

Gen Y Shift™:

Sue Morter

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Ben: Hello, hello, everybody. Welcome back to the Gen Y Shift Series. This is Ben with you again.

I'm so excited for our guest this week. I've had the good fortune and honor on a number of courses she had done with us here at Shift and just always inspired and impressed at what she brings. So it's like I'll leave with a lot of a transmission of love and opening. So I'm very excited to have her on the show with you all.

I sent out some information about her, but I'll just say right now that Dr. Sue Morter is an international authority on bridging science, spirit and human possibility. In addition to her private practice at Morter Institute & Health Center, which is a multi-doctor healing center, she speaks in these programs around the world including at the TED Conference, Agape International, and Tony Robbins' Trainer Support amongst many, many others. She can be seen in documentary films, on internet television, radio interviews and live conferences worldwide and is here to help bridge science and spirit and return us to our true power in life.

Certainly, I can attest to that. I've seen her on many hundreds of people and everyone leaves glowing and excited, and we had emails coming in from people around the world so happy with what they have received. So Dr. Sue, I'm so happy to have you on this week. Thanks for being here.

Sue: My goodness, what a great pleasure. It is just always a joy to work with you, Ben, and with The Shift because of who you are and how you do what you do. There are a lot of people that are out there doing this kind of work -- or not a lot but there are a few that are doing it on a big scale like The Shift is. But nobody does it like you guys. There's something about you -- and I know what it is -- that resonates with authenticity and that resonates with truth. So I just always feel like I'm falling into this pool of loving embrace every time I hook up with you.

So I'm sure that everyone else that plugs in with you and with The Shift knows what I'm talking about. There's a quality to what you're doing that is it's the deal. I like it. I dig it. So I'm happy to be here.

Ben: Right on. Thank you. The feeling is mutual when you're around indeed.

So yeah, I just want to welcome you onto the call. It's a special series we have here and I think you know a bit about just with people in their 20s and 30s and going through some cool themes around life purpose and creativity, authentic expression, relationship, love, yadi-yadi-yada, onward, onward into all that goodness.

So I definitely want to go into much of that. But where I'd love to start, because I've heard about it in your courses, is I'd love to begin with your work as related to what you call the "front side of the model." I think people would benefit greatly from hearing a bit about your series on that or your work on that.

Sue: Sure. Let me see here. Let's set a context for it first. The front side of the model, what does that mean? Well, as duality would have it here on planet earth and the physical dimension, one of the easiest ways to initially begin engaging about something or describe it is to talk about it in terms of what it is relative to what it's not and so forth.

So it's so important that we realize that that's how we approach life, that we oftentimes create what we don't want, in fact, in order to figure out what we do want. People that are maybe twice the age of the people that you just mentioned, some people that are on this call, maybe people that are two or three times your age, they've had a lot of experience with creating what they don't want and then turning around midway through life and saying, "Gees, I'm like totally miserable. This isn't what I wanted to be doing. It sounded like the right thing to do or the smart thing to do at that time and so I did it and I gave up my all, and here I am 15 years down the road and it stinks. I'm not fulfilled. I might be successful; I might be making the money or successful and having a big trophy case in one form or another, but I'm not feeling it. I'm not feeling the fulfillment and so forth." And that's kind of one of the better-case scenarios out there.

Oftentimes, it also sounds like I'm working my patootsie off and I'm not really getting anywhere. I'm not making the money and I'm not feeling fulfilled and nothing seems to be working and so forth, and many things in between the Twitter, but all of which is kind of reflecting what I refer to as the back side of the model. And the front side of the model would be not having to do that but just creating what you do want because it is your authentic choice and it might be going against the grain or it might not make any sense or maybe nobody else is doing it or nobody else is even understanding it.

But you're drawing from someplace within you and you're bringing it. You're just bringing it forward in press and adventure and in joy and you're creating

something new, a new niche maybe, a new industry altogether, maybe a new perspective. That creative genius is at work and it's doing its thing.

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The question becomes okay, I think I want the second version there of what you just mentioned. Then how do I that versus doing what my mentors did initially or what my boss is doing currently or what my parents did or so forth or what I've even flirted around with? I'm not interested in going any further down that path.

So let me just describe it a little bit more. When we're on the back side of the model, we're trying to make the best out of difficult situations. We're trying to -- well, if we're on the back side of the back side of the model, we're not even trying to make the best out of bad situations. We're totally handicapped by them. We're totally stymied and we feel like we're victimized like we can't do what we want to do, we can't speak out in the world the way we want, we can't achieve what we wanted to achieve because of our circumstances or because of our upbringing and because of our financial condition or because of what's happening in the economy right now and so on and so on and so on, the back side of the back side of the model.

If you start to traverse down a spectrum or across a spectrum, you would get to the front side of the back side of the model, and that is trying to make the best out of these bad situations that are occurring, these negative circumstances and these horrific conditions that we're caught in, but really trying to make lemonade out of lemons, trying to find the silver lining around that big dark cloud. So we find productive ways to harness our bad habits or we find a skill set that will propel us forward.

Here is one. We try to do what other people did to become successful. And it might not be our true authentic version of what expression would be; but because we saw somebody else do it, we're going to go mimic what they did. In fact, we've been coached to do that in generations past. We've been taught to go find somebody who's doing what you want to do and find out what they did to get there and go do that. That's the front side of the back side of the model. It's a great plan and it might create something that you don't actually like once you get it.

How do I know? Because I've worked with thousands of people over the last 30 years, and hundreds and hundreds of times, I can tell you that they land and they may get some of the trophies or reach some of those brass rings or get some of the success that they thought they were after, but it's not sustainable or it's not as fulfilling as it appeared that it was going to be and as fulfilling as it appeared

that it was for that individual that they were trying to follow along in their footsteps and kind of mirror their actions and their way of being.

So how do we get from that even the front side of the back side of the model to even the back side of the front side of the model would be a better place than to be making the best out of these bad situations or trying to do it the way somebody else did it in order to achieve what they achieved. Because what happens is your heart and your soul aren't really into it. In order to do that, it's really being driven by the mental body. It's really being driven by logic and it's being driven by strategizing and so forth.

