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**October 30, 2013**

**Interview with Sue Morter**



*Dr. Sue Morter*

Internationally Known  
Authority on Bridging  
Science, Spirit and  
Human Possibility

**Energy Codes:  
Bridging Science, Spirit & Human Possibility**

Darius: Hello and welcome, everyone. Welcome to the You Wealth Revolution. I am so excited today. It's one of those days that I feel it's like a whole new start. It's like I remember when we started the You Wealth Revolution some three-and-a-half years ago, the way that it felt to really be making a big impact in the world.

This is the way I feel every day. But today is really special for a couple of reasons. Number One, we have Dr. Sue Morter who's going to be talking about and sharing with you the Energy Codes and how to bridge the science between spirit and human possibility. And we're going to be moving beyond our current reality and moving beyond the mind in order to heal and to remove subconscious blocks, to access and develop sensory resonance and really balance ourselves in love and light and our vital force.

So get ready. We're going to be doing that. We're also going to be doing a very, very cool process, I know from Dr. Sue, so get ready for that. And I want to share something new that some of you astute folks that read our emails may have noticed and I'm very excited about it. If you look at the top of every single email that we send out going forward from today on, you'll see something that says *Feed My Starving Children*. It's at the very of every email and it says this: It's says: 'Did you know that every email we send feeds 15 starving children?'

Each time... We made a commitment that when we send an email, we are going to donate to the non-profit *Feed My Starving Children Foundation* with an amount that feeds 15 children per email. So, you know, on average days when we send you guys replays and we send you announcements, that's about three emails. So 45 – 4, 5. 45 children a day we are going to be feeding through this commitment to not only do good energetically, to not only send out great energy and love, but many times to also put our hands into the fire, into the place where people are hungry, where people are hurting all over the world, and make a physical contribution as well as an energetic one.

So just know by sharing the emails, by letting people know about what we're doing, by even opening the emails, know that every day as you open one, 15 starving children are being fed. That's our new commitment. That's one of the reasons I'm incredibly excited as well today, and that is what You Wealth is about. It's about expanding, loving, growing, and making the world a better place on the ground and in the energy circles as well.

Now, our guest today, Dr. Sue Morter, knows very much about doing both and she's going to be making our lives better by sharing some very powerful things about the Energy Codes. She is an international speaker. She is a Master of Bioenergetic Medicine and a quantum field visionary. She teaches the retraining of the nervous system and subtle energies of the body through a process called embodiment.

Through her work, the Energy Codes, her seminars, her retreats, and her *Body Awake* video series, she illuminates the relationship that we all have with quantum thoughts, energy medicine and healing through re-patterning of the nerve impulses through the body by use of the mind and breath work. It's just fascinating stuff.

She retrains the brain - our brains - shifts old memory patterns and then teaches us how to move beyond the brain for sustainable healing.

Dr. Sue Morter also holds yoga, meditation, and self-healing retreats in Bali, Peru, the Mayan Riviera in Mexico and all across the US. She's internationally published. She's been seen in documentary films and serves on professional licensing and human service boards globally. She's received many outstanding achievement awards as well in transformational leadership.

She's also the founder of the Morter Institute, dedicated to teaching people just like you and me self-healing techniques and a new approach to life based on quantum science.

She draws her experience as a doctor for over 30 years, inspired through a life-changing awakening during meditation and her personal passion for us and for herself is cracking the code of life and really tapping into that juice and that essence that makes us the beautiful, amazing beings we know inside we are. Her greatest joy is sharing these discoveries with others. And here we are. It's a beautiful day. Dr. Sue, welcome to the You Wealth Revolution.

Sue: Thank you so much. Goodness, it is not every day I get to play with somebody who's as juiced up on life as I am. Let me tell you I am feeling your energy so much. I can't wait to see what happens in the next hour.

Darius: It's going to be fun. Let's just crack the code, you know, throw away the box and go as deep and as far and as profoundly into love as we possibly can.

Sue: Absolutely. I'm onboard. Where do you want to start?

Darius: Well, you know, I kind of wanted to start with a big question, which is how is the planet changing? How is the world changing? Because I know a lot of people are feeling things that used to seem to work or used to seem to flow kind of being a little bit out of balance, and I'm wondering what are the things you're seeing going on energetically in the world?

Sue: Wow. You know, I couldn't be more thrilled about what's happening in the world, and I love the fact that the way we used to do things doesn't work for us anymore because it forces us into our creative capacity. It forces us out of our rut of habituated living and into the present moment. It's like: 'Wow, wait a second. This used to work. I used to do this. And when I don't get to do that anymore and so automated and so regular, I have to start thinking creatively.' And we're made of creative energy, so when we're tapping into our creativity, we're really only then beginning to live an authentic life.

So I love the fact that what's happening with the planet right now and passing through a threshold that we did at 2012 and moving into where time and space are changing their orientation to one another. It is really forcing that awakening to occur that is inevitable. It's our divine right to awaken through our power and creativity that we are.

We're here to awaken to our magnificence as creative source energy itself in a body. So when things get ruffled and we get jostled about and it forces us, you know, in one form or another, it forces us into this place of – whoa! I need to check how I approach things and perhaps I don't need to do some of the things I used to do and perhaps I'm now actually more free to do some of the things that I always wanted to do but they didn't seem to be the types of things that would work for me in the long run 10 years ago when I started doing them, or five years ago when I started doing them.

So it allows us to really update. It's like a giant software update that's happening for us all simultaneously, and the fact that it's happening like this for all of us simultaneously helps the group consciousness to really propel itself into this creatorship instead of a reactorship that we've been in previously.

So I think that it's the most beautiful thing that we could possibly be witnessing and I absolutely love the fact that to me, and I know to many people who are probably listening in this moment, it feels to me as if what I'm actually able to draw upon now is stuff I always knew as a young person, as a kid, but it got overridden by these other ideas that were already in place or these structures or these institutions that were already running the show. And as those institutions and thought patterns and belief systems begin to crumble, what rises up in the midst of that is a raw truth that is actually what is destined to lead the rest of our lives, our authenticity, our true presence.

So I'm loving the fact that as it turns out, I did know 20 years ago but I didn't think I did, so I started overriding myself and we all did that. So now we get to be in the blessing of allowing that to land and to have a place in the world. So it's going to feel to us like we're just speaking our truth for the first time and it turns out it's actually serving the planet in a way that we never knew it would.

Darius: Yeah.

Sue: That's my few cents to start with.

Darius: I love it and it's so true, and I think that if people are experiencing different levels of energy and different vibration and different frequencies and we're becoming so attuned to it and I think for some people it is like a big shock of awakening. How does those different energy vibrations and frequencies... how does that affect us people as we awaken and as we go through our daily life?

Sue: You know, everything is energy. It's all energy. So if we can start to look at life as though these are just energetic patterns; these things are happening, they are energetic patterns. My reactions that I'm having inside, those are energetic patterns. What I say out loud, those are other energetic patterns. And ideally we would like all of that to line up into one big opening that's happening because in that, abundance gets revealed and in that, healing happens and in that, relationships deepen and become developed and mature and loving and kind, no matter what the links of the relationship is.

When the external world and each vibrational frequency matches our internal world and its vibrational responses and the things that didn't come out of us from a creativity standpoint and an expression standpoint... when all three of those aspects begin to line up, what we have is congruency and resonance and that is ultimately what is heaven on earth, okay.

So the whole idea is if we just start to look at life as, okay, break it down. It's just energy. So am I mastering how energy flows in my life or am I not? Am I mastering how it flows through my body or am I not? And chances are if I'm not mastering how it flows through my body, I have some pain patterns, I have some fatigue or I have some anxiety. And if I'm not mastering it in my body I guarantee we're not mastering it in our lives, because our body represents the physical version of our very self, of who we are, and if it's not in alignment in expressing itself freely, then the aspects of our lives that correspond, they don't function so well either.

So if we have an issue with learning in our lives, we have an issue with relationship in our lives, or we have an issue with our health in our lives, it is all into blocked energy – energy that is not flowing to where nature intends it to flow. Now, I say blocked but I mean it could be blocked from some past experience that we have been through that we didn't know how to metabolize, we didn't know how to break it down and deal with it, so we just kind of stuffed it in our back pocket and we went on. And later, you know, the pockets get full as we keep doing that. We're not really processing what is happening as effectively as we could.

And if that is the case, then what happens is we start to become compromised in one way or another. So that can keep us from expressing freely today even though it's relative to something that happened 25 years ago. Let's say 25 years ago you were trying to do something nice; your heart was all in it; you were expressing yourself freely, and it ended up totally backfiring on you, totally got the rug pulled out from under you and it really just duped you big time.

