



John Amaral

Secrets To Unlocking Your Energy Healing

SUMMARY KEYWORDS

people, energy, body, happening, consciousness, chiropractic, called, patterns, tissues, field, experience, fascia, system, state, work, healing, physical, feel, fight, practice

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Hello, welcome back to the Optimal Performance Summit. I'm your host, Dr. Patrick Porter. And our next guest is an energy practitioners and author, educator and the founder of energy full formula, somatic energy healing practice. He originally trained as a chiropractor and developed the formula over 25 years of working with thousands of people from over 50 countries. His clients include a list celebrities, entrepreneurs, athletes, influencers and thought leaders. He uses the unique principles of energy flow formula to help his clients heal physical injuries, reduce stress, anxiety, depression, reach the state sustainable new levels of energy, clarity and fulfillment, so they can feel and live better and most recently and I have to tell you, I watched this last night he appeared on the goop labs Netflix series by Gwyneth Paltrow, which will blow you away so after this call, if you have Netflix, go there and watch this. This is incredible, because I don't think you can do justice by talking about it, but we're gonna do our best. I want to welcome John Amaral To the to the summit. Hello, John.

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That was quite an introduction, Patrick, thank you for having me. I'm grateful to be here.

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Yeah, we really want to talk about unlocking this healing energy because it is kind of a secret in what you're able to tap into, I know that you you were trained, and then you've kind of taken a little bit further and you train other people, which is incredible, because a lot of people keep this



underneath a bushel basket and they keep it to themselves, but you're very giving and it looks like you're sharing it out there in the world. So tell us a little bit about what healing energy is what got you into this and how we can start the conversation. You know,

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when I think when we talk about healing energy, you know, we have we have to realize that that energy you really can't separate out energy and information and in the universe, right we have like, like, we have all different types of energy, thermal energy, kinetic energy stat, you know, you have about chemical energy, you have, you know, electromagnetic energy, you have all these types of energy. It's Essentially in physics we say it's the ability to do work right. So, you but what does that mean? and and and and how does a certain How can energy be be healing and how can energy be at times destructive like you know if you have a whiplash injury or a fall or certain you know impact impact where energies moving in your body can break things apart yet energy can also organize and shape and, and and guide us to more wholeness but it's it's really it's like I don't know if you could you could say it's energized consciousness or conscious energy but it's this like coming together of energy and consciousness that shapes our material world. And I feel like that's what we're all working with whatever we're doing, whether it's healing work that we do or whether it's building or creating something whether you're an entrepreneur, whether you're a you know, an artist or entertainer whatever it is that you are, you're working with energy and you're either constructing and creating with it. You can break things down and And, and, and, you know, you can you can kind of keep things the same or try to keep things the same. But everything is basically the utilization of energy and how well you're using it will will determine really the quality of your life on virtually every level. And I know the work that you're doing, you're working with, you know, shifting patterns and affecting the consciousness and affecting the mind, which affects the energy and the energy affects the mind and that back and forth is really where I found my niche.

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Right, yeah, we find that when you can work with the physical and the mental and emotional all together in the spiritual when you're looking at when you're looking at someone as an energy practitioner. I mean, it seems like you're seeing into another realm in working with them. And I know that a lot of our practitioners they have like, almost like a second sight as it were, and you're doing a lot with feeling and energy. Can you tell us a little bit about that and why when you're in the room with somebody and this happens with everyone, you're just more in touch with it. So when you walk into the room, you never heard you say this, that you have the same ability, they just don't know it. So you're influencing people just by your energy field. A lot of people think our energy stops right here and my hand or my face does explain a little bit about that for our list.



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I think I think one of the, one of the, you know, things that we can look we can look back to, you know, the Vedic and and the Taoist teachings, you look back to the, in the Vedic teachers, they had what's called the cautious still still to this day, but the coaches are the subtle energy bodies, which starts with like basically different sheets or sort of layers that somehow go from like the what they call the food body basically up to the bliss body, then Nanda Maya kosha. So there was always in almost every culture of the world and the indigenous cultures, there was some referencing to some kind of subtle system, some kind of bodies that that went beyond the physical and heartmath is an organization that probably a lot of people People tuning in are familiar with, they've actually done a significant amount of research on the heart and the field that is generated by the heart, which is really it's non local It's uh, it's, you know, it's it's consciousness and energy that you can't necessarily define the exact region it's in, but you can certainly measure it with electro, you know, magnetometer sense of magnetometers up to three or so feet off the body. So we know that there's a field that like goes further than the physical body. You can measure it as electromagnetic but it isn't really electromagnetic, it's so much more. It's like, there's a consciousness and energy that's somehow shaping and organizing. And there's different levels or layers to it in a way they're not layers as in kind of strata or rings or the skin of an onion or something but you could kind of describe it in that because when you get into the subtle system, you get into non low cop nonlocality. You get into, you get into effects that are that are They're not really defined directly in the physical plane we can almost like the physical plane or the physical body can be like a, almost a printout or a shadow of what's happening on these other these other dimensions. So what I'm seeing, or experiencing or feeling when I'm interacting with someone is

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almost different.