And if the core of your being isn't in process, if it isn't engaged as part of the recipe along the way, then what is generated is a really strong structure. It doesn't have a lot of essence flowing through the center of it. And so implosion is pretty much a guarantee. It won't work in the long run. It may continue to work from a business standpoint or a financial standpoint or a project success standpoint.

But being in healthcare, I've also had the great opportunity of recognizing some of the ways that we implode that aren't so obvious in the outer world, and that might be that one's health would suffer even though their business was succeeding, that it was at a cost that was not in harmony with nature, with true manifesting. True and authentically aligned manifesting means that nothing is compromised in the process. There is no "yeah, but." There is no "it's all good except for."

What happens in the authentic integration process is that we draw from deep within ourselves to make every decision that we make. And when we do so, we're putting ourselves in alignment with a wave, like a wave in the ocean that a surfer would catch. We're catching the correct wave for us and it's happening naturally. So there's nothing, no amount of effort that has to go into staying on the wave because it's automatic that we've gotten onto this wave. In fact, we are the wave if you really want to talk about it from quantum science standpoint.

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But the point is to move to the front side of the model way of living, everything has to come from all of our cylinders. It has to come from all of our whole being. And because we were oriented early in life to leave the wisdom center and the personal power center and your own heart-based living and jump up into your head to figure out how to behave in a way that the big people approved of, because you're being disciplined for saying the truth or you were being disciplined or shut down for just doing what you felt to do and you were being

kind of corralled into this other way of being that didn't seem natural or wasn't coming naturally for you, so we jump up into our heads to try to figure out, "Okay, what the heck? Who do you want me to be if I'm not supposed to be being who I would not truly be?"

And so voila, there we are in our heads. We start living there. We start breathing from there. We start operating from there, decision-making, strategizing. We build relationships based upon that part of us. We build business ideas upon it. We go for it from there. We're even rewarded for living there because that's where everyone else lives and they really appreciate it when you shine in that department.

So there's absolutely almost no inspiration to operate any differently than that until you get down the road and you've had to put a lot of energy into making things work in your life, and that same amount of energy is now required to keep those things working in your life because that's the nature of living from the mental body self.

So when we start to encounter the pain of having generated something from that perspective, we start looking around and see, "Okay, what can I do differently?" And that's usually what lands us in a conversation about living differently, living in the front side of the model, the spiritual journey, that quest of truth and integrity and so forth. So we end up in conversations like this. And what we get to sense the light on is this big picture perspective that I totally get it. I totally get how we got here. It was reasonable; it made sense; and it doesn't work. So how do we operate differently from that?

One of the things that we have to do is to drop back down into our core, the way we were when we landed here in the first place. When we first were born, we were living in our core. We were breathing in our bellies. We were lit up on the inside. We were totally driven by what inspired us, something bright and shiny across the room and we went for it. We didn't stop and think whether we should or not or whether it mattered or whether there were going to be repercussions. We were just engaged. We were life. We weren't observing life or analyzing life. We were free.

So in order to experience that freedom in a grounded and inspired kind of way that takes action, that knows this truth and that resonates with it but can also be in motion, because one of the things that I've seen in the younger generations is that we get that -- you noticed I put myself in there. I said "we get." That was very brilliant on my part. Younger people get that we don't have to make it so hard.

I mean it's very obvious that they're much more in touch with that, but what doesn't happen oftentimes is that when we get into that state of okayness, and we're like cool, harmony, got it, rockin', but we're not necessarily jazzed about going for it and having something happen. We're not necessarily as inspired because we don't have this feeling that something is missing. We totally get that it's cool. So there's this real fancy and you just kind of sit down with that. So the inspiration and the activity has been an issue for people in their 20s and 30s oftentimes, not all by any means, but it's something that I've come across in the last 15 years or so that has been there. It's been kind of an issue.

So how do we move to the front side of the model and understand and feel this peace and harmony and engagement and connectedness and remain inspired to move into expansion as well? Previously, expansion was generated -- the need or the desire for expanding was generated out of pain from the back side of the model and from generations past. That's where people and humanity, human consciousness has been operating, and we're evolving that to a place where we get this idea of the front side of the model like it doesn't have to be hard; I can do what I want and I can find a way to get paid for that; and I can generate a new way of thing that people didn't even know of before.

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I can generate new forms of communication systems or I can invent things that allow me even without a college education to be extremely abundantly successful and engaged in society and in generations past that that was just not a possibility. So it's like humanity is freeing itself up in the Western culture which is a beautiful thing and we're getting that living on the front side of the model where it doesn't have to be painful where we trust our gut is a real possibility.

And the way that I have found for that to be more consistently happening for people is to get them out of their heads and to drop down into the core and to really start to activate the different energy centers in the individual that allows for the whole person, the whole being integration so that our groundedness and our knowingness of our okayness and our belongingness is in place and then we establish relationships based upon what we really, really feel, not who we think we should engage with because we can get ahead but what really resonates with us, and we engage with those people and we build relationships based on that because we're more interested in the authenticity than we are in the fear-based idea that I have to use this person to get somewhere that I don't think I can get without them. That whole way of thinking that was on the back side of the model just isn't as appealing on the front side of the model.

So then we're able to move into our personal power. Breathing from the solar plexus, we can move into our personal power and be our individual self, which creates this strong foundation for our own genius to land, to be grounded and anchored to something solid so that these brilliant ideas that we have actually take root and begin to embody and manifest and emanate and become really in the outpicture not just as an idea but as a real thing that manifests in our lives.

As we do that, then we are breathing from this heart space too that allows us to truly care about the planet and to not have to invent something that uses three times as many resources as anything it can contribute back to so that we end up in a deficit but with some temporary wealth in the picture. A few generations back to back here have created quite an amazing experience for us to get an outpicturing of how lack manifests in the world and how that level of consciousness creates devastation.

So moving and breathing from our heart space connected to our solar plexus power center and our wisdom center or creative womb and creative genius beneath that and hooked up with our rootedness and a deep sense of belongingness, well, those start to come together. We're not in strategizing for survival. We're in the front side of the model bringing forward what matters, what has heart and meaning, what is truly good for everyone engaged. We build on win-win situations and we build those one on top of another until we're living in a society where things work and we give back to the environment more than we take from it, and we make a contribution in a giving and receiving kind of way simultaneously, which is the only sustainable way to live.

