

AJR - Dawson Church Transcript

0:00:01 - Intro

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:44 - Julie

Hi everybody, Welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. I'm excited to have Dr Dawson Church on the show today. Dr Church is a scientist who's conducted dozens of clinical trials to study how psychological and medical techniques combined with spiritual practices can improve people's lives. As you can imagine, I have lots of questions for him about how the spiritual and energy work I do parallels what the research is showing. This is sure to be an interesting conversation. Please remember to subscribe, leave a comment and share this episode with your family and friends. Hi everybody, I got Dawson Church with us today what a treat and we thought it would be fun if he started off a little bit of an intention slash meditation, slash thought, just to get our conversation going.

0:01:46 - Dawson

So the floor is yours sir, thank you so much, Julie and I was sharing with you before we began that I start every recording, whatever it might be a summit or a podcast or a radio show, and I had the intention held in my heart that everybody who hears this in some way will be inspired, be motivated, will find some nugget of wisdom that will really make a difference in their lives. And when we begin our endeavors, whatever they might be, with intention, with consciousness, with the desire for good, and hold that consciously even for a few seconds, it produces shifts in material reality. So I was doing that and I just that's my prayer for our time together today, for everyone who's tuned in here now.

0:02:42 - Julie

Well, it was such a great beginning to our conversation that I thought, well, we need to share this with everybody who's going to watch and hear this conversation. So let's just get going here. What's spiritual intelligence or SQ, and do only certain people have it?

0:03:02 - Dawson

One of the really interesting things about neuroscience in the last century is that it's allowing us to map both brain structure and brain function in a remarkable new way. So we've had the succession of inventions like EEG and the MRI and CAT scans and SPECT scans, and they're allowing us to figure out what's going on in the brain and the obvious things that we know the brain handles, like our daily housekeeping, our respiration, digestion, sleep, immunity all those things are really well mapped and a large part of that is how our body responds to stress. And so when we get stressed, we know there are brain structures like the amygdala, which I call the fire alarm of your brain. When the amygdala is triggered, it sends a signal down the spinal column to the adrenal glands. They make lots of cortisol and suddenly fight or flight kicks in and you can respond appropriately to stress. So we know about those brain structures to do with stress. What's so cool is that for the last 25 or so years these MRI researchers have been putting people who are already unstressed into MRIs and reading their brains, and we're discovering that these unstressed people have absolutely amazing brains and the unstressed

people that they usually pick are monks, monks and nuns usually Tibetan monks because they've done. Usually if you're a Tibetan monk, your start-off baseline is 10,000 hours of meditation practice, which most Westerners never get in their lives. And these Tibetan monks, some of them had that 10,000 hours by the age of 12 or 13 years old. Sometimes you'll talk to a Tibetan monk who's 40, and he will have done, say, 30,000 hours of total lifetime practice meditation. And when we put these people into an MRI scanner, oh my, we're seeing that stress structure, those stress parts of the brain, like the amygdala, quiet. Not only are they quiet, Julie, they shrink. That's like a muscle you don't use. You put it using your biceps, your deltoids. They start to get smaller. And that's what happens to the brains of these monks. All their stress structures start to go smaller and smaller and smaller in atrophy. But the parts of the brain that they're using, like the compassion load with the brain, are getting gigantic. So their brain anatomy looks like a superhero of brain structure. They have these massive parts of the brain that handle all the positive emotions compassion, gratitude, awe, happiness, kindness, all of these wonderful feelings. That part of the brain has been used so much. It's gigantic. And so we're now realizing there are literally these physical structures in the brain.

When we shut down the stress network, we then dial up what I call in my book. This brain I call is the enlightenment network, and that starts to grow. After a while it's much bigger than normal. You start to get not just happy but super happy. And not only is that super happy, there's something you feel, it's actually a structure in your brain. It becomes the way you are, it becomes a trait, not just a temporary state. So that's what neuroscience is showing us about spiritual intelligence.

We all have these structures for spiritual intelligence in our brains. Most of us just don't bother using them. When you do, they raise you to extraordinary states of happiness and they're also hard to turn on for novices. So novices try to meditate, close their eyes. It's not easy to hit those elevated states, but we found that with the right instructions you can hit them in a few minutes and then, as you practice them, those spiritual intelligence structures get bigger and bigger and bigger and you get to access those ecstatic states really fast, like five to 10 minutes a year just in ecstasy. So that's what we all have in our brains and I would encourage everyone listening and watching us now to start using them.

0:07:18 - Julie

I agree. Don't you love it when science catches up with woo-woo? Because woo-woo has been around a whole lot longer. Those Tibetan monks have been chanting and meditating way before we invented these devices that can take a look inside our brains. Interestingly enough, we had Dr Daniel Amen on the show recently. Oh yeah, Love the book. And I had my brain scanned at one of his clinics a spec scan- Spec scans yeah.

Spec scan and I wanted to know. I had him, you know, check out my films and I said, okay, because I learned how to communicate with spirit. I learned how to be a medical, intuitive and psychic medium. Everybody has the skills, but I wasn't aware that I could communicate with spirit when I was a child, and I learned how to do this stuff 30 years ago and now teach people all over the world how to do it. And so I wanted Dr Amen to check my brain films and see if there was a portion of my brain to your point about that. I had developed these skills and did my brain look different? And he said absolutely yes.

And then on the episode he talks about that and it's exactly what you just said. It's developing that portion of the brain and it's I'm like a human MRI. I can scan people energetically anywhere. If you were in a galaxy far, far away, I could scan you there and in my mind's eye I can see broken bones, torn ligaments, viral infections, bacterial infections, cancer, whatever, and also communicate with spirit, and that's what I teach people to do as well. So I not only agree with you, I know firsthand.

This is true because I've done it with my own brain and, as a result and I'd love your take on this, Dustin as a result, I believe that when I'm working with my clients and doing the work that I do, I'm in a very high vibration, like what the monks are doing, like what the people who are in prayer, like what the monks are doing, like what the people who are in prayer you know, especially the nuns and others, and so joy comes with that, because it's been my experience that spirit is pure love. So I walk around happy vast majority of the time, and it's not something I'm doing that I'm cognizant of, it just comes with the territory. Is that what you found?

0:09:49 - Dawson

It comes with the territory. Joy is a byproduct of these states, and so people aren't necessarily looking for joy when they start meditating. What they are usually looking for is peace of mind. And we have our inner chatterbox, that self-critical voice that's always on, that's always saying you're too fat, you're too thin, you're not rich enough, you aren't good enough. Other people do it better than you. You'll never improve, you'll never be able to meet those goals you aspire to, you'll never have a decent relationship, you'll never be like xyz person. And this inner chatterbox is on all the time.

