

**EP34:**

# Bioenergetics & The New Frontier of Self-Evolution

With Dr. Sue Morter

Colette:

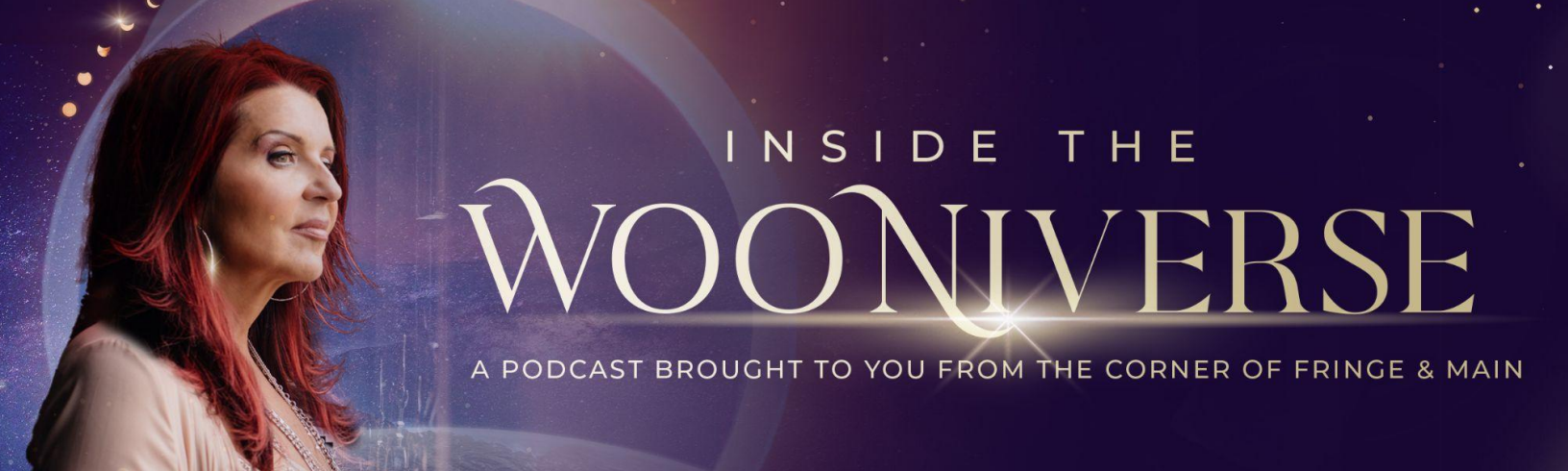
Hi there and welcome to INSIDE THE WOONIVERSE, a podcast brought to you from the corner of Fringe and Main. I'm your host, Colette Baron-Reid. Joining us today is celebrated author, international speaker, doctor, founder and visionary of the Morter Institute for BioEnergetics, Doctor Sue Morter. Dr. Awesome Sue has over 30 years of experience as a doctor who bridges ancient wisdom traditions with cutting-edge quantum science. Her highly praised *The Energy Codes*, guides you to unprecedented levels of self-expression, health and healing. One more thing about you, Dr. Sue: Dr. Sue's visionary models and techniques ignite an entirely new approach to accessing creative genius. And her ideology encourages us to embrace the thought that, quote, "There is good in everything that is occurring. And what happens in this universe is happening in favor of us awakening to the greatness of our being." Boy do I love that. Welcome to the Wooniverse, Dr. Sue.

Dr. Sue:

It's always so good to be with you. I absolutely love you and I love the work that you're doing in the world and I'm thrilled that you've invited me here for a conversation. This is going to be fantastic.

Colette:

I am very excited because you are one of the best conversationalists, I must say. And as I said to you before, I must have given away 20 of your *Energy Codes* books over Christmas. It was, yeah, it's real ... Oh my gosh. Everybody needs to go read that right away.



Anyway, let's get started. This is all about you. Now, I've heard you say that you were, quote, "raised in a conversation about the body's ability to heal itself," which sounds quite fascinating. What was that like growing up in this conversation?

Dr. Sue:

I would have to say that the greatest thing about that was that it gave me a sense of knowing that actually all is well. That even if we get sick, that the body knows how to heal. As long as the communication systems of the body are working and talking to each other, which we can enhance and manage ourselves, then we will self heal. So you don't have to worry about getting exposed to something, getting sick, what's going to happen to me if? And so it kind of just gave me this sense of security or a sense of self that was stable no matter what. So that piece, on a personal note, was really the outcome. But what it did was just opened my mind to so many possibilities about the human system and what we're capable of.

