like a freight train is coming through the house. It’s not a really good time for me to sit down and try to figure out what the blessing is, in this moment. The thing that I’ve been focused on for 25 years, in addition to that? Yes, I want to give people emergency mode toolkits, things to do, in those urgent moments. And, at the same time, I don’t want it to be like taking an aspirin. I want it to be not only arresting the immediate situation but also making a contribution to the possibility of me not having to be in that kind of a moment tomorrow; or six months from now, or six weeks from now. After I’ve been continuing to do something of these practices that were so helpful in the emergency moment, if I continue to do them when there isn’t an emergency happening, what begins to unfold in my life, is that I have fewer and fewer emergencies. Not that all of the world shows up, you know, with good fairy wings and blessing me with only wonderful days with stardust in the sky. It is actually that life shows up the same old way, as it always has; but I perceive it differently. I respond to it differently, because I’m different coming to the picture. So, life changes, but it’s really because I’ve changed. What these techniques that we’re going to talk about today are, is... they kind of sneaking in the back door with this sense of OK’ness without us really understanding exactly how that happened or in the moment trying to think our way through logically calming ourselves down. Because if thinking our way through logically coming ourselves down was easy, we would have already been doing that.

**Lisa:** *\*laughter\** Right!

**Sue:** These are *sneak in the back door with your own OK’ness* that you didn’t know about, and you don’t even have to know about, but you get to feel the benefits of it. Just because, that’s by design – the rest of you showing up to the party – and the rest of you that shows up to the party brings confidence that your mind might not be able to grab onto in that moment. But it’s the same vibration, the same energy in the body that you



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would have, if you *did* have your mind wrapped around how to be confident, and calm, and loving, and forgiving, in this particular moment; when I feel like *the great shakedown* is coming in – is coming through – and “*I don’t want to forgive you. I’m mad at you!*” You know, that kind of thing, right?

**Lisa:** Right!

**Sue:** “*I don’t want to understand the blessing of my childhood in this moment!*” “*I’m mad!*” or, “*I’m hurt!*” ...and what do we do? What do we do in those moments that are not only mopping up the floor, it’s also patching the roof, you know? So that, every time it rains, we aren’t back in this same situation again, having to mop up.

**Lisa:** You’ve got a good point about the fairy dust. Look back in the last 5 days. How many times have you seen the fairy dust sprinkled?

**Sue:** Right!

**Lisa:** Things happen that aren’t *that*. I mean, there are surprise bills that come in. There are frustrating things that happen. There’s maybe possible accidents and so forth. For the most part, if you can start to, as I said at the beginning of the show, become a vibrational match for what you want to create in your life. I was listening to **Esther Hicks** the other day, ***The Art of Allowing***, and she, through the **Abraham Channelings**, talks all about the vibrational match for what you want to create in your life. So, how does what we’re going to talking about today and doing a little bit of body work today, how does that make you that vibrational match?

**Sue:** Mm-hmm.

**Lisa:** How does that work?

**Sue:** I’ll tell you what, that’s the *only* thing that can actually have you become the literal vibrational match. Because, the vibrational match means in your body, you have to be radiating and emanating a vibration, an energy, coming off of you; that equals the way you would be feeling if you already had that thing that you’re desiring... or that life that you’re desiring... or that self-esteem that you’re looking for ...or that peace of mind. If you already had that, your body would actually be imitating, or emitting/radiating, and I guess kind of imitating (it would be the same vibration), it would be radiating a particular vibration, if that was already happening. If it’s not yet happening, the very best thing that we can do, is learn to radiate and emanate that same energy, just on command. The mind would think, “Well, I can’t do that. I can’t vibrate this joyous vibration, on command, if I’m upset.” There are energies inside that joyous state that are not requiring joy to be present, and you can do that by just breathing through the body in

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certain ways, contracting certain muscles in certain ways, and so on. So, what it means to become the vibrational match to that which you desire to have manifest in your life, it means, you have to be dialed into the same radio station, but guess what? It's not just with your mind that that can happen. And that's good news, when you're upset, because you couldn't get your mind to cooperate on joy when you're upset no matter what. So, the good news is, you don't have to use your mind for this. The interesting thing is you have to learn a new tool, that you do have and that you've always had, but you didn't know that you could use it in this way. You've used it before, like, if you got so worried that you got an upset stomach, and then if your upset stomach stayed so long that you started to get worried about your upset stomach, now the worry caused the upset stomach and now the upset stomach is causing even more worry; and it cycles around and around. Well, you can use that same downward cycle in an upward fashion. You can reverse it, and have it work to your advantage. So, when you get into your body instead of living in your head, what starts to happen, is you start emitting energetic vibrations that act kind of like a buffer system, to keep you in a state of joy, even when your mind or your head, is not in a state of joy. It's kind of like a savings account. You can spend all the money out of your checking account, but if you've putting some stuff in your savings account, you're still OK. Even if you have to write a big check, you can pull it from the savings account and you're good to go.

