



**Itzhak Beery**

## Staying Sane And Connected During The Pandemic

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### SUMMARY KEYWORDS

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Hello, welcome back to the optimal performance summit. I have with me today a very special guest. He's giving us a second time appearance here on the summit so that we can really delve into his knowledge here. I'm talking about Itzhak Berry. And he's an internationally recognized healer and teacher in case you didn't see his other other talk, you really need to tune in because he he really filled us in on what shamanistic healing is all about, and things of that nature. But today, he's talking about staying sane, in it connected and connected during the pandemic. So, Itzhak, welcome to the summit.

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Thank you for having me again. I'm

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so excited to have a talk with your again.

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Yeah. Tell me what is going on from your perspective as far as when we talked about staying sane, because being cooped up in a house and not being able to do the things we're normally doing, how does that affect us on a psychological nature of our being?



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Well, I think that the first thing you we realized that is that we have a lot A range of emotion that we kind of really never tap into, in many ways we run away from it. And, by by doing more work by, by going shopping by going to entertainment by, you know, all of a sudden we are, as a society, we were forced to have a vision quest in what we call in the semantic chat terms, like an inner introspective Enos of our life, to take stock of where we are and why we are here and, and, and everything that is around us. And I think that that's really the hardest thing of all people to do. You You can't occupy yourself too much with a screens. You can't really make so many calls. You can just go to, you know, bars and movies and you really have to listen deep into yourself. And our society is not used to it. We don't have much tools to To make a deep listening, and I think that for the last three months of the pandemic or more people are least hearing their inner voices. Sometimes it's, it's, it's the, the upset the anger, they hate the, what we call the dark basement shadows. And sometimes they they, they they surprised to see that they have also good beautiful feeling of just being connected to themselves to their loved ones, their family to their children to people who didn't have time for them for the for them for all of those times. So I think that one of the things that I usually tell people in my global support group that I created in in March that's

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You're,

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you are human, and you have extreme different feelings and, and they all at the same time. You have to figure out how to sit down, quiet yourself down breathing

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and have a reflection.

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I know that a lot of people feel like they're victims here. And I know, I just happened to go to my doctor's appointment earlier today before we got on the summit here. And he noticed I'd lost 30 pounds. He said, What happened? I said covid and he said, What do you mean? He said, Well, now I'm home, I'm eating healthy, I'm meditating. I'm working out. You know, it's, it's all the things that you really want to do when you're so what do you think about though how can people shift their consciousness a little bit from being a victim to being a champion or, or to at least taking an active role in improving the quality of their life?

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I think that it's a it's it's a bigger shift. It's a shift from The I to the we, you know, in our society,



we really celebrate the fact that I, the individual, can go to a bar could go to a movie can go to travel, I can do whatever I want, I don't care what other people and here we are called, because of the virus to start thinking about ourselves as more as a we, as a society. And I think that's the biggest difference of all, for people to start looking at, not what I want, what is my goals, my and in many ways it's it's years and years of, of Dr. recession of, of our, our society that the individual is the more important thing. I think that the lesson here is that I am only one in a Big Picture, and I have to find my

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place in it.

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And it's a it's an actually kind of a beautiful thing because we realized I mean I I know so many people who get stuck with a house with a spouse that they never seen before. But you know, they always they saw them in the afternoon or in the evening for three hours and they went to work the next morning and all of a sudden they have to spend three months with and they discover them themselves again or there they Same thing with their children. There are some people who are got stuck with their excess, you know, people who are they divorce already they came back again. I mean, these are the, these are the beautiful sides, if you can call it beautiful, but a really valuable side. And I i understand that the idea of being a victim of the government or you know the Chinese or somebody Did it to me.