Well, the subconscious records that information and holds on to it so that if you're ever in that similar circumstance in the future, it's never going to let you get hurt as much as you were in that past experience.

So 25 years later you're in a similar situation and the subconscious starts to pick up on the idea that this is very similar to something I experienced long ago. It will actually start sabotaging a circumstance to keep you from ever being hurt like you were again.

So let's say 25 years ago you were creating something and wanted to get someone with a picture that you drew. You know, okay, you're in kindergarten and you drew a picture and you wanted to gift it to your mom and instead of hugging you and kissing you she screamed because you drew it on the dining room wall, okay.

Darius: Right.

Sue: You picked your crayons out and you drew it on the wall - you know, details - and it caused a lot of freak out on mom's part. So now years later, when you are wanting to be creative and bring something forward and you just feel stuck in your tracks,



you can't come up with a new idea of how to make your relationship work or you can't come up with a new idea of how to make your business work because it's tapping into that same creative storehouse that got duped all those years ago, and it's stored as a memory of, you know, this is danger, danger zone.

So energetically we get locked in and boxed in, and it's really about learning how to work with the energetics of that rather than the story of it all, because you know, nine times out of ten we would never equate being stuck at 40 because of something that impacted us at four, you know. We just don't connect the dots on it. But as far as the nervous system is concerned and the energetic system of the body and the flow of that energy that happens when all the circuits are happening the way they're supposed to, it might as well have just been yesterday. It doesn't know anything about space and time.

So the whole idea is let's look at life energetically instead of from the issues, the psychological issues that sometimes take years to unwind sitting on, you know, the therapist's couch, when we could get straight under it. I have lots of therapists that use this work in conjunction with their talk therapy with their clients to get immediate results, and that is so that we can sense and feel, hey, you know, this situation it isn't working for me, and instead of trying to figure out why, I'd rather just use my energy to shift it.

Darius: Right.

Sue: And so the Energy Codes is about learning to shift that energy and using the body to help you figure out how and to figure out what needs attention first in order to get that energy moving again the way it's intended to for us to be the dynamic individuals that we are. So where do you want to from there?

Darius: Wow. Yeah, I mean, that is absolutely profound. It's absolutely for a lot of people what's going on, why that act at four years old with that situation at four years old has really impacted their life at 40 years old, and I love what she said about, you know, really trying not to look into the situation but take the energy and see how we can move the energy and release it and change it and so we can be free.

Now, Dr. Sue, I want to say one thing. The phone on your end... I think I was hearing report from Loni that it got a little garbled. I don't know if that was your line or what it was. So if that happens I may just let you know. I don't if it's a bad connection.

Sue: Okay.

Darius: That did happen during the talk. So I don't know if we want to just be cognizant of that or if there's a particular place that's better reception.

Sue: Okay. Just let me know if it happens again and maybe I can call back in or something.

Darius: Okay. Yeah. Some of these lines do that. A big question coming up from the audience is, these blockages that we get, these energy blockages, how do we know if we've got them? What are some signs? What are some things we can look at as

we talk about the Energy Codes and how they get moved and released? What are some signs that we may have some blockages that we're dealing with?

Sue: Oh boy. You know, it's any kind of physical thing. If you have a physical pain pattern that's persistent and just doesn't seem to go away, a recurring injury or something like that, that's where this work started. But that's an obvious. And yet some of the less obvious ones are if there's a certain type of situation that occurs in your life and almost instantly when it happens you feel a charge inside of you like you just want to pop, you just feel like: 'Oh my God, I can't stand it when this happens.' You may be in a conversation with a family member or with a partner, or your loved one, or whatever the case may be and, you know, you start to approach this situation and just every time it just pushes your button.

So if you've got buttons that are being pushed on a regular basis, then that's a true sign that these blockages occurred. If you have an inability to really manifest the things that you're dreaming of, that you're not really seeing happen in your life, things you start manifesting, then these blockages are kind of the veils between the different aspects of our wholeness and those are sure signs.

So when somebody wrestles with something, you know, they're interested in being spiritual and they're interested in being successful and it kind of doesn't seem like there's a place for both of those at the same time in our world sometimes. So if we aren't able to see that relationship and that connection and have both of those things happening, be kind and considerate and authentic and integrative and be in your integrity *and* make money and have an abundance of flow in your life *and* be able to share that you know freely and willingly with others... If that's not happening, then there is this interference that is occurring in your system.

And so ultimately I would say it's part of the human design that we're here to wake up to this, and the Energy Codes is really about not just fixing problems - because I don't think anything is broken with anyone.

Darius: Okay.

Sue: I don't think anyone is broken. I do believe that we are here to wake up in certain ways and certain aspects of us have awakened before other aspects of us and there is a way to integrate all of that so that all of us gets to be at the party, we get to bring our belongingness and we get to bring our wisdom and we get to bring our personal power, our individuality. We get to bring our love, our unconditionality, and our abundance, and we get to speak our truth and we get to be available to listen without feeling threatened, and we get to be visionary and we get to bring our new ideas into manifestation and we get to know that God or source or nature is all on our side, that it's not us against the world, that that's an illusion from the past and we're here to wake up to that.

And so one way or another we're going to find our way to wake up to that in the course of our life. And my job with the Energy Codes and the coursework that I do is all about teaching people how to identify which aspects are awake and which ones are still sitting dormant and are ready to be awakened. And one of the first clues that I would say is if you have buttons that are being pushed, I am certain that those

buttons are being pushed because it is representative of a part of you that is just begging to come to your life, to come up, to show up, to lead, to have a voice, to reveal itself, to animate.

So it becomes more important that we look at the circumstances of our lives as though those circumstances are here to wake me up versus those circumstances are just things I'm supposed to survive and I have to find my best, smartest strategy in order to get through them so that I can survive another day, live to fight another day.

Darius: Right.

Sue: You know, that kind of life is no longer necessary. You don't have to do that anymore. That's the beauty of these times. You know, your first question in our conversation about what's happening in the world right now. Well, what's happening in the world is we get to have an opportunity to wake up instead of just survive.

So our job is to stop looking at these situations as though they're problems and what do we have to do to change those situations? Really what we have to do is turn our attention inwards and look at what is this situation trying to awaken in me? What's it asking of me? How is it calling me to stand up in a way that I haven't been before? And if you don't know how to figure out that answer, that is what I teach. That is what the materials, the support materials that I bring along, that I come with today are designed to help us figure out how to speak that language, because there is a beautiful language happening inside of your body that's just nudging you toward your next gateway to freedom and if you don't know how to speak that language, life can be really, really painful. I know. I was there.

Even though I grew up in the family that I grew up, that was in a quantum conversation and interested in how thoughts are things and the relationship of mind, body, spirit, we still have to make up our own way. We still have to find our own path.

And so I can relate to people who struggle. I struggled even though I knew a lot of wonderful things to help other people with. When it came to really absorbing it for myself and allowing it to be true for me too - me personally - I've learned what it takes to integrate these great ideas into real life-changing experiences, and, you know, without that, it's just another great conversation.

Darius: Well, let's talk about that, your discovery and your journey. For a lot of people they may hear you and they may say: 'Well, gosh, you know, she's got it all together and maybe it was always like that or she was just born understanding this, but that's not my story. That's not my life. My life is more challenging.' Tell me, Dr. Sue, how did you awaken to this? What was going on in your life? Take me back to that moment just before and what was going on.

Sue: Well, I can tell you that, you know, some people may feel that they've been in abusive situations and maybe some people feel abandoned, maybe some people feel that they don't really matter, that they don't think that their voice in the world really would make a difference, and they're incredibly intimidated and shy and some



people may feel inferior in that way. And I can say that every one of those is a description of my past and I have been in the midst of wondering if I should really stick around. I've been in the midst of wondering if there was really value in the world. I've been judged, I've been thrown out of some loving circumstances because of who I was and how I felt and so on, and I've been there. So I know what it's like to be intimidated. In fact, I have to tell you that it blows my mind on a regular basis that I'm in these conversations, that I have these interviews, that I travel around the world and do things that I do, because if you checked in with me at age ten, there was no way I would have been able to have a conversation with you. I was so intimidated. In fact, go back to kindergarten. My only memory of kindergarten is a little boy tugging on the teacher's skirt and pointing at me and saying: 'Why is that little girl still crying?'

So I would stand there and cry just, you know, where my mom left me until she came back to get me. So the idea that I am invited into a global conversation really blows my mind, because there's no way that I would have ever, ever, ever predicted that for myself when I was a little kid.