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I guess I could describe it, it's a synesthesia really, it's like, it's like sights and and feelings and and, you know, I hear tones and vibration. So like I over that and I'm working with thousands and thousands of people. I've developed it like a certain skill set to be able to tune in. But I'm tuning into these different frequency. If I it's more than this, but it's a way to describe it. It's like different frequency bandwidths that have a different consciousness tied into them. So like lifeforce energy, Qi prana key has a certain frequency to it has a certain organizing principle to it that works in the fascia, The meridian system the work of James Ashman, I think a lot of people know and that is a is a researcher, PhD has done a lot of work in energy medicine, talks about the meridians running through the fascia, you know the it's a liquid crystalline matrix of the body basically. So you have that and then you have an emotional body which is you know, which is really involves muscle movement and tendon motion and sounds and vibration and you can feel



somebody's emotional energy expressed. When they make sounds and they move their bodies as we experience it as charisma we experience it as polarity in charge and we get zinged we feel this person wow this person has a lot of feel their passion. And then you have mental energy then you go into like what I would describe as soul energy and then get in in all the way out into infinite you know, infinite energy and consciousness and I, I learned to be able to feel the differences in those energy qualities and and utilize different aspects of someone's energy system to help them in a way just better tap into their own nature because we are made up of stardust. I mean, we're literally organized Stardust, but what's organizing us what's what's shaping us?

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Well as the relationship between

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consciousness and how we're using energy and the more effectively we're using energy, the more flow we feel, the more whole we feel, the more creative we feel. And the more conscious awareness we have, the more able we are to recognize our patterns and evolve ourselves so like I can feel the difference if somebody is dense and heavy, and and like they feel very kind of almost like their body is physical matter, versus their body is fluid energy. We everyone could feel this you can feel when someone's like depressed, they're heavy and dense and slower, they breathe slower. When someone's like in this high state, they're expanded, they're connected. There's a buoyancy, there's a feeling of lightness, there's an, there's a, there's a ripple in the field around them. Like that's why people go and visit gurus, you know, you, you're in their presence, you're transformed by this like super high vibration of energy. So I don't know if that tangents too far off of your original question, but I feel I can feel those qualities and sense those, those different sort of layers and then work with them to help somebody optimize their their system.

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Right? I know that a lot of people might not be understanding what you're talking about, because they're not into energy medicine. But as you said, everything is energy. I mean, so when we look even though we look to be solid, we're in this two dimensional field of computer screen talking to each other. But the reality is that it's just still a field of energy. It's taking our energy and projecting it there. When you're working on this, this energy field and learning how to do this, the subtle energies and things like that. Where do you Where would you Someone start to learn something about that. I know we're going to at the end of this, you're going to give somebody some direction so you can experience your work. But like what was your background? How did you get from where you are today? from way back when I mean, going from chiropractic in my only experiences, I met some network chiropractors, I met Ted corns, a



good friend of mine, and we've actually recorded him during an adjustment on stage. We were in the hallway, we didn't know when the adjustment was going to happen. He was spooky. And when we had a chemical response in the brain, as soon as it happened, just like he was sitting on the table in front of him. So I'm a true believer. I mean, I've seen it with myself with instruments. You know, so

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well I in Korean is like a legend in the Chiropractic and he's provided so much educational material for people and, and there's some really fantastic you know, chiropractors, I mean, interestingly, chiropractic, so I started out as a chiropractor, I started out you know, when my practice in 1990, the end of 97, early 98. So I had a practice for over two decades where people you know, come to see me, I'd see like 75 to 100 people a day at times, like, really had six tables going. And I was like, I saw thousands and thousands of thousands of people over many decades. So you start to see trends, you start to see patterns. And I also sought out teachers, and mentors and guides along the way. And one of them that I got introduced to early on was Donnie Epstein, who developed network Chiropractic and then it became what he called network spinal analysis. And so that was something that I practiced and learned and studied with him for a long time. And then, you know, I kind of went my own direction and just kept evolving and going in my own direction in the latter years, you know, I started, you know, like studying and experiencing,