**Lisa:** OK.

**Sue:** So, that's kind of what we're doing with body work and breath work, is that we're creating a savings account. So that, when those big bills, like you just mentioned, come, and it makes the adrenaline shoot out of the top of our head, like "How am I going to pay this? Where is this going to come from?" You will have already created a savings account in the body that allows you to draw upon a sense of OK'ness that if you hadn't been hooking up with the savings account all this time, you would be freaked out when you get the bill in the mail. So, how do we access that? We do that by bringing the energy from our heads down into our bodies more and more and more. And we do *that* by contracting certain muscles in the body and then taking certain kinds of breaths and running that breath through the body, while we're contracting those muscles. What it starts to do, is it starts to change the energetic vibration in the body, closer and closer and closer to the energy that we would like it to be; even on a rainy day, or even on a big bill, unexpected, in the mail kind of day.

**Lisa:** Who thought you could do that with just *breath*?

**Sue:** You can do it with your breath.

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**Lisa:** That's is amazing!

**Sam:** I know, it's crazy. The breath is hugely important, if you think about it, Lisa. You know, ok, like... if you don't breath for the next 5 minutes? You know?

**Lisa:** Yeah! *\*laughter\**

**Sue:** It's pretty important stuff! *\*laughter\** So, not *just* breath, but... OK, just like this... Take this, for example: If you breathe in the upper lobes of your lungs, what happens is you elicit a fight or flight response. So, if you take a deep breath in, and your chest goes up, and your shoulders raise up, like most people, that would happen, if you took a big 'ol breath in, right now. If you take a big breath in, just like that, your shoulders usually go up towards your ears, and your chest puffs up real big; and that actually stimulates, inside the body, the same message that would happen if a bear came charging through the door. So, when people are trying to calm themselves down, and we say, "Well, you know, you're supposed to *breathe* when you're nervous." And if people that a big breath that way? It actually makes the problem worse. But if they take a big breath into their body, the opposite way, it stimulates the opposite part of the nervous system, which is the part that kicks in when the bear is *gone*, and calms you down.

**Lisa:** Oh!

**Sue:** So, if you take a breath into your lower lobes of your lungs, which means you draw the breath down to the base of your lungs, and you're thinking, well how do I do that? I'm going to tell you. If you do that, then it calms you down before you go into that interview or you get on that phone call that's going to be hard to make, or whatever it is. Before you sit down to write the bills, you know, and open up all those envelopes. Even if you start breathing in this way, it will make that be a more pleasurable experience for you than it would have been if you had just been breathing the way that your body would naturally go into, in an emergency, upsetting kind of way. So, we don't want to let it do that. We want to keep it in a different state so that you get to experience a different vibration, so that you get to experience a different part of you. So, if you take a big breath in and your belly gets really big, you breathe in with your belly, not your upper lungs, not your chest, breath with your belly, below the diaphragm. The belly gets big, you breathe in and out through your nose, and it propels the oxygen down to the lower lobes of the lungs, which are innervated with more nerves that calm you down than the upper lungs, which are innervated with nerve endings that speed you up.

**Lisa:** This could explain why so many people are in that adrenal burnout phase. How many times to take a breath in and raise your shoulders, stimulating the cortisol release, burning out the adrenals.



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**Sue:** You bet. It's the opposite of what you're actually trying to generate for yourself in that moment by taking a deep breath to relax. You're actually taking a deep breath to go in and fight a bear. So, your nervous system is all revved up ready to fight the bear, and it will continue to do that the more you continue to breathe that way.

**Lisa:** Constantly, hmm...

**Sue:** So, we're duping ourselves, right?

**Lisa:** Ah!

**Sue:** So, there are ways to get the breath to come down and stimulate different nerve endings in the body in different ways. As we breathe in the low belly, it activates and stimulates the lower lobes of the lungs, and allows them to send a message to the brain that says, "Ahhh... the coast is clear." The bears are gone, let's chill out. Let's pick up with digesting and filtering and cleansing, and replenishing and rejuvenating and healing. It replenishes the adrenal glands and the immune system, and it allows you to move into your creativity, which allows you to come up with better ways of handling those stressful situations than you would have been able to access if you had been breathing the other way, in an attempt to survive.