And it was really when my mother passed about seven years ago... I had already been in meditation experiences and traveling the world as a student, learning some masters from India that were very intriguing to me because of their ability to ground the energy and to have these transcendental experiences. So I started having them and I had some major awakenings that left me knowing that I am not this body, that I am an eternal energy being that exists beyond the body and at the same time I'm living in this body at this time, and so I'm supposed to bring that majestic experience that I had.

I have to tell you, just take two minutes to tell you the story...

Darius: Yeah. Please.

Sue: Because it changed my life and it has changed the lives of hundreds and hundreds of people that I have shared it with and then been able to work with them in workshops relative to this.

I graduated school and set up a practice and had patients and elevated to the top of my profession very quickly within just a few years of my opening my practice. I just had some miracle cases and so I had great success. I got lots of referrals and all that stuff. So I was very successful. I built a house that I wanted, bought the cars that I wanted, had the relationships; could take my friends on vacation with how things were going really well.

And I was totally miserable. I was just totally empty inside and I could not figure out what the deal was. I was in so much pain. And I walked out on my back deck one night and I looked up at the heavens, I looked at the stars, and I was like: 'Okay, you show me because I'm trying to do all these things that I think I'm supposed to do and follow all the rules and it's not working. I'm not feeling it. There has to be more.'

So I immediately started... People started showing up in my life and I was directed

into meditation, and I started meditating and I got with a group that was meditating and it was pretty profound. I had tried to meditate before but it just didn't have the same effect. I could never focus. I could never concentrate. But at this moment in time because in my life I found my core, I looked up to the heavens and said you know: 'Okay, I'm doing everything I think I'm supposed to do and it's not working. I'm in so much pain inside.'

So it came as a very deep, rich, heartfelt plea to the heavens, to God or to a source or however you want to look at that. I didn't even know at that time. I was just begging somebody, something to shift.

So meditation came back into the forefront of my life almost immediately. And I went to a meditation event. There were about 200 people in the room. I sat down and the leader of the program took us through an experience and I had a transformational experience to the point that I knew this was for me. I needed to do something like this more. And about a year later - I was practicing all this year long - I had an experience that was just transformational. I sat down in meditation and in the middle of a chant with some breathing exercises I woke up in another dimension of myself. I was flying above the earth. I could see the earth below me about the size a marble and I was embedded into it up to what would have been my knees, and I was me but I wasn't in a body. I was a ray of light and I could see 360 degrees around me in every direction and I was in this brightest light that I had ever imagined, more bright than anything I had ever imagined. It was ten times brighter than the brightest day in the desert that I have ever seen.

Darius: Wow.

Sue: With each breath I could tell there was this transmutation of energy happening and it felt like love. And I knew that what we are doing is with our choice to breathe deeply and to breathe authentically, we're actually bringing love to the planet, and the amount of freedom that we will allow ourselves to experience in that will be proportional to the success and to the abundance and to the health and to the wellbeing that we experience in our lives, and our job is to learn everything that we can to do just that.

And that sounds really out there and esoteric and woo-woo and it seemed like that for me at the time, but I have to tell you it changed my life. I went from a scientist to a spiritualist in an instant. It was transformational to me. And now I really walk both ends. I know that our job is to, in a very practical sense, learn how to experience that vibrational energetic wave pattern that I was in that moment every day of my life. I'm supposed to bring that into my life experience.

So it's like I never had an experience like that. That's quite alright, because what I've done in the last 13 years since that experience is learn what it took for me to integrate that lofty transformational experience, that transcendental experience, that moment, to translate it down to my walking life. And I've been sharing it with patients and participants in my workshops ever since.

So it's retro engineered. Like what it took for me to get that feeling down in my body is now what I'm sharing with people to show them how to open up their system to a higher plain of living, to a bigger birds-eye view perspective on their lives instead of getting caught up in the mundane physical appearances of what life is all about. There's much more to the picture available to us all, and that's what I have the great joy of teaching people how to do in the Energy Codes.

Darius: Wow. It's just amazing to me because first your story and then having that awakening and then being in that different place and then now saying: Okay, how do I reconstruct that? How do I bring people into this energy space through your training, through your knowledge, and all of that being something that people can begin to move into and I love that.

Now, one of the big things I want to do is take people through something with you in a moment and I'd love people to just get a taste of a different way of seeing the world or just an experience of some of what we're talking about. But a question that everyone has is: 'Dr. Sue, you're right. I want to feel this energy but it's been so hard for me, or I've got this blocked energy and I can't seem to have it move out of my space.' And the big question is: how can we remove the blockages of energy that keep us from this flow and how do we navigate our day-to-day life where there is so much stuff going on that can stop us and stay pure and free from that blocked energy that maybe kept us stuck in the past?

Sue: You bet. Great question. And it's about this. We get caught up in the story of life, like there's this situation in our lives and it's got a hold of us. We obsess about it like we can't stop thinking about it or it always seem to recur, keeps coming around all the time. It's like, what is this gnawing at us? And we try to use our minds to figure that out, to answer that question.

And the problem is we try to use our minds to answer that question. If you try to use your mind to answer that question and your mind hasn't been able to answer that question, there is a reason for that, and it's because your mind isn't suppose to answer it. Some other part of you is supposed to answer it.

So if you've been having a question that keeps repeating and showing up in your life as stress or something like that and you wrack your brain for: how do I fix this? How do I get rid of it? and you can't come up with an answer, what the Energy Codes will teach you is how do I not depend upon my mind to give me that answer? How can I slide from beneath the mind and use some of my other faculties to get to the raw energy of the situation rather than the story?

Darius: Wow. Wow.

Sue: So there is a story and then there's raw energy that's flowing underneath the story, and if we knew how to work with the raw energy we wouldn't have to invent the stories anyway. For instance, let's say you're in a situation and you don't know all the details but it looks like something's not going the way you want it to, and you start thinking about, well, I wonder what their intention is. I wonder what the other person is intending. I wonder if they're really on my side or if they're going to undermine me or I wonder if they really care, or I wonder, wonder, wonder... Okay?

So now you're in a story-writing position where you're about to cause yourself a lot of pain. You start filling in the blanks with stuff you don't know for sure but you start projecting into the situation all the worst case scenarios and all the possibility, and they go through your mind and they go through your mind and they go through your mind. All the while you could have been spending that same amount of time on something completely different and completely more effective and it would get to the cause of the fact that these situations keep showing up in your life on a regular basis anyway.

So not only does it solve the moment, it also solves the long run of never having to continue to go through these types of situations. So what you could do instead is get underneath the story and just ask yourself, where in my body am I activated when this situation is happening? There's some part of you. It's either in your guts, it's in your chest, it's in your throat, it's in your shoulders, it's in your back. Something gets activated in the midst of that situation, and rather than try to write the story and fill in the blanks of the story of whether or not these people can be trusted or whether they're on your side or whether you can depend on them, if you would just really go to a responsible response which is, okay, what is the world asking of me in this moment? The moment I feel the charge in my body, I want to know why do I even have this question? That's a better thing. But I would rather, instead of you asking why - why is this happening in my life? - I would rather you ask where is this happening in my body? Because when you ask where is it happening in your body, your body is going to tell you. Well, you've got a throat chakra thing going on with this or, well, right in the middle of your solar plexus, your power center, you're all whacked out in this situation, or your chest, your heart is aching in the midst of this situation, or your back is giving out because there's no support, no rootedness in this situation for you.

And so then if you squeeze that area of the body that's being activated in that moment, there are a hundred things I could tell you to do that would start to shift this energetic interference for you, but the most simple one would be for you to just squeeze it... Like let's say, it's in your gut. You just squeeze your gut muscles. You squeeze around it and let it know that contact has been made, because your gut's trying to tell you something.

Your mind isn't going to be able to figure out what it is in the moment, and the good news is it doesn't have to, but what we have to do is to work with the raw energy and free it up so that you can start to be more empowered in your gut feeling area, because your wisdom rises from your gut feeling area, and when you don't know something intellectually, you can always depend on your gut. But our culture doesn't teach us how to do that. So I teach people how to do that, how to get in touch with that.

So what you would do if it got you in the throat, you'd squeeze your throat. You just constrict it as much as you could. If got you on your chest, you'd squeeze your chest. It's like squeeze your heart - not using your hand, but just on the tissues on the inside of your body squeeze them together. You just hug them in and then you're going to do something that I can walk you through as the process. We'll just combine these two things all at once.

So the first thing that you're going to do is squeeze the area that's being activated when you're in a situation that you don't want to be in. And you can feel it because there's a charge happening in your body. That's how you know you're on the right track.

Darius: Well, Dr. Sue, can we actually...? Can we do a part of this or maybe a sample of some of this and we'll ask people to begin to maybe recall something or go back to something? Would that be safe to do? Can we do that?