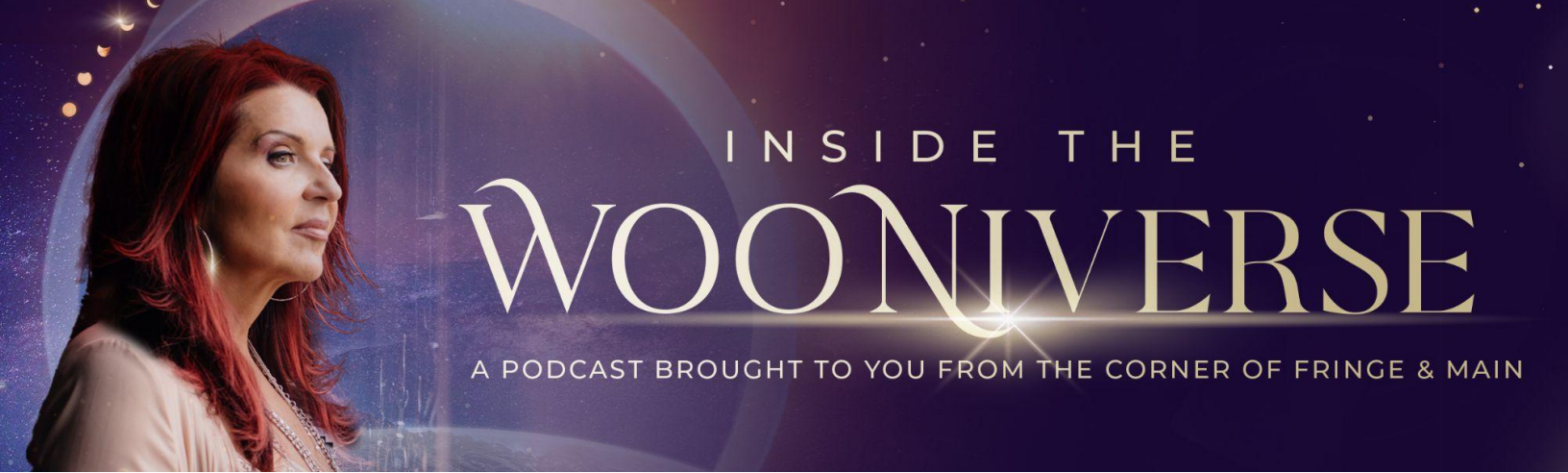
Colette:

So were these your parents that taught you about this? How did you get dunked into that tea?

Dr. Sue:

Dunked? I've been steeping? I've been steeping there, yes. So yeah, my father was a pioneer in energy medicine. He was working with the energy of the body and how we influence the energy of the body and how thoughts and beliefs and feelings and sensations that are either expressed or suppressed ultimately create a body's ability to heal itself or to weaken over time. So he was an energy medicine pioneer long before the words energy and medicine would've ever been put in the same conversation.

So he was cutting edge. And on cutting edge you are kind of out there on your own getting ridiculed and getting poo-pooed and then getting embraced and so forth. So he's no longer on the planet at this time, but I so wish that he was, because his work is so being celebrated around the world in so many different forms where people are recognizing the truths inherent in energy and how it operates.



Colette:

Oh, my dad would've loved your father. Actually, my dad was also someone similar. I mean, he actually would invent things. He blew up our backyard once when he created the capacity to change anaerobic bacteria to aerobic bacteria in sewage reclamation. And he believed in energy medicine. Oh my gosh. And he was one of the first people to talk about electric cars back in the '60s and yeah, he was ridiculed and whatever. Yeah. Anyway.

Dr. Sue:

They would've loved each other.

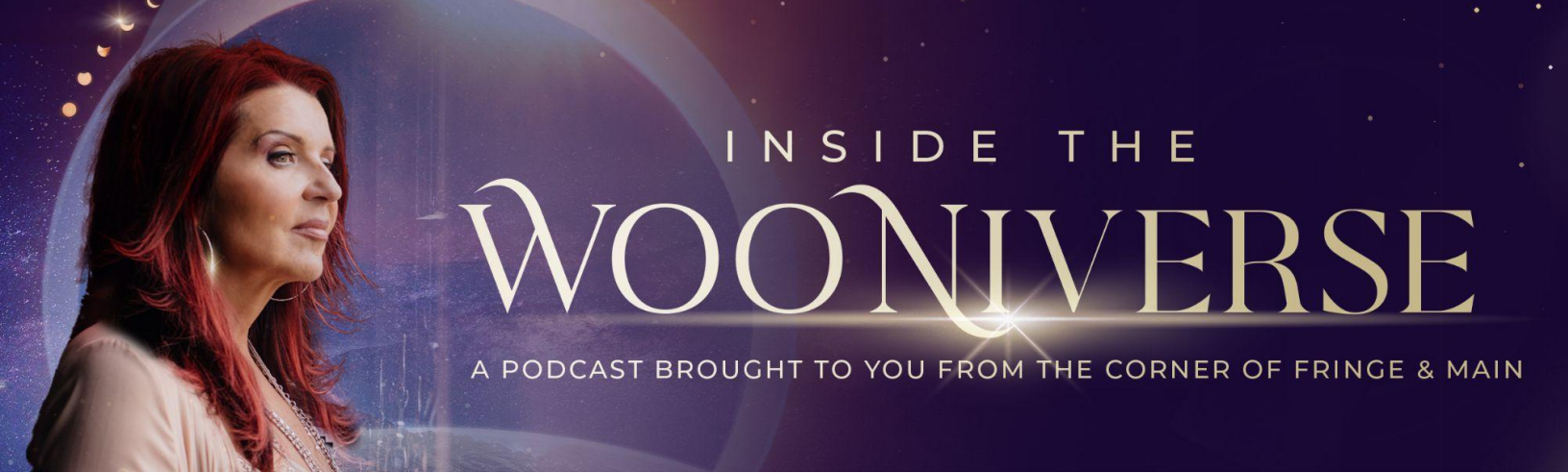
Colette:

They would've loved each other. Exactly. You have the capacity to really tune into unseen energies. When was that first experience that you've had when you really got that, "Oh, these hidden realms are not hidden to me." Tell me about that.