So there's a big picture idea ground sitting a long answer to talk about the front side of the model question, but I wanted to set a context for us to have a bit of a discussion there of what that might look like. So hopefully that sets a little stage for us.

Ben: Yeah, that's wonderful, Dr. Sue. Thank you.

From that, what comes up in me is as you said, a lot of the people who would be drawn to this conversation right now are people who are moving to the front side of the model or at least have had a glimpse if not beginning to live there more and more. And for those of us who are ready to make that leap and begin living less externally referenced or less in our heads -- and I know you go into this a lot in your programs and certainly I'll point people in that direction at the end of the call -- but I'm wondering if there is some sort of takeaway practice they could have in how to move down into their core in a more grounded way.

Sue: Oh, you bet. I'd love to share these things.

The whole thing big picture here, we are energy beings. We're made of energy and we are conscious energy. So we have lucid animation. We have awareness of who we be.

Now, the whole idea is can we become aware of even more and more of who we actually are because the more we can be aware of all of the subtle realms of ourselves, the more masterfully we can operate in this dimension. If we don't perceive ourselves as a unidimensional being but rather that the multidimensional being that we are and we start drawing from those other dimensional versions of ourselves, we are more masterful in this one physical third dimension reality than we would be if we thought this is all there was to us.

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So if we thought that the only thing there is to me is this physical body and this mind that can make a choice at free will and this heart that can love and the five senses that I have to engage in the world back and forth in exchange, and I can take a deep breath in and relax myself, or I can get all clamped up and get all intense, and it's just a matter of being aware of which one I'm doing, all of that is pretty much unidimensional. It's right here in the tangible five senses world of this earthly existence.

For us to have a real understanding that we are multidimensional, we also exist in every dimension between this physical finite world all the way out in every possibility between here and there, we go all the way to the unified field of energy that is the basic fundamental essence that everything else springs forward from. So there's a part of you that exist in the all-knowing and there's a part of you that exist right here in the feeling of not knowing in the physical dimension that we get into when we are here in a state of survival.

The part of you that exists in the all-knowing is eternal. It knows there is no hurry. It knows that you can't win or lose. There just is and there is nothing missing. There is only light. Then as we begin to move from that place all the way forward here to the cutting edge of consciousness, which is the third dimension, the physical dimension, on the way here, we have to contract and contract and contract and contract to get here, because physical matter is compressed energy. That's all it is. So you are by nature true light and you are compressed. That's the highest most expanded version of energy is just true light.

So when you start compressing that pure energy, compress it and compress it and compress it and compress it and compress it and compress it and compress

it and compress it, eventually you create physical form, and you create many things on the way here, but you get the physical form by compressing energy.

So all you are is pure light compressed into a physical body. That's what the nature of you is. So in order to start getting in touch with the parts of you along the way, the layers of you that exist going back toward that expansion, is to have conscious lucid awareness and to utilize the vehicle of transformation, meaning transportation even. The vehicle that moves you from one dimension to another is lucid awareness and conscious breath.

And, let me add to that. So your breath is going to be your ticket. Your breath is your ticket. That's what moves you from one dimension to the other. If you'd like to experiment with that in a very radical way, you can hold your breath for more than five minutes, and pretty soon you will be in that expanded state with more of you than you might want because you can't stay in this dimension without breathing yourself here on a regular basis. So if you're not able to breathe for more than five minutes, you're pretty much not here anymore with your concentration. You'd have to take your consciousness back to the realms where that embodied breath isn't necessary.

So when we start breathing and holding the space for that expansion to occur, we're engaging with more and more of the layers of our whole being than we were able to before. So get out of head and into your body. How to get out of your head and into your wisdom center, how to get out of your head and into your power, how to get out of your head and into your ability to connect with the largest amount of energy possible, which happens to be love, and I'll explain that in a moment, but how to do that is to breathe down into your body, to put your breath, your conscious breath, lower into the body that you are used to breathing. It's one of the easiest ways to start to open this up and hook you up with the rest of who are that will allow you to make front side of the model decisions more easily and have more faith in them, have more confidence in them, have less questioning and just go for it and not waste time debating whether or not it's a good idea but just go for it, is through the breath.

Now, I'll add to that that it's the breath of loving presence that actually does that for us. It's the breath of loving presence. And here is why. If we go all the way out to that expanded field of consciousness to pure white light and we start compressing and compressing and compressing and compressing and compressing down again to get towards physical form, if we go all the way back out again to that expanded field of light, of pure intelligence, into pure brilliance, pure knowingness, all that is, and we start compressing, compressing, the very first compression creates a vibrational frequency.

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First there is none, and then boom, the compression starts a vibration, and the very first vibrational frequency that gets generated is the radio station that we would call love. So any time you're in a state of love, you're as close to the unified field of consciousness as you can get and still be in a body. So feeling love is essential if we really want to move through the dimensional layers that are available to us so that we can manifest and make distinctions and have some causality before things land in the physical dimension, meaning you have say over what manifests if you're able to operate in the dimensional versions of yourself beyond the physical.

So the work that I do in the world is to teach people to how to do that -- is how to get in touch with the parts of you that exist before the physical so that you can operate from there and manage the energies and manage to be able to manifest before you're getting feedback of "Oh, that wasn't what I wanted to manifest. Let me shape shift here now and make something better rather than this thing that I create that I don't like so much."

So the reason that we have to default to that kind of operation is because we're not in touch with the aspects of us that exist beyond the physical. So we have to wait for them to land in the physical dimension only to find out, "Oh, no, that's not what I wanted to do. I want to do it this way." And then we start shifting our energies accordingly.

So we could save a lot of time if we would just go out there and get in touch with the subtle energy layers that exist beyond the physical body and draw them into the physical body as though they're just as real and tangible. And when we do that, we change the vibrational frequency of our own physicality; and as we do that, now we're in a higher vibrational frequency able to relate through higher vibrational frequencies than just the physical dimension.