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But

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there is really no other way for all of us to keep ourselves safe. And I know that immediate if you're thinking in the largest scheme of things that like more than 2 million people experience that's that virus. I think that I'm one of those. And it's not a very nice thing to experience. But more more of that is like more than 120 people died in three months. And I think that here, I think when you are thinking about your personal sacrifice, you may want to think about all those people who lost their life and how you contribute to the safety of the elders of other people in the society. And that's really the shift the shift of consciousness or consciousness from the eye to the we from What I want and what the society needs. I think that's the biggest shift that happens here and I and I, I, I truly understand why people wants to go to the to to the beach and they want to go to movies in the theaters and then to coffee shop. I understand that, but where is their self responsibility? Where is their community sense? And I, I'm sorry to say that but a lot of young people really don't feel a affinity to their grandparents, or to the elder elder



parents. I mean, these are these are not disposable objects. These are people who paved the way for them to be who they are. And they have a lot of wisdom and more than 50,000 people have those

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doctors And teachers and,

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and helpers and workers and 50,000 of them died

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in three months.

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So I think that it's it's a big shift than that and I hope

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I hope that

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this is the lesson that we can learn from it that we really must change that way of thinking that it's only me it's, it's

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when you when you work, you've trained extensively with the elders in South and North America. And you've you've seen their tribal organization and how they work together. Tell us just kind of compare like how the average American situation is and how the tribal communities How does that work? Because I know here we kind of think they're elderly. They're going to be seen now in you know, they're in the elders they kept from what I understand the tribe, they kept the wisdom of the tribe. So tell me The difference between those two?

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Well, I can tell you that

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three or four years ago, I went to the first time I go every year to deep in the Amazon in Ecuador. And there there is a psycho pi tribe and one of their elders are there long. The lot, the oldest one of them at that time was 104 years old. He's now 106. It was 103. And that person



that is the elders, he still at 106. He still does ceremonies, shamanic ceremonies or plant medicine ceremonies.

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His wife just died

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the year after we first visited them.

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And most of the shamans who are the most powerful shamans that are either 100 89 in, in does, and they are they are national treasures. So the younger people are,

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are,

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carry them, they they take care of them, they they bring them food, they build their homes, they they make sure that they are they are fine they are there, they're really like a national treasure they all take being taken care of by the family. And I think that that if we if we looked at the differences between how community in the Amazon or in the Andes in the same way

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leave and how we do and how

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you know, how people who are retired

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which is my age, right? expect to be disposable and go quietly, nicely to our warehouse until you die. It's almost like our society expect them to disappear,

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not to be seen, instead of

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holding the values that elder people have, because they've been here longer or this, I mean, we're really not very long, even 106 years old is not very long on this earth, right? But with 106



years, you have a history that you can share with the children and grandchildren and great grandchildren. And you can give them pride of hood of their tradition. We have we have this expectation to at least for in New York or in the north east to go to Florida and die quietly

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in the sun, which is like so that

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I mean, I don't know about

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but I have a lot of thoughts about Because I have children and I have grandchildren and I was wondering, how can I be part of a tribe, not to be disassociated from them and they come to visit me on Christmas, but to to be involved in raising the grandchildren and like, you know, I teach so many people all around the world, right? Can I do that for my grandchildren? Why do you have to do it only once a year? And I'm thinking I'm talking to everyone. There, we we accumulate so many gifts and so much knowledge and wisdom. We need to bring it into our own families and tribes. So I, I think that if I call I call for that I call for reintegration of families. And the rethinking about How families in the United States can

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be more of a tribe but with more of a

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family responsibility to each other.

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Yeah, I just want to reiterate that a lot of our doctors, they'll tell us that Florida's the waiting room for God. God, you just said it that same way. So let's let's get into techniques or tools with all the knowledge you have in the trainings you have and shamanistic kind of therapies and things like that in the healer. What have you found or discovered that people can use in this time right now? of uncertainty? I mean, I think you've got a great mission there and I hopefully everybody will listen, you know, it took a while for my grandkids even when this was happening. Because my granddaughter, I mean, my step, my daughter, excuse me, told me that I couldn't come around the kids because she was afraid. I said, didn't you read the news? I should be the one afraid. You know, they have zero percent chance. But you know, people will do what they do. But after a couple of weeks you realize, Hey, you know, after 14 days, I didn't have it, they didn't have it. So we got back together. We still get together a couple times a week here





because they live here. But what other tools do you think are necessary or have you discovered in your in therapies or whatever you're doing that you help your your community with right now? Well,