Dr. Sue:

Interestingly, I could see these energies as a kid and I didn't know that everybody couldn't. Right? I just thought that's what we saw when we looked at each other, or we looked around. And so I would talk about this yellow thing that was following my dad around, or this orange thing around somebody, or this brilliant blue. And on the playground at school, I would talk about this red thing bouncing around in between the kids, just this exchange of energy between them. And I started to notice that people were looking at me kind of sideways. And at about age 12, I noticed that it was really kind of making my mom nervous because she didn't know how to support me. She didn't know what to do. She knew that it was real for me and it was true. But she didn't know. I heard her talking to a friend about the fact that she just didn't know how to support me.

And I shut it down At that point. I shut it down because I didn't want to not fit in. I didn't want to make anybody uncomfortable. And so I shut it down. And then in about my twenties I started trying to get it back because I thought I remembered it being so amazing and I could never make it happen again. And then it was about almost 20 years after that, that I had an experience that just blew the doors wide open on it again.



We can't contain a truth. And certainly once we tap into it, we're never going to be the same until we allow it to be expressing. And this is what I love to enhance in everyone, that we do have these inner knowings and we wrestle with the fact that it's in there, but it's not fitting into what we're seeing in the outer world. And so it creates this conflict and it's through that conflict that we actually evolve. But we'd like to do it with grace instead of stumbling around and bumping our heads against life.

Colette:

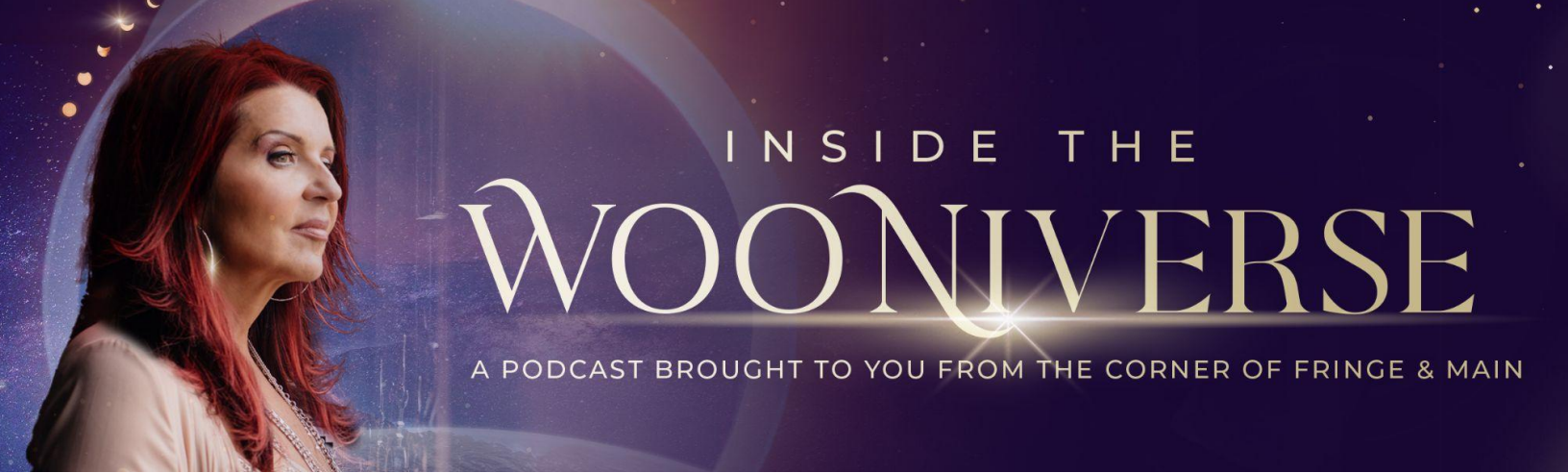
Yeah. Oh my gosh. I'm just like, I've been hanging on every word. When you think about the fact that at 12, because I've heard many stories from many people who have the capacity to sense or see energy that other people don't.

I was one of those people too, I thought when I went to church, because my mother made sure we went to church all the time, but I would see these lights around people. But in the stained glass, it was the saints that had the lights around them. So I just thought that meant that everybody was holy. Because I saw it around everybody. They weren't balls. For me, it was more like a bit of an aura. And then the same thing, at 12 years of age, exact same age. And I wonder if puberty had something to do with that too, the fact that we change at that point and we're more self aware of the changes in us. Right?

Dr. Sue:

Yeah, I definitely think so. And also each year that we're here kind of represents a phase of our development. And at about age 12, we're really coming into, there's a 12 chakra system that actually is coming into full clarity at that point. And so our energies are developing and our states of consciousness are. We become more capable of looking into the outer world and having a sense of self and how I relate to the outer world and how I'm exchanging and how that's going. We become more aware and self-conscious of that.

So because we're raised in a culture that's not really supporting everything that we're just talking about right now, we translate that into becoming worried about what our peers think and not knowing how to fit in and making sure that we do and that kind of thing. So yeah.



Colette:

I think it could be devastating. I think it's devastating for a lot of people too. I don't know if you developed any kind of behaviors or whatever. I became bulimic. It's like I had to push it down, push whatever it was down. Not everybody has such an extreme response to repression or that suppressed like, "Oh, I'm different."

