

Heather Fougner: This is Heather Fougner, welcoming you to class number five of Body Ecology's Detoxification Training. We've just completed four great classes, and in today's class you're in for a treat because joining Donna Gates is our special guest, Dr. Darren Weissman. Today Donna and Dr. Weissman are gonna cover how detoxifying your mind can detoxify your body.

Before we jump into what I know is gonna be an exciting class, I'd like to introduce Dr. Darren Weissman. Darren is an internationally-renowned holistic physician, speaker, educator, and developer of the Lifeline Technique, which you'll learn more about today. He's also the author of *The Power of Infinite Love and Gratitude*, published by Hay House. Dr. Weissman has practiced holistic medicine for 14 years, and he has a health center in Northbrook, Illinois just outside of Chicago, which is called The Way to Optimal Health.

Donna and Darren, thank you for being here to discuss how important emotions are in health and well-being.

Darren Weissman: Thanks for having me, guys.

Donna Gates: Yeah, me too. Ditto.

Heather Fougner: Great. Well, let's get started. Donna, I wanted to start with a question for you, and that is when I took your training a while back, one of the things that you opened my mind to is the importance of emotions in good health. What are the patterns that you've seen in your clients who are making progress but it still seems like they're being held back by something that might be emotional?

Donna Gates: Well, I have watched people for years and years and year, you know, and they've told me over and over again that they've read the book, it makes lots of sense, they absolutely want to do this, and they maybe even get some products and start making changes. But a few months later, a few weeks later, they're off track again, and try to go back. And so I've had many people tell me, "Oh, I did the diet for three months, but then something happened, and you know, I want to get back to it but Christmas came," or whatever. And, you know, I've thought for years, I've wondered for years what is the answer for willpower. Like, what would give the people the willpower to actually stay on something they know is right for them?

And then finally I met Darren – Dr. Darren Weissman – and I love what he does because he goes – has a technique for going into those core, limiting beliefs that are in our subconscious mind that are sabotaging – they sabotage us all the time. They – you know, they pull the rug out from under us. They – we say we’re gonna do this, and the next thing we know we’re not doing it.

I was speaking recently to a friend, and she has these wonderful racehorses and she takes really good care of her racehorses. I mean, they get massages and the best food in the world and stem cells and everything you could possibly give them, and yet she doesn’t do that for herself. Now she wants to do it for herself, but she doesn’t do it. What is it in her subconscious mind that keeps her from taking care of herself? And that’s where the Lifeline Technique comes in, and so I think that’s a good answer.

(Laughter)

Heather Fougner: That’s great.

Donna Gates: The emotional part is really more important than the physical part. You’ve got to deal with that as well, and you do have to eat right, but you’ve got to get rid of those negative beliefs that are holding us back.

Heather Fougner: Thank you. And Darren, when did you first realize how important emotions were in physical health and well-being?

Darren Weissman: You know, Heather and Donna, it was really – there’s been a multiple-stage process of my own personal awakening of the importance of emotion and that interplay and how it impacts our body, how it impacts our life. One of the crucial awakening points for me was recognizing when I saw how Dr. Emoto demonstrated the impact of thoughts and emotions, words, beliefs, intention on water. And so Dr. Emoto, who wanted to find out if water has consciousness, simply evaluated how the structure of water is impacted by how people think, the words that they use. So he would have people think positive thoughts like hope or peace or gratitude or forgiveness, and he had this type of microscope that’s called a dark field microscope and it allows a person to see the water in its crystalline formation, in its living formation. And he found that when people were in this positive state – as like what Donna was saying, you know, you get the negative out – when they’re in this positive state the water molecules were these gorgeous crystalline structures. If you go to Hado.com you’ll see a lot of Dr. Emoto’s works, and many people these days know who Dr. Emoto is. He’s a conscious visionary.

But when people would be in a place of insecurity or fear, low self-esteem, anger, rage, that beautiful crystalline structure of that water would immediately break down, and it would lose its structure, it would lose its vitality. Well, I immediately thought, “Well, you know, what’s the body made of?” Well, it’s made of mostly water – two-thirds of the body is water, two-thirds of the earth is water. And so I was thinking, “Well, here’s our conscious thoughts in any given moment: we’re feeling happy, we’re feeling sad, we’re feeling – you know, feeling powerful and confident or we’re feeling insecure or less-than,” and that impact on the water that makes up our body.

But as Donna was saying, most of our mind is not conscious. Most of our mind is actually below conscious, it’s subconscious. And so it’s not really the thoughts that you’re thinking in your conscious mind, it’s what thoughts, what feelings, what beliefs have been held in your subconscious mind. ‘Cause when there’s an environment that activates those different emotions, those thoughts, those feelings, those actions that have been buried in our subconscious, they will immediately have an impact on the water that makes up our body. And as a result, then have a direct result on our health: our physical health, our relationship health, our behavior health.

And so, you know, that was one of the stepping stones as far as just concretely seeing, you know, how that impacts, and my own personal awakening of the Lifeline Technique, which ultimately is a tool, a technology that anyone can learn. It helps you to get to the root emotions that are buried in the subconscious mind that, when these emotions are activated by your environment, they have an impact on our body. So people might have digestive challenges, people might have immune challenges, people might have bipolar or depression or anxiety or, you know, different aspects of addiction – no one would ever choose to have any of those symptoms, any of those diseases. If we had a choice _____ going out to a restaurant where we could choose our favorite thing to eat or the worst thing on the menu, you would never tell the waiter or the waitress, “You know, I want the worst thing in your restaurant.” You’d always pick the best thing. And so when we’re in an experience that’s other than our most powerful self, we know that that’s not conscious. We know that that’s coming from within us, but it’s subconscious. It’s like a submarine; it’s below the surface, and those are the emotions that are buried within our subconscious mind that ultimately speak to each and every one of us as a particular symptom or a stress.

Heather Fougner: Thank you, Darren. What I find so interesting about your process and understanding how emotions affect health is this idea of the conscious and subconscious mind, because what Donna was saying earlier was, you know, I want to do it, right? People are saying they want to do it but the rug is always pulled out from under them, and that's the subconscious mind. How powerful is the subconscious mind? How much of our thoughts are subconscious as opposed to conscious?

Darren Weissman: The subconscious mind is infinitely powerful. It's infinitely powerful. It is the magnificent conductor of an orchestra or a symphony that controls each and every one of the cells of our body. And if we just take a moment just to appreciate, you know, what that means – you know, anybody that might be a business owner, you know, out there right now listening on this call, if you were to manage one person in your office or five people or, let's say really big companies have 10,000 people or 20,000 people in a company such as, like, an IBM or something like that, the human body has 50+ trillion cells.