When we're asleep, of course, it turns off and that part of the brain goes, goes dormant, until we're dreaming. When we're dreaming it is somewhat active as well, but, um, that voice just drives us mad. It's just full of it's advising us, criticizing us, second guessing us, bringing up bad events from the past, projecting those bad events into the future and saying, okay, that's gonna get you in the future. Maybe it didn't get you in the past, it's gonna get you in the future for sure. So that part of the brain, that part of the brain, is really identifiable on an MRI scan or an EEG. It's called the mid-prefrontal cortex, mPFC. It's right over here between the third eye area of our brains and in people who have major depression, a lot of anxiety, PTSD it's highly active and it constructs our sense of self.

So I, before I interviewed you, what's our sense of self? So I, before I interviewed you, I took off my old grubby T-shirt and put on a nice shirt. I didn't want to be here in the interview. I put on an old grubby T-shirt that I just worked on my bicycle on. So I put on something nice and I went and combed my hair. It's like brushing up the Dawson Church image to look halfway decent. And my wife says don't you dare go to those interviews? Look like a homeless person. I used to do a lot of work with homeless people, so I fit right in there. But she grooms me before I appear in public and so sometimes she says we are not going outdoors until you change. So that's building my sense of self. I have a sense of self that says I ought to wear a colored shirt rather than a grubby t-shirt. And so there's this self that we're building.

My name is Dawson Church and your name is Judy Ryan, and you do this and I do that, and that part of the brain is often very preoccupied with image suffering. All the things people did to me in the past, Julie, I was so mistreated, I was so wounded. The reason I have PTSD is blah, blah, blah. My family, my childhood, has all these stories from the past and it's obsessed about the past. It's obsessed about the future and who might hurt me in the future like I got hurt in the past? So that self is the suffering self and it drives people nuts, especially when they try and meditate, they close their eyes and say, okay, now I'm sitting here in Deepak Chopra's online course, I'm going to close my eyes and meditate and find peace of mind, and immediately the default mode network, this mid-prefrontal cortex, clicks on and starts saying are you doing meditation right? No, you're not. Did you hear what the teacher said? No, you fell asleep for a moment there. I mean, it just keeps on this constant stream of jabber. It's just like the garbage dump of thoughts and it just feeds us this endless diet of recycled rubbish into our consciousness, out of which we build our sense itself. And so what we find in those Tibetan monks and Franciscan nuns and various groups of people who do this is we find that that part of the brain goes quiet. And that's why people feel like I ask people. Sometimes people come to me and say, Doris, I'm doing your meditations and I'm feeling this buzzing in my third eye, reaching my brain. What is that? And the answer is that's your default mode network dialing

down. It feels different. It feels like a tingling where that part which is normally very active shuts down. And these Tibetan monks and Franciscan nuns, their default mode network just shuts down within like a second of them, focusing on compassion or joy or gratitude.

Now, the way the brain works is as a teacher-taught, and when one, it always consumes about. It's kind of like a car that's always idling at the same speed, whether it's going down the highway at 80 miles an hour or in the parking lot. It just idles, consumes the same amount of energy all the time, but which parts of it are active changes depending on circumstances. So the default mode network is normally using any surplus energy in the brain. Any bit of unused capacity is grabbed by that suffering self, which is why when we go and take a break and take a walk, disengage, we often are filled with those suffering thoughts. And so the default mode network is what the brain defaults to when we are doing stuff, when you start doing stuff, something very interesting happens, and that's the default mode network quiets down. When we do stuff like count our breaths and meditation, when we focus on love, peace and joy in our bodies and in our hearts, now we engage different parts of the brain, we turn on the enlightenment network, and so the enlightenment network and the default mode network are like a teacher-taught, and as you develop spiritual intelligence, you're turning on the enlightenment network regions of the brain.

I won't go into what they are. There are quite a few parts of the brain that are part of the enlightenment network. In my book, bliss Brain, I list them all and tell you what they all do. But just all you need to know for right now is that there is an enlightenment network. It's everyone's brain and it works in opposition to the default mode network. So if you fire it up and you meditate effectively, you dial down the default mode network.

When you get stressed and the default mode network kicks in, then it shuts down the enlightenment network, shuts down the enlightenment network, and so most people are just running around in this really stress-filled state with inappropriately high levels of stress hormones like cortisol and norepinephrine, and so they aren't experiencing that inner peace very much or very often and that becomes their state. But we all have this network of spiritual intelligence in our brains. When we activate it and start to make that big and strong. Oh and, by the way, we found that with the right tools it doesn't take 10,000 hours, like those Tibetan monks developed called eco meditation, and in 30 days their brain anatomy began to change and started to resemble one of those Tibetan monks. So it does not take 10,000 hours. With science-based tools you can get there in a month.

0:16:56 - Julie

I agree and I teach basically the same thing, because when someone is wanting to communicate with spirit, whether they want to talk to a deceased loved one or they want to do a past life scan or they want to do the medical intuitive thing, it doesn't matter, but it's raising the vibrational level to get to the enlightenment part of the brain. We're just using different terms here and my favorite saying about this Dawson is spirit doesn't communicate on the I feel, crappy channels, because the vibration is too low.

But it's true, and when people are grieving, oftentimes they are so hoping to get a sign from their deceased loved one, so hoping to get a sign from their deceased loved one, and it's just not happening because they're living in the fight or flight zone to what you're talking about. And so I tell them specifically go to bed and before you go to sleep at night, ask your loved one to visit you in your dreams, because it's been my experience that our bodies go back to the factory preset frequency level when we sleep, because our brains aren't so busy, you know, with all this negative nonsense that comes in our brains all day long, and it's oftentimes the way that their loved ones can communicate with them in a dream or in a visit, and it's because that brain is at rest and it's in the enlightenment frequency of what you're talking about.

0:18:34 - Dawson

So yeah, I remember I was very close to my mother-in-law, whose name was Lynn and she died two years ago and she used to visit us often after she died and my wife, Christine, was very upset about her mother dying and we knew her mother was dying for a couple of years. But even so, even with a lot of preparation time, it's often still a shock. And so Lynn would come and at that time we lived in a house with a breakfast alcove and Lynn for some reason liked hanging out in the top right-hand corner of the breakfast alcove and Lynn for some reason liked hanging out in the top right-hand corner of the breakfast alcove just looking at us and just feeling really happy that we have this incredible long-term loving relationship, and she just liked hanging out there. She was like a blue light hanging out there and my wife was distraught.

Christine was often just so upset she used to be saying I'm so missing my mom and I said, well, she's right there, and Christine was like she couldn't see her. And I could see, whenever that emotion would rise in Christine, all that regret, all that longing, all that sadness. It was blocking her and I was just sitting there in Samadhi and sitting there in Samadhi. Oh, there's Lynn. No-transcript.