Dr. Sue:

Right. We don't fit in. And so then how do I let that energy come out in one way or another because it has to express, or we collapse, we implode. And so for you it was bulimia. For me, it was just extreme shyness. I just became extremely introverted and spent all of my time alone. Because when I would come out and do things, it would be fabulous. But it was terrifying for me. I just wanted to be with the trees and with the woods and with the creek bed and with the animals and that kind of thing. There was no conflict there.

Colette:

So interesting. So let's move on to when you had the big explosion, because also twenties, same. So it was my twenties too. So I want to hear about you. I mean, I know you've got some great stories. Your stories are awesome. I can't even imagine you being shy ever.

Dr. Sue:

I know, totally.

Colette:

But there you go. That's wild.

Dr. Sue:

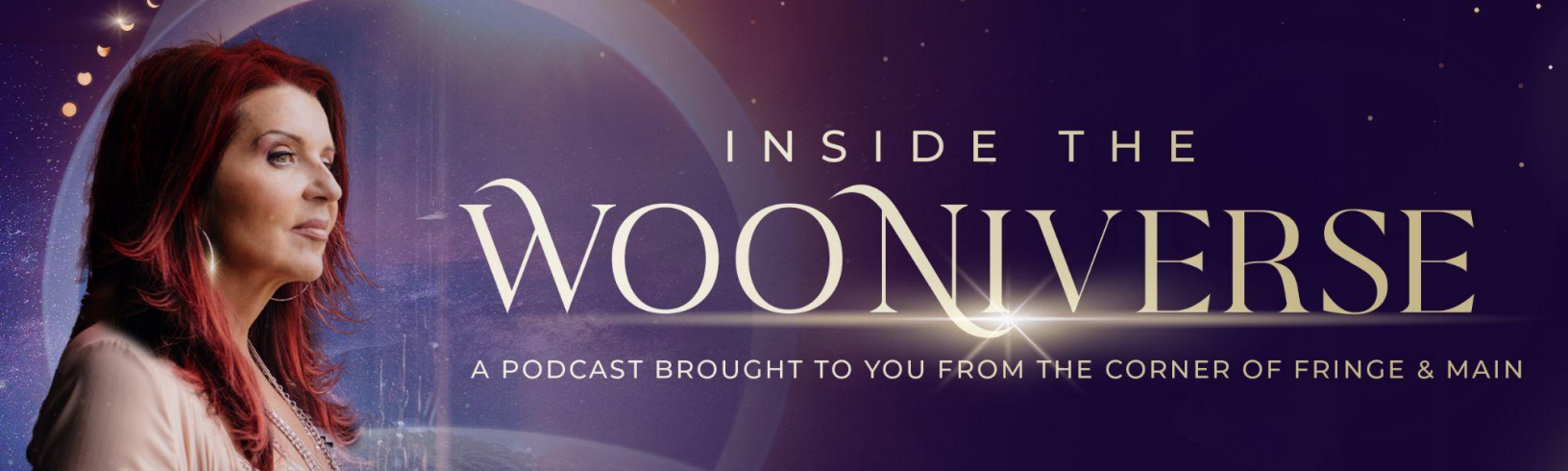
Wow, man.

Colette:

Woo.

Dr. Sue:

Lights out.



Colette:

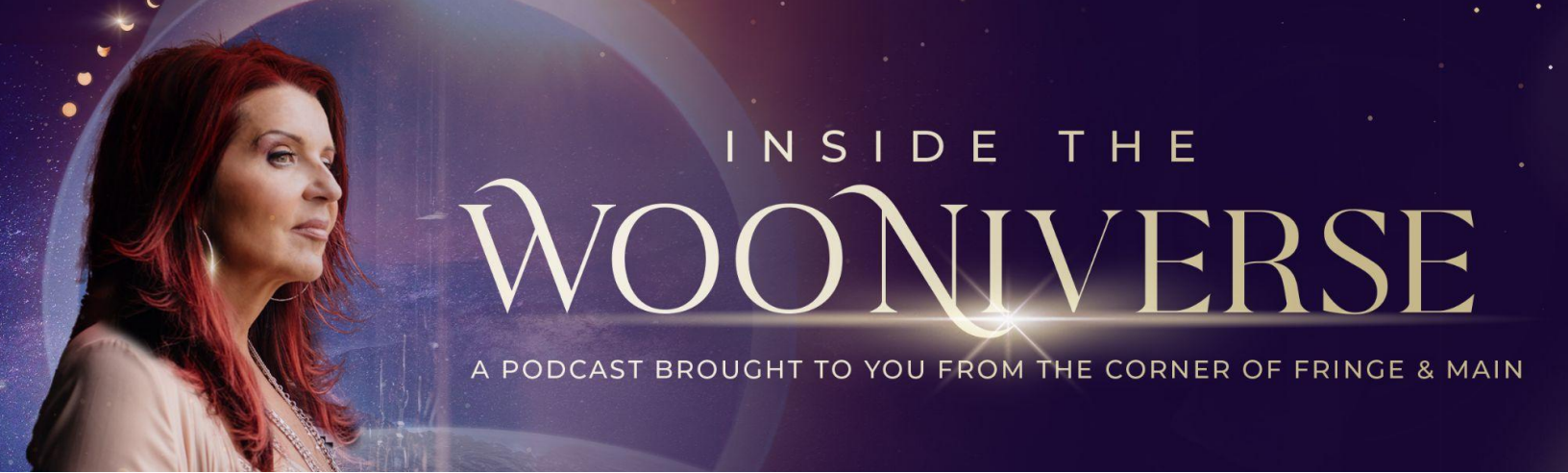
So going back to what you said about suppressing. So what happens to us. Well, you can't hold it back. It has to eventually express itself through us. Tell me about that explosive experience that you had in your twenties.