And so you don't tell your heart to beat, your hair to grow, you don't tell your eyes to dilate or constrict, you don't tell your liver to detoxify, your hormones to fluctuate or to respond to different aspects of stress. Your body has an automatic, autonomic reflexive system that is guided through the subconscious mind, and it orchestrates individually and collectively each one of the cells. And so the key thing about this is not only is it managing this in a harmonious way, just like the seasons in nature, you know, naturally flow, each one of the parts of the body naturally flows, but the subconscious mind is also where every memory, every emotion, every experience you've ever had – that's where they're held. And the emotions and the memories that we've never processed, that have never been integrated into the wholeness of our being, those – when they're triggered, and because they're not conscious yet, our body – this is so interesting. Because our body and our brain don't know the difference between imagination, memory or reality – like that old commercial, “Is it live or is it Memorex?” – the body and the brain can't tell when something's coming from the subconscious mind, or something that's actually happening, or something _____ reality. When something gets triggered, our body responds as if that emotional experience _____ never been processed, if it's actually going on for the first time, and it will go over – it will re-act, it will do the same action over and over again.

And people that might suffer with, you know, “I just can’t seem to, you know, get this heart condition under control,” or, you know, “I had cancer and, you know, I’ve done all these different things but it keeps coming back,” or the anxiety or the phobia or the allergies, it keeps coming back. It’s what’s the triggering factor, what’s getting activated in the subconscious mind? And so because the subconscious mind – and it’s really anywhere between 90 and 98 percent of our mind’s function and application, and the conscious mind is, you know, anywhere between two and ten percent. You know, if you’re gonna do a tug-of-war between the conscious and subconscious mind, the subconscious mind will always win.

So, you know, Donna was saying, “Here’s this person who, you know, has these horses and she feeds them great and she does all these different, beautiful things for them, but she doesn’t do them for herself,” and she might _____ this person, and many people can relate to this. I start on this, you know particular program – and I so recognize the immense value of the Body Ecology program. I recommend it to every one of my clients, I teach and promote it at every one of my trainings, while at the same time food is so intimately associated with emotion and memories and families and traditions that when there’s patterns of reaction emotionally that have been buried in the subconscious mind, it will cause a person to now go into a place of, “I’m not enough, I’m not good enough, if only I were more,” even though they’re in this place where, you know, life is good and things are great. Why am I self-sabotaging myself? Why am I defeating myself? Why am I not feeling good enough? These are subconscious patterns.

So the Lifeline Technique is such a great vehicle to bridge the gap between the conscious and subconscious mind so people can then observe those patterns of reaction and choose outside of their – regardless of their environment, regardless of certain circumstances, and really be in their power in that way. Now they can begin to implement this immense, life-changing system of the Body Ecology program.

Heather Fougner: So in other words I could have an experience when I was five years old that sort of didn’t go very well for me, and then I can be 40 years old and be – sort of my subconscious mind, that five year old part of me is now what’s in action when something happens.

Darren Weissman: That’s exactly right, and what’s neat about it is that that five year, young part of ourselves is in this stress response, it’s in this type of survival, flight or fight, perceived traumatic type of environment. And when that part gets activated, here we are at 40 years of age,

the body goes into that stress response. And what happens is in a stress response, a stress response is good for a short amount of time. So I go into a protective mode, I begin to shut down, my system begins to contract – you know, I respond properly but people have so many different subconscious patterns on an emotional level that they're disconnected from that the stress response is now running 24/7. And we cannot possibly run at our full speed for a marathon; the full speed is for a 50-yard dash, not a marathon. It's almost like here you see an Olympic athlete and they're about to go running, you know, and the starter person gets, "On your marks, get set" – and they don't say, "Go." And, "On your marks" – they're jumping around and they're getting ready, they're loosed up, and when they say, "Get set," every muscle in their body contracts. Every aspect of that person is ready for action. But if you don't say, "Go," even the most amazing athletes after a while will begin to break down.

Now you bring it to a regular person who, in their life, is at a "get set" all the time, so they're reacting so intensely and the system starts to break down, and the adrenals begin to fatigue, and the hormones are fluctuating in all kinds of funky ways. And our heart is activated at a heightened response, and our immune system says, "I don't need to fight an infection right now, I need to fight this perceived tiger or, you know, run this race." And so it becomes this activated pattern rather than this – you know, our body, every cell in our body is designed to heal, completely regenerate, and be whole. And so ____ we can't heal and regenerate in the same breath as we're degenerating; we're going one way or the other. And so when these patterns are activated, that five year young part of us – boom, we're in the survival mode and, as I was saying, when the brain and body don't know the difference between that part that's being triggered in the memory, then our body responds as if it's going on, and then that turns into the self-destructive pattern, that turns into the allergy, that turns into the digestive challenge.

So the beauty, what I've loved, when I first – you know, I've been looking around for all of these different eating programs. And there's so many different eating programs that are out there and they all have really powerful value, but the challenge I've found is they're good for this person but not good for that person, good for this person, not good for that person. The beautiful thing about the Body Ecology program is that it's not just a one-shot system. It integrates all of these ancient arts with this modern-day way of understanding functional physiology and behavior and so forth and so on. It gives people real, solid strategies to empower themselves

with healthy food choices that not only will change your health and your life for healing, but it tastes yummy – I love it. And if you choose to do it and then you integrate it with the Lifeline Technique, it's a slam dunk. It will change your life in every way. It's so beautiful.

Donna Gates:

Mm-hmm, and I've been watching that. I've got two friends that are twins – they're certified Body Ecologists, actually – and they have body put on too much weight. They love Body Ecology. They've turned probably thousands of people onto Body Ecology in their – 'cause they both have clinics and work with people constantly all day long, and have for probably ten years. So one of them began doing the Lifeline Technique, and she has – maybe I guess she's only done three sessions, and she has lost so much weight because all that stuff that's in their early childhood years has just sort of faded away. And now she's finding that she can really stick to the program, and I'm so proud of her. But, you know, these are twins, which is – you know, when you're doing research it's always kind of nice to have twins.

I mean, I could give many, many examples of people that I've just watched them change over time. Now what I find is interesting is sometimes the changes are slow, steady, and subtle, and other times they're just dramatic, like the person the next day acting completely differently. So can you kind of speak to that?