0:19:56 - Julie

If you're upset that Lin's body's dead, then you can't be in Samadhi and you can't see Lin, that's right. Well, I had a client a couple of days ago and when I'm talking with their deceased loved one, with a client, and oftentimes to your point and what we've just been talking about that they can't get messages from them when they're in grief, because grief feels bad, it's a negative thought, it's a negative vibration. And so her son, who had died from cancer, she said can he at least tell you something that would be a sign that I could look for, that would let me know he was around me. And he told me. He said, you know, kind of like the interpreter, I've interpreted from spirit into human. And he said look for the word mom, m-o-m. And I said to her you can see it in a magazine, you might see it on a billboard, you may see it in a greeting card it's almost Mother's Day, whatever, but just be open to how you're going to see it.

But she started laughing, Dawson, and she said well, before he died, a couple of months before he died, he insisted we go to a tattoo parlor and he paid for me to have mom tattooed on my forearm. And she said I see it all day, every day and I said well, your son is saying every time you see the word mom, whether it be on your arm or elsewhere, know that I'm with you and I'm around you and I'm, you know, loving you and advising you and all of these things. I thought that was really extraordinary. I thought that was what I mean, thousands of stories like that, but that one just happened recently and I thought it was fun. Ok, let's back up a little bit. How did you get interested in all of this? Tell everybody a little bit about your background, in your journey that led you to this place where you're. You're bridging the science and the spirituality and you're coming up with evidence-based research that's validating and corroborating what we've known about spiritual things since the beginning of time. I'd love to hear about your journey.

0:22:02 - Dawson

Well, I got here by taking every possible imaginable wrong turn and dead end that exists in the universe. That's how I got here, so I can tell you all the paths to avoid. Definitely, do not do it the way I did it, which is the hardest of the hard ways. And so when I was a kid, my parents moved around a lot, but my father was a missionary and so I grew up pretty, you know. We'd be in one place for a few months, then he'd move and we'd be in a different city, different continent, different country. And so I, and also I saw in the church. I saw so much hypocrisy and cruelty and addiction and disharmony. And it's not just the church or a church, virtually every spiritual organization is just rife with these kinds of behaviors. And so I saw that as a kid I just became an atheist.

At the age of five I said I want nothing to do with this horrible thing called God and spirituality. I said I want nothing to do with this horrible thing called God and spirituality. And then, when I was like 10, 11, 12, I remember just wanting to strangle myself, kill myself, hang myself, just get off the planet. I just didn't want to be here at all. And then one day I was lying on my bed in my room in complete despair, just to a probable 30 years old, this totally hating the world, hating being alive, and I suddenly found myself floating in space and around me there were all of these planets and lights and this blackness and vastness, and it was just like there was this blackness and vastness and it was just like there was this. I was floating in the universe and this space of the universe was conscious, it was full of consciousness, it was full of love and I had no doubt it was full of love and I felt a love that I had never felt from any human being before, and so I had this anomalous experience. And then I, of course, as most people do and again there's a lot of research on this I told nobody, because you go tell your priest, your father, your rabbi, your shaman. There's no room for this in organized religion. There's no room for it, certainly in the guys in the locker room who are talking about the sports scores. So most people have these experiences Before they're 20, almost everybody has some kind of transcendent, imminent experience, and they don't tell anybody because there's no culturally sanctioned way to talk about this.

In fact, if you read the literature in psychiatry, you'll find that the people who talk about it hearing voices, hearing celestial music, seeing visions are diagnosed as psychotic and get locked up. Happened to a friend of mine called Jeffrey McDonald, who's writing a book about his experiences. He literally wound up in a psych ward, heavily medicated, and a lot of people do. We don't understand or have a place for these experiences in our culture, and so I eventually, a year or two later, joined a spiritual community. I was with that community on and off for about 20 years and I was very inspired to read the work of Aldous Huxley and Alan Watts and Evelyn Underhill and Charles Myrtle, Fillmore and Unity and all of these great voices of the New Thought movement.

And yet I found that, inspired though I was, I couldn't easily practice it. I couldn't get to a very elevated state of meditation, and neither could the people around me. I noticed the people in the ashrams I visited were equally screwed up as the people at this church. So just all that dysfunctionality is no. Religion has a premium on it. Buddhism has had big scandals in the past Shambhala Buddhism. Religion has a premium on it. Buddhism has had big scandals in the past Shambhala, buddhism, recently, hinduism, judaism, taoism there are all these people in it that wind up again having these early experiences. But then the unhealed parts of themselves are also there and unless you heal trauma, it's going to rise up and demand your attention at some level.

So I spent a lot of years being pretty disillusioned by the whole spiritual journey and eventually turned to psychology, studying gestalt therapy and other kinds of therapy. And then one day I was 45 years old and in a real deep crisis and I made the decision I was going to meditate every day from that point on, because I hadn't been a consistent meditator my whole life. I occasionally done it, but not very often. So I made that decision on a Monday, Tuesday morning, I set my alarm early, before my kids got up to go to school and I meditated. And I did it Wednesday and Thursday, and that's been like 25 years ago and I never missed a day. I've hardly. I mean I, I some. It's only a short while to do it. Most days it's an hour, and when you make that commitment, it's powerful.

I also began to look at what science had to say about meditation, and there are some forms of meditation that are science-based, but there are many more that are myth and best guess-based. You don't want one of those, because just having the 108 prayer beads or saying the rosary, putting on the saffron robe, shaving your head, becoming vegetarian, it doesn't move the needle. None of this stuff makes any. None of this makes any difference whatsoever on an MRI or an EEG. What does make a difference? And again, in Bliss Brain, my book Bliss Brain,

what I do is I look at all the MRI research and it tells us exactly what is effective, and there are a number of things that are effective. Breathing is effective. System is effective. Systematic, slow, deep breathing really moves the needle in terms of brain function.

And compassion is the single attribute of meditation that produces the quickest genetic change. Compassion is epigenetic. It is turning genes on and off inside your cells and when you fill your heart with compassion, you turn up the emotional intensity, amazing things start to happen and those resilient parts of your brain start to grow like crazy. In one case history I have in the book I talk about one particular guy. He began a meditation practice, doing mindfulness. He had brain scans before and after. The emotion regulation part of his enlightenment network grew by 22% in eight weeks. This is massive brain change happening when we are doing an evidence-based meditation.

So I began to do that when I was 45 years old. I looked at what the evidence was, what the science said. I did that stuff which science says works, and if you do that then you find yourself making really quick progress. So I wound up calling this eco-meditation ECO meditation. So there are thousands of tracks all over the web. Other people have recorded it. I recorded hundreds of tracks and there's a lot of research on eco meditation now. It puts you in those states really, really quickly.