Dr. Sue:

So I started getting headaches because you can't suppress who you are and not expect to have some kind of out picturing we're talking about. For me, it also showed up as physical compression, physical suppression, and it turned into migraine headaches. And so I was very young, but graduating from school and opening up my own clinic and getting started with helping people. And I started getting these headaches and it was so ironic because I could help other people with their migraine headaches, but then I would shut down and just unable to lift my head up off the pillow in the room, shut the shades, black light, all that. Just had to. It became more frequent. It became once or twice a week. I was missing days of work with patients because I couldn't get out bed because of the pain. And I just started thinking, I got to do something.

And so I started, when I was okay, I would start listening really closely when I was talking to my patients because I would listen to what I was saying to them because it was like I had to take my own medicine and they were getting results. And so I was like, surely I can get results too. And what it led me to was I started slowing down the breath and breathing in the belly. But I was really drawn to meditation. And so I sought out a meditation retreat and of course as soon as you turn on to something, it starts crossing your path. And people were offering up things. And I instantly knew that I was supposed to do these things. And I instantly started having transcendental experiences inside of these meditations. It was like just sitting there waiting to happen.

And ultimately, I mean just instantly, I should say, in the very first time I sat down in a room with 300 people in a guided meditation and I lit up in another realm that was filled with light. And there was just this big blue sphere in front of me. And it was the only thing that existed was this blue sphere. I later learned it was the blue pearl, which is a destination that lots of meditators were trying to access at some point in consciousness. But it's just taking us to this, the beginning of becoming.



And I didn't know any of that. And all I knew is that, "I'm going to do more of this meditation stuff. I don't know what's going on here, but I'm in." And so I started going to these programs regularly and within four or five, three or four or five right in there, they started happening. I had this opening, Colette, that I lit up in this realm. I could see this brilliant light in a spherical fashion every direction that I looked. And I could see in every direction without moving my eyes.

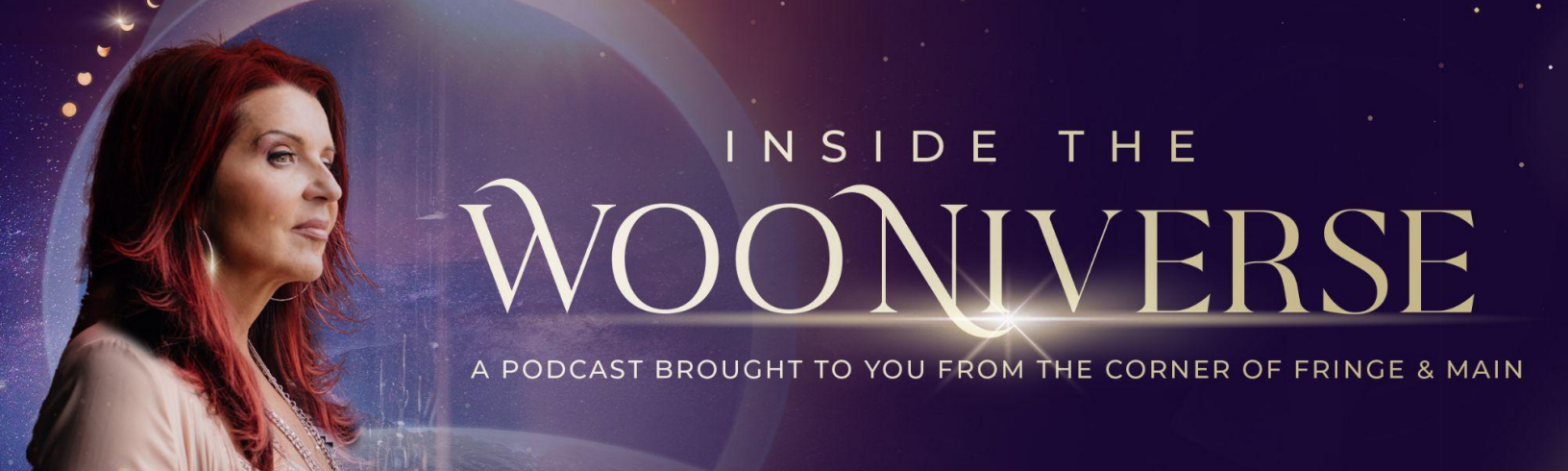
I could see behind me, in front of me side, above below. I could see the Earth beneath me about the size of a marble. And I was embedded into it as this ray of light up to what would've been my knees. And every time I took a breath, this beautiful pink, iridescent, translucent horizon would rise up on an inhale and it would just wow gracefully lower as I would exhale. And I knew that this light that I was in was becoming a vibration through my system. And the vibration was what we call love. It was love. And I knew that this was true about every one of us. And I just want to say this lastly, that there was nothing to accomplish. There was nothing missing. There was nothing to be shy about. There was nothing to achieve. There was nowhere to go. There was nothing missing. There was nothing broken. There was nothing wrong. It was complete fulfillment, complete satiation.

And I knew that to whatever degree that human beings would allow themselves to let this be true, that we would allow more light to pour through the systems that we are and emanate into this realm that we are coming to facilitate the evolution of consciousness. And I knew all that in an instant.