Darren Weissman:

Yeah, absolutely, and that's such a great point because I think in our quick-fix world where people are looking to have things happen yesterday, you know, it's always fascinating as far as how the mind will unfold. We – when I do a Lifeline session on somebody, one of the biggest things that I do is I help a person set an intention. And intention is interesting because intention is about where I'm going rather than what I'm getting rid of, and a real powerful intention is made as if I'm already there. And what I find is people actually – many people have a hard time living an intentional life. More people make intentions about, "Well, I don't want to have the headaches," and I know – and I was saying, it's like no one would ever choose to have a headache, no one ever chooses to have cancer, no one ever chooses to be abused, no one ever chooses to have depressive thoughts. However, we don't get to choose what happens to us in our lives – and that's an intense thing – but we do get to choose how we respond. And so – and I want to say that again. We don't get to choose what happens in our life, but we do have a choice in how we respond.

And so in this world that right now is filled with a lot of stress, there's a lot of fear, there's a lot of frustrations and angers and even hatred and horrific type of inhuman things that go on in the world, we would never choose that. However, how do you want to respond?

When I'm guiding somebody _____ intention, I always have them set the intention about where they're going, as if they're already there. So once again, I use the analogy about we're out to eat and, you know, here's the waitress or the waiter, and you wouldn't say, "I don't want the chicken and I don't want the pasta and I don't want the beef and I don't want that." You would tell them exactly what you want.

And so when we set an intention I'm always looking to guide a person in setting an intention that's based upon love. And what is perceived to be love on one level many times is an intention based out of fear. Many times it's the intention of, you know, "Well, my intention is to be in this joyful place," and then I ask them simply, "Well, why are you feeling joy in that place?" And they would say, "Because I'm no longer having headaches, I'm no longer beating myself up." And then once again, that intention isn't about where they're going as if they're already there, it's about getting away from something that they don't want anymore.

And so I find that people that don't have responses to the Lifeline that are, boom, knock it out of the park, the intention has not been clarified in a real honed-in way where it's about really making that intention out of love, because love is the one thing that's everything. It's the bridge that connects everything, everyone, everywhere, all the time, and it's the most sustainable – and the only real sustainable – fuel, that when we are in a state or a space of love, our body can't help but be the self-healing organism that it is, our relationships can't help but be the thriving relationships that they're designed to be. And so when you can get someone into that vibration of intentional love, the subconscious mind – no disrespect – it's not created ____ logical like we're being right now. We're having a really fun dialogue that's compassionate, but the subconscious mind, it just reacts. It's reflexive. No disrespect, but it's dumb as a stump. It just reacts, you know?

So we want to guide the subconscious mind, so when we guide it, you know, it automatically follow. A quick analogy or metaphor: it's almost like David and Goliath, you know, fighting – David against Goliath, it's like the conscious against the subconscious mind. You know, you go against the subconscious mind, you're

gonna lose straight up, you know, if you just go straight on in. However, if you set up, like David set up Goliath, properly with the intention of where you're going as if you're already there, you can set up the subconscious mind for all of those limiting belief patterns, those negative belief patterns, and they fall, they just fall. The Lifeline Technique immediately allows them – to dissipate that illusionary pattern that comes from the subconscious mind. That hypnotic trance that most people are in that keeps them defeating themselves or limiting themselves immediately falls away.

So, you know, that's one of the main reason as far as why, you know, one person might respond immediately and another person might respond slowly over time. And another is that sometimes a person is so deficient in eating healthy, in drinking good water, and exercising that there really needs to be a process that goes along with the healing process, and they need to go through a detoxification of their mind and of their body and of their life so that they can create the world that they truly desire and that they've only been dreaming of up until then.

Heather Fougner: Well, can you give us an example of intentions that are made out of love, not out of fear?

Darren Weissman: Sure, sure. An intention – and that's – you know, it's unique and individual for the person, but you know, if I'm creating my greatest life – here's Darren in his greatest life – and my intention is to, you know, have time for myself every day where I'm, you know, waking up and I'm eating a healthy breakfast and I'm exercising, I'm following my nutritional program, and I've got time with my wife and my children, and I'm seeing my clients and I'm writing my book, and I'm creating my greatest life. And in this greatest life I am happy, I am joyous, I am peaceful. And how come I'm happy, joyous, and peaceful? Because I'm living my highest vibration. This is the truth of who I am. I'm being passionate and on purpose for who I am. That would be an intention that's based out of love.

If I would say one that was out of fear, it would be, you know, I'm looking to do all of those things – you know, I'm looking to wake up, and have exercise, and to do these things with my family, and to write a book, and to be in my practice, and so forth and so on, and I'm feeling happy and joyful. But if I said that the reason why I'm feeling happy and joyful is so that I don't have the stress of this and I don't have the stress of that, then it's an intention out of fear.

So an intention out of love is about recognizing that we're more than our body and we're more than our life, that at a core of who we all are is a spiritual being, and that was spirit was here before we were born and that spirit is an energy that goes on long after we're physically here in this body. And so when we begin to connect to the spiritual essence of who we are, our life begins to unfold in a truly powerful and meaningful and purposeful way.

Donna Gates: But does a person have to be fully _____ elevated to be able to reach that – to be able to make an intention? I mean, 'cause most people are – I'm playing the devil's advocate here (*Laughter*). Most people are creating their intentions out of fear.

Darren Weissman: Right, exactly.

Donna Gates: "I don't want to get old. I'm tired of being tired."

Darren Weissman: Right, and, "My mom had cancer and my sister had cancer and I don't want to get cancer either, and swine flu is going on and I don't want to get that." And what I say is, "I know you don't want to get that. Whoever would? You know? But let me ask you, what do you want? Tell me – if you're able to create your destiny right now, if you're able to create your life the way that you desire, what would it be?" And this is just to set up an intention, because once we set up an intention with the Lifeline Technique, then it's about actually doing the system, which uses this flowchart and this healing energy – it's a universe of healing energy that I call infinite love and gratitude, and it's by connecting to the vibration of infinite love and gratitude, saying the words infinite love and gratitude and holding your hand in a _____, which means "I love you" in sign language, and just compassionately opening your heart. Getting out of your head, but being in your heart space with infinite love and gratitude creates a vibration that impacts the water that makes up your body but allows your energy and your spirit to flow. And, you know, do you have to be a highly elevated person? No. The Lifeline Technique – a certified Lifeline practitioner will actually guide you in creating your intention and reflect to you, you know, that that fear that you might be in, that's a symptom in and of itself.

And what I teach people in the Lifeline Technique, Donna, more than anything, is a new paradigm of looking at symptoms. Most people look at symptoms as a bad thing, and I don't want to have symptoms, and that's the belief that we've been trained with, stemming from western medicine and so forth and so on. And I'm

not saying that symptoms feel good – they don't – however, symptoms are a language. They're conversation. And just like you and I are in a conversation, symptoms are a conversation that stem from our subconscious mind.