And then I began to find I was moving into states of ecstasy and those states are really hard to explain to Westerners or to people who haven't meditated a lot, because they are so far beyond what the average person thinks happiness is that they're impossible to explain to somebody. And so if you there's an old Gnostic saying it says to the person who has had the experience, no explanation is necessary, to the person who has not had the experience, no explanation is possible. And it's like that until you've hit these states, like in Sanskrit, the word for what we call happiness in the West is praya, p-r-e-y-a, praya Sanskrit word for the kind of happiness we Westerners know. But that in Sanskrit our word for happiness in that state is the bottom rung on a very tall ladder. Above that is sukha, the Sanskrit word sukha, which means undying happiness. Now, we wouldn't like to have undying happiness, but these yogis, these meditators, don't just know undying happiness.

You meditate for a while, you start to hit vishoka sorrowless joy, sorrowless joy, joy without a shred of sorrow in it. When you have that experience of vishoka again, we don't even have a name for this in English, a word for this in English but you start to hit Vishoka, you are, for one thing, your brain patterns are incredible. We're seeing 7x, seven times the amount of gamma, sustained gamma waves in these brains of monks and nuns in Vishoka. And that's not even as high as you get. You get further than that. You get to Ananda, absolute ecstasy. And that's where you can learn to go.

So I began to hit these states, I don't know, maybe 20 years ago, and then they got higher and higher and higher and higher and higher. And so in this brain I asked the question. I said you know, is there a high point, a plateau, a mountain, peak of joy, of spiritual practice, of ecstasy, beyond which we can't go? Is there a final resting place beyond which the human psyche can get no happier. And so I looked at some research on monks who've done 40,000 lifetime hours and monks who've done an absolutely insane 60,000 lifetime hours of meditation. And lo and behold, between 40,000 and 60,000 hours, their brains kept changing More gamma, more shrinkage of the amygdala, more anatomical change, greater ecstasy. So the answer is you can live for 150 years and you just keep getting more and more crazy happy. It's just a remarkable state to be in, and that after a while this becomes your normal state, that becomes your new default. You're fully exercising spiritual intelligence. Your enlightenment network is turned on, even when you're changing the baby's diapers or you get swept up in a war, revolution, global climate change, financial crash. You just remain in this state of equanimity, of well-being, of calm, of absolute love, even when people are hurting you.

There was one monk who escaped from Tibet and was eventually reached Dharamsala and met the Dalai Lama. And the Dalai Lama said to him what was the moment of greatest danger on that harrowing journey, when your monastery was destroyed and the monks were killed and you fled and and, and now be here safely at dar es sala. What was your moment of greatest danger and the monk said well, I was captured by the Chinese and tortured and held up his head and and three of his fingers have been cut off by his torturers. He said when that Chinese soldier cut off my third finger, that was my moment of greatest danger because I almost lost my compassion for him. I almost lost my compassion. So that's the kind of love that we have, even when we're being tortured or hurt. We love people.

Now I'm not saying we make it okay. It's definitely not okay to destroy a monastery and kill the monks and nuns, not okay to hurt anybody, ever for any reason. But there are hurtful people in the world and so that's why I have people in my classes. Pick somebody who's a warmonger, pick somebody who's violent, pick somebody who is obnoxious. Pick somebody who's a warmonger, pick somebody who's violent. Pick somebody who is obnoxious, somebody who's really hurtful and hurting a lot of other people, and then find the compassion for them. Go look at their picture if they're in the news. Look at their face and you will see suffering like you wouldn't believe. All the karma of all the people they've injured is right there written in their features. So we want to live those kinds of lives where nothing can shake our joy.

0:34:54 - Julie

And I would add to that that we don't know what their past lives have been. We don't know what they've experienced in this lifetime that's led them to this place and that all ties into the compassion. And it's been my experience as well that it benefits us in some way, because we're all here to create. When we know what we don't want, it helps us create what we do want. If everything was all just hunky hunky all the time, then we wouldn't have any incentive to create, and that's how humanity expands. That's been my experience.

0:35:30 - Dawson

Yeah, for example, right now, the war in Ukraine. We've been training Ukrainian therapists in our advanced stress reduction tools used with these people with PTSD, and the one therapist who's the main leader of this effort to educate other therapists on these advanced stress reduction tools that my organization teaches, he didn't show up for a Zoom call and then he came on a couple of days later and turned out the house next to him had been bombed and three people had died in that carnage and he'd been helping. Just that's all he'd been doing for the previous couple of days, and his leading classes there were translating all of our materials into Ukrainian. We're training people there, we're putting up a support group for therapists. So is it a horrible situation? Absolutely. Are people of goodwill doing what they can? Absolutely.

And now these energy therapies that are effective at reducing the symptoms of PTSD are spreading in Ukraine in this accelerated way. They're spreading in Rwanda. It's all over Rwanda. Since the genocide in 1994, these kinds of effective energy therapy, self-help techniques have spread widely in Rwanda, contributing to the country's success since then. So even when you're faced with tragedy in your life, if you move into that space of compassion and love, you can find meaning in the middle of it, and people who thrive do that. They are spiritually intelligent even in the midst of a disaster, and after a while, nothing can shake your equanimity, even when you're being hurt and tortured in the world isn't going your way. So it's a profound gift to give yourself, to love yourself enough to be in that space, meditate, learn these skills, become resilient and that's a resilient brain that when bad things happen, you remain calm.

0:37:28 - Julie

Well, and an example also of perhaps those people never would have been exposed to these theories and principles, and this is something good that's resulting out of this horrific situation, in this case in you know, in these different countries. I want to circle back to religion for a second. Every once in a while I'll have somebody usually leave a comment on social media. They don't say it to me directly, but usually they'll leave a comment on you know, behind the veil of social media, and they'll say, well, talking with spirit is evil. You know, that's just the devil and it's wrong. And blah, blah, blah, blah. And I'll say to them, if I have the opportunity, well, do you pray? And I'll say, of course I pray, and I'll say great, to whom are you praying? And they'll say Jesus or Buddha or whoever. I'll say great, is he sitting on a couch next to you in your family room? Say no, I said, oh, you're talking to his spirit. Do you get answers? Yes, oh, so you're having a conversation with their spirit, right, and it stops them in their tracks. And it stops them in their tracks, Dawson, it's so funny to watch the reaction for that.

And to your point about the transcendental experiences that we all have again. It's been my experience that everybody has the ability to have those. We're just taught as children oh honey, that's just your imagination, that's not really real, that's not true. And so what we do, what you and I and our colleagues do, is we remind them that, yeah, this is an aid in everybody. Everybody has the ability and it's a matter of finding it again, developing and enhancing it. Would you agree with that?