Sue: You bet. You bet.

Darius: Okay. Wow. So everybody, we're going to do this. So what I want you to do is share what you feel as well, because we want to create space of transformation. So I want to hear what happens. I want to get a sense of what's going on with all of you and I will let actually Dr. Sue take it away and I'm going to be on the line doing this as well, so I can't wait.

Sue: Beautiful. Okay, the first thing that I'm going to do is teach you a tool that then we'll come back and use in the process. So this is half of the tool. You squeeze the area that's being activated - and we've just been talking about that. We'll come back to that. There's another tool I want to teach and then we'll go through a process.

So the other tool is this: you're going to take a breath from above your head. You're going to breathe down through a channel in your body as if there's a channel that runs down through the center of your head, through the third eye, through the center of your throat, through the center of your chest. It goes down through the center of your belly, down through the center of your abdomen, right up the tip of the spine and down into the earth, so put your legs... down between your legs, just right down into the earth and then it comes back up through the earth, through the body and the tip of the spine; it comes back up to the belly, the center of the belly, through the center of the chest, through the center of the throat, through the center of the brain and then out to the top of the head.

So there's a tube that runs right down through the center of you. It's the torus energetically. It's an electromagnetic reality. There is a real channel of energy that runs down through the center of your body.

So if you could imagine that you had like a blowhole like a whale on the top of your head and you were going to breathe from the space. Like if you raise your hand above your head right now and look up at it and then just snap your fingers and then look straight ahead but keep snapping your fingers and memorize where that place is above your head.

Now, memorize that space in space above your head. Slowly bring your hands back down and memorize that place. You're going to take a breath from up here, down through this aperture, this opening in the top of your crown, and you're going to breathe down through your belly. So you breathe in, make your belly big. Not your chest - don't breathe with your chest, breathe with your belly. Breathe with your belly, your lower lobes of your lungs, okay?



Deep breath in. Your belly gets big. And then exhale. Your belly's going to get little. Pull your abdomen in and then at exhale you're going to imagine that the air or the prana, the energy, is going from your core, from your belly down into the earth, and then on your next inhale, you're going to breathe up from deep in the earth, up through the body, and then on the exhale, you're going to exhale straight out up through the top of the head again, all the way back up to that spot up above the head. So you are going *shooo* and then exhale there.

So that's called the central channel breath. You're breathing a breath that goes up and down through the central channel of the body and if you want to get out of any kind of emotional active in any situation that is paramount combined with one more tool. This is called Mula Bhanda. You squeeze the muscles in the base of the pelvic bowl like if you'd had to contain the bladder. If you had to go to the bathroom and you couldn't go to the bathroom for quite some time – it was going to be a long time for you to get to a restroom - you have to contract these muscles down at the base of the pelvic bowl and the sphincter muscles included. But you contract those muscles.

So you're kind of making a wine glass out of a tube. You're kind of constricting it at the base and this is going to allow you to collect more energy in the body, which will start to increase your vital force in the body. So it's called Mula Bhanda. It means 'root lock'. So you're just locking the energy right at your roots.

Now, keep those muscles contracted. Contract them as much as you possibly can and then relax it by one half, okay. And that's about how much you want to keep it toned while we're doing this exercise, okay.

So you're going to take a breath from above your head, into the belly, keep that Mula Bhanda contracted. Keep that Mula Bhanda – those muscles, those sphincter muscles... Just kind of squeeze them. And then exhale. Keep them contracted but exhale down into the earth. Just make it up. Just imagine this. And then inhale from deep in the earth up through this Mula Bhanda through these contracted muscles, fill the belly and then exhale up through that tube all the way up through that channel, out the top of the head, okay. That's the central channel breath with Mula Bhanda engaged, alright? So that's a tool.

The first tool is you're going to squeeze whatever area gets activated. We're going to come back to that. The second tool is the central channel breath with Mula Bhanda engaged, okay. Those are the two tools.

Now, what I'd love to invite you into is to think of something that recurs in your life, something you find yourself thinking about often, or something that upsets you or something that happened a long time ago that you wish had never happened or you wish had turned out differently, okay. You probably have one by now. If you don't have one, just let me know, I'll give you one of mine. I've got a list. I'm just playing though.

But if you just think of something that's upsetting or that bothered you before – even if you've gotten okay with it now. If when you think about it it creates any kind of charge in the body, that's what I'm interested in.

So we're all going to grab one of these experiences and now we're going to think about it. I want you to get into the situation, like how did it affect you? How did it affect you emotionally? The primary feeling, feel that now. And allow yourself to revisit it in every degree. Like go back into the time, go back into the experience, have it to whatever degree that you can, whatever key words or trigger things that would really drop you into that situation, just like: 'Oh my god, here it is.'

There it is. Now, you drop right into it. Now notice if there's an area of your body that starts pounding or your heart's pounding or you just get a knot in your stomach as soon as you think about it, or your throat gets a lump in it. It's like: 'Man, what is that?' Or your chest feels constricted. You may have tension in your shoulders or something. I want you to pick the one that's the biggest, the one that feels the most different than the rest of your body right now, and just find a way to squeeze it, you know, inside.

Don't use your hands to squeeze it. Just squeeze it from the inside, just like: Okay, right, there it is. I'm isolating that area. I'm going to find that area right there. That's it. That's the one that's activated in the midst of this thought. So I'm squeezing it and I'm going to keep it squeezed. I'm going to keep that area squeezed.'

Now, the next thing I'm going to do is engage that root lock called Mula Bandha. So contract those, keep that area contracted, whatever that was, your activation, and now you are going to contract Mula Bandha. Just squeeze the sphincter muscles, the muscles of the pelvic bowl a little bit now. Now, just notice how you feel in the body, and now you're going to take a breath from above of your head and breathe it right into that area. Squeeze that area and breathe it right into the belly. So you keep everything as contracted as you can but you breathe into the belly at the same time.

It's the balance between contraction and stretching when you inhale. And then you exhale down into the earth. Keep Mula Bandha contracted. Squeeze the area in the body. Keep it squeezed. Now take a breath in as if you're drawing up nutrients and support from Mother Nature, from the earth herself. Draw it up. Fill the belly. Keep that area squeezed. Keep Mula Bandha contracted. And now exhale it straight up and out through the body. Go as slow as you need to go. Be authentic. Don't let it skip a beat.

Now take a breath in from above the head, fill the belly, squeeze that area that was activated, pay special attention when the breath comes past... when the energy and the prana and the breath comes passed that area that you're squeezing because it's activated. Pay special attention there and then exhale right down into the earth and take a deep breath in again. Fill the belly. Keep Mula Bandha engaged. Squeeze that area of activation. Exhale straight out through the top of the head.

Now release the area if it's still constricted. Release the contraction around it and then release Mula Bandha and take a deep breath in and just exhale... slow. Right down through the body. Just exhale through the body.

Now, just take note of how you feel in your body relative to this situation. See if that same area is shifted a little bit or a lot. So many times people would tell me that it's just completely gone. They can't even find it. They can't even feel any charge about

the situation, because the situation had a charge on it because of energies inside of you that were blocked in the first place. Actually, the situation occurred in your life because of an energetic blockage. So it's not that the situation caused the blockage in you, it was the blockage in you that you came here to resolve. You came into this life to open it to a higher possibility and in doing so you made some contractual agreements and people would show up in your life and circumstances would unfold in just a right manner that would allow you this opportunity, including coming into this call right now and to be able to be exposed to circumstances, to techniques that will change this forever for you, that will change how you respond to these types of life circumstances forever, because you realize that they're showing up for me. They are not happening to me. They're showing up for me to awaken myself.

So hopefully by now you're starting to feel a stream of energy flowing through your body, pouring down from overhead like a waterfall of light that is a warm liquid light of love that is pouring through you constantly, and life has a tendency to distract us away from that awareness and to pull us into a state that is much less inviting and much less passionate about life circumstances themselves.

So I'll be interested to see how people are responding or what they're feeling and so on. There are additional things that we can do if we have time. I brought recordings of digital downloads that will teach people far more than what we were able to go through just in this short time that we have together. But there is a beginning for us.

Darius: Yeah.

Sue: It's a foundation. It's something to do all the time. The central channel breath can be used all the time, not just in the midst of the situation that we're trying to dissolve, but to build some circuitry to allow us to be in an empowered state when circumstances do happen.

Darius: You know, Dr. Sue... I'll check my line. Okay, can you hear me?

Sue: Yeah.