**Lisa:** Ah! That's the vibrational match! OK. OK.

**Sue:** So, yeah. So, we become the vibrational match to abundance and to creativity and to your genius, when we're pulling the oxygen, pulling the air, and stimulating the lower lobes of the lungs; pulling that energy into the lower part of the body. We're so used to living up in the head. We have to get down in the body, if we want to ground those energies and feel more stable and more centered; and able to metabolize the emotions that we're dealing with. You know, the area of the body that metabolizes your emotional states is actually below the navel. So, if you're breathing down there, squeezing it and opening it, and squeezing it and opening it, with this kind of breath, where the belly comes out and then contracts in and then comes out and contracts in... It's basically like washing, scrubbing down, that emotional state and it will absolutely metabolize the emotion without you having to go through the process with your personal experience on a story kind of level. You don't have to go through the drama and the trauma of it at all. You can metabolize that energy with the body, because the part of your body that emotions actually rise from, is down in the lowest abdominal area, right above the pelvis. So, those gut feeling and those deep emotions? If you start to start to feel your stomach quivering when you're crying, or that kind of thing. That's where it's coming from. It's rising up from deep within. We want to learn all kinds of different breathing techniques to

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move the energy up and down through the body so that we're drawing upon these different energies that are very anchoring and grounding, and opening, to the system. Which stimulate the nervous system to recognize that we are not only not under attack, we are here as a creator, to have life be however we would have it feel. The more it can feel the way we want it to feel, the more we attract similar circumstances that match that. So, then it gets to unfold and manifest in our lives. We have to become the vibrational match on the physical body level. It's not just in your mind. We can imagine our dreams coming true all day long, but if we're not bringing it into the physical body, then it can't be right in our physical world. It can't *be* here.

**Lisa:** This is so great. So, the experience that I've been having has been that short breath, and then relaxation, and then I go into spaciness; and then I go... adrenaline... adrenaline... and I go... OK, relaxation, and spaciness... That's the roller coastering. That's the... "Gotta work, gotta do this, gotta do that!" "Oh, my God, I'm so tired." "OK, let's go, let's move!" "OK, I'm *really* spacey."

**Sue:** Right.

**Lisa:** And that's why... what you're saying is... when you do this breath that we're going to do, where you breathe into the relaxation response in the body, does *that* help you be more focused?

**Sue:** It not only helps you be more focused, it sustains your energy, and rejuvenates you so that you can be more focused longer, for longer periods of time; because you're actually oxygenating the brain better by oxygenating the bloodstream. The lower lobes of the lungs also have more blood vessels in them. So, we get more oxygen into the bloodstream, more quickly, by breathing into the lower lobes of the lungs, which oxygenates the brain, which allows it to sustain its focused manner for longer periods of time without fatiguing or diverting or becoming distracted, and so forth. So many times we blame issues on blood sugar problems or needing more protein or needing caffeine, whatever it is that we *think* we need. It's really just a dehydration or a lack of oxygenation in the body. Those are the two biggest things that happen with someone, that cause them to become spacey, or to have lethargy happening, or even chronic fatigue type situations. So, we're tremendously benefited by moving the energy through the body, by learning how to breath with the whole body, not just in these upper lungs for survival, the way that we're accustomed to breathing.

**Lisa:** Well, let's do some of these exercises. These are, again, how to change the energy patterns in the body to activate the awake body. These are taken from what you see on the offer here, which is [theawareshow.com/morter](http://theawareshow.com/morter) and there is an incredible video series that Sue Morter did and you get to see Sue doing these breathing



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techniques, and how exactly it works, and the energy that comes from her when you do it with her, which is so wonderful, because it really does... I'm thinking here, I'm stimulating and adding oxygen to the brain, but now when I'm speaking with you, there's so much more that's going on. It takes you to the point of activating your human potential, and that's where we're going with this. But let's do this experience first. This first one that you're talking about is called the **central channel breath**. Is that the one you're talking about?