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one other thing is to grant to hug your grandchildren. I think that this is the best medicine there is for everyone. And it's true, you know, that that's separate for older people to be separated from their, for their from their children and for the grandchildren or from society. It's deadly. It really is deadly. Because our body our body wants to be touched. It wants to feel it wants to express itself. And I think if if you can make an agreement with your children, to, to hug, to hug and be with the grandchildren, I No, we were separated for two months. It really, it really felt like we have been abandoned and then that that takes down your immune system. So the immune system really it is connected to feelings as we know that all diseases starts with trauma of feeling. And so the most important thing is for you to be connected to your feelings or find ways to address them. Find a way to talk to people and not to hold anger and resentment and not to feel like you are alone in in all of it by yourself. That that really helps to balance your immune system. It's so important. The other the awesome other Of course,

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let me just comment on that. So the viewers know they've done research actually they call it failure to thrive with infants. They actually have nurses now when a when a child is in the neonatal unit, which is the Pre unit, they have to go and touch the children and stroke them and hold them. And they found out that that was the difference between them surviving or not. So that's how important it is for this touch. So that's a very key point. So yeah, go on, tell us some other tools that you might have.

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If you don't have a kid you could always use a dog or a pet or cat or whatever you that you need to find ways to discharge those beautiful healing loving energies that you have inside you. Because if you don't, then you start to get depressed and you got to get angry and then you take it on other things and you you scream it a televisions

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screen,

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you know, so that's what you really have to do that. The other thing you can do if you like if you have to two stones, just a regular stones, hold it in your hand and send that frustration energy



into the stone dispels in in our industry Omani tradition are great. Way to hold energy they absorb negative energy. They have a very slow moving vibrations as stones as the earth and they are able to balance your fast moving energy. Now we talked about about energy Last time, we are all energies. So any kind of any way that you can lower down the vibrations or the energy of frustration and anger to rebalance it to lower the waves. That would be nice. You can do the same thing with eggs. So, eggs are the eggs, the use of brown eggs because they are heavy shells but you can hold it in your hand. The egg have 7000 little pores in the in the calcium

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shell and

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absorb negative energy and we use it for healing You know, to, to diagnose different diseases but we also we do it for healing to remove negative energy and in the same way just you know, just try it you know I just got an email from a woman who were listening to one of those teaching but I was disagree about the eggs and she said that she's she she's using it on her stomach because she had this fear during this time and she was starting to use them and I see she learned how to I was teaching how to read the the content of the egg and so she she was giving me every time in it and you can see that every time she did it the consistency of the egg change it really absorbed negative energy so you can do that. The other one you have a way to meditate every every day. it's it's it's kind of important and many people don't really know how to meditate so I do it in the easiest way is just counting. Closing you Is and sit down quietly and just count from one to 10. And from 10 to one, one to 10, and one and I usually lose it like in the first or second round, but I go back to it. So the idea here is not to punish yourself that you're old and you're stupid or you're too occupied, but just to go back and do that for 10 minutes or so. And you will see that it's very calming.

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That's a simple way. But

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the one thing that I personally do every day, and I recommend that everybody will do it to come down and two is the gratitude process. And it's a it's a really simple way you just basically doing like a child pose in yoga, or bowing to the earth to Pachamama and you give gratitude to whatever comes to your mind. So I usually do that for people and for The people who are close to me and also for people who





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hurt me.

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So you can do that for people in the government or people who are you're angry at.

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But the trick here is to find ways to

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give gratitude to the lesson that you learn from them.

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Not necessarily because somebody really loves you and make you feel good, but also for the lesson that people who

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you feel, challenge you.