And right now, because most people don't know how to get to the subconscious mind, they don't know what the subconscious mind is, they don't know even if they got there what they would do with the subconscious mind emotional patterns, the Lifeline Technique is this advanced technology that not only will get you to the emotional root of what symptoms are stemming from the subconscious mind, but it harmonizes these patterns in an instant. And in that instant, it can – like you've experienced with many people that you've referred to my trainings – it can change somebody's life overnight, where someone who – I work with many children that have not been able to speak or communicate due to autism, or people that have had allergies that have been anaphylactic, or people that have had pain or inflammation in their body, and having a session can immediately transform it. And other times it's an evolutionary process where it's guiding a person – like I was doing a long-distance session with somebody from New Zealand yesterday and I knew that I'd be working with him for a while. Right now he's in just such a place of fear, and that's just where he's at, infinite love and gratitude. And I'm gonna guide him and I'm gonna be step-by-step, because he just comes from a real traumatic background, he just needed to be supported.

But it's beautiful, 'cause on one level we can talk about the Lifeline Technique, but on another it just literally needs to be experienced to know it. In the meantime it's just a fascinating new way to begin to understand that if you're finding yourself stressed out, in pain, overwhelmed, and what you've been doing hasn't been working, the Lifeline Technique is a great vehicle for you to begin to implement, whether it be physical challenges or emotional challenges that go on in a person's body or life.

Donna Gates:

Well, you mentioned autism, and I just want to go on record for saying this that I've, you know, worked with families for years, and I know that children, if you are diagnosed, say, with autism, at a young age, and a three and four, five, six years old, you get a lot of messages like, "What's wrong with me? You know, why am I like this and other people are not? Why do people treat me differently? Why do people not get who I am? Why can't I communicate to the outside world? Why am I not more?" And I am absolutely 100 percent certain that one of the therapies that's going to be needed for families who are working with their autistic

child is that as they get physically better, they need to clear these belief systems, these core limiting beliefs that the children have because they have gotten the wrong message about who they really are. The whole world has got the wrong message about who they are. So that again is another reason – I’ve seen that work with children, and to me it’s just a must, just as important as diet is and so on, _____ oxygen, other things that are working for the kids, the stem cells and so on. The parents have got to do this type of work and clear the belief systems that the kids are holding on to.

Darren Weissman: Yeah, no doubt. And, you know, just so people have an appreciation of what beliefs are, I mean, the beliefs create our perception, you know, so we perceive our environment through our senses – we see things, we hear them, we smell them, we taste them we touch them, we feel them, we intuit our environment. And in that perception it sends a signal into the different aspects of our inner environment, our world. And genomically, genetically, our DNA is produced in a way so that we can adapt to our environment efficiently and optimally with the greatest ease. But what happens is we don’t perceive our environment straight as it is; we perceive our environment through our beliefs. We perceive what we believe. And the challenge about beliefs is just because – you know, every belief that we have, every belief that’s on the planet right now is something that we learned. Every belief is learned, and just ‘cause you learn something doesn’t make it true, right? Does that make sense?

Donna Gates: Oh, absolutely.

Darren Weissman: Right, so you know, the challenge is –

Donna Gates: I know a lot of things that are not true.

Darren Weissman: Exactly, and so just ‘cause you learn something doesn’t make it true, and so these beliefs that get activated then create these filters that affect how our body responds, but not just our body and our biology, but our behavior and our psychology, our ability to communicate efficiently. So you’re so right on in recognizing the power and the profundity of harmonizing subconscious, core, limiting beliefs that are affecting our perceptions. That’s one of the fortes of the Lifeline Technique, is it’s very simple to get to the core, limiting beliefs, the subconscious mind. It’s very simple to harmonize them, and when you do the perception of the environment is then opened up to living in – to what I call present-time consciousness. Somebody is in the now rather than responding to a there and then, like what we were talking about,

what Heather was saying as far as when a person's five years of age, instead of responding from a belief that was downloaded when a person was five, now that 40 year young person can respond effectively. And then the body, as it's designed to be, a self-healing organism, or a person – we're all designed to actually be connected in joy and love with one another. That's the beauty and the –

Donna Gates: Would you actually just describe what you're doing with a person? It's so amazingly simple that you can't believe it's effective _____ as effective _____.

Darren Weissman: I know, and _____. It is, and it's almost like – you know, so first and foremost I use what's called muscle reflex testing – a lot of people know it as kinesiology or muscle testing. I call it muscle reflex testing because I work with primal reflexes. What I mean by primal reflexes is like, you know, a newborn comes into this world and they have a primal reflex such as suckling, and that's a necessary thing for, you know, the promotion of a species. If a newborn isn't able to suckle then they cease. And so I work with primal reflexes 'cause it gets to the core of parts of our body that we don't control, that that suckling reflex will be activated whether it be a nipple from a baby, a nipple from a breast, or a thumb. The suckling reflex automatically and autonomically reacts.

I use muscle reflex testing, where I'm pushing down and looking for a lockout response in a person's arm. And reading that lockout or give-way response in that muscle reflex testing, I'm then using a system called the Lifeline Technique Flowchart that, based upon a person's intention and the symptoms that they've got going on, I'm able to create a portal. And a portal is literally a doorway, and just like – so no matter where anybody is right now as they're listening to our conversation, they had to walk through a doorway to get into the room that they're in, or if they're listening in their car they had to open up the door to get in their car. I use a portal as a doorway to help get into the subconscious mind.

And then what I do is I begin to bridge the gap, and what I mean by bridge the gap is I begin to bridge the gap between the conscious and subconscious mind by asking different questions or touching different parts of the body. And when the muscle reflex test simply gives way or goes weak, as interpreted by certain people, I'll simply say the words, "Infinite love and gratitude, infinite love and gratitude." And what's interesting is that muscle reflex test that was weak immediately locks out, immediately gets strong and has an impact.

And so – but if we just do, like, a demonstration right now and we just – you know, everybody who’s listening, just connect to a stressful experience in your life. Take a moment to think about someone or a memory that causes you to feel stressed out. And as you take a moment to connect to that situation, just observe the emotion that immediately comes up. A particular emotion will come up, and as you’re observing that emotion that comes up, associated with that stressful person or memory, pay attention to the images, the pictures that are associated with that stress. What was done, what wasn’t done that causes that situation to be stressful? What was said or what wasn’t said that causes that memory or that person to be stressful?

And now begin to observe in your body how that physically feels to connect to that stressful experience. Notice how that feels. Does your body contract? Does it relax? More than likely in a stressful situation – just observe how your body responds. And you’ll notice that you’ll begin to feel certain feelings in your body that are directly related just to thinking about that stressful situation. Give yourself a moment just to observe that, the quality of the feeling, and even right now rate it on a scale of zero to ten, where ten is the most stressful that emotion ____, and zero is nothing. Just connect to that.