**Sue:** Sure. The **central channel breath** is something that hooks us up to realizing that we're not alone in the world. As a doctor for 25 years in my private practice, I can tell you that the one thing that turned people around into healing faster, was their recognition and not only their intellectual understanding but their physical experience of not feeling isolated and alone in the world. Like it was all up to them and that nobody really understood them and that they had to go it alone. That's one of the most debilitating perceptions and experiences that we have in our lives as human beings. It isn't true, but it might as well *be* true, when we're perceiving ourselves to be experiencing life that way, it's the *real deal*. The central channel breath is something that bridges the many different levels of energy frequencies, many different aspects on the whole bandwidth, that the human race exists on. We can access so much of that. So, it activates our spirit, our emotional states, our feeling of well-being, our intellect. It activates the higher self, our *soul purpose*. It activates our understanding and our disposition in life. So, it's a wonderful breath to breathe that allows us to feel connected to nature and like we belong. We can start to feel our personal power, and most importantly, feel a sense of being loved. It's a beautiful thing to implement, first and foremost, before someone even begins to put your feet on the floor in the morning getting out of bed. I say this thousands of times when I'm working in workshops with people, is that before your feet hit the floor, you've already decided how your day's going to go. Whether it's going to be an intentional day, or whether you're going to be at the affects of everything that happens. So, by doing this low belly breath that we were just talking about, and now hooking up that low belly breath, where the belly comes out when you breathe in, which is the opposite of how most people are used to breathing, so don't take for granted that you know how to do that. You know, you look down, put your hand on your abdomen, and you make sure that when you take a breath in, your hand is extending out in front of you. Then, when you exhale, your hand is going back toward your spine. Then on the next inhale, it comes out in front of you. It points out, in front of you. And then, on the exhale, it drops back towards your spine again. That *has* to be happening, for you to even be doing any of the rest of these breaths, in an effective way. So, then the central channel breath is an energetic tube of light, a tube of energy flow, that happens down through the

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body, naturally. It's measurable. It is, by far, an energy pattern that is flowing before we even develop a nervous system. Before the cardiovascular system even develops. In the developing embryo, one of the first things that is noticeable, is that there is a circulating pattern of energy, that's called a Taurus, and we don't need to know any of that, so we won't go into it; but it's kind of shaped like a doughnut. It pours down right through the center of the body. So, if you could imagine, an open tunnel or a channel, that you could move energy through – that extends from above your head – if you took a big tube and just stuck it right down through the center of your body, like a big skewer. If you were just to stick it right down through the center of the brain, it would go right down through the center of the throat, through the center of the chest, go even lower to the center of the belly, right down through the tip of the spine, and *out*. There is a movement of energy that goes from overhead right down straight through the physical body and it goes into the earth. Then it rises up through the earth and comes back up through the physical body and out the top of the head, and then it cycles around you, in every direction, on the outside, and comes back in at the tip of the spine. So, it cycles and cycles and it recycles like that, constantly being replenished from overhead, into the earth, and then rising up from the earth. And we love it when we're walking in the grass in our bare feet, or when we're in a place where the ocean comes onto the shore. All this energy is just radically available to us, and that's why it feels so good to be in these places in nature and to feel that energy from nature that is so nurturing to us. So, that is what we're enhancing now, by doing this central channel breath. Just imagine that you're breathing from above your head, about a foot and a half above your head. Now you take a deep breath in from that space above the head, low into the belly, and come straight down through the body. Do it slowly, and do it with intention. On the inhale, your belly gets big and you're drawing this energy down into the body. Then you contract that abdomen and you're going to press that and continue that line down through the lower body, through the lower belly and the tip of the spine and the pelvis, right down into the earth. Go deep into the earth with it with your imagination on that exhale. Then you're going to inhale, drawing up from deep below you, from in the earth, as if you're drawing up this support of nature, up into the body. Draw it up into the base of the belly and then exhale right up through that tube, right up out through the top of the body, top of the head, again, and you exhale into that. Then the next inhale would come from overhead, right down into the heart space, or into the low abdomen again, all of it combined, and then you exhale right down into the earth. So, what you're doing is your cutting a swath, through the jungle, and you're allowing an acknowledgment on an energetic level, the subtle body energy level realm. What happens is you start to connect from beyond the physical body with the subconscious. When the subconscious begins to perceive itself as bigger than just the physical body, it begins to automatically connect to the idea that there's more to life than meets the eye. It calms the subconscious down automatically when it feels connected to nature. It stops looking for how to become safe, because we've



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automatically registered safety for it, simply by doing a breath beyond the physical body. It's the same kind of energy that you would feel if you thought you were responsible for the success of a project, just you, all alone, all up to you, it's on you. Then somebody comes through the door with a couple of friends who happen to be experts on that project; and the love is there with the friendship, and the expertise is there with the people who've been 1,000 times before, and all the sudden you're on that same project with a whole lot more energetic momentum behind it. If you could draw an energetic analogy to breathing in this way, that's exactly what happens to the subtle bodies, the energy body, of your whole being and it begins to feel and sense that same kind of support that you feel on any other project, if others were showing up.