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I just kind of

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I started exploring more

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I guess you could say on the spiritual side, but um, I wouldn't consider what I'm doing. Like, I'm not trying to do spiritual work with people wherever but I had experiences where like, I went to India multiple times and I had some very mystical awakening experiences. I went to Machu Picchu itself. America, we've been to Asia and to Bali and to all these places and studying and learning, like the different traditions and learning from different practitioners. And then also I've been really always a nerd when it comes to science and biology and physics. And so I have followed the work of people like may want Dr. Marwan Whoa, and James Ashman and so many other like, you know, incredible researchers that have looked started to look into biophysics really like physics and biology and how those things come together and looking at what What is consciousness How does consciousness play out in the body? Like what is the body? And so like, my my journey has always, you know, been working clinically with people but then like, like



exploring what, what are what are the models and frameworks that can be used to describe what is happening here because how can you put your hand you know, two or three feet off the body focus here and tension in the body starts to move and starts to unwind. And people see that and go like, how does that happen? That can't be real. This has to be staged, you know, so if people watch the Netflix special, they'll see this like people responding and emoting and their bodies are shaking and they're going through this hole.

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And they're not seeing and they're not seeing what you're doing. But the body's responding just like an orchestra.

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You know, like, for a lot of people know the work of Dr. Rupert Sheldrake and Sheldrake who has is very well known for his work on morphic fields and morphic resonance. And his you know, his book about he wrote a number of books one about like how dogs know their their owners are coming home. They did just a bunch of research on dogs knowing when their owners would leave the office and head home and they would put them in different cars, they would leave at different times, the dogs would respond going to the door, they would, they would know so how do we know something? Where does that information get? Access, how does one know? And how do we know when certain events of things are happening? it? What is this like intuitive hit that we get our insight on something or a knowing? And how could we respond to something that's not physically touching us and have an impact? Well, you start to look at like cymatics, you know, the effect of vibration on physical matter, and how changing vibration and tone can change physical tissues. And that actually leads back to the work of DD Palmer, who was who was the founder of chiropractic in the late 1800s. The guy was a metaphysical dude. I mean, he was a, he was a he considered himself a magnetic healer. And then he was studying the work of he was connected to the work of Theosophy, which was Manimal, blocky, and this was all like the New Age movement. So the guy who developed chiropractic was a he was an energy healer, basically. And then he realized and recognized that you can adjust this The skeletal framework you can adjust the, the to affect the nervous system, which his theory was if you affect the tone of the tissues, the vibratory frequency of the tissues, it would change the the expression of consciousness and it would help what he called the innate wisdom of the body be able to be guided more freely by the universal forces or universal intelligence. And then he said the educated mind gets in the way, which was the self and the ego. And if we can clear that basically and open up that channel, then we are going to have a you know, we're gonna let innate wisdom do his job and we really I see that as like a it was another way to like return to uh, remember our, our, our relationship with the universe and in a way remember that we are one which which was a spiritual thing really so so so Palmer was a spiritualist really he was a he was a vitalist and a spiritualist. So that's those are the roots. So



it's interesting now that like research is showing that, you know, one of the ways of communication in the nervous system is acoustic waves, it's tonal vibrational, these patterns of resonance when you have fields of neurons firing off in the brain and you have, you know, these are these are organized, and, and, and guided by fields. And those fields don't necessarily have a location in the body. So like the physical response is happening to something that's happening in these vibratory tonal fields and stuff. So we're in a really cool area and I mean, I'm so happy to be on with you. I mean, I love the work. I love Brain Tap. I love the work that you're doing and I got introduced to you and and your work went through Dave Asprey at his event, what was it last year, remember two years ago, so I've been utilizing that. And so I think all these different ways that we can impact the human experience and body and consciousness. Um, you know, like to help us evolve and to grow and develop new patterns and strategies I think like Bring it on.

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That's great for the people that don't know what fascia is because we we've done some work with, when when people are doing concussion work, of course, they have to release the fascia, which they called the dura in the brain, but it's all connected. Tell us a little bit about how that works that information system because I that's coming up now people are becoming more and more aware of this,

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this isn't so so the so the fascia is actually you know, that the dura and the and the you know, basically the covering of the of the spinal cord and the meningeal system, which is the attack where how the brain is encapsulated by this tissue that then wraps around the spinal cord and goes all the way down through your body all the way down into the tailbone. And filaments of that can go all the way down to the Cox six the very tip of the tailbone. You actually have attachment points of the of the meninges into the cranium and into the ring of the Atlas, the first vertebrae in your neck and all the way down to the fifth or sixth vertebra, sometimes even the seventh vertebra, which is every vertebrae Your neck, and then the the meningeal attachments cease to exist until you get down to the sacred area. And then the meninges attaches again into the sacred. So like work like cranial sacral work and a lot of chiropractic techniques and osteopathy and stuff do a lot of work from the ends of the spine because you're affecting that meningeal sheath Epstein who I studied with for many years, he identified that there were different vibratory frequencies that are associated with stretching or pulling on these tissues of the meninges in different ways. And he identified that there were like patterns that would relate into some of these life. So when the Atlas was involved, it would always there'd be some kind of like, anxiety and fear or concern about the future when the lower neck was involved. You know, the C five and six were different. Usually there was some confrontational energy and someone like anger that wasn't being expressed. And so there were patterns that you could start to