And now as you’re doing that, take a moment and everybody, just in your heart say to yourself, “Infinite love and gratitude. Infinite love and gratitude. Infinite love and gratitude to that stressful experience. Infinite love and gratitude to that feeling in my body associated with that person that is stressing me out. Infinite love and gratitude. Infinite love and gratitude.”

And now go back and connect to that stressful experience, that memory, and notice how it feels to connect to it, notice how that emotion has been impacted. Has there been a change at all? Notice the thoughts in your head; are you able to reconnect to the thoughts, the images, the pictures associated with that stressful experience? How does it feel in your body, now that you’re connecting to that stressful experience?

And if you really take some time and connect to it you’ll notice – and I don’t know if you guys just did it, but Donna, did you follow me in doing that?

Donna Gates:

Yeah, I did.

Darren Weissman: What did you notice when you did that?

Donna Gates: First I felt really sad and kind of defeated, and then – then the positive thing that came out of that is I thought, “That wasn’t a very important moment in my life. Why did I give it so much power? It was, you know, like, not important really.” So I felt relieved, like over it, sort of free.

Darren Weissman: And the part that I really want to make clear more than anything is you were connecting to the physical feeling of the sadness. How did it originally feel as you were connecting to it? Like in your body, how did it physically feel? Did you pay attention to how –

Donna Gates: Oh, yeah, I did. Mm-hmm.

Darren Weissman: And how –

Donna Gates: _____ my body just kind of sighed and I felt defeated, like, “What can I do about it?” You know, like kind of just – like, defeated.

Darren Weissman: And did you rate that when I had you rate it? Did you rate it at the moment when you –

Donna Gates: Well, I’m a pretty passionate person, so it might’ve been a minor thing to someone else but I felt it really strongly, so I would’ve given it a nine.

Darren Weissman: Yeah, and so now when you connect to that sad and sighing experience, you know, what do you notice about how it physically feels in your body right now?

Donna Gates: Well, I just feel like taking a deep breath of relief, like, “Phew, that wasn’t important, you know? And it’s over.” Like, free.

Darren Weissman: You know what’s so cool, is this demonstrates the wisdom and the power of the subconscious mind, because the only thing that’s true that’s happening right now is you and Heather and I are on a conversation, and all the listeners are listening to this conversation. But that stressful person and that stressful memory isn’t here. It’s not here, but it was still in the subconscious mind. And so when that subconscious, emotional thought pattern, feeling pattern gets activated – and we don’t even realize when it gets activated – boom, it starts to run it, and all of a sudden we start to feel really sad, and we don’t know why we’re sad. We start to feel really heavy and sigh – we don’t know why we’re feeling heavy and we’re sighing.

And so here's this person who's taking good care of their horses and taking, you know, great care, and they want to take care of themselves, but boom, what is triggering them on the outside that's causing their subconscious to react? The beauty of the Lifeline Technique is it helps us to bridge the gap to the subconscious emotional patterns so we can harmonize it with the universal frequency of infinite love and gratitude. And boom, immediately now I'm in my power, and oh, Body Ecology? I'm in! I'm following it! I'm fermenting my foods today, I'm doing this, I'm – you know, and people are able to then live in their power. That's the beauty.

And the cool thing is I run a Lifeline session on myself every single day. Every one of my certified Lifeline practitioners – and anyone can get certified – they run Lifeline sessions on themselves, let alone on other people that – you know, that might ask for them as well. That's the cool thing about it.

Heather Fougner: So everybody listening to this – in to the call right now can really understand I think why we are having you on here, because this whole workshop is about detoxification and we're trying to get rid of our poisons that are in our body. Well sadness and hurt and disappointment and anger and guilt are such heavy-duty toxins, and so this is beautiful to have a technique like this, _____ a simple one, to be able to release this from our subconscious mind.

Darren Weissman: Right, and let's just talk about detoxification for a moment, because, you know, people understand, like, "Yeah, I want to detoxify my bowels and my liver and, you know, I want to clean out my _____ and my blood." But the thing about the way that we work is that we're energy. The truth of who we are is we're energy. Everything that – in our body is an energy and a frequency, and so when we detoxify in the Lifeline world, what I love about bridging this with the Body Ecology, is I help people, in learning the Lifeline Technique, detoxify the mind. And I bring people through three phases of healing and thriving, and those three phases start with detoxification of the mind. And when we detoxify the mind, the body can't help but detoxify, 'cause the body speaks the mind. And what I mean by that is the symptoms that the body is suffering with or the stress that a person lives with stems from the subconscious mind.

So when you begin to detoxify mind patterns that are affecting the energy flow of our acupuncture meridians, or the flow of the life body of our chakras, what ends up happening is our physical body,

our kidneys can't help but open up and transform energy then that flows into the liver, that connects to the bladder, that controls the heart and the sex organs. These energies naturally begin to flow in a beautiful, rhythmic, harmonious, tempo way.

And so once I bring a person through detoxification of the mind – and the Body Ecology's always involved with it, 'cause the mind and body are one, and so these beautiful systems are brother and sister in how they work – then it's about regeneration of the mind. It's about implementing powerful tools and strategies and support to live your life on purpose, in passionate – with meaning. You know, so I have a certain system that I bring people to help the natural regenerative essence of who we are get kicked into motion. And then it's about being and thriving. We're meant to be here and thrive. If you just go out into nature, we see that Mother Nature, her field – the energy of Mother Earth, she thrives. And so it's about we also represent that thriving nature in the earth. It's all holographic; one part represents the whole.

So I have a process of detoxification and then regeneration and thriving for the mind so that when people have amazing tools and strategies and supports, such as the Body Ecology, then boom, now you really have a system that you and in your power, and you realize that you have the ability to change your life and to live the life that you know is possible.

Heather Fougner:

And, Darren, I have a specific example of that from a Lifeline that I got with you, which is the first Lifeline that I have ever received. We were – I had done really well with Body Ecology in healing chronic digestive pain, and I noticed that every time – there would be certain points in my life where the digestive pain would just come back. And when we went into the Lifeline session we were working on me being able to digest life, and one of the subconscious emotions that I wasn't aware of at all was that I had a lot of anger but I was afraid to be angry. So when we were in the middle of a Lifeline I consciously connected to the fact that I was afraid to be angry because I believed that nice people weren't angry. So instead I was stuffing the anger, right, so there were issues in my liver and my gallbladder and things like that that would flare up when a certain situation would occur – stressful situations or something like that.