So when we do this, it is through the vehicle of love that it is catalyzed. It happens more easily, more gracefully if we do it through the vehicle of love. If not, there is a chance that we get up into our heads when we're trying to manifest. Even by doing breathwork, even by meditating, even by doing higher level, higher consciousness practices, if they're not in the presence of love, it will not allow the highest good to manifest right in your personal stewardship. It can't get here without that, without the consciousness of that infinite possibility. And the best way to bring that is through that vibration of love because it's as close to the unified field of consciousness as you can get and still be in a body.

I know lots of meditators that meditated for 30 years and it was all about refining their mind, and their minds got very refined and they were about as dry and brittle as you'd ever nightmare yourself to be, not in love, not enjoying life, not happy, not joyful, not manifesting sustainably, and creating a life that they just didn't love, that they didn't like, they didn't enjoy. So this ingredient is essential.

Now, to make some qualifications about this ingredient of love, it's not loving so that you get something. So it's not conditional love. It has to be unconditional love for no reason at all. You can use something to spark you in the direction of what it feels like to be loved, to be loving, to be in that vibration, but you can't remain attached to it.

So for instance, you may have a dog that you love and so you get that dog in front of you and you just look at him and you just experience him and you're feeling it; you're feeling the love. Now, if the dog gets killed, then you think, "I hooked up my love with my dog, so I can't feel it now that my dog is gone." Very dangerous way of operating.

So, of course, the Buddhists have been teaching for thousands of years to love in a detached manner, to just get in touch with the feeling of love. You can use that as a stimulus to get you started, but then you have to turn up the volume on the love that you're feeling inside the body until it outglows what you have it attached to, what you have it hooked up to, so that you're paying more attention to the feeling of love inside the body than you are in the story about love that's outside of the body, the story about love that's in the mental body that is in the head.

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So my invitation to you is to love in a sense of unconditional, unattached love and not to just be loving but to be loved, to allow yourself to really master what it would feel like if you were unconditionally in an unattached and unwavering kind of way, if you were constantly and consistently being loved. If you know that feeling, the feeling of being loved, and you are showing the cells of your body what that feels like, now you're in business; now all of the breathwork that we do in that radio station, in that vibrational frequency is going to be more good for you than any other thing that you could possibly do in combination with any other techniques. It is an essential ingredient and so it has to be unconditional, divine; it has to be unattached; and it has to be giving and more importantly receiving, having it, being the vibration of being loved, what it would feel like.

So you may be saying to yourself, "I don't know what that feels like. I don't have any idea what it feels like to be unconditionally loved. I never had that. My parents are whacked out. They've been divorced forever. I didn't even know who my dad is." So that certainly outweighs the idea of being loved. It's like I totally feel distant in that department.

Or my mom is just stressed out all the time or upset. She is too caught up in her own stuff that she just shines some of that my way. Or maybe any variety of circumstances could exist that might make you feel that you don't have an example.

But I want you to understand that you don't need the example. If you don't have the example, it is only because you don't need the example. In fact, you didn't want the example. On a soulful level when you came in, you didn't need that example. How do we know? Because you don't have it.

So there's only ever good happening. There's only ever one thing happening. It's good and there are no exceptions to that. It's all in the spirit of the expansion that's happening and we would label that energy good, goodness, growth, evolution. It's happening constantly.

So if you don't have the example, it's because you wanted to know the creator in you. You wanted to know the creative version of you, not the spoon-fed version of you this time around. So if you didn't really get the full-on unconditional love example, it is because at some level on the way in, you made an agreement that said, "This time, I really want to know what it's like to bring it for myself. I know I am creator. I know I am creative source energy, God source energy, and I'm going all the way to the physical dimensions. So I'm going to slip inside this body and perceive it totally differently than that.

But in the end, by the end of the day, I really want to know I am God source energy in the body. I am creator. So I'm going to have to create some stuff that I want to experience because it's not going to be handed to me by design. I'm interested in that." That's actually how you landed in the circumstances that you did.

So given that, you make it up. Just make it up. What would it feel like if you were unconditionally loved and you didn't need anything and you weren't waiting for somebody to deliver permission or the support that you think you need or what have you? What would it feel like if that were true, if you were already everything that was? And your mind might say, "Well, you know, gee, it doesn't matter." I'm really, really interested in inviting the creator you forward in this moment. So you get to make it up.

And just for creativity's sake, just for this experiment, just give yourself permission to do that. The first time somebody ever asked me to do something like that, they weren't asking it in this context, but it freaked me out because I didn't know the answer. And they said to me a simple sentence that changed my whole disposition when it came to things like this. They said, "Well, what would you say if you did know the answer?" And that gave me permission just to make it up, right? So I'm paying that forward and granting that permission, just what would it feel like if you did know what it felt like to be completely abundant and to be completely loved, starting most importantly with being loved?

So now, now you got to breathe into your body this vibration, this feeling of being loved. So if you just sit there and just imagine what it would feel like to be loved, and you notice what it feels like in the body and then you just turn up the volume on that, you bring all of your concentration into that feeling and you just honor it, ignite it, elevate it, expand it, magnify it. That's the world I'm looking for -- magnify it, intensify it.

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As you do that, now we're going to start breathing, and as you breathe, you're going to breathe from above your head through the center of your head, through the center of your throat. Breathe down into your heart space and then exhale down through your solar plexus, down through your low -- beneath your navel, down through your pelvis and your legs into the earth. And now your inhale is going to come from deep inside the earth and the wisdom and support that the earth offers up to us, and breathe and inhale up through your legs, inhale up through the pelvis, the solar plexus, up to the heart, and then exhale out through the throat and out through the third eye and out through the crown and out through above your head.

In the next inhale, all in the spirit and the energy of this feeling of being loved, you cannot forget that one, breathe in from overhead to feed this feeling of being loved and drop it down into the center of the brain, down to the throat, down to the chest, into the heart and the core of your being. Exhale it down to the rest of the core, solar plexus, wisdom center, second chakra, first chakra, down to the legs into the earth. Just exhale through your nose right down into the earth.