0:39:23 - Dawson

Yes, it's a learnable skill, and I didn't believe that 20, 30 years ago and I thought that, for example, energy healing and all of those flares, clairsentience, clairaudience and so on, all of those abilities were natural gifts that some people naturally had and others didn't have. And then people like Donnie Eden came along and proved me wrong by setting up energy medicine programs and they trained people in these methods and in BlitzBrain, one of the fundamental pieces of research. In BlitzBrain. There are about 400 studies that I cover in that book, but one of the key ones was done by a dear friend of mine called Cassie Beaton at the Institute of Noetic Sciences, and they looked at meditators and meditation and they found that meditating, when you're entering these elevated states day after day after day, you have much more synchronicity in your life, you have much more psychronicity in your life, you have much more psychokinesis in your life, you have much more clairvoyance in your life, much more precognition in your life than people who don't. So when you are raising your spiritual intelligence and the primary way to do that is meditation Again, but an evidence-based meditation Don't just close your eyes and hope for the best, like I did when I was in the spiritual community. As a teenager, that doesn't usually work all that well.

What you want is a science-based form of meditation like eco-meditation and there are others as well but eco-meditation is just really quick, which is why I like getting people into it initially. Later on they'll go develop their meditation skills in other ways. People into it initially. Later on they'll go develop their meditation skills in other ways. But use a science-based form of meditation and that's going to get you into those states fairly quickly. And then you spend time in those states during meditation. And you want a quick way because, say, you have half an hour a day available to you, if you can get there in five minutes and spend 25 minutes in that state, then you've spent 25 minutes cultivating spiritual intelligence every day. If it takes you 20 minutes to get into that state, you only have 10 minutes left in that state. So you want something that gets you there really fast. So you make the most use of your meditation window. Your spiritual intelligence grows with that automatically. You don't have to try and cultivate these other forms of knowing. They come to you naturally. Now, that said, if you focus on them, if you really train yourself to them, then the more aware you are of them. The more you're practicing them, the better you get good at them quickly. So it's like any skill you practice you improve at and meditation is a fundamental ground of well-being and then the other skills you get are going to have more leverage, like what I'm working on right now.

I'm not perfect at this, but I'm working on noticing when my old personality gets in the way, like just yesterday I had a conversation with my wife and we're talking about purchasing a piece of property and this is a piece of property or kind of property I wanted to purchase for about 30 years so long, long, long time and we actually are maybe going to make an offer on the property. But she was having a lot of reservations about it and normally I felt the old Dawson of being impatient with my wife, dismissing my wife's point of view. Talking down to my wife, I could feel all those old personas welling up. Now do I think that that's going to help my marriage to act out of those personas? No, it definitely is not. I'm at least that smart not to open my mouth and let them out there. I just noticed them. It's like looking at children who are unruly, who are tearing up the yard, and you just notice them. Oh, those children are there. Okay, so you notice those children, you do not act on those children, you do not give those children a bottle of whiskey in your car keys, you don't let them drive the bus. But you notice those old forms of your personality are there, and then you're at choice. You say, I see, these old forms of your personality aren't there. And then you're at choice. You say I see these old pieces of personality, and that's not the me. I'm choosing to cultivate. I'm choosing to cultivate being patient with my wife, listening to my wife. So I did. I sat there, I thanked her for bringing out these objections to buying the piece of property, and I said maybe you're right, we should think about it a little more and a little more deeply. And so, let's you know, talk about it tomorrow and talk to another realtor, blah, blah, blah. So I found this lot of value in what you were saying when I quit being the old self.

That old self, though, is something you learn again as you're practicing these states. You're going to look, learn again as you're practicing these states. You're going to look, learn. You're going to detach gradually. In my book, *Mind to Matter*, I call this your local self and your non-local self. And we all have that local self, we all have the transcendent self. And so in meditation, you let go of your clinging to thinking that you're the guy in the blue shirt, you're the guy in the beige sweater, and then you move into being that elevated self and after a while the guy in the blue shirt starts to become almost like a mirage, almost like a phantom, and those parts of you are still hanging around there. You aren't acting on them. You no longer mistake those who you are. You know who you are. You know that you are. Rudy said we are not a drop in the ocean of consciousness. We are the ocean of consciousness in a drop. How do you know that I live like that Exactly?

0:45:13 - Julie

Well, and to your point earlier about being able to just turn it on and off, that's what I've developed over the last 30 years. I can get there in a nanosecond and you know, communicate with spirit, get very high vibrational levels and things like that, but I've cultivated it over 30 years. That's a lot of hours. Yeah, I haven't been chanting under crystals in a yerk for 30 years, but I've been cultivating this skill set. I'd like to geek out on you for a minute, if I may, about your research.

For 30 years I was an inventor of surgical devices sold throughout the world and manufacturer of surgical devices. And to get them approved to be sold in the US and abroad, I had to do clinical studies and submit the findings to the FDA or whatever the governing body was in, whatever the country was, and I did research in many major university medical centers and in major universities here in the US. And I had to get through what we call the IRB, the Institutional Review Board, which is no easy task and he's laughing, you guys, because he knows what I'm talking about. So when we go in front of an Institutional Review Board, they want to know all the 15 ways to Sunday of what your research is going to be what. Your hypotheses are going to be both good and bad. You know all of that kind of stuff. I know that you work with several universities on your research. I want to hear about your experience in putting this stuff in front of the IRBs at these different universities front of the IRBs at these different universities.

0:47:06 - Dawson

It's really interesting and we're seeing a sea change in the acceptance of alternative medicine and it used to be just unscathed, scantily rejected, and if a study involved something like energy healing, it was automatically just tossed out. And so when we read medical research, one of the accusations against alternative healing for a long time in the 70s and 80s was that there's no evidence for it. But it was a circular argument, because the reason there was no evidence for it was because whenever a researcher would propose doing a study, it was rejected by the university or by the IRB. I remember going to Washington DC in 2004 to advocate to the VA for EFT tapping energy acupressure tapping and we had some initial pilot data on how good it was for PTSD. That time, a lot of veterans coming back from Afghanistan with PTSD and we wanted to share it with the VA and they just slammed the door in our face. And for 10 years they kept slamming the door. Even when we had clinical trials, even when we had meta-analyses, they just kept slamming the door. And then eventually they opened it in 2017. We were approved. That took more than 10 years and hundreds of thousands of people did not get treatment as a result of that. So it used to be difficult to impossible, and so the argument was there's no evidence, there's no research, but that any attempt to research it was blocked. There's also no money in any of this stuff. As you know, there's money in drugs and devices. If I lay my hands on somebody and they heal, no one gets paid. In fact, EFT, which is made the ad research, is free on the web. Eco meditation is free on the web, and so there aren't the funds to do this, and so we usually with IRBs there are some friendly IRBA that um have approved us and my big breakthrough in around 2010 was there was a man called John Talbot, who really he was professor of medicine at medical school, but he was the editor of the oldest peer-reviewed psychiatry journal in the world, and it was founded in the 1890s.