identify that when you somehow change the tension or tone On these tissues of the meninges, which is contiguous with it, then with all these other soft tissues and fascia, you start changing the whole resonance of the body, which he called phases. So you would shift phases, which then would have a different effect on your consciousness. So it's interesting because the fascia, and I started studying more and more over the years, the fascia and I, and I found especially with I mean, James oschmann, is probably the done some of the most remarkable, you know, research on this, but the fascia, you know, it technically operates like a liquid crystal like an LCD screen in a television, where it's, it's a it's a, it's a solid, but it actually it changes configuration as energy moves through it. So that's how you get the blue and the red and the yellow, whatever you get the different are blue, red and green are that right the colors in your that's how you get your picture, you're sending energy into these molecules that actually change configuration. So what's interesting about that is not Is it in those in the, in the, the fascial tissues in the collagen fibers, they're helical in a way they like the collagen fibers are triple helical, which is like also the shape of DNA helix. So you start to get this spiraling things going on and there's all as you go deeper into what the human anatomy is and how the energy system works, you get more and more kind of cosmic, you're like well, how the same helical structures that are you know, we seen out in the universe out there or in the body. And so the fascia network has, it operates like like a liquid crystal, the the, I think it's Pollock and some other people have done research on the on the, on the structuring of water in the human body, that you get these patterns of structured water around the cells, which actually functions and it looks like when you look at an under under microscope, it looks like the same pattern as a quartz crystal. So as the Water structures into a into a shape that resembles a quartz crystal. And so you have information storage in this pasta network through the liquid aspect of it, and acoustic waves and electromagnetic frequencies and all this stuff is happening there. But I think that probably on a greater and greater importance is that there's some effect in our consciousness, by the way information is held because a quartz crystal can, you know, it can store information, it can transmit information can focus information, it's that's how we store information on obviously we have silicon chips we have basically there's quartz crystal structure, that there's something that they've created that can store I think 25,000 iPhones worth of information now on a on a little, you know, in a crystal quartz crystal kind of structure.

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They now actually have, they're structuring water. That's the next computer they said because they ran Out of how fast we can move across copper and silicon and all that so you're exactly right on there finding out in science that water holds information like Dr. emoto his work you know the secret life of water. So when you're that was gonna be my question you're kind of answering it before I asked it, but the within the body people we've known for years like Louise, Hays work and things like that. We have psychosomatic illnesses, people are of the mind. But we're really thinking of the energy really, it's not of the mind. It's the energy when it stores in the



body. Can you tell us a little bit about you've already given us a couple which were great, but I think the listeners probably go, Hey, I got this issue or that issue. What do you commonly see because that's kind of interesting that the body holds us information in different places like a hard drive would

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Yeah, I mean, I think I see exactly so it's like so we experienced it's like if someone goes under general anesthesia, we still don't really know the mechanisms of how anesthesia why anesthesia makes someone unconscious because we don't really know exactly what consciousness is. So how so? So but we know that Everything is still being recorded. You're just not caught your cognitive mind your conscious of you know, cognitive mind is not able to stay present with and know what's happening there. But it's still being recorded and experienced in your body. It's almost like the blockchain of you know, of the universe is this human body. We're recording everything that's happening. So what happens is my experience of it is that when we experience an event or a challenge, that we experience as trauma, as like stress, overwhelm, and the body starts to go into this reactive state, we go into a fight or flight kind of response. A couple things happen. One is the architecture of the central nervous system elongates so you know, we're talking about the meninges and the covering the spinal cord and how it's anchored in the neck and the tailbone. Well, when you're in a stress state. The body goes into fight or flight there's a tensioning of the cord because the body is preparing energy for reaction and you can stretch the spinal cord up to about two inches or even more in an adult in length as part of the fight or flight response. And so when you traction the tissues of the spinal cord, you decrease oxygenation, you decrease, you know energy flow, you increase blood flow to the or to the muscular system away from the organs, your body's going sympathetic versus parasympathetic. And there's this whole fight or flight mechanism that has a physical, and it's a tonal or vibrational effect on the tissues of the body because everything goes into into a high, high strung uptight wound that we have cultural terms for it, we can feel the vibratory frequency change when we're in a stress state. So

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how that impacts

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you know, a health and well being and people's can physical conditions and stuff is that let's say you're in an auto accident, your body goes or you have a fall or you have an injury or you have a physical injury or you're in a fight with a loved one, or you're in, you're in a chemical stress like a hangover Your body is stressed in some way your body goes into fight or flight, you struct elongate that spinal cord, your body prepares you for safety and protection. And then it's designed to dissipate that energy in some kind of like reaction, fight or flee, somehow move it.