**Lisa:** Wow! Creating your own team with your breath! *\*laughter\**

**Sue:** Absolutely, you're creating your energetic team. The whole key is that the subconscious gets the signal that the coast is clear, and the bear is gone; and we've got lots of help here to help clean up this place from the last bear attack, and to move forward in life, with the support that we're looking for, and it's all by breathing in a particular way. Now, interestingly, infants breathe in this way, and we stop breathing in this way when we start growing up. When we start getting in trouble for being ourselves and running around screaming like kids do, and we move up into our heads. We start trying to figure out who we're supposed to be, instead of who we naturally are. Then we get good, positive feedback from that, so we *keep* living in our heads and we start building a life based on that kind of reality. It's nowhere near fulfilling, necessarily, and yet that's what we all do, which is why we're all living in emergency mode, because the head is designed to make smart decisions in emergency situations. The gut feeling, and the heart, and the core, is designed to carry out your wisdom; to allow you to choose the correct path, to be in your personal power. So, we wonder why we're so disconnected feeling all the time. If we're in an emergency situation, and we're feeling under attack, you start breathing in this way – and I'm going to add another element onto it that will speed up the process of you automatically feeling calmed down and O.K. – right in the middle of an emergency situation. And, if in between emergency situations, you can remember to do this, like if you do it in the morning before your feet even hit the floor, you will automatically start engaging in your day in a way that is not oriented toward surviving *'whatever comes at me'* today.

**Lisa:** Mm-hmm, the roller coastering...

**Sue:** ...but rather intending it, and managing it, and creating it, and generating it, yourself, with the immense power that you are. So, you know, think about that! *\*laughter\**



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**Lisa:** I absolutely say, “Yes!” to that. Take a look at the website, too, which is [theawareshow.com/morter](http://theawareshow.com/morter). This is the newest **Body Awake** video that Sue has done and it is one of her latest recordings. I’m really glad that you did this on video so that we can see the releases that happen, the energy that is infused, the incredible laser focus. You talk straight, as if one sentence, for two hours, because you have that much *clarity*! *\*laughter\**

**Sue:** *\*laughter\**

**Lisa:** It is impressive, and I love it because it shows us that we do not have to take what we might feel is normal... being sick, living in fear, or tired, or having diffused brains. We make it so hard on ourselves sometimes, and we forget this incredibly useful, always available, thing that we have in our life, which is *breath*. This is not normal deep breathing. This goes beyond that. This is not something you ever get dizzy doing, because it actually makes the cells more alive. This is **Prana** breath; this is what brings natural energy in from the earth. It sustains *all* things in life, and it sustains *us*; our cells, our lives. Now, I learned a lot of this from watching Sue’s videos and she is an incredible teacher of *using the breath*. I mean, you’re going to give yourselves mini-vacations doing this, you can do little mini-breaks doing this. There are different techniques; it’s not just one technique that she teaches. There are many different techniques on here. It’s for busy minds, it’s to get us *out* of our mind. Sue Morter is one of the most amazing teachers on the planet. Do you have something else that we can do on the call here, so that people can experience what it is that I’m seeing. Of course, you can go to the website, which is [theawareshow.com/morter](http://theawareshow.com/morter), but is there something else we can do right now to get to the experience of what is that we’re both talking about a little bit more?

**Sue:** Yes, there’s so much. You know, my gosh, we could be on here for six hours...

**Lisa:** Of course!

**Sue:** ...and I would love it, and I might even take *two* breaths in six hours! *\*laughter\**

**Lisa:** That’s why you did the recordings, so *\*laughter\** ...about six hours worth of recordings.

**Sue:** Right! *\*laughter\** It’s available... but in our time today, I would say that, if you add to this central channel breath, one little thing – that this alone can change your life – and it sounds so simple the mind is going to be like, “Oh, give me a break... come on.” So, this is going to sound kind of crazy, how you do this, but it will absolutely work. I promise it will shift your attention in an instant, no matter what kind of emergency situation you are in. It’s called **Mula Bandha**.