Inhale through your nose, up from the depths of the earth where that deep heartfelt Mother Nature, mother divine energy rises from and have it. Have it for yourself. Breathe it up into and have it. Have it for yourself. Breathe it up into you and have it. Don't just want it. Have it and breathe it up through this core of

your body and then exhale at the top of the head in this feeling of being loved. And though I am loved as though I am completely and divinely loved, breathing from overhead down into the core of the body, drawing it down inside and exhaling down through the lower energy centers and down to the legs and into the earth. So this is the central channel breath which is activating and stimulating and animating all of you.

There is an insinuation that occurs here vibrationally that insinuates that I am the bridge between heaven and earth. I am the bridge between the infinite and the finite world. I am the bridge of divinity into humanity, the cutting edge of consciousness. I'm bringing it through me here.

So when I'm engaging in the physical life, it's just me as light having slipped into a body and I'm on an adventure to express myself. So as I'm doing that, I'm aware of low in my gut, low in my core constantly because being in there I'm in touch with my wisdom. If I'm just stuck in my head, I only have my intellect to draw upon.

But if I draw up that into my body, I have this infinite energy of love that I can access as I pass through the heart space. I have my personal power that I'm activating, and we can do a breath that specifically isolates the personal power because it's the hookup between your heart energy and your wisdom center, your personal power. That solar plexus is key in connecting your ancient inherited wisdom and connecting the information that bombards your energy field constantly from this physical world and the nonphysical world. And of the billions of impulses that bombard you every millisecond, only a few of them ever occur to your conscious mind. The rest of them comprise this energy field and the subtle bodies that we speak of as the mental body, the emotional body, the etheric realm, the astral self, the soulful self. All of that is a combination of the rest of the energies that we are resonating with and resonating as and identifying with at a conscious and a subconscious level.

So as all of that is coming together, as we breathe into this low energy center where all of that energy feeds into, now we're in touch with much more of those 11 billion impulses that are bombarding us every millisecond, now we're in touch with more of what is, what is real, not just what we perceive through our belief systems, which we have to filter everything through and we're stuck in our heads, but what's really real, not the limited version of life but the real version of life. Now we have access to it.

So we're drawing upon this infinite as we breathe low into this belly; and when we activate the solar plexus, it hooks up that wisdom that's being gathered from

all of these dimensions, and it hooks it up with the heart which needs to spread it across everything that we encounter.

So we manifest differently when we have this hooked up, when we have this circuitry in place and we have the tube open where this energy can traverse. We pierce the veil. It's not the veil between us and the world. There isn't really one. That's a limiting belief. It's a veil between our wisdom and our power, and our wisdom and our power and our ability to love and connect with all that is. It's a veil between that and our manifesting up in the throat center.

[0:40:00]

The veils exist between the chakras, between the energy centers. That's the only veil that exists and it's only the blockage that exists there because of a lack of evolution or a lack of development or a lack of awakening, which we can pierce as we begin to breathe this way; and the more power that we breathe with in this way, the more we can pierce this veil and the more we become an open channel that draws upon all that is, which automatically places us on the front side of the model. We don't have to try to get to the front side of the model. We just have to wake ourselves up and we'll find that we're already living on the front side of the model because that's our true nature.

The rest is just an illusion that we create as an obstacle course to muscle ourselves up in a particular way. But you don't have to do it that way. You can become sick in a different way other than that obstacle course. You can become conditioned in a different way. Through the breathwork and the embodiment work that I teach people, that's how we do it, and all I'm doing is reminding you of the truth of you are that has just gotten lost along the way.

Something that I stumbled upon through my own awakenings and through the opportunity of working with thousands and thousands of patients over the years, I had my own experiential and experimental laboratory going on for myself personally and working with it with other people. So I know that I know that it works, and it's a matter of mastering our abilities to do that.

So I'd love to give you, in addition to that central channel breath, another one called the solar plexus breath if we have some time. It will just take me about three or four minutes to do that, Ben. Does that work?

Ben: Yeah, absolutely. Please, go ahead.

Sue: Okay. So now, now that you've got this central channel breath down, meaning that you're breathing from above your head through the body, down to the

earth, back up through the body, and you've got this core channel of light that you are accessing and animating and bringing your consciousness through, now we want to do some specifics, activating some specifics. And the one that makes the most sense first, given that we have already learned how to do this central channel breath, is something that I call the solar plexus breath.

In the solar plexus breath, there is a specific isolation of the solar plexus area. So where your ribcage separate out and there is a soft spot just beneath that V in the ribcage, where if you got punched there it just totally knocks the wind out of you, that is what we want to isolate and breathe only in that area.

So the way to do that is to beneath that contract the musculature in the lower abdominal area and contract the musculature in the sphincter muscles deep in the pelvic bowl and contract the musculature in your low back and the gluteal muscles, all of that. Just keep them stable. Stabilize them. Put some tension in there so that you know that your consciousness is down in there because you can't contract a muscle and be aware that the muscle is contracted without your consciousness being present there. So now we know you're not just in your head; you're also in your body. So that's a great start.

Now, the next thing you're going to do is contract the pectoralis muscles and contract the upper trapezius muscles on top of the shoulders. Contract the shoulder blade muscles like underneath them and on top of them. Draw the shoulder blades together and drop them down your back so that kind of brings you into this kind of upright positioning just naturally because these muscles are engaged in this way. So you're contracting above the solar plexus and beneath the solar plexus, and what you're leaving open for breathing is right there where the ribs open.

So if you exhale and exhale and exhale and exhale, it contracts these lower abdominal muscles and the upper chest muscles, the upper back muscles all at the same time on that exhale, and you're forcing all that air out. Then keep those muscles contracted that were required for that forced exhale through your nose. And now, keep the muscles contracted in all of that upper and lower area, and only allow right at the diaphragm level your breath to expand on the inside this area from about the size of a baseball to an area about the size of a grapefruit on the inhale.

And that's the only thing that's moving. Your belly is not moving. It's just this upper right above the navel and below the ribcage. That's what's moving on this inhale. And now exhale and contract that, and now inhale and take it from the size of a baseball and expand it to the size of a grapefruit. And you can feel your diaphragm kind of massaging the front of the spine in that midthoracic, in that

midback area, that midback level, all at the same time. You're feeling that expansion.