And what I found so amazing is that you just taught people in this program a technique that they could use, a simple part of the Lifeline Technique that they could use starting today, where they could connect to the emotion, to understand what's actually

happening in their body and how it's affecting their body, that might be creating symptoms.

Darren Weissman: Right, and that no matter what's going on – as I said, we don't get to choose what happens to use, but we have the ability to respond to what does happen. And so when you find yourself in any subtle to extreme level of pain or fear or stress, the immediate response is, "Go into it," rather than, "Run away from it." Go into it with infinite love and gratitude and it will begin to transform.

You know the beauty is – Heather, thanks so much for sharing that, because I didn't know that that's what the pattern was in any way, because when I do a Lifeline Session on somebody the beautiful thing about it is it's non-content. People don't have to talk about their dramas, relive their dramas; it doesn't matter. We don't have to get caught up in our story. The Lifeline Technique simply guides a person to get to those emotional patterns that have been buried in the subconscious mind so that they can live their life intentionally, and that intention out of love that we create at the beginning of the session.

So that's so cool, and, you know, obviously I'm so jazzed and blessed when, you know, every day, every time I get to do a Lifeline session, I'm in such awe of how powerful and beautiful and simple and sacred it is, and how easy it is for somebody to get their life back if they just knew that this existed. So I just so appreciate this opportunity for this dialogue.

Heather Fougner: Exactly, and what I love on top of that, too, is that you're teaching – after the Lifeline is done you talk about how we can go out and be in present-moment consciousness, and I do believe that when you know that when an emotion comes up it actually – there's a deeper meaning to that emotion and you can connect to it, you actually can figure out in other stressful situations in your life how to stay present with it and how to recognize that subconscious thought that you might have. So it's almost like a – it's a technique, but it's almost like you find out how to live your life differently after you've experienced the process.

Darren Weissman: Yeah, it's really alchemic in the sense that it helps to reframe life's lemons into lemonades, pains into powers, fear into courage, and it's so amazing in that way. And what once was perceived, based upon core limiting beliefs, as what Donna was saying – what once was perceived as, "What's wrong with me?" actually means everything is right with you, and that at one point you didn't have an ability to choose love or to speak your truth, express your

feelings, you know, trust your intuition, let go and know that all is well. At one point you didn't have that ability, but you do now. And your body and your life is speaking to you with symptoms, with stress a means, not to victimize you or to cause suffering – that's a complete misinterpretation of the language of the subconscious mind – but they're truly to help you reconnect to your power right now and to choose love. And right now we have individual and collective crescendos of pain, fear, and stress that are not here to victimize us, we're not here on this planet to suffer in any way, we're all here to shine, and this is our opportunity to choose love. That's the beauty of it.

Heather Fougner: That's great. And one of the things that you do at the end of every Lifeline, which you mentioned, is you work with the five basics for optimal health. You talked about – like, in terms of – when Donna was asking, “What happens when people – some people have a profound shift immediately, and other people, it takes them a little bit more time,” and you talked about the five basics. Can you talk about what they are and why it's so important?

Darren Weissman: Yeah. Sure, absolutely. Well first and foremost, the five basics for optimal health, I call them the essential acts of self-love, and they have to do with the quantity and the quality and the frequency of our water intake, our food, which is the Body Ecology program, our rest, resting our body but also resting our mind, exercise, exercising our body but also exercising our mind through visualization or meditation, affirmations, and owning your power, which – that one always has the funnest response, because owning your power is being and shining as your brightest light, being your greatest self and recognizing that you have a destiny here to fulfill on planet earth. There might be fateful experiences that you've encountered, but this – the Lifeline Technique and owning your power is all about transforming your fate into your destiny by choosing love, regardless of circumstances. And no naïveté, so that's easier said than done, but we take it one moment at a time and we open our hearts and we allow ourselves to feel, and we do our best to accept rather than to judge, to forgive and to be grateful that each and every moment, even though at times it really can take our breath away, has a value and it has a meaning and it has a purpose. And the Lifeline Technique helps you to discover that in the reframing of it, and then it becomes so profound.

But now when a person walks away, I want to give them homework. I want to give them the exercises that enable them to now really live their life with power. So everybody who, you know, has a session with me, I have them reading the Body

Ecology program, I have them sent to Donna's website, I have them connect to different practitioners that have been certified NBED so that they can get in their power. But this is so important because, you know, lasting and sustainable change, you know – and that was the one thing that Donna started this whole talk with is, you know, if you really want sustainable change, first thing is we've gotta get to the subconscious root, gotta get to the subconscious root so that emotional pattern that's causing reaction – and now you gotta choose. You gotta choose. And you gotta choose, love or fear. There's plenty of fear, but you've got to recognize that the fear choice is gonna have a fear consequence. The love choice, regardless of the fear that's present, will have a love consequence.

And now it begins to unfold. Now when you go into that darkness of that own personal cocoon or that dark night, the beautiful butterfly begins to emerge, or in that dark night that bright star begins to shine, and that is just – that's part of our evolutionary awakening of our own individual spirits. You know, life is a spiritual journey, and we can get all scientific and technological but, you know, in the end or in the moment, we all have feelings and we want to do our best – rather than to take things personally, we want to take things spiritually. We want to begin to recognize that, you know, one step at a time, slow and steady, we can find a balance point. And from one balance point to the next, when we align ourselves with conscious visionaries and brilliant people like Donna and other people out there that are teaching, this beautiful work that we can begin to change our lives in a sustainable way. Beauty _____.

Heather Fougner: But Darren, you know – thank you for saying that by the way – but there are close to 1,000 people listening to this call, and I know you don't want all 1,000 of them calling you right now to ask you, you know, what (*Laughter*) –

Darren Weissman: _____ let's change this world. You know, let's –

Heather Fougner: Well, we want them to call because I'm sure people are convinced now they need to do this work. I would not have you on this call if I weren't convinced, too. We've to do this kind of work, we've got to do this type of emotional cleansing. Now how can people get the help they need? Like, _____ suggest we do next?

Darren Weissman: First and foremost, I mean, the key is – I mean, people can usually tell by listening to me that I'm coming from an extremely passionate place, and they can usually tell that it's my heart that's

speaking to them. But if you really want to get to know if the Lifeline Technique training or having a session is the right thing for you, you might want to check out the book that I wrote. It's called *The Power of Infinite Love and Gratitude*, and it's a fun and beautiful read, and it will give you incredible understanding of the subconscious mind, the philosophy and science behind it, and practical tools to tap into its wisdom and power, and it will go through the five basics as well.