And it was mind blowing because here I was a doctor in a clinic getting results, trying to do that tangible thing, working with causes and symptoms and getting life to line up in a very logical fashion. And lo and behold, it turns out it's a quantum world.

Colette:  
It's a quantum world.

Dr. Sue:  
It's not a linear world. And so logic doesn't apply in the world of ultimate healing and the miraculous and what we're really made of. So we are here to learn how to walk between those worlds and bridge them together.



Colette:

As I know intimately. So you said something really, I thought was really meaningful. And you said something about how much, whatever people will allow. I think that we give permission to reality, right? It's like we allow reality to be, it's our decision, it's what we're willing to say "Oh yes" to, right?

Because I think that that is out of our conditioning, etc. We make an agreement with reality. We say, "Okay, you get to exist like this." And I think that when you get a taste of something beyond that, it then says, "Oh, I can have that too?" I do think that it's being able to facilitate, which I know you do, people's transcendent experiences, even if it's just a tiny touch of it, is enough to open the door. And I think people are really stuck because they've made an agreement with reality that this is what they've agreed to allow and this is it.

So moving past that, can we talk a little bit about resistance and the usefulness of resistance in this?

Dr. Sue:

Sure. So I just love you, by the way.

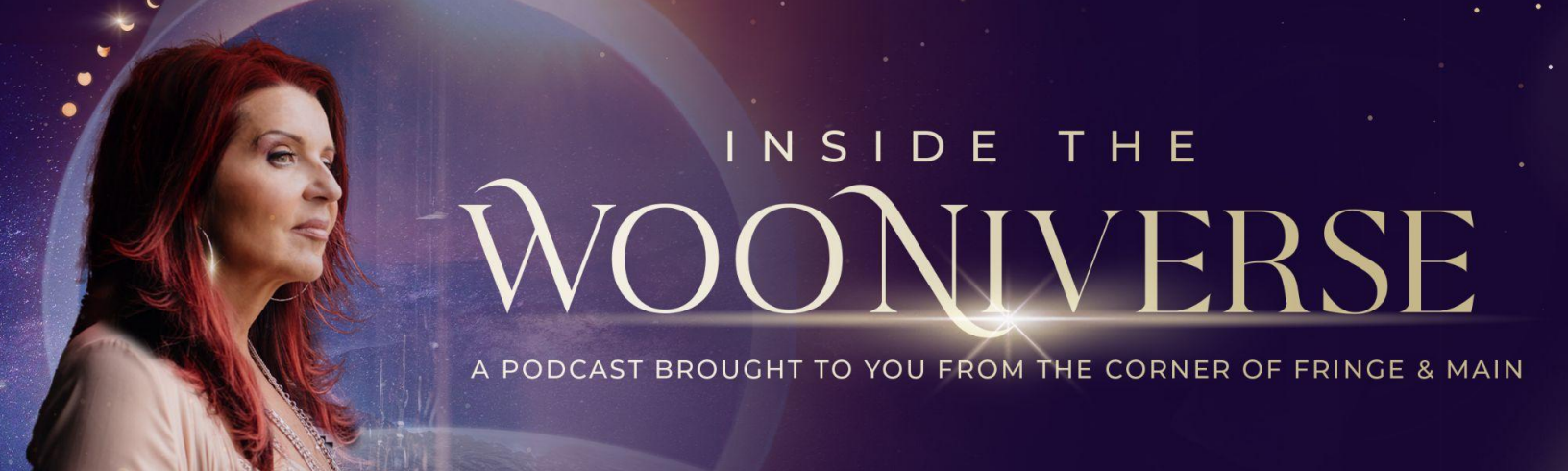
Colette:

That's great.

Dr. Sue:

Really great question. So when high frequency energy, which is what we're made of, hits the density of physical matter, which is where we are in the third dimension in human bodies and form, that there's a natural law of physics that would state that friction occurs. That when high frequency energy hits low frequency energy, there's friction between the two. And inside the human experience, that friction looks like resistance. It looks like something that we're pressing ourselves against. It looks like not getting along with your spouse or your parents or your siblings or your children or your boss. Or it's that rub and it's inside that rub space that where those two are meeting, that we are able to start to feel and sense and then choose in accordance with what we will allow to come through us and into this dynamic without hesitation.





And if we are identified as a personality that thinks that it's shy or a personality that thinks that it's not capable, then we don't allow something greater to come into this moment and we retract from it and validate encapsulation instead of allowing expression and an expansiveness to happen because we're here where we're solving these problems rather than reacting to them as if they're real.