But what happens so many times is we don't dissipate the energy we don't deal with whatever it is, we don't express what we need to express we don't get the work on our body or our being that would help us like release it. And so we we stay in the fight or flight state and the body mechanically stays in that elongated traction state. And the anchoring points are typically in the neck and tailbone but you can also have in the fascia system, in the, you know, in the chest, sternum between the rib cage and the organ systems. You can have energy basically that gets bound up that didn't get to be released. And that energy interestingly is it It can be tied into a strong feeling that we had at the time that did not get processed. And so we feel it, we still mattifies it, basically. So we experienced a physical pain or physical tension. But we're not associating with higher brain awareness to that part of the body or that particular energy, so we can't decipher it. And so part of what the healing is, and really what when you asked about healing energy in the beginning, healing energy is just energy that you're finally re acquainted with. It's energy that you pushed somewhere and fragmented yourself and said, it's like a fractal. You just take you took your experience, your whole experience and you broke it up into pieces, and take fragments of it, push it here, push it here, push it there. And healing is really like when you bring conscious awareness back to that energy and allow it finally to finish the process. Like maybe you need to cry, maybe your body needs to move in a certain way. Maybe have, you know the vertebra need to kind of position back into a certain place, maybe the muscles need to release through, maybe there's a thermal release a bunch of heat energy, maybe the body needs to dump a bunch of toxins out of the tissues back into the bloodstream. But whatever happens that liberated energy allows for finally with conscious awareness now allows a change in the pattern and that way, the next iteration of your body doesn't have to run off of that same adaptive pattern. And that's where you can really make progress in life. Because, you know, we have certain places where we got hooked, we got anchored, there were certain events and things that and I found this working with people over the years like so many times there would be some event that was it was just like, someone couldn't resolve that particular event for whatever maybe it was a rape. Maybe it was a loss of a loved one or something where they were like, I can't deal with this. I gotta shut this off. And so so it takes so much energy to keep that information,

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separate.

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Then we wall off and we adapt and our body distorts and then what in chiropractic they call subluxation. I see as like a the bodies and brain and nervous system and consciousness adaptation to avoiding certain information that would be hard to be with but when you reconnect with it finally allows you to move out of out an adaptation and stress and you move into a like



parasympathetic, you open up and you and you incorporate Finally, all that energy back into your being.

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All right, let's go a little bit deeper in the show in the group show you what it was talking about when she had the surgery. Like I've had a shoulder surgery they they did it I did it all under no anesthetic because my dad trained me to go into deep state, but it still is affecting me. They told me I'd never lift my arm over my head. I said no, I have full motion. But it was so bad. It was falling out. I mean, I'd be asleep wake up without a football injury or doing crazy things like that when your kid Yeah, buddy. She was saying something about that either. rewind it to watch it. But I wanted to hear from you what is going on here when somebody cuts into the body.

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So, in my experience, it's interesting, like moving to LA about less than two years ago, and I have a lot of clients in the entertainment industry and just a lot of people in the LA area. There's a lot of surgery. There's a lot of elective surgery, a lot of plastic surgery. And so I've worked with quite a few people more than I've ever have in the past. post surgery. I've worked with people with a lot of various types of surgeries, but because a lot of the a lot of the elective surgeries are involving very superficial layers, right? You're just going into the dermis epidermis, it's like it's a lot of facial surgery, it could be breast augmentation, breast augmentation removal, it could be liposuction and different things. So I've seen a lot more of these of these kind of cosmetic surgeries and it is really interesting to see the effects and how it how virtually everything A person that I've worked with, has said, Well, if I would have known it was going to be this intense, like in the recovery, I don't know if I would have done it, and then I'll see them about, you know, a few A month later, and they're like, feeling a lot better. And they're like, well, I'm really happy I did it, you know, so, but there's a period like that right after it happens where virtually everyone is like, they just feel demolished in a way. It's like it's so it's when you do especially when someone does a significant amount of

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cosmetic. So

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what I noticed it's almost, I think, I think about it, at this point, almost like fiber optic cables, you know, it's like if you cut the fiber optic cable you cut that communication. information that's traveling is like we could say is bio photon emission, maybe in the in the in the human body, but it's like it's light, it's energy. It's information, that those information pathways through the collagen fibers into the facile networks are all disrupted. And so somehow the system has to find a way to reacquaint in and reorganize that and come back together. And I think it's critical.