Darius: Okay, good. I did this as well and what I got was almost like I overrode an old circuitry. That's like kind of what came in to me. It was like I was overriding some circuitry that I'd created, re-patterning impulses. And it was the most amazing thing, because as I held that part from my attention and I tensed those muscles, I started breathing in through the top of my head and then I started exhaling through the earth and then as I released it was gone. And the funniest thing in the world was that right when it did that the skies opened up and it just started pouring down on my house. It was just absolutely amazing. It was like this perfect timing and I thought: 'Wow, I don't know what that means. That was very interesting.'

But what's happening... And I'm thinking about this situation and I don't feel it. And what you've done here is the first thing that I've ever had that type of feeling and I've never done anything like this. I've done so much energy work, like so many people. I'd never done anything like this where we literally put our hands on our body; we overrode circuitry and some amazing things happened.

So we're also getting... I know you're curious to see what people are feeling. We're

also getting a huge number of people writing in. So share at <http://youwealthrevolution.com/now>.

Vanessa had a lot of pain in her chest, a lot of pain, and now she only - or he only - feels warmth in that area for doing this exercise.

Sue: Beautiful.

Darius: Yeah. I mean, that's a big deal. Another person said: 'Wow.' This is Alejandra. She said: 'I was thinking how in the world is this going to unblock my throat if I'm holding it contracted?' That sounds like the mind. And, guys, this is what Dr. Sue's doing. We're going away from the area of the mind. And she says: 'But it did. Afterwards I felt like crying and love washing away. I loved it. Thank you, thank you, thank you.'

That happened. You want more? There's a lot more!

Sue: I get it. I mean, I hear it all the time. That's what happens and I love it every single time it happens. It's almost like it's the first time for me every time, because it elicits so much joy, because we have the capacity to unlock so much and we have not been shown how to get in our bodies and to allow ourselves to work underneath the mental body, underneath the mind, underneath the story. If somebody had taught us that when we were five, can you imagine how many things we would have never have to process with our heads the way that we tried to? We would have been in our power all along. So we would have been attracting completely different sets of circumstances in our lives because of that.

Because we attract what we attract because they're here to try to wake us up. So if we were already awakening ourselves, then we wouldn't have to have these 2x4s that smack us over the head in life. We could gracefully be dancing through life in a way that's like collaborative and magical – seemingly magical.

But it is; it's really the natural state that we're supposed to be in when we turn these aspects of ourselves on. There's so much more to share, but, you know, that's a little taste. It's a tiny little taste of what we can do. We have the power to transform to our physical reality in an instant, but no one has really put the pieces together to teach us how to do that culturally, and, you know, it's time. That's the beauty of what we have awakened to at this time in our lives, at this time in evolution of humanity. We get to be free and we don't have to figure it out with our minds.

And I love the fact that a person was saying: 'How in the world is constricting something going to open it up?' And that's it. We have to get in there in order to exercise the muscles, in order to draw the prana through it, which is that essence, that juice that unlocks the bound of tissues. Those tissues are only bound up in the first place because we haven't been in there. We've been everywhere but there. And so consequently we haven't been able to speak our truth or manifest like we're supposed to or be free to hear someone out before we're already conjuring up our argument in the situation.

So there's so much more freedom available to us and it's a great joy to engage in these conversations. I love it.

Darius: Wow.

Sue: And, you know, getting together on a live situation is even better. This is my juice. I'm so grateful to be in the conversation with everyone.

Darius: Well, a lot of people are coming in, writing. Diana Torres wrote and said: 'This is amazing. I felt such heaviness in the third and fourth chakras it almost hurt.' And she said: 'When the energy was over, the heaviness was cut in half.' She says: 'I've been sick two-fourths of my life. I want freedom. I'm going to keep doing this again and again to remove any blocks that have been taking hold of me and I will keep doing it no matter how long it takes.'

Another person said they felt love washing all over them.

Another person said that they had a lot of chest pain again and heart rate going up, and then after the exercises everything normalized.

Another person, a lot of tingling in their body.

So a lot of different things happening. It just keeps flooding in. What I'm getting very much is that this is having a big effect on people and this is just a small piece of what the Energy Codes really are about. How are the Energy Codes in terms of work perhaps different than some of the other things maybe that you tried in your life or certainly our audience has been exposed to or even that I've tried? What's the big differentiator, Dr. Sue?

Sue: Well, I think one of the things we've touched on already is that it's really focusing on the underneath the story so we don't have to rack our brains for the solution. Because what happens is we start piercing veils like this and pretty soon more of us shows up to life's situations.

Darius: Yeah.

Sue: So we stop creating these disillusionments. We stop creating these disheartening circumstances so we don't even have to keep asking the question of why this is happening in my life because it is not happening anymore, and it kind of happens out of the corner your eye. It's like I don't even know how I got here but here I am. It's that kind of a feeling. I don't even know how I got empowered but here I am. I'm in an empowered place and I find myself speaking into situations that I didn't use to.

So the work is very much differentiated in that, Number One, I don't think that anything is broken with anyone, and so I am not looking for things to fix. I'm really looking to wake you up to your whole power because there's nothing with you in the first place. There's nothing that is broken that needs to be corrected. There's some circuitry that needs to be built that wasn't built yet, so here it is, and so it's time.

And so it's about looking at the rightness and really speaking to our strengths and our wholeness. It's really about holding our wholeness out to the surface of our lives instead of piecemealing recipe cookbook going after something that is wrong and fixing that, okay. So I do think that's a distinguishing factor and ultimately I really look at the Energy Codes as something that is designed to enhance anything else



that anyone is doing. I'm not trying to say that it's better than or make distinguishing factors. It's really about pulling forth the rightness and the wholeness in an individual and letting that lead their lives, because their lives will be whole and fulfilled and complete when that happens and as it's happening it's a much more joyful ride than anything else.

I would say that I'm not neurologically-centered only, and I'm not energy-centered only. It's both. I'm both working with the electromagnetic energy flow, the chi, the prana in the body and I'm also looking into rewire the brain and retrain the brain and that. I'm working with mental and emotional and spiritual and physical and memory and subconscious, and all of that combined I think is an essential recipe for us to really access how to step into our fullness and into our wholeness.

So it's use of breath work, it's use of body positions that we can utilize, and it's use of some definite techniques that are extremely valuable in removing subconscious interferences that really, really get in the way of people's ultimate expression of their empowering wholeness. So basically the combination there.

Darius: Wow. Big question came in from Lynn in Portland. She said: 'Does this only work with things that cause a physical sensation like a memory? Or can it work through pattern such as worry, anxiety, depression, etc?'

Sue: Of, you bet it'll work with those, because those are a byproduct of what I'm talking about. If you get into an anxious state for no reason that you can't think of, like you don't know why you're anxious, you're just feeling really freaked out today.

Darius: Right.

Sue: You just notice where in your body... If you contract Mula Bhana first of all, your anxiousness will shift immediately. So you're driving down the road and you're all upset and you're freaked out about something, you just Mula Bhanda. I guarantee you won't be able to worry about the situation or feel the feeling of anxiety even though it's just a diffused feeling of anxiety not related to anyone or event.

It will shift instantly because the moment you land in your body, you're different. When your consciousness is not completely rooted in and anchored at the root of the body in this root center, which is what Mula Bhanda represents, you have a tendency to go into the mental body which is the land of duality, which is I'm either synched or I'm not. This is good or it's bad. This is right or it's wrong. And that land of duality is maddening. So you move Mula Bhanda and it will automatically pull you through the hurt and land you down in your wisdom and down in your rootedness and things will change. I guarantee it will help.

So in addition to that, when you're in this anxiety state, just notice where I am feeling it the most in the body? It could be the exact same process that we just did and you'll be home free. It will absolutely shift it in an instant. It will shift it within five minutes, I guarantee it. I know that it will. And if it's more deeper-reaching than that, then I'll have some other materials that can help you, but I've been helping people with this for 30 years. I know that it works. It's what it's been taught.

I don't mean to sound cocky about this, but I just am speaking from 30 years of experience of working with hundreds and hundreds and now thousands and thousands of people in ways that I see transform them all the time. All the time it happens.

So in addition let me say that you can also use this when you're inspired and you're like super juiced and jazzed about something and you're in your magnanimousness, okay. Notice where in your body you're activated and squeeze that and breathe it up and down through the central channel and spread the love and share the joy, share the power with other parts of your body. It will actually help you to get those parts up and at 'em a whole lot faster in your life if you anchor that bliss and that joy and that elation that we do get to experience also in life.

So this isn't just about fixing problems. It's about setting a new pathway and setting some new circuitry and anchoring really the one that you intend to become all the time, and that's how it happens. That's how it happens. You have to teach the cells how to be.