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Lisa  
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**Lisa:** Oh, this is great. I'd like to be the person that helps somebody in an emergency, rather than freaking out like everyone else around me, yes! *\*laughter\** I'd like to have this technique, yes.

**Sue:** Yeah, and you know, those emergencies come in many sizes and shapes. It allows you to stay present, no matter what. **Mula Bandha** is a contraction of muscles that are deep in the core, right through that central channel, right at the base. What it does, is it takes the central channel from being this tube that rushes down through your whole body, to kind of like a funnel – where it's more constricted at the bottom of the channel that runs through the body – so that more of this energy can be made available inside the body, so you're not drinking it in and losing it. Some of it gets to stay. It interrupts the mind patterns by you just bringing your attention there. So, if you would squeeze the lower abdominal muscles; right below the navel, and the gluteal muscles in. Here's the trickiest part. Inside the pelvic bowl, where... the muscle that you would contract, if you felt your bladder getting too full, and you had to contract just a little tension there, because it was going to be a while before you could get to the restroom?

**Lisa:** OK.

**Sue:** Those muscles, those like, sphincter muscles, you just contract them. Just contract them, and allow that to be not a full body contraction, like if you were going to lift up a 20 pound weight, but just contract as much as you possibly can, and then relax it by *half*...

**Lisa:** Oh, OK...

**Sue:** ...and then relax it by half *again*. Now, *that's* the amount of tension that needs to be in there, and that's all. In the beginning, when you're teaching yourself to do this, you've got to contract it like you're picking up 20 pounds. You know, you're really squeezing the muscles, and then relax it by half, and then relax it by half again. So, what you will notice start to happen if you breathe through that central channel, from above your head, into the body, and then from the body, down into the earth, and then from in the earth. Imagine it coming up through the body, and then from the belly, up through the top of the head. You exhale again, but keep those muscles contracted. What begins to happen is it begins to kind of strip the tissues of adhesiveness, or stickiness, or gunk-laden energies that are all bogged down because of past resentments and guilts and shames and all that other stuff that we carry around forever in our lives. It starts to move that kind of bogged down energy of doubt and remorse and all those things that we've held on to. And as that starts to move again, we start to feel a vital force moving through the body that we didn't feel before. It will take you a few days of practicing this before



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you will feel the immediate result, but I assure you, starting *today*, the next time you're in your car, the next time you're doing something, and you feel yourself running in the mind again? ...and worrying, and find yourself filling in the blanks with what people are likely to say or do or, whatever it is that you do to yourself that is very disempowering. You automatically start contracting that **Mula Bandha** and you *try* to think about the situation, the same way you were thinking about it before, and I promise you won't be able to. When we're filling in the blanks negatively, it consumes too much energy, and if we're using some of our own body energy to draw our consciousness down into the body by contracting this **Mula Bandha**, it's like we don't have enough energy to do that, and do this. But if you insist upon the **Mula Bandha**, what will automatically happen in the psyche, is that you will be drawn to a less stressful thought, one that doesn't consume as much energy as negative thinking consumes. Negative thinking consumes 90% more energy than a positive thought, or no thought at all. If we redirect some of our energy to a body function, what happens is, with consciousness breathing through that central channel, it automatically allows or insists upon your mind finding a different line of thinking, one that doesn't consume as much energy as worry consumes. So, you automatically find yourself thinking of different ideas, thinking about the situation in a different way. It may take you two or three days to get in the swing of that, but I assure you, that even, immediately, today – if you're stressed out about something – you do **Mula Bandha** and then start trying to think about the stress? You won't be able to worry. You just can't get a good worry going like you used to. *\*laughter\**

**Lisa:** *\*laughter\**

**Sue:** It consumes part of your energy, and the only left for the mind to do, is to surrender and/or later, what will happen, is more optimistic thoughts will start come into that same arena.

**Lisa:** Yep, come up with new ways of doing things.

**Sue:** When we live in our heads, that's the only place that anxiety and fear reside. That's it. The only place me not being OK exists, is in my head. It's not real. It's just in my belief, for some reason. Because of something that I've experienced in the past, and no one walked me through that, and got me back down in my body, and taught me how to stay there, no matter what. Ultimately, we have to embody it. I just happen to be interested in teaching you not only the information but how to get into the body with it. How to let it land inside of you, deeply, so that you're accessing and hooking up with those parts of you that you were born as, and that you just kind of abandoned, because you thought had to for survival purposes. You just got freaked out and you jumped up into your head to find out how to get safe.