And from there, you know, if you go to my website, which is InfiniteLoveandGratitude.com, you can see different trainings that I have and check out one that's in your local area, or you can check at one that you can go in a destination, be a part of. And I have a whole certification program where I teach three three-day weekends where I teach people how to become master's of the Lifeline Technique. And then actually I have a certification test that people go and they do. It's a oral/written exam. It's an awesome exam and it's fun because you really – you're learning a new language, you're learning a new language. The subconscious mind is an ancient code and a language, and so anyone can learn it. I've – you know, for people that are professionals, whether it be acupuncturists, massage therapists, chiropractors, I've got CEU – continuing education units. But, you know, at every training I've got opera singers and architects and stay-at-home moms – anyone can learn this 'cause it's a brand new system. But infinite love and gratitude is for everyone, so I haven't just kept it just to professionals; it's for everyone. This is our time on planet earth to make a difference. We've got our opportunity, and let's really step into our power and take action in that way.

Heather Fougner: And we have links for everyone right on this page, right on your membership space so that you can go find out more, including some articles that Donna has done in her newsletter on the Lifeline Technique and emotional cleansing and things like that. So I invite everyone to take a look at those. We did actually get several questions, and I wanted to see if we could maybe answer one or two of them tonight. One of them is from a holistic practitioner, and where she's having some confusion is all the contradiction in nutrition. She doesn't even know what to tell her clients anymore, especially if they're already in treatment for cancer, getting chemotherapy, etc. She's asking what detox can be started and when. She's also talking about how, you know, those – she knows that there's a lot of information to wrap your brand around. So how do you help people begin? So, you know, Darren, could you talk a little bit about what you would say to this practitioner in terms of this symptom of cancer?

Darren Weissman: Right, and there's a couple things, and to me, I would want to tag-team with Donna and I want her in my ring – you know, in my corner. And the first thing, as far as from a Lifeline perspective and understanding the vernacular of cancer, is that everything does begin in the mind. And so whether it be physical cancer, which represents a normal cell that has mutated, and in that normal cell that mutated then the immune system, which is to tell self from non-self, is unable to recognize that mutated cell, and now that cell spreads. That mutated cell, that cancer cell, becomes metastatic or malignant.

And when we look at it from a subconscious point of view or an emotional point of view, this represents an emotional cancer, and an emotional cancer represents – every emotion is normal, just like every cell is normal. But it's when we don't have the consciousness to embrace that emotion with love, that that emotion will also mutate. And so just like, you know, here's a cell in the liver that mutates, and then that can spread and so forth and so on on a physical level, and emotion of anger that mutates turns into rage or hatred, vengeance. The emotion of fear turns into phobia, panic, constant anxiety, worry, and ultimately when we back step out, 'cause the immune system is to tell self from non-self, our emotional immune system is unable to tell who we really are. And the basis is, is because we continue to change who we are so many times for different environments to make other people feel comfortable at the expense of ourself, that our emotional immune system is unable to recognize ourself.

And so as that chronically begins to energetically react in that way, the physical body does in the same way, so that emotional cancer goes into a physical cancer, and then there's multiple components that my friend Donna Gates can talk about as far as pH, you know, and having an acidic environment, digestive challenges and not being able to assimilate, detoxification issues and not being able to process poisons and toxins that then feed that physical process that _____ began within the subconscious mind. So when you bridge the gap between conscious tools and self-conscious tools, Body Ecology and Lifeline, what – you just got such a powerhouse to, you know, empower somebody.

There are so many different systems that are out there within the eating programs, and to me, what I love about the Body Ecology, is that it incorporates all of them into one unified system that gives people really awesome seven strategies to really follow it and utilize it so that these chronic degenerative disease processes – our

body's designed to heal. It's not designed to degenerate. It degenerates when we've got these subconscious patterns within our mind and when we are not choosing – and we don't ever choose this – when we are in a subconscious power of self-destruction and self-defeat. So it's the combination.

You know, I – yeah, that's the basis behind it.

Donna Gates:

Well, I would like to add to that that the body is designed to heal, and one of it's most powerful healing tools is the ability to push out toxins. Now this person who's asking this question is asking, "Where do I begin? I have cancer, and where do I start?" Well, that's where the principal – 'cause Body Ecology's based on seven universal principles, and the principle of step-by-step always answers the question of, "Where do I begin?"

So first and foremost you've got to create energy, so if someone's got core, limiting belief systems holding them back they're not gonna have much energy. They're gonna be down and depressed and feel powerless. I always say to people with cancers, "Let's find out where the infections are in your body." Well, you know, that could be a tooth and gum infection, it could be a gut infection, a bacterial infection somewhere in the body, but these _____ feelings – these emotions, these beliefs in our mind, they're infectious. They're poisonous as well to us. And you want to strengthen the immune system so you have more energy to heal, and the more energy you have the more you can push out toxins.

If you get rid of these core, limiting beliefs you will also correct digestion, which is another one of them four things you have to do when you're starting. You have to focus on four things: create energy, conquer those infections in your body, including these negative ones in the mind, correct digestion – and everybody that's holding on to limiting beliefs about themselves, their digestive tract is not working well. It's all tight and, you know, like in a ball, and it's just not relaxed and digestive the way it's supposed to be. And then finally, you know, the fourth thing is you've got to cleanse toxins. Well, these toxins – emotional toxins have to come out, too, so I would say absolutely this person, if she were doing those things and doing it through Body Ecology, our way, and then doing the emotional work, that this person has an excellent chance of getting rid of the cancer. It's just a symptom, as Darren says over and over again. It's just a symptom of the body communicating that something's wrong.

Darren Weissman: Yeah, and it's neat. I got an opportunity to speak at University of Miami Medical School, and I was speaking to a bunch of different nurses and doctors, specifically some oncologists. And I went on in there and had a great conversation with them, and, you know, just acknowledged the brilliance of their teaching institution and their medical model that they were doing. But then I said, "This is what I do," and I said, "How can I help you?" rather than saying, "This is what I do, and dah-dah-dah," and putting up a wall. I built a bridge there and I said, "How can I help you?" And they said, "You know, we've got all of these people that we put through cancer treatments and we find that they lose their will. Their passion is drained. They lose their will to live. What can you do that can help people get their will back so that they can move through the challenges that they're facing?" 'Cause some people choose that western medical approach, and if that's what they choose, that's what they choose. Everybody has free will. How do you combine all of these different systems in the year 2009 so that we can really be in our greatest power?

The will of a person is the engine that drives your spirit, and everybody's spirit – everyone who's listening to us right now – your spirit's pure love. And when you have a will, you have a way. And when you don't have a will, when your will has been broken, when you've lost your will, there is no way. The engine can't carry the spirit of pure love into the body 'cause the real healing happens because of love.