Darius: Does it matter, Dr. Sue, like how long someone's been experiencing this? I mean, what if it's been 40 years of this memory or it's been something that they haven't really dealt with from a number of years? I mean, can the circuitry just get locked into a certain way of being or is it always possible to transform and sort of almost rewire ourselves to be the full beautiful beings that we are?

Sue: You know, this underneath the story piece means we're going beyond space and time. So it doesn't matter. You know, space and time are just concepts of the mental body, and when we get underneath the mental body we're dealing in a realm that doesn't matter. So it doesn't matter how long it's been in place and it doesn't matter how big of an impact it has been.

Darius: Wow.

Sue: In fact, I'm thrilled with it all, because if it's been there a long time then you're really clear and you're really etched into that pattern and the more etched you are then the more succinct we can be when it comes to the time to break it. It's all about clarity and quickening. But we're really operating beyond space and time with this and the subconscious doesn't know anything about that. It doesn't know if it happened 10 minutes ago or 10 years ago or two decades ago.

Darius: Wow.

Sue: It either has a vibrational impact on you or it doesn't, and you can change it here and now. It doesn't matter. It doesn't matter if you're 80. It doesn't matter if you're eight. You can access these techniques and put this to work for yourself.

Darius: Astounding. People are feeling this and writing in. I want to ask a question about the deeper work, the Energy Codes. One of the things you said here is the Energy Codes help you unlock your capacity to move beyond the idea of healing something broken and beyond releasing to a new perspective that transforms everything in your life into undeniable evidence that you are a profoundly powerful creator. Let's talk a little bit about the deeper Energy Codes and what they are. Can we do that?

Sue: Well, sure. I teach a series of four different levels of workshops – a Level 1 and 2 and a 3 and then Level 4 is a year-long study program that happens after that. In that, incrementally I walk people through really changing their reality from being a reactor and trying to make better situations out of the bad circumstances that occur in their lives to walking them into seeing that nothing bad has ever really happened.

I mean, I shared with you I've been through some physical abuse, some sexual inappropriate abuse, some abandonment issues. The biggies, you know. And I know that there are some that have been through bigger versions of some of those things and some that haven't. And what I know is that it's all... We have the opportunity to turn that into gold. We have an opportunity to turn that into something that sets you free instead of just really intimidates you or causes the broken feelings and the intimidated feelings and the questions that arise from those types of experiences in life. And ultimately by the time we get to Level 2 what I'm interested in is people getting that: Oh my gosh, these situations that I used to think were bad are actually better for me than. They have served me and awakened me to who I choose to be in the world and how to choose to be in the world and what matters most to me, and it brings a lot of clarification.

So by Level 2, what we're really looking at is, can we really call it that? Can we really call it the fact that you can't manifest money in your life bad? Well, let's just stop calling it good or bad and let's get about shifting it into a flowing state instead of a stuck state, instead of a dormant state or an undeveloped state. Let's develop it. Let's build some circuitry around that.

So we're moving... Once we start working with energy in this way, we start to develop an ability to manage the energies instead of trying to deal with the default mechanism of physical circumstances, because everything is energy and the physical world is the caboose on the train. If we could learn to manage the energy before we get to the caboose, then the physical world is going to out-picture differently for us.

So that's how I'm working with people on a deeper level. We're working with the energy before it ever even lands in the physical world and manifest in that way.

Darius: Wow.

Sue: So we can intercept things before they happen or cause them to not need to happen because we've awakened in certain ways. So let's say it this way: if a certain situation happens in your life to teach you something, what if you could learn that without having to have that type of situation happen again? Because oftentimes people will ask a question: 'Well, if the bad, hard things that have happened in my life have been my greatest teachers, do I continue to have to have bad, hard things happen to continue to learn?'

Darius: Right.

Sue: And the point is absolutely not. That's the point of the Energy Codes is let's work with the energy so that we can start to get on the real wheels of the bicycle instead of riding sideways on the training wheels to get the job done. So we don't have to

keep creating what we don't want in order to figure out what we do want. You know, that's something people say often. They're like: 'Well, at least I know what I don't want. I've done this. I've tried this. I've tried that. I know what doesn't work.'

Well, we don't have to keep operating by default. Once we learn that this is all about learning how to master the energy flow in my core, if I could start to get a handle on how to do that, which we've just brushed across in our conversation today, there's so much more available in that way. Then if I could just get good at managing the energy, then I can manifest accordingly and I can turn myself into something that is quite a lot more capable than the individual that I was walking around as historically in the past, trying to make the best out of bad situations. What if I didn't have to do that anymore?

But it all comes down to learning how to master the energy flow through the core of our being, and once we do that, we don't need training wheels anymore. We don't need circumstances, obstacles on our obstacle course to muscle up against. We can walk around strong and calm without having to deal with such difficult circumstances beforehand. Are you following what I'm saying now?

Darius: Oh yes. Yeah, absolutely. Wow. It sounds just absolutely phenomenal and the results coming back, the things people are saying and feeling, I mean, is just amazing. I want to do this. For people that want to go deeper into the Energy Codes, I know you have some deeper work that you've put together for us today at You Wealth Revolution. Let's talk a little bit about what's here and then also maybe as we're going through it people will get even more of an understanding of how to apply this in their life and what if can do for them. Can we do that?

Sue: You bet. I have an mp3 download that people can get immediately, they can get right away of the Energy Codes and an actual... It's an actual one-day manifesting workshop that I've done. It's a recording of a very current one and it's the juicy full day experience.

Darius: Oh my gosh. Wow.

Sue: Lots of different practices and lots of the principles that we're working with, and it's the full meal deal of an introduction to the Energy Codes. It's the one-day workshop that I teach as an introduction. Like if people want to see if it works for them and see what this work is about, they come to that workshop, and if people can't come to the workshop, then I've made this audio recording available for them as an mp3 download that they can have instantly. So I have that.

There's also... I have a two-hour webcast that is a recording that you can see some of the practices being done and there are certain ways of breathing that are more effective than others when we say 'take this breath from above your head.' When you can see that being demonstrated, it drops in in a more sophisticated manner for you and more detail so that it can go to work for you in a much more specific way.

I also have digital downloads for daily practice where I've gone through things to consider. First thing off in the morning, start your day this way, doing this, working with this energy and your core before your feet even hit the floor, before you're even

engage in the day, before somebody can knock you off track, that you've really pulled yourself together into this quickened state of clarity that you can walk and breath as this individual who's masterful at starting to learn how to move energy. And then I do a midday check-in and then it's some practices for the end of the day.

And I recommend that people listen to that and then listen to it again a month from now, and then listen to it again a month after that, because there's so much in there that you're not going to be able to catch it all, and certain things are going to appeal to you like, oh, that's what I need to do right now, and then after you do that for a while, you're not going to need to practice that because you will have become that,. And then listen to it again and you can add on and add on and add on to your practicing in the way. That's how that one's designed.

Darius: Let me just share, Dr. Sue, I'm going to share where it is. Some people are asking. It's at <http://youwealthrevolution.com/codes2013>. A few people are asking specifics. Can we walk through kind of some of the different pieces that are in this package because there's a lot here and I want to be sure to cover every single thing?

Sue: You bet.

Darius: Okay. The first thing is Item One, which is a webcast, is that right? A webcast of the Energy Codes?

Sue: Yeah.

Darius: Tell me a little bit about what that is and how it's different than the workshop.

Sue: Okay. So the webcast is an introduction that tells about each of the levels and gives you a few of the ideas that are in it and gives you some things to work with along the way and so on. It's an introduction. It's designed for that, just to give you some of the lay of the land. And not just informational, but some practices that you can be doing along the way...

Darius: Very cool.

Sue: So that it's beneficial to you as well. So that's the webcast. And what's next on your sheet?

Darius: The actual workshop is manifesting. Now, when you say manifesting, this is actually for people that want to manifest, want to heal, want to release. Tell me about the workshop.

Sue: Well, anything that you're going to manifest in the physical world has to happen through a certain circuitry of energy in your system. You have to be able to manage energy in a particular way if you want to be able to manifest anything, whether it's manifesting a better job, manifesting your health in a way that it hasn't been able to come through, whether it's manifesting your ability to experience abundance in your life, to experience joy, to actually have a feeling of love in your system to manifest that, to really feel and have it become true and have it be a real reality in your life. That's what I mean by manifesting.

It's not just about making more money, but making more money is certainly a



byproduct of getting in touch with this circuitry that the manifesting workshop is teaching people how to do. It's all about building a circuitry in the body that has to be in place before anything else can ever happen in a consistent sustainable manner, in a fulfilling way in our lives, period. It just can't happen. Otherwise, we're hitting and missing and we're taking a shot in the dark or we're doing the shotgun approach or we're putting a whole bunch of energy into something and whatever amount of energy it takes to create it, it takes that kind of energy to sustain it and it just begins to be too exhausting, and so we end up duping ourselves along the way and not really being able to have these creations be sustainable.