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Because at the end, we really have to understand that all these challenges and all these trauma that we are experiencing, have have come here and for us as a humanity, we also we are here challenged to move forward. Now, sometimes we don't know where is where is it going. But that doesn't mean that we can't learn a lesson from it. So the gratitude process is the outmost important dice. I've seen that happening a lot with people who, you know, one example is that a woman who came to my support group, she started to do that. And

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three weeks later she came

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in when she came, she was like, she was livid about her ex husband how terrible this person is. And the horrible and the evilist person ever in the world. And three weeks later, she's doing this process, she comes back and she says, I don't know. I don't know what happened to my ex husband. He become really nice. So if you want to change the reality, if you want to change yourself, is through a very simple to give gratitude to every person that challenge you that make you feel not worthy. That is you're angry that you hate him or her or He did all of those horrible terrible things for you and find out what is the lesson that you came here to experience and



what what was his contribution as a teacher and you don't have to like what what that person did to you. But really acknowledge the lesson that you gained from that interaction with that person. And is the hardest thing to do.

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For instance, you can do a gratitude to the Coronavirus for the pandemic.

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It really taught us that we are all connected that we are all one and the same that if a person you know, sneeze in China inevitably gets to the White House. It there's no way to to you know, there's no separation between black white, yellow, yellow, and old people, young people, whoever I mean we are all get infected. That lesson is an amazing realization that we are all connected. I mean, we we do that we have ceremonies in the Amazon with Iraq and other plant medicine that we do that which this consciousness is very

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up front and center.

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But for people who've never done that, that this is a great teaching.

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Because you're not just know it, you experience it.

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So let's review a little bit because I think the viewers need to understand when you we have we've had a speaker, Clint Oprah who wrote the book, earthing talked about grounding, and then I think so in the cities, especially thing get a couple of those rocks like you're talking about grounding, that energy getting grounded. Also, I don't know if you're aware of it. But in Wisconsin, we did the study with the Buddhist monks there the probably the most research group of monks, what they they didn't know what they were meditating about. So they finally asked him, What are you meditating about? They said, we're meditating on compassion and gratitude. The two They were getting these high levels of gamma, which we now know for brain health, gamma breaks down amyloid plaque helps your memory. But also, that's when you have these, like creative moments and things like that. So by doing what you're saying is getting getting in there, even in I love the way you reframed it, where it's not about you don't have to give gratitude to the person who hurt you, but give gratitude the lesson that you they learn from it, that's pretty powerful. So when they're doing these things, I just want you to kind of clarify in



your your, from your viewpoint, being a shaman, in working with people daily in these groups. What happens in the body if somebody holds on to that anger because like Buddha said, he angers you conquers you. And you know that's so when you think about what does that anger doing to that person if they if they don't find a way to shift that energy in that what's what's happening to them.

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You know, it's, it's a, it's a subject that we just talked about in the in my global support group for the corona virus because people are really afraid to, to, to acknowledge that they are angry.

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But anger come from,

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from helplessness.

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So if you see somebody doing something that he or you have no way to protect yourself or it's, you feel anger. And so the first thing is to acknowledge that you are helpless. And that and then to be compassionate to yourself

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that you feel helpless.

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That's really hard for especially for men,

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because men will always wants to fix it.

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They want to act you know, like you see, you know, I'm going to punch him back right because what is it what is what does this mean? Do you think of himself, which means that I am weaker, so he doesn't want to show himself weak. So anger is, is the under or the feeling of, of lack of power or helplessness. First of all to acknowledge that I am helpless, that's fine. Now if you if you're angry, and you're can't really explain that and you could see a lot of people walking on the street and they're now really angry, but they can't really express that



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that create

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deep depression. So, most people in my experience that are coming to me because they are depressed or clinically depressed, is because they could not express their anger and a lot of the time sometimes I helped them do that, in the spirit world, to communicate with the those people who created that incident, the trauma, because you have to understand that trauma. Every trauma is caused by our helplessness, that our body freezes our emotional body, physical body, spiritual body freezes, and we don't know how to react.