From what I've seen that people get some kind of sophisticated work in the fascia by someone who really knows what they're doing, when after they do surgery because you're, you're, you know if it's true, which is what like James oschmann, you know, reports, it's probably or it's theorizes that the meridian system runs through the fascia network, then you're, you know, you're interrupting the dynamics of your whole system, not just like that general area. So, I see. I think we're going to see a lot of technology coming in, in the coming years with, with Paschal. You know, post surgery work. I know that there's some people that are working with that or that or I don't remember the name of it, I wish I could recall it right now this new technology where they can inject certain substance into the fascia they can actually break it down and help the system break down old scars. tissue in old patterns of fibrosis and stuff. So there is going to be some new many new strides in this area. But I agree I think like you said the research is being done on information storage and structuring water. And, and we're going to see more and more how the body is this ultimate quantum computer. You know, it's the physical system is the ultimate like vessel for the activation and use of consciousness focusing energy, storing energy transmitted energy.

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We get a chance to go to India quite often as well. And there's, we work with the all Indian Institute of Medical Sciences and they're doing a lot of research with basically we're photon generators, like you're talking about when so your hands work as a laser. You know, they're showing that that that these healers have these different, like healers just have more of it available to them, or they're bringing it through is, is there some kind of practice that you have that helps to keep you clear because I mean, you're a lot of people are concerned with You know, picking up things or something like that?

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That's a great question.

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Yeah, I mean, I think my life is that practice so though it's like everything that I do everything that I eat everything that I don't do, you know where what how I'm utilizing my energy is affecting my ability to to be with people in all different states and be with all types of energy without feeling you know, this is something I've developed over many years of working with you but not feel obligated to take anything from them or do something for them or do something to them, but to be able to witness them and experience them and and in a way bring a new possibility to them by the way I observed them, because if you know if our observation is a truly influencing what is going to happen in the quantum you know, probability field of and it goes way beyond quantum physics, just a little like little bandwidth start to describe some of the mystery but But if we can show up and we can observe in a way that creates a field of



possibility for that person to begin to orient themselves to then like we just have to do the work on ourselves which allows us to be with more of the range of possibility from the deepest grief to the most blissful joy to know what that feels like to be able to stay with it and myself and be there with that person and hold that space. To know the outcome of what is possible for them like see them but not see the condition not see the personality not see the identity but see them as a infinite being beyond this, you know time and space and just approach them in a way that allows them to feel like they can move into somewhere that was foreign territory, maybe they didn't even know because the mind You know, it will encapsulate you to the illusion that you're in this like body that you're in the body that you are the body and if I can show up with the with this in my field and in my knowing what it feels like to be a whole integrated human, because I'm doing the work on myself to know what it feels like and I've seen it so many times with people then I can give them somewhere to go because I'm actually I'm actually holding that I'm kind of tuning fork up to them in the in the system is mirror neurons will kick in. I mean, like they'll like the system will know, like a weight as possible. This is what it could feel like to be free. And I think most people don't have a reference for peace. They don't have a reference for effortlessness. Because you know, that's like our culture and conditioning is like work do it, put your head down, make it happen, you know, push through, and it's do these exercises, do these processes, do these breathing things and it's always doing something with a body that you don't feel fully connected with. And that was my that was my history. I mean, I had very severe asthma and allergies, eczema, all over my body. I get hives and reactions. I was injected with all kinds of experimental steroids and drugs because I was reacting to everything this was before this was when I was younger, in my teens and early life because I was super sensitive, but I didn't. I didn't have a template for what to do with that. And I was unconscious in the inner world. I didn't, I couldn't tell you what I was feeling what emotion was going on, so my body would have all these inflammatory reactions and I was just having a somatic somatic arising all this stuff and I didn't know and I like woke up to that through really through Chiropractic and through just different healing through network through studying with different people and having different experiences. My wife brought me a tremendous she's also a chiropractor. She exposed me to like Actually, he Oh, when you feel something and you finally express it, then energy moves, it's no longer bound in your body. And then all of a sudden, all the eczema goes away, you know, and the asthma like clears up, not that I, you know, cured it, it was just that that expression didn't need to happened because I was picking up on the more subtle cues and feedback from my body rather than needing a big loud like, Hey, dude, you know, pay attention. So I feel like my journey has been very much of my practice has been very much my own journey which allows me to be with people in a way that maybe they haven't experienced before, which was miracles really kind of like magic, what seems like magic, but it's just possible because this spontaneous remissions, there's thousands and thousands of cases that are documented in medical textbooks of slow taneous remissions of all every kind of condition you can imagine. You know, we know the stories of the Masha and Dasha, the twins that were



conjoined that had different you know, realities going on simultaneously with the same physiology and body and they had one had one condition and one didn't, or people in multiple personalities that have diabetes then don't have scars, they go away, so we know it's possible. But to take that sense possibility with an application that helps the nervous system then move there is one of my objectives.