It's called the Journal of Nervous Mental Disease, and John Talbot, bless his dear heart, decided he was going to publish one of my studies. So suddenly I got a study published in one of the journals in the world. He went on to approve the publication of another study and another study, so we now have several studies published in one of the journals in the world, he would approve the publication of another study and another study. So we now have several studies published in that. We've now had studies published in many, many major top-tier journals. I never publish, if I can, in alternative medicine journals. I always publish in mainstream medical journals. So it's getting easier. It's way easier now that there are hundreds of studies of these methods.

But for pioneers with a new method, our takes an average of 17 years for a proven new therapy to get to patients 17 years. And of those new therapies that's proven to be effective in the lab, only one in five ever makes it to patients. The other four are lost forever to patients. And when I tell people I say you know, imagine if I were to tell you my dear friend, here's a cell phone, I'll give you a free cell phone. Here's a phone for you, here's your free phone. It's 17 years old and 80% of its functions are disabled. Here you go. We accept that in medicine for our bodies. We would never accept that for our cars or our phones. We are willing to accept people working on our bodies using 17-year-old methods, only one-fifth of which ever get to us. So we have just an absolutely nutty system in the Western world that is so heavily biased against new therapies, and they're out there. I mean, I've had several friends that had cancer recently and those people who are well-informed, who can pick up the phone and say, talk to Mark Hyman or me or Daniel Amen, and then get some advice and go do some advanced stuff. They're getting a level of therapy for cancer that is light years ahead of what the average person is gonna get.

So there's a big medical disparity as a result, and so this is a whole tangent, I know, but if you are sick, what I would recommend is you check out everything available, especially what's maybe approved in other countries and not approved in the US.

The first thing you want to do is look at what you can do yourself, self-help and in terms of energy, what is your energy like? How are you thinking? What thoughts are you putting into your head? Are you filling? Are you in the default mode network, filling your mind with the toxic sludge and the mass consciousness, or are you moving into samadhi? Are you filling your mind with love, kindness, peace, joy, gratitude? Because that's a choice you have, and that choice moves the needle epigenetically so strongly that those people who are optimistic and positive their lifespan, in long-term epidemiological studies, exceeds 10 years longer than those who are consuming the toxic sludge in their minds. So, even if you aren't sick, for goodness sake, stop drinking from the swill of the mass consciousness and start immersing yourself in Patanjali's Yoga Sutras and Ramana Maharshi and the Crest, jewel of Illumination and positive modern teachers. I mean, there's stuff there.

0:53:18 - Julie

And I have experience in both worlds for 30 years and I saw technologies and devices which was my bailiwick being used in other countries perhaps in Germany, for example, that had been used for eight or 10 years before the FDA was even willing to look at it. And there's one guy when I had my manufacturing company, there was one guy at the FDA out of the who knows how many thousands of people worked there who decided whether a product was a medical device or not. I mean, you talk about undermanned and underfunded. It was just nuts what was going on.

And at the same time, I watch healings energetically that, for example, utilize stem cell energy and it generates a new organ that shows up on a subsequent scan at the doctor's office or the hospital and it freaks out the doctors and they're calling, they're calling me going. What are you doing and how does this stuff work? And I explain it to them and they don't know what to do with that. You know they just can't absorb it because it's just not part of their zeitgeist in the medical industry. And yet I agree with you.

What I'm seeing is that people are taking more control of their lives, not just the medical aspects of their lives, but all aspects of their lives, and they're saying, okay, here's the advice I'm getting by well-meaning practitioners who were trained in a certain way. And yet there's something else that perhaps is part of the equation that can help me heal, and it's really up to us to be the CEOs of our own bodies and our own lives. And the days of my parents, perhaps your parents and our grandparents and our ancestors, of just doing what somebody tells them to do, whether it be in a religious or a medical situation, you know, those days are, I think, going by the wayside in a lot of instances, and it sounds like you're finding the same thing. Let's change directions for a second.

Thank you for humoring me on the research thing because I'm thinking, oh, I can't wait to hear how he's getting this stuff through the IRBs, because I know how tough it is. Like I said, I've done it many times at big universities Indiana University, University of Pittsburgh, other universities so I know what's involved.

0:56:01 - Dawson

The University of Pittsburgh, other universities, so I know what's involved. It helps be done because a lot of people, like you know, began to do this like me in the early 2000s. And then, you know, we get the door slammed in our face and then they go away discouraged. I'm just dumb enough to have the door slammed in my face and just knock again and I just kept on doing that pretty much you know, with the veterans administration repeatedly for more than a decade and anyone smart would have stopped. You know, just sheer dog-eared persistence.

0:56:32 - Julie

Well, and in my case, I've been there, done that in the, you know, with the medical device industry, the surgical device industry. I don't need to do it anymore. The people that I can help

come to me. They find me, and the people that I'm training to help others. It's spreading that way and I don't feel the need to do that research anymore. And yet I applaud you and your colleagues and our colleagues who are doing the research, because it just it helps it be more palatable to the masses. And I always tell people just because you don't believe that it's true doesn't mean it isn't Right. You know, I know that it's, that it works.

0:57:13 - Dawson

There are tens of thousands of people that will talk to you, even if you don't believe in energy. Energy believes in you, even if you don't believe in energy.

0:57:21 - Julie

Yeah, exactly, so let's change directions for a minute here. Is there a connection between dreams and intuition.

0:57:31 - Dawson

Our intuition speaks to us in a number of ways, and what happens in dreams is very interesting. So normally we have our prefrontal cortex, dorsolateral prefrontal cortex here driving the bus. The executive region of the brain is highly active and then it's steering us in various directions. When we go to sleep it shuts down. Other parts of the brain are active, but not that part of the brain, and so we're able to make associations, and dreams seem very weird sometimes because we no longer have the executive centers telling us, filtering reality for us in the same way, and so it can be a powerful way of our intuition speaking to us. And there are other ways as well, but dreams are one of those ways in which it does, and because they're symbolic, they can bypass the rigidity we have in our worldview. So we may have very fixed ways of seeing the world and very fixed ways of approaching life, and then, when you're dreaming of, that, part of the brain is shut down. The dream escape can be very varied and we can find combinations of colors, sounds, of images all coming to us and reforming in various ways, then changing very rapidly, and the dream is almost always trying to resolve some issue in our waking life symbolically, always trying to resolve some issue in our waking life symbolically, and we need to pay attention to that. And then when we do that, we can see what that message is. And a dear friend of mine is actually on the board of my nonprofit. His name is Robert Haas and he has written a book called Dreams that Change Our Lives, and the book is astonishing about people who've had dreams that they've had a single dream, a certain dream that radically reshaped the whole direction of their life. And again, most of us just aren't paying attention, like we are paying attention to our intuition in everyday life, let alone our dreams. But when you start to pay attention and again people who are meditators tend to start to have more awareness of these intuitive hits there's guidance.