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Because if we knew how to react, then we will be a hero. It's not going to be

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your trauma, it will be You see, I fought, I fought them I won. So most of the trauma that we are holding in our body and and I'm sure that there's a ton of data that has expressed that every every emotion create create a discharge of hormones and minerals in our body, that that causes the whole nervous system. To shut down or to over overreact. All of that is because we are trying to shut down the anger that we feel and we get depressed. So the idea here is to find out the root causes of that anger or the the soul loss or the the trauma that you experienced. And to discharge that, or to bring that energy back.

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So when you're when you're working with these people, what do you see? Can you tell us maybe some you've already told us a few stories, but can you give us any other incidences when your groups, you've got them on this group and you're, they're working through whatever's going on with a pandemic, because this has definitely brought a control. We can't, you know, our governors are telling us what to do, or city officials are telling us what to do. And we can be angry about it. Or we can just say, hey, how can we go with the flow and make this happen? What are you suggesting how it's what's the mindset of your people in how are you coaching them? You've already given us some really great tools, but is there anything else you can do? sure about that? Well,

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I'm not one of those people who think there is a conspiracy of a government to shut us down and to repress us.



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I definitely see

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that the people in the government and the people who are our governors state, I'm not talking about the president and his vice president, but I'm talking about all the others. They are really concerned about our health. They really want to help us and they are human, and they don't really know always what to do. And it's the same thing with the scientists, each person gave the best we can. Now of course, I have different opinions. But, you know, as a collective, I think that we need to somehow trust that you're trying to do the best they can. It's not the time to really show off your your Independent, or your distaste for, for, for,

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for

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government or to other

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bodies, it's your time to really help in what you can do. And that we worked a lot in our, my, in my support group is

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one way, one way the anger

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accelerated in you is that

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you don't know what to do with it. So the question is, what can you do? And I know that when I, I came back a little late to the epidemic because I was in London teaching there. And I came back like a week or two after the it's there was shut down in New York City.

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I came back to a different world, you know,

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and all of a sudden I come in and there was nobody in the street and nothing is opening in



London. We were hugging and kissing and doing teaching. We're still there. We know that the story after right? So I decided instead of getting sitting at home and getting upset and angry and watch television and yell and scream at all of those people is, is to do a support group. So I encourage people to find each of

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each of them.

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What can they do? How can they not be so vulnerable? But I'm sure there's any, any one way or the other you can do it. For instance? Why don't you write your book that you are thinking about all your life writing? Right? Aren't you send all your recipes to all your grandchildren, you know, now that you have time, to make their life a little bit better. I mean, there's so many different ways you can be a country contributing person into this society, instead of withdrawing and bitching about other people. So that is that I think that this is It's a, it's a great way to channel that energy, that if you don't sell it in the positive way would go against you. And then at the end, you're gonna have a heart attack or kidney failure or any other thing, because all this anger must find a channel.

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Yes. So if you've shared a lot with us, so few of the ways that they can go ahead and get rid of this is you've said, do some meditation, it can be as simple as counting forwards and backwards, sitting relaxed, your eyes closed, you can sit with with rocks and visualize the energy draining from your body into the rocks because that's what they're there for. You can use eggs, I guess that would give you some patience because you can't get angry with eggs in your hand. Egg all over. They can reach out hug their grandparents, their grandkids or their loved ones, whoever's in the house with them. I think being a little bit more compassionate, like you said, having gratitude about what's going on. Your case you started a support group, which is great. So find something because they do know that if you can go external, don't just think about yourself and go external, you're also getting some neuro chemicals and a good a good release, because they know that the payoff from doing good, even though you're usually doing it without the thought of that return, but the payoff for doing good is giving you a really good

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neuro connection or neuro neural link for that.