38:06

That's great. Well, I know a lot of people were thinking, like, I'm thinking back to the 80s, my dad used to run an ESP forum in Kalamazoo, Michigan, if you can believe that. And we bring in people like yourself, you'd be like an outlier, you know, nobody's doing it. But you're teaching people that in the show, the goop show, you actually have to do their I can't remember his name now, but not showing him and it seemed like he picked it up really quick. Like you were showing him and he was feeling things and doing things. And a lot of MDs or DOs You know, they're, they're they excelled in science and math. So they're not really into the touch in touch with the feelings and things. Tell us a little bit about that mission that you have because you're actually when people are w you're teaching them to take some of this home with them so they can start doing some self care. So yeah,

38:46

I haven't started you know, and I don't know at what point in wills teaching like practitioners like chiropractors or body workers, you know, how to how to do what I'm doing. Like I don't feel like I have I'm not called yet to do that. I mean, I'm still kind of putting together how I'll do it if I do it. But, but I'm I'm right at this point, I'm teaching people how to do that with themselves, like take principles and aspects of what I'm doing, and then applying it to themselves with self. Practice really like, how can you incorporate your body in in a new way? How can you see it experience your body in a new way that you weren't before? How can you go from feeling sense like a density and solidity of your body, or a condition that you're experiencing that feels like it's just locked in and start to dismantle it in your consciousness and start to see it and experience it as energy and then work with that energy in ways maybe it's just accepting it, maybe it's moving it in a new way. Maybe it's activating it and like making sounds, maybe it's moving your body in certain positions or patterns. And so one of the ways that I did that was through I just made a free offering that would that was through My website is still there on my websites called the fight or flight to flow challenge. So people could go in and just put in their email and they get access to like a course that you can go through in seven days, but you have access to the whole thing. So if you want, you can go through it immediately. But it has different practices and exercises that they can do to get a sense of some of the energies each of the different types of energy. So that's one way and I'm working on a number of things, I have a couple of things that are if someone signs up for that free thing, there's a there's I have a series that's online called discovering the fundamentals of energy, which I go through some of the science and then some



guided practices and have another one called the heart brain, higher heart and brain activation. So another guided process to sync up the brain and the heart go into more coherence. So there's some things that I'm starting to do and I'm looking for actually, you know, obviously all of us at this time, you know, in life or in the world are looking for how can we take aspects of what we do and Virtually share them. So I'll be coming out with some additional, you know, things. But I think right now, you know, to the experience of being able to get the work in proximity actually on the physical body would be, you know, physical and energetic system right there is amazing. But certainly you can have huge impact with just, you know, just tuning in on, on, on zoom. So, like, I'm working to have more available for people to be able to tune into and access virtually,

41:33

right. I think like you said earlier, just giving people the open eye that says, are the open mind and says, Hey, this is possible, because, you know, people have heard of this, maybe especially an energy medicine, but a lot of people think energy medicine is just like Reiki, that's it, or, or they're doing some kind of energy medicine with supplements and things like that would take into, I mean, we know it all works together. So what do you think like a lot of people are doing breeding, like readings become this big thing now? Because of Wim Hof, you know, kind of bringing it into the scene and sending a nice bounce and now we're gonna go into Instagram, everybody's got to be in their, in their coolers, you know, in their rps what's going on with the nervous system they're in, in you know, because that seems to change in their brain structure.

42:16

Yeah, I mean, I think I think you know, you have you have

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you know, you can put different stresses on the body which create new pathways to develop you can you can, you know, there's huge stress there's positive stress you know, you're there you can grow by putting yourself in super cold environment you can learn to overcome you know, that where the body would go into fight or flight but instead of going into fight or flight, you stay in a more relaxed open zone state. So, I think these are, these are using some external and internal practices, some are based on like pranayama and yoga, you know, breathing exercises, there's different ways you can shift and change your breathing to have activate different consciousness in your body and and experience different states, but I think like So that's all positive and great. I love Wim Hof you know, he's just such a character and such I'd like a powerful like I feel like he's a he's like his lifeforce energy is just like you feel it's so visceral and his emotions just such a such a cool dude. But, and I think that they like developing new kind of neural pathways and new strategies that are sustainable that don't require outside circumstantial things like like if we can activate a state that we don't have to go into super cold