**Lisa:** Yes.



messages that inspire positive growth and change

# *the aware show*

Lisa  
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**Sue:** The thing was, you just stayed there. You know?

**Lisa:** Ah.

**Sue:** So, it's just time to get back into the rest of you and it's time to learn some real tangible, simple, and doable techniques to do. So, in working with patients for 25 years, I mean, thousands and thousands of people, I found that what they would end up doing in these moments in between our sessions, ultimately, set them free. They healed physical ailments and they healed relationship issues. They'd come in for asthma, allergies, headache, back pain, or some kind of illness like that, but they'd come back and say, "You know, and what else was happening, I was filed for divorce, but it turns out we've reconciled and it's all fantastic." Or, they would say, "You know, I was never able to land the courage to ask for that promotion at work. Not only has my lower back healed, but I went into the boss and I was able to stay in my core, and keep in my confidence, and know that what I had to offer was medicine for the whole company. I convinced them of that, and got the promotion that I was always being skipped over for." All kinds of other things change in life, when we get it into using all of our resources. But it doesn't happen with just the mind, there are many more players on the team. So, we have to get down into the individual layers of our consciousness, but we can't get there... we can't get into our wisdom, if we're not in our body. We can't get into our personal development, if we're not in our body. We can't be loving, when we're in the head. The head doesn't love. The head knows and can define love, but it doesn't experience it. We are experiencing love when we're in the body. We just have to learn how to get down in there and get tethered in there, and this **Mula Bandha** and these exercises that are abundant and plentiful in these support materials that I put together, they show us how to not only how to get there but to live from there, so that we're not having to remember to go there. It's where we come *from*. It's not some place we're trying to get *to*. It's where we come *from* every day, because of having done the practices and having familiarized ourselves with these patterns of energy that are becoming the vibrational match. You know, the desires that we have, the dreams that we have, they are of a certain vibrational frequency. We wouldn't dream those dreams if they weren't representative of the rest of who we actually are. We're supposed to have the dreams that we dream. It's just a reflection of who I would be being, if I was in my core, and in my whole being. Otherwise, we'd be dreaming something else and someone else would be dreaming these dreams. The fact that you dream what you dream of? It's because it's *you* calling for the rest of *you*.

**Lisa:** Oh, nice. Nice.

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**Sue:** And the way to get the rest of you here, is to drop it in. Drop it into the body; drop it into the physical world, so you can have the experience of those dreams instead of being separate from them.

**Lisa:** God, I was saying this earlier. I just love you. You have such a magnetic energy about you. I just want to direct people to the special offer, at [theawareshow.com/morter](http://theawareshow.com/morter). It reminds us of who we are in this world, and everything other than that, is *not ours*. It is not ours to take on. This, however, *is*. *\*laughter\**

**Sue:** *\*laughter\**

**Lisa:** This *is* how to find your own personal power. This is how to tap into your creativity, where you will learn, relearn, or just tap into what you already know about healing your own body. Becoming the vibrational magnet for what it is that you want to create in your life, this is *how*. This is the *how* on *how* to do that. This is the actual exercises and the techniques on how to use your breath to feel alive, awake, enthusiastic and become a vibrational magnet for what it is that you want to create in your life. This is the technique and I so appreciate the fact that it's on video, so we can see you doing these exercises. It's several hours, and various different types of exercises. There are ones that give you mini-breaks, little mini-vacations. There are ones that build personal power. There are ones for self-esteem. It's all combined in there. You even mentioned, in a way, it's good for weight loss, because it gives the body something that makes you feel satiated, complete and not to go for those emotional cravings, because those are back on the roller coaster.

**Sue:** Yes, and it picks up your metabolism. You know, breathing down into the body picks up your metabolism so you're burning calories doing it. I mean, your body will heat up. When you ignite the energies that are sitting dormant in your core because you've been just living in your head, you start igniting those energies, and there is friction there. People heat up, they start sweating, when they get really into doing a lot of the intense practices, and you burn calories doing it. So, there's that on *top* of it all. Plus, there's the benefit of just having access to those layers of consciousness that have been sitting there just wondering where you've been.