Darius: Wow.

Sue: So the manifesting workshop, that mp3 audio download of that workshop is teaching you how to build that circuitry to begin. And then everything that you do after that is much easier and much more sustainable because you've built the circuitry that can handle it.

Darius: Yeah. I just imagined for people that have been dealing with things for a long time, dealing with challenges, dealing with frustration, and really now being able to understand not only how that energy works, how to move that energy, how to rebuild new circuitry and create new circuitry. We were really talking with Dr. Sue, obviously. She said: 'We want people to get, you know, like the full workshop. We want people to be able to actually begin to apply this in a really huge way in their life and give them everything so they can get started.' And this is exactly what we did.

That's Item Two. It's at <http://youwealthrevolution.com/codes2013>.

One person had written in that we got from Dr. Sue and said: 'Working with Dr. Sue Morter has taken me from being a sick, unhappy person to someone that is healthy and really enjoys life. I never realized how sick I was until my body started to heal. I just had accepted that this was how I am supposed to feel. Colleen Campbell.'

And truthfully how many of us are accepting things that really aren't the way that we really are? And, Dr. Sue, I just love this.

Item Three is the mega-meditation audio download. Tell me about that and how that fits in with all the other pieces and what that's going to do for people.

Sue: Well, absolutely. Mega-meditation is because it has four main big topics. There are four separate meditations on the four biggies of life, which are relationships and healing and manifesting and life purpose. Those kinds of topics are specifically addressed in a digital download that you can listen to. It's a guided meditation. I have sounds and vibrational frequencies and energy patterns in the background that activate and stimulate the system to build the circuitry that we're interested in. And I'll walk you through.

And then the next track is all those sounds and tones are playing still but I'm not talking. So you can have your own experience and ultimately our ultimate mastery is to be guided and then to try it ourselves and to do our own thing. So I built that

whole system on that. So mega-meditation is about that. It has two extra bonus CDs in there that are teaching about the subtle energy layers of the human system, the mental body and the emotional body and the spiritual body and the physical and the etheric templates and all that kind of thing. And then also there's another CD that talks about the chakras and what they represent and how they are relative to different aspects of our consciousness and so on.

Darius: And we...

Sue: Pardon?

Darius: And when we were talking, you know, one of the things I think struck me was your desire to help take people through the start of that transformative journey that you had. You had this awakening, you had this thing happen, and then now it was like how do we reengineer or deconstruct this process so that people here, the people listening, can have that experience without it taking 30 years, 40 years, 50 years or even at all? Because so many people live and die being completely energetically unawakened.

Sue: Yes, never even knowing what they might have had as an experience, you know, just enduring life instead of really being in their own genius, in their own creative manifesting capacity.

You know, interestingly, as you mention that, this mega-meditation was made shortly after that and that experience with the light that I had...

Darius: Wow.

Sue: And so it's quite illumined as far as that goes. And then the day practice - the one that we talked about before - I made it just last year. So it's about the practical application of the experience that I was taking people through during the mega-meditation. I hadn't ever realized that until we were just in this conversation just in this moment, that those are kind of a two ends of the spectrum; that the mega-meditation was made right after that, so I was right in that high frequency energy and bringing it into the body myself. So I was sharing that practice with others and they had such a great response to it I put a recording to it and that's what's available in the mega-meditation.

So it's helped hundreds and hundreds and thousands of thousands now. I say hundreds and hundreds because when I was in practice, I saw people all day long and in a month's time I would see hundreds of people. Now in a month's time I speak to thousands of people. So, you know, it's just amazing how life unfolds when we just lean into ourselves and trust ourselves and get into our own core and really believe.

Darius: Yeah.

Sue: And not believe on a mental body level but start to believe on a raw energy level and start to move that energy and draw it through our system in a very deep, intimate

loving way, and it opens us up in a way that no other set of circumstances in life can do. It's an inside job and it's intimate and it's a personal decision that we make and it's a personal process that happens through our victory, and these materials are designed to help you in that deep, personal experience of saying yes to yourself in a way that you never really have before and letting it unfold in a way that is truly meant to be for you. It's supposed to be that you're victorious, and I say that from having been at the other end of the spectrum to where I am today. It's a full keyboard experience absolutely.

Darius: Wow. I love this. I love this package and what's here. It's at <http://ouwealthrevolution.com/codes2013>.

The last one I wanted to just share really quick was Item Five, which I've heard a lot about and this is phenomenal. This is the *Energy Man Top 10 Digital Edition*. These are the top 10 concepts, right, Dr. Sue, that help people to really understand this totally like quantum transformation in terms of energy and living and being just totally pain-free, in the flow and just living life? Tell me about Item Five.

Sue: Yes, yes, yes. It is. The *Energy Man Top 10*... These are the questions that people ask, the biggies that they want to know - you know, what's the meaning of this? What's the purpose of this? Why is this situation happening in my life? Why does that happen? You know, what do I do differently and how do I deal with grief? How do I deal with fear? Where do I go to? How do I process these things called life in a way that works from this deep energetic flowing level?

And so I put them all together and just answered them all. So some of the answers are brief 10-minute answers and some of them go into a 25-minute explanation about something, because it's a really rich deep topic that matters a lot in life, and when we want to move into mastery, we need to address the basic practical things that happen in my everyday life. How can I start to see them differently and, most importantly, how can I breathe with them differently and move them differently through my system so that I can master this whole thing instantly called life, instead of just knowing all this stuff but it's not really changing anything in my life?

Embodiment is what I teach. It's about embodiment. It means it has to come to life in my life or it's just another conversation, and I'm not interested, you're not interested, we are not interested in just having another conversation. We kind of get afraid when we have a bunch of those conversations and we're still not benefitting or we're still not healing or we're still feeling this way. It's important that we don't get disillusioned, that there's just another step that people haven't been taught and it's about taking it to the body, working with the raw energies and moving it, shifting it through our lives and letting that little wisdom that's deep in the cells of our being come up to the surface and guide us and trust it and go with it.

This is a process that will allow you to know how to do that. The Energy Codes is a collection of principles and practices that will teach you how to do exactly that. I mean, I get it. It needs to be a step-by-step process. And I also don't insult your intelligence. I take you quickly through it and you can repeat and re-listen and that kind of thing, but the point is we have a place to get to and it is called an empowered, lightened, integrated individual and that is who you're meant to be. So if

that's not happening yet, then let's get started.

Darius: Yeah. Just incredible. A lot of things here. It's at <http://ouwealthrevolution.com/codes2013>.

Dr. Sue, I will say that you broke up just a little bit towards the tail end there so I don't know if everybody heard. They heard most of that. I just want to be sure. If anyone's having trouble we're going to see what can be done there. It is at <http://youwealthrevolution.com/codes2013>. It's a total value of \$624. It is 76% off and \$147 is Dr. Sue's incredible offering today for the You Wealth community to do several things: to move beyond your mind, which is what keeps so many of us – it's keeping all of us in a lower state so we can heal; relieve and remove subconscious stress in a way you've never probably done before; access your deep sensory resonance and achieve balance and life force enhancement.

And I'm going to ask Dr. Sue in a moment about what people have seen and experienced with this. I'll say this: I mean, we can't make any promises as to what you're going to experience. Every experience is going to be different. But there's stories on here, people that had eyesight improved, people that had ovarian syndromes that get better, people that had a deeper meditation even though they've been trying for years, people that have been seeing their life transform in numerous ways, physical and mental health and otherwise.

So it definitely is something incredible. It's at <http://ouwealthrevolution.com/codes2013>.

Dr. Sue, what are some things you've experienced with people as they go through this work?

I don't know if Dr. Sue called back in... Okay, I think Dr. Sue's going to call back in here so we get a better connection. So let me see what questions people have coming up. We've got quite a few. Artz, we are going to take care of that. One question that someone had was... Oh, wow. One person said: 'This was amazing. I felt heaviness in my third and in my fourth chakras and it almost began to hurt. And then the energy was cut literally in half.' So this is something that Diane felt as she went through the process.

Another person said: 'I couldn't believe that this would work. Afterwards I felt like crying. I felt love washing away. I loved it. I loved it. Thank you, thank you, thank you.' So she was feeling love wash over her.

Send in your questions for Dr. Sue or anything about what this work is, the Energy Codes. Maybe you're wondering how is it different; will it work for this particular issue, this particular situation.

We had one person write in... And there's Dr. Sue back on. Dr. Sue, welcome back.

Sue: Hello, hello. I'm not sure what happened there. I'm back. Sorry about that.