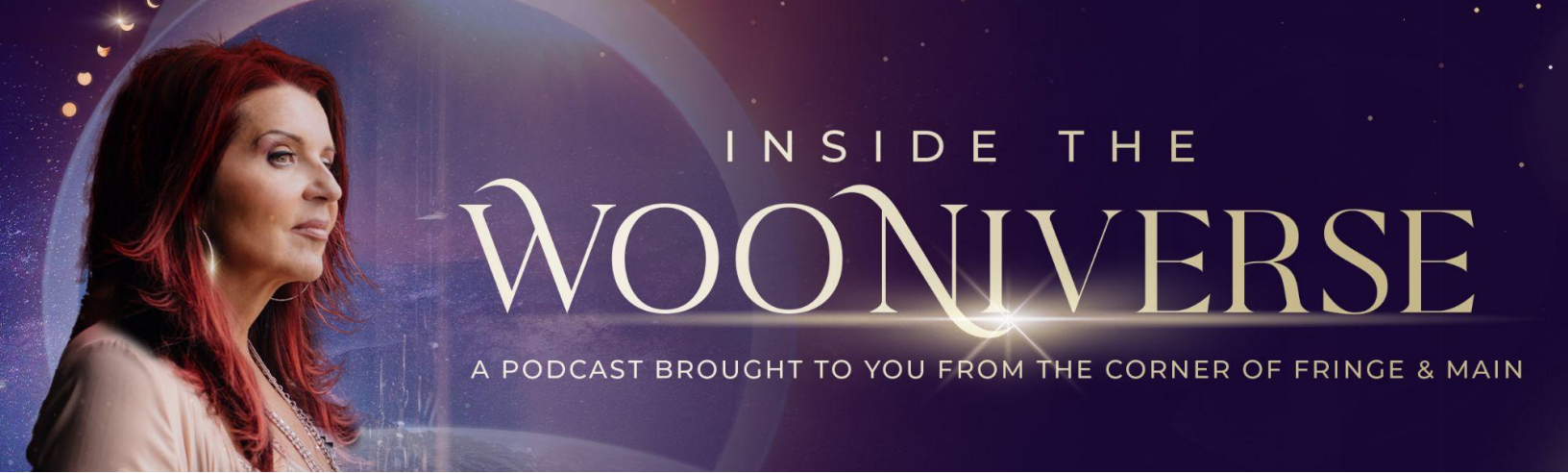
Because we're just here to bring high frequency energy. We are the solution. We're here to bring the love into the situation. But because we aren't lined up with that with our awareness, we think we're supposed to behave in a way that allows us to get the love. And that is where we are duped. And I just want to say that the thing that really is not, it's a little counterintuitive, is that to allow the greatness to come through, we have to humble down. We have to release the idea that we think we know who we are and surrender that and allow something bigger to manage this situation. To allow something bigger to come into these areas of resistance and allow them to be flooded with something that is alchemizing and melting and transducing or transmuting in some way.

And so it's the humbleness of our hearts that allows that to happen. Not the certainty of our minds, unless our mind is becoming certain about the fact that we are made of love and that if we will just allow ourselves to lean in, love will prevail.

Colette:

Don't you find too the strident need for certainty is really being highlighted right now these days with there's so much divisiveness. I don't know how the right way to say it, but that there's just so much of that, so much uncertainty in the world. Which my husband keeps reminding me, there's always been uncertainty in the world.

I'll go, "Wow, it's so uncertain." He goes, "Really? It's always been uncertain. It's just a different type of uncertainty," that we're being basically sold to keep us looking for certainty. And then when we look for certainty, we're looking for something fixed. And you just said encapsulated. So when people look for when is this going to happen, what is going to happen? And I always say no, it's "How is this evolving?" is the right question.



How is this unfolding as opposed to the other, because we get so stuck. And so we're trying to figure it out. We're trying to solve a problem. When the solution arises, just out of what you were saying, you become the solution when you surrender. Because it's really about surrendering certainty. And then you get it.

Dr. Sue:

We're looking for this fixed answer. We're looking for nouns, when in fact we should be verbing.

Colette:

Verbing. Exactly.

Dr. Sue:

Verbing, not nouning. We try to name it and categorize it and compartmentalize it. And then we know and then we feel strong. And now it's okay, I know what compartment that fits in. But that is a life that will never allow us to experience our creatorship. It will never allow us to experience our ability to transmute and transform and create the movie that we love living in. And so if we become more interested in creating and observing and collaborating and transforming, then certainty is kind of the river that's moving, right? You never step in the same river twice, but the river's always there.

Colette:

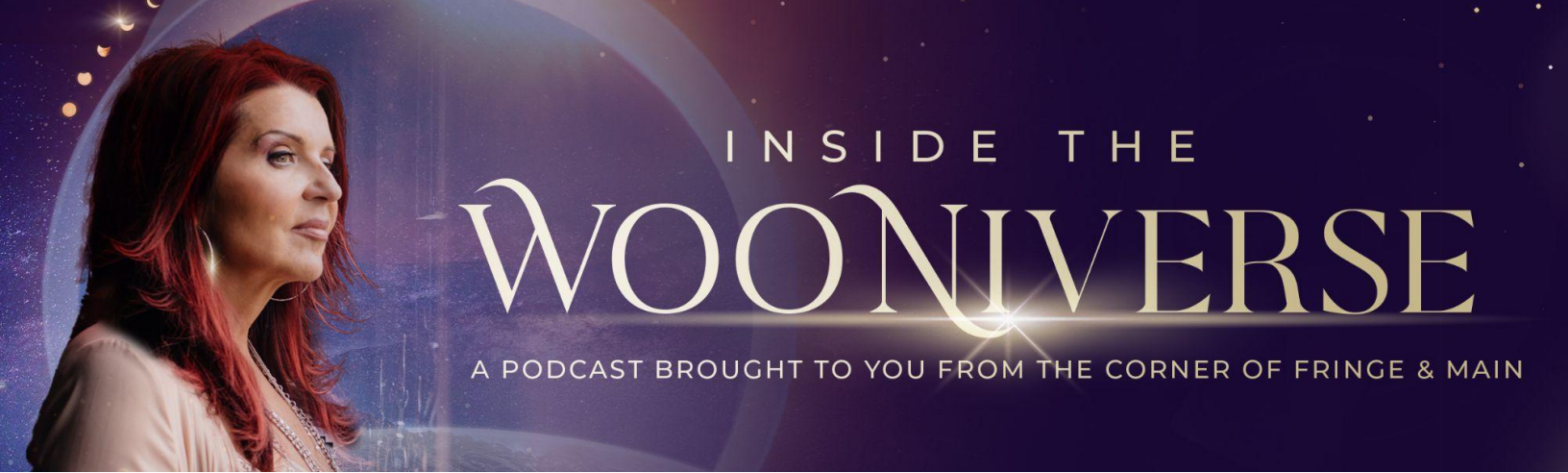
And the river's always moving.