When you meditate, one of the things you feel at a certain point is that love of the universe. And I know sometimes when I meditate I sit there, I'm meditating, I'm tuning into the all it is. And, Julie, the love there is there. The love up there, the love of the universe is so overwhelming. It's not personal love, it's not. I love you so much I want to make sure this happens for you and your body. It's impersonal love, it's just pure love. And so you start to feel that love. Then you start to feel that guidance, you're guided to this and that, and the next thing, you find your path, your intuitive sense of obstacles. You move with much more grace as you dance through your life. Again, it's imperfect life, the Chinese soldier might still capture you, but again you're able to move intuitively in a powerful way. So pay attention to your dreams. They are full of meaning and intuition. I know, if you can. What a lot of meditators find is, as they do this, they automatically begin to have lucid dreams. So they know the dream.

1:01:07 - Julie

What is a lucid dream?

1:01:08 - Dawson

for those that aren't familiar with that term, Very simply, it's a dream where you know you're dreaming. And when you know you're dreaming, you can change the course of the dream. So if you don't know you're dreaming and say, like I was having a dream the other day and I was in this great, big, giant swimming pool, huge swimming pool, very, very deep, and there were four or five sharks at the other end of the pool, great big sharks, and so I don't really want to be in a pool with sharks. And I can see you know, if I was not having a lucid dream that that dream may have ended with the sharks tearing me apart. And so I decided to turn the sharks into cartoon sharks. So I just gave them big Popeyes and made them different rainbow colors, and then there were all these cartoon sharks there with me while I got out of the pool bow colors, and then there were all these cartoon sharks there with me while I got out of the pool.

So in lucid dreaming you can direct your dreams that way, but you can't if you are immersed in them and think the dream is reality. In fact, there's a good parable there, full of life. Many people think their life is reality, but what the sages tell us is that this life is a dream and about one of the exercises that Ramana Maharshi recommended, the great Narnula's teacher is that you just take a few moments every day, look down on your life from above perspective and imagine that you're watching a dream, you're witnessing yourself as a dream. So you start to let go of your local preoccupation and then move into that non-local perspective on your life.

1:02:45 - Julie

Well, and I tell people that all the time when they'll say, oh, my mother was just awful and blah, blah, blah, blah, blah. And I'll say, well, when you hook up with her in heaven, you know, you can take an Academy Award statue for her because she played her part well in that play. That was your life and her life To your point. It's a dream. The other thing that I add and I'd love your take on this too, Dawson and I got a couple more questions for you as we're winding down here is oftentimes people will say to me I had this dream and it was so awful and I can't shake it. And I'll say, first of all, when we dream, we can be in different realities and we're trying to interpret symbols and signs from that reality into our human perspective, for which there isn't always a frame of reference. That's number one. And number two it's been my experience that we can work out situations like you being in a pool of sharks, work out situations like you being in a pool of sharks. We can work out situations in our dreams that we don't have to experience in our everyday lives. Here's an example A dear friend of mine had a daughter-in-law that was pregnant with a baby.

The pregnancy was very troubled and it was a tough pregnancy, and he saw himself giving the eulogy at this baby's funeral and he was telling me about it. He was so upset. He said I can't shake that and I said well, this is an example of you're working out that scenario in your dreams. Whether you do in life or not is remains to be seen, but it's a way for your brain to process your fear, the fear that you're going through right now about all of the things that you're imagining could happen if this baby isn't born. Long story short, the baby was born, he was fine, everything was good, but it was an interesting situation. What's your take on that? But it was an interesting situation.

1:04:42 - Dawson

What's your take on that? Yeah, so a lot of early dream interpretation had to do with taking dreams literally, and what we find is that dreams are to be taken metaphorically, and seeing them as a metaphor for possible realities is much closer, much more fruitful than seeing them as absolute. Just, for example, the example that perhaps relevant is that if you read these dream interpretation books, they'll say, oh well, if you see a red sports car, that means excitement. If you see a yacht, that means travel, sports car, that means excitement. If you see a yacht, that means travel. But a red sports car may mean excitement to one person, but a red sports car might mean danger to another person. A red sports car could have no emotional resonance at all to a third person, so it's the emotional resonance that thing has for you. So

dreams are highly individualistic and looking at things like like dream interpretation guides usually is not that fruitful. You have fight it, what the dream dream means, or you personally, and if you elucid one of the things we recommend you do, and there's a whole structure to using energy medicine with dreams, and there's a book called oh. What is the name of the book? It'll come to me in a moment. It's also written by the same author, robert Voss oh, dream to Freedom. Dream to Freedom has to do with finding those dreams, some of which are scary, and then, as you work with them, using the Dream to Freedom method that he developed, you then change the ending to your preferred ending. So, like I changed the sharks in mine, I just changed the dream, and so you have that. Even people, for example, have had a recurring dream. That's really scary, and he has several examples of people have these recurring dreams that really terrify them. In lucid dreaming, you milk the dream for its meaning. You can then install your preferred ending to the dream, or a sequel to the dream that gives the dream a positive cadence, and so a dream that ends in disaster can be shaped to where you learn from the disaster, and then you have a subsequent ending to the dream that reinterprets it as being full of hope and positive meaning. So, again, there's a whole science to this. I'd recommend you.

Lucid dreaming is fun. If you're a meditator, the chances are you will start to have much more of your dreaming lucid, percentage-wise, than if you aren't a meditator. And then in those dreams you find that, as you're seeing your life as a dream. You also, as you're dreaming, have the perspective of who you are. You know your non-local reality. You know that you are infinite intelligence, you know that you are the ocean. And then all kinds of local phenomena happen, including dreams, and you simply are present with them and they're in no sense controlling your life or your destiny or your outcome.

From hans yogananda uh, the great teacher of the 20th century, early 20th century, he would like consult vedic astrologers and soothsayers and he'd say okay, what is the inauspicious day for breaking ground on a new temple and what is the most inauspicious day of the year for doing this? When is Mercury at triple retrograde and when is the worst time of the year to break ground for the new temple? When is the best time of the year? And then he would schedule the temple opening and break ground on the worst possible day and he would say to the people there, we're in charge of our destiny. We are it, we are consciousness, we are the universe looking out through human eyes. There is not this destiny that's controlling us and making us do certain things. Maybe there are little nudges, maybe we have to deal with ancestral wounding, maybe we have to deal with our own trauma, but we are powerful and when you meditate and you take control of your thoughts and your life, bad things still happen. I mean, I haven't had a perfect life by any matter of means, but I know that I am't had a perfect life by any matter of means, but I know that I am able to shape my destiny. I am able to be that person, regardless of reverses.