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So I want to do one more thing. So we know that our body is all about vibrations. It's all about,





you know, moving part. And so in the cemani tradition, we have rattles and we have drums and the rattles and the drum are quieting down our nervous system, and it allow us to move from this reality into another reality it caused. Many people call it different names, but it's The demonic state of consciousness, which means is connecting to what we call spirit in our language. But you don't have to believe in that.

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If you if you just rattles and close your eyes and you do that for maybe five minutes

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you can feel how the energy in your body changes right.

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And, you know I do that I used to work with

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in a senior citizen centers in New York. And I gave that, that it's a lot of drugs to to the group. And, you know, in about five minutes, the whole group was the whole group's energy changed. It became introspective, it became more calm, more quiet. And it's so simple. And if you don't have rattles, which many people don't take a little can and put some rocks or pebbles or maybe grains, and just shake it. That movement, what we called, it's called the like white noise that come down the better level of our vibrations of our brain and it lowered down into an alpha, you're not going to go you're not going to fall asleep, but you're going to get to the same level as as people are doing meditation in 20 minutes. And this little tool that's very primitive Amazonian tool is a way to recalibrate the vibrations of brain to lower down from nervous from overthinking from fear down into calmness or dream world. And it is basically if your drum for three or four or five minutes or you can do more, you go into daydreaming and daydreaming is a place where you are suspended between two realities. And that stayed when you are allowing your body to relax into it.

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It's changes the whole chemistry of your body.

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And that's where that is where healing starts to happen. Because the system is not overcrowded. The system is not over, active. It allow it to stop sending Healing to the places to the organs that they need to receive it



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simple rattles

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all right well there you have Itzhak Berry teaching us some tools that we can use during this time to stay sane. Stay connected. Remember if you have family members out there that are feeling disconnected feeling angry, feeling upset, get them the link to this video, get them to learn about tech Berry's online support group, we're going to make sure that in your in the free gift area that you can get ahold of your tech and find out what he's doing out there that he can he can assist you in these things especially if something resonated with you these these primitive cultures we all have them in buried in our subconscious You know, this, these teachings and revolution revelations, whether they come from the American Indians or from the Amazons or places like this or there seem to be very similar in nature. So what do you Have what's your parting words for people who are right now maybe feeling like they're on their last good nerve, and they don't know what to do next. What would you say is the next step before we end the preview today?

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I think the next step is really look down deep into yourself and see how can you use that gift of time

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to

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further the purpose of your life, I'm not saying you know, to paint the house or do or you know that you you lost that money, the market or whatever, but what is it the true that project that that secret that you were holding in yourself and you can use that time that there is no other obligation except for yourself? You know, I'm writing three children's books now. I have time. So, what is it that your, your soul wants you to devote yourself that gift of time that the Coronavirus gave each of us that break of time from that moving machine. And even if you don't feel that you are the most talented one to do that, just do it. That's a truly a gift of time. Instead of bitching and moaning about, you know, I can't go to the beach or I can't go to a coffee shop. Use that gift of time to further your sole purpose.

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There you go. Thank you Itzhak for being on the summit. This has been great and remember, the caterpillar probably didn't volunteer to go into the chrysalis. But he then arrived out of it as a



butterfly, just as you're saying. So make this your time to go inside, find out who you're going to be because you never know you could be a monarch butterfly, you just don't know it yet. So thanks again for your time. And we love your message. And hopefully people will carry this message with them and understand that you can be sane in an insane world. And anytime you want. Because you as I say, in the in our good book, you can be in the world but not of it. So you want to be above it all in. If you're holding anger right now, do some of the techniques you've learned today. Because that anger, get it out of you. express it in a healthy way so that your body can get back to it. It's the business of healing and keeping you healthy. So God bless you Itzhak. And we'll look forward to seeing you again soon. Thank you, I hope you ready for the next speaker. We appreciate it. Share this with your family, your friends, your co workers, everyone you know that needs to learn about how to live a high performance lifestyle. So thank you very much. See you soon.