**Lisa:** Awesome. Oh, my God. So, this is... for me, it is how to be clear and focused, and I am energized just by doing the few things that we did on the call. I got to listen to the **PM Meditation** last night and went into a wonderful, wonderful deep sleep. Even though I had just 5 hours because of the way that I backed my night up last night. *\*laughter\**

**Sue:** Ah, uh-huh. *\*laughter\**

**Lisa:** Because I got too involved in your work! *\*laughter\**

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Lisa  
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**Sue:** Mm-hmm.

**Lisa:** And I'm like... Oh, my God! Like I'm all energized and it's like midnight. *\*laughter\**

**Sue:** Well, you what's funny, though, is that I realized that the more I do this work the less sleep I *need*. It happens... because when you oxygenate, you elevate your vibrational frequency, and when we're vibrating at a higher frequency, we don't need the kind of sleep that we used to depend on.

**Lisa:** That is interesting you say that.

**Sue:** I get much less sleep and I have more energy, and I have more vitality, than I used to have before I started meditating and learning **Pranayama**, the breathing techniques in the Eastern culture, when I would travel and study in India. I started not needing as much sleep and then the more I'd do these practices regularly, it just shows up consistently that way.

**Lisa:** Yep, I am in just a fabulous mood today. It's been a great, great day of energetic moving and learning all sorts of great stuff, and managing... I'm having a great time! *\*laughter\**

**Sue:** Yes! *\*laughter\**

**Lisa:** Oh, well... thank you. It's such a pleasure to talk with you. I know how busy you are and it is just incredible to have you on this series to help us feel this alive, awake feeling. I invite anyone, listen to this call again. Send it off to a friend. Say, "Hey, do you want to boost of energy?" You can literally measure the energy from the beginning to the end, even if we're just feeding off of Sue's incredible energy.

**Sue:** *\*laughter\**

**Lisa:** It really is wonderful. This is a great boost of ourselves, it gets our bodies becoming more alive, literally becoming more alive. So, thank you, Sue, so much. I want to stay on the phone with you forever but I will go back and watch the videos. *\*laughter\**

**Sue:** *\*laughter\** It was great, though... it was nice.

**Lisa:** You are awesome, I love you, and you know what? You were so wonderful to me when we were in an airport once, on our way to this meeting, and I was super sick; and you just stood there with that chilled confidence that you have and you said, "If you need me, I'm here." And I'm like, "Oh wow! Thank you!" *\*laughter\**



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**Sue:** Aww... *\*laughter\**

**Lisa:** That was so cool, so thank you!

**Sue:** Absolutely!

**Lisa:** I'll always remember that. *\*laughter\**

**Sue:** Anytime, anytime!

**Lisa:** Thank you!

**Sue:** There are so many things we can do to help ourselves...

**Lisa:** Yep.

**Sue:** ...and people just need... we just need to... we just need to *plug in*. You know?

**Lisa:** I see why you get that chilled confidence.

**Sue:** *\*laughter\**

**Lisa:** So, thanks a lot. Alright, take care. I hope to see you very soon, and thank you so much for this huge, enormous offer; and I want to remind the listeners, go to the webpage, which is [theawareshow.com/morter](http://theawareshow.com/morter), and this is the **Body Awake** package. It literally awakens the cells of the body and your brain and your using your breath. Specifically, to increase that natural self-confidence, personal power, deep relaxation, focus, self-esteem. All of those different techniques are in there. The most incredible thing that I got here, is to be in that place, *as your default mechanism in your body...* not to go there, or to take a workshop, and then forget about it; but to *be there always*.

**Sue:** Right.

**Lisa:** So you can *handle* situations; so you can be resilient in stressful situations, or not. That is a thing that will last *forever*. These are tools that will last. They don't go away.  
*\*laughter\**

**Sue:** Right, it changes where you live, inside.

**Lisa:** Mm-hmm.

**Sue:** Yes, it changes.

**Lisa:** It's awesome. Aww... *\*laughter\** Alright, I will let you go. Thank you so much, Dr. Sue.

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# *the aware show*

Lisa  
Garr



**Sue:** Alright. My great joy. Much love to you and to everyone listening. It's always a pleasure to speak to people who are saying, "Yes!" to themselves in some deeper way than they were just a moment ago, so...

**Lisa:** Yes!

**Sue:** I'm happy to play. Just let me know. *\*laughter\**

**Lisa:** Thank you so much for allowing us to get the tools, to get to that place all the time. Thank you to the listeners, you guys, thank you very much for begin a part of this, because your energy *makes* these conversations happen. And until next time, I invite you all to STAY AWARE.

— end of transcript —