And the more you contract at the shoulder blades and the pectoralis and the abdominal muscles, the more you can feel that isolation, and it feels really, really good because what's happening is you're drawing yourself down into beneath the heart. And when you get beneath the heart, that heart energy gets to fill your body instead of just filling your mind. That heart energy gets to be experienced rather than just thinking about what it would feel like or imagining it or trying to love someone or something.

[0:45:15]

So when you get down into your body in that way, everything changes. So this is a way to begin.

So now what we're doing is we're going to add that central channel breath orientation with the solar plexus breathing in the body, meaning you're going to breathe from above your head down to that central channel to the solar plexus on the inhale, where it goes from baseball to grapefruit. The breath comes from above your head, traveling down a white tube of light to the solar plexus. So breathe in through that solar plexus from overhead.

Now, your exhale is going to go from the solar plexus down the rest of that course into the earth, but you're contracting the muscles below and above the solar plexus so that all of the work is happening right there in the power center. The reason for this is that we're igniting all of the energies that correlate with the body at this level, and the energies of that are your independence, your individuality, you allowing you to be you, and that's what allows you the power to not get defensive when someone else is just being them, and it's kind of a live and let live kind of thing and it's compatible and it's harmonious, and most of all, it's empowered. There's tremendous power that moves through you when you access this solar plexus. My life changed when I found this place inside of me. So you're breathing in and out.

Now, breathe in from below your feet up to the solar plexus, and you're drawing upon the natural support that nature is offering up to you constantly. Just have it. Just breathe it up into you and then exhale out the top of the head, all of the breath happening right there in the solar plexus level by isolating those muscles above it and below it.

So as you take a few breaths in this way, start to feel baseball to grapefruit, to baseball to grapefruit, to baseball to grapefruit, back and forth. And as you start

to massage the solar plexus in this way with this breath, the breath of empowerment, most importantly the breath of connecting your wisdom with the heart energy, and the heart energy is what traverses across cultures. It traverses across time and space. It traverses everything.

So when you have a project, an entrepreneurial project, a project, perhaps a romantic relationship project, a project, perhaps it's a self-esteem and personal value project, this breath combination, the central channel breath and the solar plexus breath, is monumental in starting to clear the path and allow you to access the energies that are essential for living on the front side of the model automatically without you having to figure out how to do it with your head.

When you engage in your body in this way and ignite these energies, automatically what happens is you begin to be that very thing that we're sitting and talking about. Rather than talking about it and analyzing it and defining it and assigning words to it, you're having the experience of it, and that is what builds the you that will build a life that is successful and sustainably successful for you in the course of your lifetime experience.

So I'll stop there and see where we need to go with our conversation.

Ben: Beautiful, Dr. Sue. I really appreciate that.

Actually, at this point, I think I'd love to open up to questions from people. So while we do that, basically, if you're on the webcast you can go ahead and type your question in; and if you're on the phone line, go ahead and hit 1 and we can open up to questions.

I so appreciate, Dr. Sue, the way that you have such pragmatic exercises that bring this very intense, powerful spiritual realization into the body in a tangible way. While waiting for people to raise their hands, I'm wondering, what do you recommend for those two practices in terms of people bringing them into their daily life? Should it be something they do in the morning or something throughout the day for a few minutes? What would be the best way to do that?

Sue: Sure. Someone asked me on an interview that I had earlier today like what do I do in these emergency moments where I'm really wanting to stay in my course and to hold my power and to be present? And I said the very best thing you can do in those emergency moments is to have already developed a practice in the in-between moments, the moments of life that are in between the urgencies or the emergencies that we have.

So a practice on a regular basis is essential. Now, the idea of this feeling of being loved will invite you into a regular practice without it having to feel like a discipline that you have to make yourself do because as soon as you connect with this feeling of being loved and you realize that you're generating that feelings at will, what happens is the subconscious starts to build an affinity for that because it feels really, really good. It feels really, really better than anything else the mind comes up with.

[0:50:10]

So we kind of become like hooked into it. Like it feels so good I don't want to not do it, and so I'm constantly playing with it and practicing it, and you find yourself in that state of being. Rather than having to develop a ritual or develop a practice, it's just like it's what I'm interested in so it's what I do. I guess you could call it a practice, but it's just what I want to do so that's what I'm doing. So I recommend that you begin with that feeling of being loved because it will allow an invitation into this breathwork to be remembered because it just feels so good you don't want to miss it.

Then I would say that doing this kind of conscious breathwork before your feet even hit the floor in the morning, because when you first wake up, the gateway between the conscious and the subconscious mind is more open at any other time of the day except when you're falling asleep. So right then, what we're doing, what we're intending and what we're actioning and what we're becoming, what we're being, what we're remembering in those moments is more significant than any other time of the day.

So I make a practice of before my feet hit the floor in the morning, I'm doing the central channel breath in the presence of this breath of loving presence down through the central channel, and I hook it up with this solar plexus breath which hooks up my heart so I'm not ignoring the heart by any means. I'm giving the heart something to rest on and it hooks it up with my wisdom, for goodness' sakes, which allows me to be in touch with that gut feeling and that information that is naturally trying to rise to my consciousness but it couldn't get it there because I was so shut down in my personal power sense.

So often when we step into the spiritual path, we kind of shut down our personal power because we don't want to be in our ego, and it's such an illusion to operate in that way. There is nothing wrong with the ego except for when it's running out of control in the driver's seat. We want the ego to be alive and well. We just need to breathe it into the emergence and the merging with the soulful self. When the two are combined, now we're in action in a way that serves the highest good. So that energy that we call ego and think of as bad gets dissolved

into its true nature and it becomes of service. It's the actioner that puts you in service.

So before my feet hit the floor, I'm hooking all these up; and as I'm doing, I'll tell you then, when I don't have to be talking, I'm breathing in this way. So I'm never not doing it except when I'm talking, which is a lot sometimes. But in between, even when I'm talking, when I can take a breath, I take it this way. That's the breath that I take. You can't overdo it and there is really no circumstance in which you can't do it, so you're free to do it all the time. But I would create some landmarks in your life that you're reminding yourself to do it until you build the affinity for it through the experience of it, and that's all it takes. You just have to experience it in order to fall in love with it because it feels so good you won't want to not do it.