Now, that's why we eat out of love and we follow these seven principles, because these are seven principles of acts of love that Donna teaches out and lays out in the Body Ecology program. So it's really a brilliant and beautiful synergy in empowering people that have this experience that they would never choose. No one would choose to have cancer, but how are you gonna respond? BED, use the Lifeline Technique, harmonize the subconscious emotional patterns, limiting beliefs, and the body is designed to heal and regenerate and be whole. And we take it step by step.

Donna Gates: One of the things that both of us have is the principal of uniqueness, and somebody with cancer, we need to, you know, find a – like, Body Ecology is a huge system of healing, and so we would take a lot of the knowledge that's appropriate for that person and for that condition that they have, cancer, and adjust what they're eating based on what they're doing _____ a moment when that problem disappears, you know, you change the diet, you change how you're eating. But I love the fact that both of these – of our programs really are individually pinpointing what that

person needs, 'cause many systems out there are just sort of, you know, one size fits all.

Darren Weissman: Yeah, there's no cookie-cutter approach, right? So, you know, we really have to tailor for where people are at because – you know what's wild is – you know, to me what I've found is – you know, so you've been diagnosed with cancer, and how do you emotionally feel as a result of being diagnosed with cancer? And it's really amazing as far as the responses, and what you might think people would respond – everybody responds in their own unique way. But that response is, “Well, I'm angry,” or, “I'm afraid, I'm insecure, I'm sad.” I've heard other people say, “You know what? I'm happy.” Isn't that weird? It's wild. And no one – you'd never think that a person would say it, but their subconscious mind has patterns of, like, “I knew that I was gonna get it, and so at last I validated myself because I've been thinking it my whole life because of this or that, or this or that.”

And so the key is the uniqueness of a person needs to be then addressed with where they're at, with compassion, and a one-step approach so that you can guide the person in the way that they need to be guided. And that's the beauty of it and the power of it, really.

Heather Fougner: What I've been fascinated about, in having had the privilege of attending both of your trainings, is that I've talked to a lot of the people in the programs to find out, you know, well, what's their background, what brought them to the training. And the first training I went to was the Body Ecology training several years ago, and no less than three people told me that they had recovered from cancer on Body Ecology. And so I realized the power of a healthy eating system, and to heal so many different things.

And then the same thing when I went into the Lifeline training, how many miracles and stories of people who've healed from things you never have thought could be healed. I – it amazed me in that when you bring these two powerful systems together, how incredibly – you know, you can't separate the body and the mind. So the body needs to have good – you know, good nutrition and good strength and fuel, and yet your mind needs to have good strength and fuel and energy as well, and I feel like both of these systems actually do that.

And it's interesting because at Body Ecology we get a lot of questions from people, mostly about food and health, which is – you'd expect that because that's what Body Ecology does. But

Donna's also always brought an emotional and spiritual aspect to her writings, her teachings, her newsletter. And it just seems like when finding the Lifeline, it seemed like pulling these two things together just seemed so natural. And it's – to understand that there's power when you come – when you detoxify the mind, and there's power when you detoxify the body is sort of a testament to the fact that we really are all meant to heal.

Darren Weissman: Yeah, and that power is in each and every one of us, and, you know, I – I don't heal people, and I – you know, the body heals itself. But I have a system of technology, it's a philosophy, it's a science, it's an amazing program, that when you learn this, your life forever changes. The same thing with Body Ecology: when you learn it, your life forever changes, and you know, the body's designed to be that self-healing, completely regenerated, wholesome organism. It's just, you know, the choices that we make and, you know, it's beautiful to, you know, just be able to provide that for people, so many people that are having challenges in their life right now.

Heather Fougner: Yeah. What homework would you give people, Darren, to take away?

Darren Weissman: Right now – well, the homework that I would – the homework that I want you to take away from this is first and foremost to realize where you are is where you are. And to get to where you want to be, the first thing that you need to do is you need to be okay with where you're at. So first and foremost, close your eyes and take a deep breath, and get into your heart space and acknowledge that you are beautiful, and you are shining, and you are full of gratitude. You have a passionate and humble and powerful and confident heart and being, and this is the truth of who you are, and this is what is awaiting for you to awaken. And our job right now is to bridge the gap between the truth of who you are and this part of yourself that you've perceived yourself to be because of the limiting beliefs that you've been bought into, the limiting beliefs that you've been taught throughout your history, and begin with infinite love and gratitude. When you're in a place or a space where you have a thought that is negative, you have a feeling that is overwhelming, you have a relationship that feels like it's a dead-end road and you don't know how to get out, begin with infinite love and gratitude.

Hold your hand in the "I love you" posture in sign language – I'll tell you it really quickly. If you hold your hand away from your body, palm outstretched, with the fingers stretch out, and you bend

your middle finger and your ring finger, that hand mode is the American Sign Language hand mode for “I love you.” Hold it next to your heart, and you repeat from your heart, “Infinite love and gratitude to that negative thought. Infinite love and gratitude to that painful, scary feeling. Infinite love and gratitude to this person who is just causing me to feel so stressed out or angry or frustrated. Infinite love and gratitude” – that alone is the place to start.

Heather Fougner: Excellent.

Donna Gates: Wow, ditto.

Heather Fougner: You’ve given us some amazing exercises to do, and I recommend for everyone in the deluxe package that this is one that you definitely want to listen to over and over again, especially the exercise that Darren gave us to connect to that stressful experience and _____ just really be able to connect and really – I want to thank you, Donna, and thank you, Darren. And I want to thank all of you for joining us in our fifth class in the Body Ecology’s Detoxification Training. You’ll have more information right here on your membership page to learn about Dr. Darren Weissman and how emotions affect your health and well-being.

For all basic package members, this is your final class and we want to thank you for joining us in this program. We hope that you’ll join us again in the free question and answer session with Donna in July. We’re gonna make sure that you have the dates so that you know when to join in. Remember that this free question and answer session is being offered to all basic and deluxe members as a special thank you for joining us in this training program.

For all deluxe members, we’ll see you here next week for the first of three additional bonus classes. Next week’s class will be an amazing medical doctor, Dr. Leonard Smith. He’s gonna cover the medical secrets that doctors don’t tell you about detoxification. Dr. Leonard Smith is an experienced surgeon who understands how to bridge western medicine and natural medicine, so this is sure to be an eye-opening class.

And for those of you who would like upgrade to the deluxe package, it’s not too late. Simply go to the Body Ecology store and click on the deluxe package for all of the information to purchase the additional training: all class recordings, class transcripts, and other benefits that come with your deluxe membership. And remember, at the bottom of this page you can

ask Donna Gates questions for the next class or for the Q&A class at the end of the training.

You all deserve to look and feel your best, now and for the long term. So thank you again for taking the time to take charge of your health.

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