In 2017, my house burned down in a wildfire. I was woken up in the middle of the night by my wife and it was 12.45 am. I looked out the window. There was a wildfire sweeping toward our home. We ran out as the flames were consuming trees around us, ran out to our car, drove out through the flames and eventually got a long way away, guard and took a photograph and there was just a concrete slab there and a chimney and the whole house was ash. The office was ash. All our possessions were gone and we had to deal for several years with the aftermath of losing all of our physical possessions. And we had a whole bunch of other disasters the year after that 2017 wildfire. I had a medical disaster, I had a financial disaster and I sat there in meditation every day, blissfully happy In Vishoka. Sorrow is joy In Ananda, utter bliss. And it's not like I was dissociating or in denial, I just was able to move to those states.

The subtitle of Bliss Brain is Remodeling your Brain for Resilience, creativity and Joy. And that's what we do. We enter these states and our brains become resilient and bad things

happen to you the wildfire and the financial crash and the divorce, and the economy going bad and your mortgage being under water, whatever it might be. And you are this resilient person with this brain hardwired to deal with those shocks, because you know you are not the body, you know you are not the mind. You know you are not this limited, little struggling self full of petty worries and concerns and preferences. It's just an illusion which will one day be swept away by time. May as well sweep it away now and just live as the glorious self you were meant to and bored to live. So that's really what this work gives you.

1:11:09 - Julie

I know I probably strayed a long way away from dreams, but Well, what I did with this man was an exercise that I do sometimes with client, and it's just a reframing exercise and they're awake, they're not dreaming when they do it, and it's it. Walt Disney came up with this and he did it with his kids and he would show them like a strip of film, and then you cut out the part that you don't want and you insert a new part and then you watch that film play in your mind's eye and it worked for him. It relieved the tension and the stress. Last question for you as we wind down here why do we incarnate?

1:11:50 - Dawson

We incarnate to wake up to us being infinite consciousness and we are infinite consciousness, consciousness. And then we drop into a body for however long our life lasts 10 years, 100 years, 150 years, 50 years. So for a while we have this thing, this vehicle, a body, a mind and a heart, and the goal there is to consciously remember that you are the infinite and you can remain asleep or you can awaken. That's your choice, and many people spend their whole lives just sleepwalking through this glorious incarnational opportunity we have. In the Crest Jewel of Illumination, written by the great Hindu sage Shankara around 600 AD, he says if you are in a body and the body is reasonably healthy, if you can move around and you have some knowledge of the possibility of transcendence, he said there's the real, which is consciousness, the infinite, and there is the temporary. The real always exists. Consciousness always exists In Mind and Matter. I show experimentally in physics that it underlies all the four forces of physics. And so we are, that we are in our body, mind and heart for a while. And he says if you Bishoka? He says, if you spend your whole life embedded in this little local self and never pay any attention to your transcendent identity, you've completely wasted that chance you got with an incarnation. He also begins his great work by saying if you do that, if you don't pay attention to the real, to the infinite, to the enduring, you're a bloody idiot. He said it in Sanskrit. It sounds better in Sanskrit. But he says you're a fool if you're so focused on your little local reality, you spend no time meditating, no attention to the infinite. So we come here, we do that, and then we do it awake. And I can tell you, Judy, when you awaken to who you are and live every day awake, then you don't say that stupid thing to your wife that would have wrecked the relationship. You don't do that harmful thing to your neighbor. You don't do that harmful thing to your body.

You are a being of love and light in the world and what starts to happen and we have a lot of research on this now is that you start to know inner radiance and feel this radiant presence of the universe in your meditations and this inner light fills you, along with that Vishoka, ananda and these other states of ecstasy. But what starts to happen after a while we found is really interesting. The light starts to escape your body and your field and shines all around you and you walk into a room and people 100 feet away from you are affected by your light. So it's wonderful to live awake. It's wonderful to wake up and live that awake life and when you do, the light starts to radiate out around you and you just walk down the street and people start smiling when they're a long way away from you and they have no idea why. So you want that kind of a life and then, when you have that kind of a life, after you meditated for a while, you're this radiant being. Then what you probably want to do is share that with other people in some way, shape or form. You may share that with only the people around you by volunteering at the homeless shelter or volunteering at a school or helping your neighbors in some other way, and

you may become a teacher. You may write a book, you may create an online course, you may offer your gifts through energy healing. There are all kinds of things you might do to expand that beyond yourself. But living that awake life is unbelievably joyful and blessed. You wake up every morning. You can't believe how lucky you are.

My wife and I stare at each other, sometimes just stunned by the privilege of looking into the eyes of another awake person. It seems absolutely like a miracle to stare into this person's eyes. We call it love baiting. We had to invent our own word for it many years ago because no one else had the word. So we have love-mating, but you're love-mating not with your wife, but with your dog and with everyone around you and living that kind of a life.

If your incarnation is that, you will still have adversities. You may have the wildfire, you may have the financial crash, but you're this radiant personality, a radiant life, and living that way and making that the reality of your lifetime is exquisite, just so wonderful. I can't think of any other way. I'd want to go, want to be so. That's why we incarnate just to wake up to who we already are. We already are that, but you have to wake up and then remain awake for long enough to make that your dominant reality. Change your brain function. Your brain does change. After a while it becomes easy, you become radiant, you attract other radiant people to you and you have an extraordinary life.

1:17:17 - Julie

Well, you are a wealth of wisdom, my man number one. Number two thank you for the work that you're doing in combining this spirituality with the research, because in our especially Western world, where we've been taught that nothing is real unless it can be proven, you're helping to prove things that people have known since the beginning of time. How can people learn more about you and your work?

1:17:44 - Dawson

The best place to do that is a website called my name, Dawson D-A-W-S-O-N. Gift G-I-F-T dot com, and what you go and get at that website is that meditation I mentioned, eco meditation is a free downloadable track there and just download the meditation and use it for 30 days. It's 20 minutes long and research shows that your brain changes structurally in those 30 days. So, Dawsongift.com, download the free meditation there and use the 30 days. Now, when you go there, there's a ton of other stuff. It's a portal. You'll find A thousand certified practitioners we've certified. They take a one-year rigorous training course, certified in clinical EFT. There are online classes. I teach at Omega. We have many mentors and trainers who teach virtually all over the world. There are volunteering opportunities. There are volunteering opportunities. There are online courses. But at DawsonGift.com is the portal to all of that. Get the meditation, start there, use the 30 days, see what happens in your mind, body and life and go on from there.

1:18:56 - Julie

Thank you for that. We'll put that in the show notes too. All righty everybody, that's it for today. We'll put that in the show notes too. Alrighty everybody, that's it for today, sending you lots of love from Sweet Home, Alabama, and from Northern California too, where Dawson is. He's got his hands in the heart shape for those of you that are listening and not watching. So we'll see you next time. Thanks, everybody.

1:19:18 - Disclaimer

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:19:33 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.