or we don't have to go into super hot room or we don't have to, you know, that, that we can we can begin to integrate, learn how to like feel and touch and tap into our body and the energy in our body and around us. Kind of organically and naturally, and then we can begin to also you know, like what the what the You know, the yogic, you know, tradition talks about like, you would basically transcend, you know, the physical body. But yet, I see a new, a new kind of path where we're transcending the body, we're going beyond, but we're also diving deep within and feeling the body and including it. So I think we have this new, like, new place that we're going in humanity where we can be embodied and feel connected to our bodies live in the world, and be expanded and not have to just live in an ashram, you know, and withdraw from everything, because it's certainly easier to sustain those states. and have it be more of a baseline when you don't have any really outside world stresses. And we have a lot going on right now. So I think for me, it's like, Okay, how can we better optimize the way our nervous system and brain and body deals with the stresses that we're under so that we can sustain a more adaptive in flow state even when the stuff is happening around us? We don't have to pull ourselves out of, you know, out of the world in a way to do it. And I, and I think the world kind of did it for us a little bit right now. It's like, like the speed and pace and everything that we're going to. It's like we have this great kind of COVID pause of like, what's happening. So we're in this interesting, uncertain place. But there's also like a slowing down, I actually looked at some research showed that the seismic activity in the earth actually decreased during this time, you know, less heavy equipment, operation, trains, mining, all kinds of things were just like, reduced and it changed the actual vibratory frequency of the of the earth by sensitive instruments. So,

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you know, I think we're, we I think we have to

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we have to optimize the way our sensory motor system processes the information around us. Like how do we take more subtle information Tap into it and make that available through a body so we can feel what previously maybe we couldn't feel. Because if you can feel more bliss and grace and love and, and and and compassion and wholeness then you you want more of it, it just feels so right and then and you want to help other people experience more of it. So I feel like this human body instead of like always feed me with stuff I just need to not feel I need to block this out I just I need to change my state, I need to feel something different because because I like I'm in my mind and then my emotions versus opening up to something that transcends our kind of animal nature, I guess you could say and, and allows us to drink in the nectar of grace and let it kind of pour through. So everything that I'm doing is is to bring in a way more grace and peace and help the subtle system be more integrated so that the physical body can be transformed. into the nature of what we really are which is infinite.



47:04

Right? This is great. Well we're talking to an optimal performer of course because you're raised up there your optimal performance come and seek you out because of this energy flow formula. So tell us a little bit about how they can go on because I know we we talked beforehand Hey, can we do some tips? You said no, I want to give them something that they can do deeply at home they can spend their time doing it tell us a little bit about that.

47:25

So okay, so if you want to just tap into a little piece of what I do but but I put a lot of energy into it and produced it nicely so I have something called the fighter flight to flow challenge which you can just go to John Emerald calm and just put your you just you'll see seven day challenge or fight or flight to flow challenge, pretty prominent name and email and then you'll get access to a course and and it will have videos and explanations and then just practices in each practice each day has you act to access a different entity energy. So life force energy, emotional energy, mental energy, relational energy, soul energy, infinite energy you go up through. And so that's a way to get more exposure to just my vibe, what I'm doing and some simple exercises, they're really simplified. And then and then there's a couple things that people if they want to go deeper with, it can like low cost, like courses that they can get if they want. Um, other than that I have, you know, I would be doing live events in LA every month but we had to cancel all that because of the COVID situation. But I have I'm doing some you know, private sessions with people

48:39

and

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people can can go through contact me through johnamaral.com and ask about, you know, what, what is it what's the deal with private sessions and, and that's another way to get access to what I'm doing. And I have a year long program that some people are in it's also kind of limited right now. But but there are there are people Different ways, but the easiest way they can just go get something for me free, have an experience of some facets of what I'm doing and and see if they resonate.

49:10

That's great. Well, I want to thank you for being part of the summit sharing your energy here in I'm sure they're feeling it through the computer, they're going to run over there. I've already subscribed to the seven day program because I want to experience it myself. And I think what you're doing is fantastic. I mean, I'm a true believer in energy medicine, and you're taking it to the next level where it's, it's taking out of the world of some so Fufu that you can't see it people



you're actually tangible and teaching people how to do this. So I congratulate you for that. And I thank you for being part of the summit faculty here today.

49:42

Patrick, thank you so much for having me. And, and congratulations for everything you put together and the amazing people you've got showing up for this.

49:49

Yeah, thank you. Now if you know anyone out there going through anything emotionally, physically, mentally, spiritually, whatever. Remember this this video that John just helped us create dues is available for the next 24 hours, please email them the link, it's totally free. And then they get access to that website, they can start healing themselves. We all know that healing comes from within, we can use a lot of different triggers to do it. But you've got to accept it on your own on your own terms. So let's start healing the planet. And let's make let's make healing fun, again, is what you're doing. It looked like to me, so that was great. So thank you. Thank you very much. And you're waiting for the next speaker, please just tune in. Just click below, you're going to find out the next speaker, please go over to the VIP section. If you haven't already done that. Join the VIP section. Get all the free giveaways that people are giving that are part of the summit. There's a lot over there thousands of dollars worth of gifts being given away. So we look forward to helping you and your journey here. And this is one piece of the puzzle. That's a big piece because energy connects everything. So thank you again, John. Look forward to seeing you when we can get back out to California again and do something live together. Yes,

50:52

I look forward to it.