Darius: Oh, it's okay. We probably have a better line, a better connection now. Quick

question. I was asking actually before you left was, what are some of the things you've seen as people utilize this program? What have you seen happen? And of course I mentioned that everyone's results are going to be different, so we can't guarantee results that someone gets, but what have you seen?

Sue: Yeah. Right. It is; it's a very unique and individual situation in everyone's circumstance and I have to say that it's been a full spectrum from people telling me that they were able to make a change in their lives that they've been wanting to make for a couple of decades, divorces they've been wanting to have the courage to take, marriages they were wanting to have the courage to propose, healings that... of things that are... natures that we would not anticipate something quite so out, you know, just easy to do and to implement, such as beginning to shift skin conditions, asthmas, allergies, blood pressure issues, all kinds of pain patterns, things like diabetes and a variety of anxieties.

I'm not saying that this is going to be the only thing that you need to do to treat any of those conditions and of course being a doctor I have to be careful to make a claim like that. If I don't have you under my direct care *per se* - which I will also do - but in this situation I'm just simply sharing that as possibilities of things that have happened with people that have just written in in testimonial form of their experience. And it has been a great joy to get to know those people and to see that these things are really happening when they come to my workshops and I get to witness that unfolding. It is profound. And pain pattern, allergies, asthmas, migraines, menstrual cramps that were painful to young women that just completely gets shifted when they start moving the energy through the body and so on.

So ADD, lots of things that even kids that are having a real struggle with functioning in our society as our society is orchestrated right now and our school systems result in all kinds of departments along these lines. So I'm happy to speak to any individual situation, if anybody ever wants to contact me for that. I'm available to help in whatever ways I can.

It's tough to make big claims over the airways and still be responsible, but I do want you to know about the possibilities there are available. So it's addressed, it was originated out of the concern for physical ailments, and what we found was that the physical ailments responded and mental and emotional issues got cleared up, and what we found as a beautiful byproduct of the whole thing was that spiritual dilemmas that people that have been in in their whole lives were changing right in front of their eyes as well.

So that was just kind of an icing on the cake for me as far as I was concerned at that time, but now I know that all parts of us are impacted when we start to engage from this raw core root energetic level of the nature of our being.

So I would not limit it to any area. I think all things are possible when we start to unfold into our wholeness and really grasp the truth of who we are. I see it impacting anything that is intended to be resolved for an individual, and I'm happy and honored to be an assistant in facilitating that process for people. Hopefully that helps.

Darius: Yeah. Just astounding. Yeah. Oh, it helps a lot. I mean, just a list of things and, you



know, this is energy that wants to leave and we need to understand how to recreate those pathways and it can be done very quickly. I mean, we had people already on this call. A totally different way of perceiving energy, moving energy in our body, releasing it, than we ever discussed here. I mean, this is phenomenal to me. I was doing this for three-and-a-half years and studying energy and in my life since I was 17 years old, which is now like, I don't know, it's like probably a good 16 years now. I mean, it's been quite a while truthfully... No, actually, what am I talking about? Almost 25 years. But truthfully this is something totally different and the truth is we have the ability.

I'm so honored just to share this with our team, to share this with the world so that we can go deeper and know how to do this. We've got one question coming in, Dr. Sue, which is, how do I know this is for me? And maybe the way I could phrase that to you for that caller is, who is this for? And maybe who is it for?

Sue: You know, I find that I have a hard time running across anybody that won't benefit from it, yet I would say that the people who respond the fastest are the people who've... You know, I can't even say that. I was going to say the people who have been trying things and not getting the results that they want. But this takes it a step deeper. But I also have to say that people who are brand new to the whole path of even getting in touch with this kind of thing, they just jump straight in because they have no preconceived idea of how it's supposed to go.

Darius: Yeah, yeah.

Sue: So they don't get it in their own way. So it really benefits anyone who would like some parts of their life to be different, would like to believe in themselves in a way that they haven't been able to, to have some confidence to step forward in life in a way that life so far hasn't been really inviting them into. But I really want them to know that times are different now, and the person who's been in the background, or that's been intimidated, or has been secretly in pain even though it looked like they were leading the way, that individual has a new day upon them and it's now.

This work is for them to learn how to bring that truth out sooner rather than later, because enough already. You know, let's get on with living the life that we dream of, or the one that we haven't even given ourselves permission to dream of. That was my case. I didn't even give myself permission to dream. And somebody asked me one day, if you could have your life be anyway you wanted it and it could just happen, what would you have? And I couldn't answer the question. I couldn't answer the question.

I started crying actually. I was like, I don't know. I've been so busy doing what I thought I was supposed to do and doing the right thing and showing up the way you're supposed to show up and being a good daughter and a good sister and a good friend and a good doctor and a good citizen and all that stuff, that, you know, I never even stopped to ask myself is this really what I wanted.

Darius: Wow. Yeah.

Sue: And then I got busy answering that question. And that's what I'm doing today, you

know. My life was exactly the way that I would like it to be. I'm a little busier than I thought I would be because I'm getting invited to talk and speak and do all these things all the time, but I love it, so it doesn't feel like work.

It is our destiny to be in our profound genius, really to bring it out. So this work is for you if you have felt like you haven't really been able to get that together, like pull those pieces together and have it show up in your life. So whether it's physical healing, mental shifting, emotional stabilization or spiritual awakening that you're interested in, I would say yes, it's for you.

Darius: A lot of people are going deeper into the work and I know that a lot of people felt a big shift on the call. And I think for you, you know, we didn't really talk about this. I know, we're way over time, but as a doctor then awakening to this and then creating this very powerful methodology, I mean, it's just astounding to me. It's an incredible story. It's an incredible journey and I have no doubt incredibly heart-centered and sound based on what I felt and our research and what we're seeing.

So, Dr. Sue, thank you so much for everything and being here and sharing this incredible work – your life's work - with us here and then making it available at such a huge discount where people can get it.

A quick question just came in from someone in the audience. Is this available now? Do they get this instantly or does it come in the mail?

Sue: It's instant. It's all digital.

Darius: Right now.

Sue: This could be in your lap. As soon as you say yes it happens.

Darius: Okay. Wow. I mean, sometimes I just, you know what, you know, just how fast we can get things that people didn't have... I mean, people didn't have this since the beginning of time. I mean, this is truly a new age.

Sue: I know. It's a great time.

Darius: So you can have something that we've wanted, mankind has needed, instantly. It's at <http://youwealthrevolution.com/codes2013>. The discovery of the Energy Codes and how to move energy effectively, creating new pathways and releasing that energy that you maybe haven't been able to release. This is going to be something profound for you.

You can go there to go deeper and get everything that you will need to get started. Again, I'll say this: our team and Dr. Sue's team worked together to make sure you have a very complete, complete toolset here to really start seeing some magnificent results. Thank you so much, Dr. Sue, for being here and sharing and just contributing to what we do here at the You Wealth Revolution and doing it in such a big way.

Sue: Oh, my great pleasure, and thank you for being so engaging and for the work that

you guys are doing to bring this forward to everyone. And thank you to everyone who's on the call saying yes to yourself. It's the greatest gift you can give to humanity, and to dive into that to a level of mastery is something I look forward to assisting you with. And again, it's just been a real joy and I'm happy to come back and play some other time. It's been great. Thank you.

Darius: Thank you. I've got two quick questions that just came in. A short answer would be great. One person was asking: 'Has this work on addictions in the past? Have you seen results there?' Another person asking about issues around business or financial challenges, you know, kind of like abundance blocks and so forth. So we've got those two questions.

Sue: Yeah. Well, the abundance block with the business and financial issues I think that we have been speaking to a bit/.

Darius: Yeah, yeah.

Sue: It absolutely does. There are certain breath works and certain embodiment practices that I teach that relate specifically to abundance that are in the recordings for the manifesting workshop. And then regarding addictions, it's absolutely that. The addictions are really of a solar plexus and wisdom-centered issue, and it has to do with really searching for power or searching for some positive in an alternative way. And as we build the circuitry straight up and down through the central channel, what gets to happen is we have fulfillment in the ways that we have previously been searching for them, and so everything begins to really take on a shifted disposition at that point.

Darius: Wow.

Sue: So it speaks to additions in grounding in our power and hooking that up with the fulfilling sensation of greater love being actually experienced is tremendously beneficial in breaking the addictive tendencies now, absolutely.

Darius: Wow. Okay. That's for you, Sophie, and that's for the other caller that sent in. And thank you so much, Dr. Sue. Incredible session. Thank you for being here and the incredible exercises as well.

Sue: Absolutely. I look forward to digging in more deeply with everyone. Let's do school. Alright.

Darius: Awesome. Thank you.