And then at the end of the day as well, there are so many other techniques and things that I could share to put in combination with this, but these two alone are a great start to begin to build some presence. There's a position that you can put your body in that opens up these gateways even faster, and I'm going to take the liberty to take one minute and tell you about that.

And that is if you're standing and you take one step forward in front of you and bend your knee, like if you step forward with your right foot and you bend your right knee and you put some weight on it so that you could feel that muscle contracting, and then raise your left arm up in front of you to where the wall would meet the ceiling like at a 45 degree angle straight out in front of you, and take your right arm back and down behind you at a 45 degree angle to where the wall would meet the floor, and then turn your head to the side of the arm that's up in the air so you're kind of like looking under your arm, and you take a deep breath in and hold it in, take that deep breath through the central channel that we mentioned and take that low into the belly and feel this feeling of being loved, what you're doing right now is recreating a circuitry in the nervous system that it puts you all on the same page of the front side of the model. It like set the stage for not only your mind and your energy but your body and your nervous system to all be on board in the same way.

And then you step back to the center and then you're going to do the same thing on the opposite side. So you step forward with your left foot, bend the left knee so you can see the muscle in the left quadricep engaging. Put your right arm up in front of you at a 45 degree angle to where the wall would meet the ceiling. Put your left arm back and down to where the wall would meet the floors directly behind you. Turn your head to the side of the arm that's up so that you're looking under your arm. And take a deep breath in low in your belly until

about the count of ten or however long you can hold your breath, but do it in the breath of loving presence.

[0:55:00]

As you do this through the central channel, you take that breath in; and then when you do finally let it out after you've counted to ten or held your breath as long as you can, let it out down into the earth. Complete the cycle. Complete that channel and hook up the circuitry so that you're grounded to the earth and that you're connected to nature and that you're feeling all that.

When you do this, you do it two or three times each side. Do it once in the morning and once in the evening before you get into bed. You can't overdo this either. And if you're wanting to manifest something in your life, bring that imagery into the picture while you're doing everything I just mentioned.

So you're in that position, you're taking a deep breath in through this deep central channel. You're breathing low into your belly. Your head is turned to the side of the arm that's up in the air, and you're in this feeling of being loved. And then you bring into your life that thing that you want to have be true. You bring into your life that thing that you want to manifest, whatever it is. Whether it's a project or a relationship or a financial situation, it doesn't matter. It's going to happen a lot more easily and gracefully in your, in your life, when you allow it to come up out of you.

And the only way to allow it to you come up out of you is to open up the space so that it can traverse its way up to your conscious, to your actioner, to your manifester, so that it can bring it forward in life, and you'll know what to do and say in the right moment. That will take care of itself when you open up this channel and bring your consciousness into and allow the rest of you to show up to the party instead of just your head. It's a beautiful design. I wish I have thought of it. It's a great team that you're made of.

Ben: Nice! Thank you, Dr. Sue. Absolutely!

So you got some questions here. I'll take a question on the phone from [Participant]. [Participant], go ahead. You're live.

Participant: Thank you. Hi, Dr. Sue. Hi, Ben. More than asking a question, I really want to extend my appreciation to both of you, for Ben for creating such a space and for you Dr. Sue for putting such an amazing work together. I've been doing your work for a couple of months and it's been amazing. So I just want to really appreciate more than ask a question at this moment.

Sue: Oh, that's such a great joy. Great, great, great. Thank you.

Participant: It's so inspiring. And like especially for the young people -- I'm in my 40s already so I'm breaking the rule -- so for the young people to have you as a resource is really, really a wonderful thing. Thank you.

Sue: My great joy. Thank you.

Ben: Thank you, [Participant]. Great!

Well, let's go to [Participant]. [Participant], you're live. Go ahead.

Participant: Yeah, hi. Dr. Morter, very nice to hear all your suggestions. I'm a practitioner myself and the problem that I face is during the day, by 1:00 or 2:00 in the afternoon, I feel like my heart energy gets depleted after engaging with a vocation psychologically. I do do some breathwork and the suggestions that you said I think I'll start implementing and see if I may see any difference.

Do you have any suggestions from your own personal practice for people like me specifically in the field where you're engaging with people who have their own not negative but own issues that they come up with? Because sometimes I feel like I sort of need to reenergize myself so I'm fresh throughout the day and not completely depleted when I come back, and it takes me several hours to get back on track. And I honor that space when I do come back home but I just wonder if it's possible to be in the energetic mode all the time.

Sue: You bet. Boy, I love this question. It is 30 years my experience of how to have that be successful and easy and graceful for the practitioner, for the healer who is intending to hold the space and facilitate a healing process. There is a lot of aberrant energy that gets set free, gets loosened up in the space.

We have been taught on the back side of the model, even at the front side of the back side of the model, the back side of the model has you put yourself into a bubble of protection, a blue light or a purple/violet inflamed light that protects you from those energies; and while that is better than not doing anything at all, it is on the back side of the model.

And to move to the front side of the model, you would recognize that you were made of fire. You are light. And when light comes into the physical division, the friction that is generated by that compression and that piercing into this frontier that we're in, when that high frequency energy hits the density of this physicality, there is actually "fire" is the best way to describe it.

[1:00:15]

So your heart is a blazing bonfire, and anything that you put love onto or put heart into or throw onto the bonfire, it all burns to ash. Nothing can withstand its own individualized identity in the presence of love. Everything melts in love.

So when there is friction in a relationship or when there is a need for protection in a doctor/healer-patient type of dynamic or in any other circumstance in life, when there is difficulty or challenge, putting love emphasized into the recipe, into the room is the key, but it has to be this unconditional, grounded, centered, empowered love. It can't be the Hallmark card love where you have so much sympathy and you're throwing your arms around them and loving them up and kind of coddling this back side of the model version of them. You have to move to the front side of the model and just be this blazing bonfire.

So I never protect myself when I walk into a room because I don't need protection because I am the purifying flame itself. So anything that comes into close proximity with me is going to be purified. How do I know that? Not because I've decided to do that but because I'm doing this work and clearing the channel, and I can feel the fire emanating out of me. It comes out of my hands. It comes out of the pores of my skin. It comes off my spine. It comes out of my eyes. It comes out of the top of my head. It comes out of my kneecaps.

There is no place that I can lay my attention on now that I don't feel that fire coming out of me. When it first started happening, I thought oh, my God, my palms are on fire. What's going on? I used to carry around ice cubes in the palms of my hands because it was so intense when this awakening happens with me. And there were different times where I broke out in ashes, in different energy levels of my body as different energy centers were becoming more and more activated and purified and detoxing, and the variety of things that happen as we start waking up truly.

And because I see and feel and sense this fire emanating from me, I know there is nothing to protect myself from. In fact, if I enter into some situation that I would have historically interpreted as potentially dangerous, all I do is love more, love unconditionally more, like love the fact that I can love. That's all you have to do. Love the fact that even if the face of this I can choose love, that's enough right there to empower you.

I'm not saying go throw your arms around them and identify with and all that kind of thing. That's the kind of love those people need anyway. They need clear, strong, pure, unadulterated, divine light love in their presence, because as soon

as you walk in the room as that, they start lining up and the healing happens before you even lay your hands upon them or even engage in conversation about what they think their problem is.

It's all an illusion and it's burned into the truth. When you recognize that you are a blazing bonfire walking in as love, nothing can happen but healing in your presence. That's how it happens for miles around you in every direction. The more intense you get with it, the more focused and embodied you get with the true you. The real you gets dropped all the way in from these many dimensions as this flame of transmutation. So hopefully that will be helpful for you.

Participant: Yes. Thank you very much.

Ben: Beautiful! Thank you for the question, [Participant]. Lovely response, Dr. Sue. I love it.

We've come to the end of our hour. It's amazing how time goes when you're in the flow.

Sue: Yeah. It happens.

Ben: Absolutely! So I'd love if you would just share with people where they could go to connect with your work more deeply. That would be great.

Sue: Well, there's a website that has explanations of many of the different products and DVDs that are home study oriented to walk you through not only why to do it, what you're doing, but how to do it and give you examples and all types of things along those lines.

There are also two new products that I've just created that are coming soon to the website. So if you're interested in them, just write to info@morterinstitute.com and ask for the information on the two new products. The reason I say that is because they are about the breathwork in particular.

[1:05:03]

But there are other products, many, many on there, CDs and DVDs that are available immediately that teach you how to remove subconscious interferences that keep you from being able to automatically be living on the front side of the model, stuff that happen before you can even remember that you can get cleared up and out of there so that the channel is open and free to flow, Body Awake I, Body Awake II. Those DVDs are teaching you how to do those kinds of

things and how to activate these different energy centers and get them moving and flowing and active in their natural state.

There are CDs in there. One that comes to mind given our conversation is called "Fear into Fire" that just shows you how to be this blazing bonfire in the presence of those things that intimidate or frighten or that we tend to avoid because they are uncomfortable. It teaches you what those really are and why they're serving you and why it's important to lean and breathe right into them, those kinds of thing.

So the website is morterinstitute.com or drsuemorter.com, either way, whichever one is easier for you to remember. But Morter is spelled like porter with an M, M-O-R-T-E-R, and you can get there either way.

If you have questions, right to info@ that or you can just plug into the products and services that we have, many workshops that are available all over the country.

We have several of those introductory courses coming up in October and November in Indianapolis and on the West Coast and on the East Coast as well. So wherever you may be located, we may be close enough that that's worth a journey for a full-day workshop for learning these types of techniques and engaging in this conversation live and being able to get some direct feedback.

So hopefully that will be helpful to you in some way. And whether in the present moment or at some point in the future, I hope to be able to work with you one on one because that's where the magic happens. And just know that I'm available if you have questions or comments that you'd like to engage with. So that's that.

Ben: Beautiful! Well, thank you, Dr. Sue. It's always a pleasure to be in your extensive love field and to have my own expanded in your presence. I really appreciate it. And I know everyone is breathing with a beautiful transmission of their own. So thanks again for coming on tonight.

Sue: My great pleasure. So what happens at the end of our conversation, Ben? Is everyone just complete on the call and everybody hangs up and goes on about their day? Because I have a suggestion if that's the case.

Ben: That would be great, yeah. There's the option for those people on the phone line if they'd like to be in the discussion group, they can stay on. But otherwise, everybody else will be going on about their day.

Sue: Okay. So those of you that will stay around in the discussion group know that we're going to be doing this. Those of you that are not going to be in the discussion groups, what I'm going to do with all of you is something that I love to do at the end of one of these private moments that we're sharing. There is so much more that I can also share without having to talk. The transmission is happening all through my conversation and I'm just grabbing words as best I can to kind of meet with the vibration that's flowing through me.

So it would be the equivalent of what used to be called channeling, but I'm very interested in embodying that energy, not just stepping aside and letting it flow through me. I stay very present and intentionally stay present so that I qualify myself up to that vibration to the best of my ability.

And there is even more that can be emitted without the words in the picture. So what I do is I just sit for about seven minutes after a call like this and I just put it out as best I can and as intensely as I can, so I would invite those of you that would like to do that to just sit with that for a few minutes. And even if you're in the discussion group, you can be discussing something and still know that there's some additional transmission to be receiving in this same moment.

And then after that seven to ten minutes or so, then you can engage in checking out the website and seeing what else and that kind of thing, but for now I'd love to just give you the rest of what I got for another five or seven minutes, okay?

Ben: Beautiful.

Sue: So once we hang up, that's what I'll be doing.

Ben: Perfect! Well, everybody, enjoy that little extra shower of love.

We'll be announcing our October guests soon, so look forward to that.

Again, thank you, everybody, for being a part of this community and being who you're being in the world. Thanks again, Dr. Sue. Much love your way and I look forward to next time.

Sue: My pleasure. Much love, everyone.

Ben: Bye-bye.

Sue: Bye-bye.

[1:09:44] End of Audio