Dr. Sue:

It's always moving and it's always there.

Colette:

And the sea. And the sea is always there too, right? And it's like, I read this Kahlil Gibran, beautiful, beautiful poem about fears. Says about how the river all of a sudden sees the ocean and is afraid of the ocean and looks back and sees its journey over the mountains and around the bends, etc, etc. And then it realizes that it's afraid that the ocean will swallow it up, but it forgets that it will become the ocean when it steps into it. And that's, I think, what we're afraid of is that because we've been so indoctrinated into that, and I love that word, encapsulation, vision



of our lives. 12 step programs enable that person to completely reinvent themselves. I'm a recovered alcoholic, 36 and a half years sober. And drug addict. And that program fits just really in the hand of yours because it is about that surrendering your will in your life over to the care of God or love and recognizing that you can't change until you give up who you thought you were and make amends and do all that stuff. Anyway, I'm digressing.

Dr. Sue:

No, it's beautiful.

Colette:

I want to talk about electromagnetic energy now because I think it's really interesting and very Woo. So what does the field of bioenergetics encompass? I know we're going to go back to the structure of this. You talk about removing subconscious interference to the nervous system and electromagnetic energy system in the body. So I'd love to hear about what it is and then what you've created to make this palatable for people. Not palatable, but useful. Maybe that's best word.

Dr. Sue:

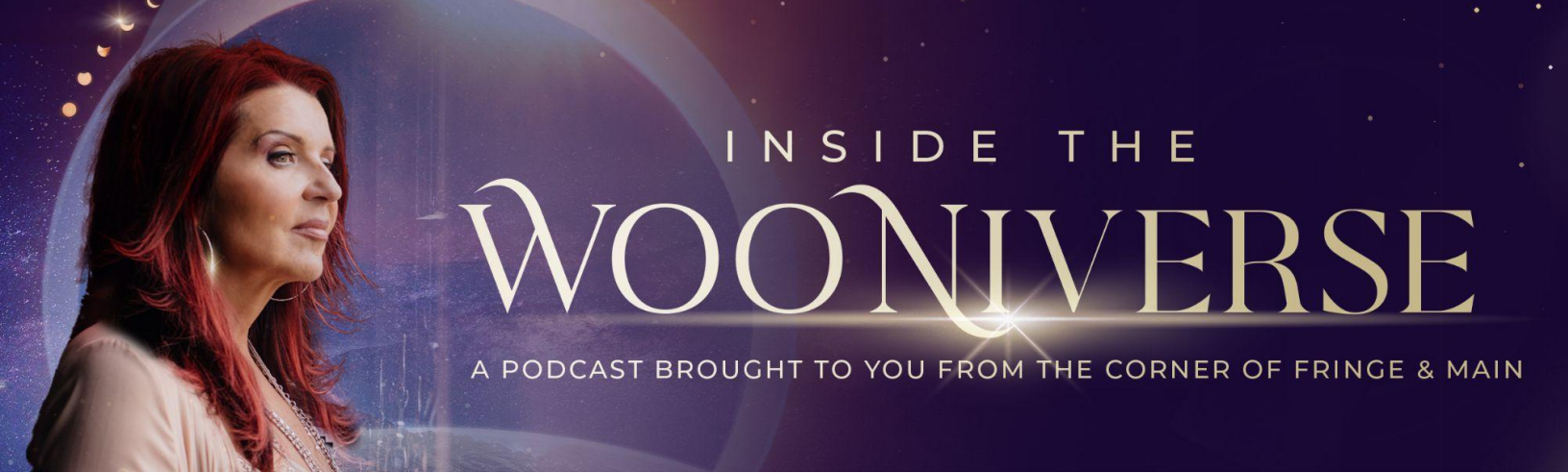
Yeah, sure. Applicable and-

Colette:

Applicable. That's the right word, not palatable.

Dr. Sue:

Yes. No, no, that's great. Everything is energy, including us. Everything that we ever experience and touch and taste and see and feel and smell and all of it is just energy. The car that we ride in, the screen that we're watching right now, it's all energy just compressed into different shapes and vibrational frequencies. And we're living inside this matrix of loads of different vibrations. And so the human system is the same. So those energies as they apply to the human system are considered bioenergetic. So the bodies, energies, the energies of the human system. And what I love for people to really get is that we don't have energy flowing through us, we are energy flowing through a pattern. We are the energy. We don't have energy flowing through our



bodies, although we do. We are the energy that is flowing through that body. And that might be a bit of a deep conversation for where we want to go right now, but I just-

Colette:

I want to go there.

Dr. Sue:

I know you do. I actually have some images that I use when I'm teaching. I can see them out of the corner of my eye. Can I just go-

Colette:

Love it? Yes, yes, yes.

Dr. Sue:

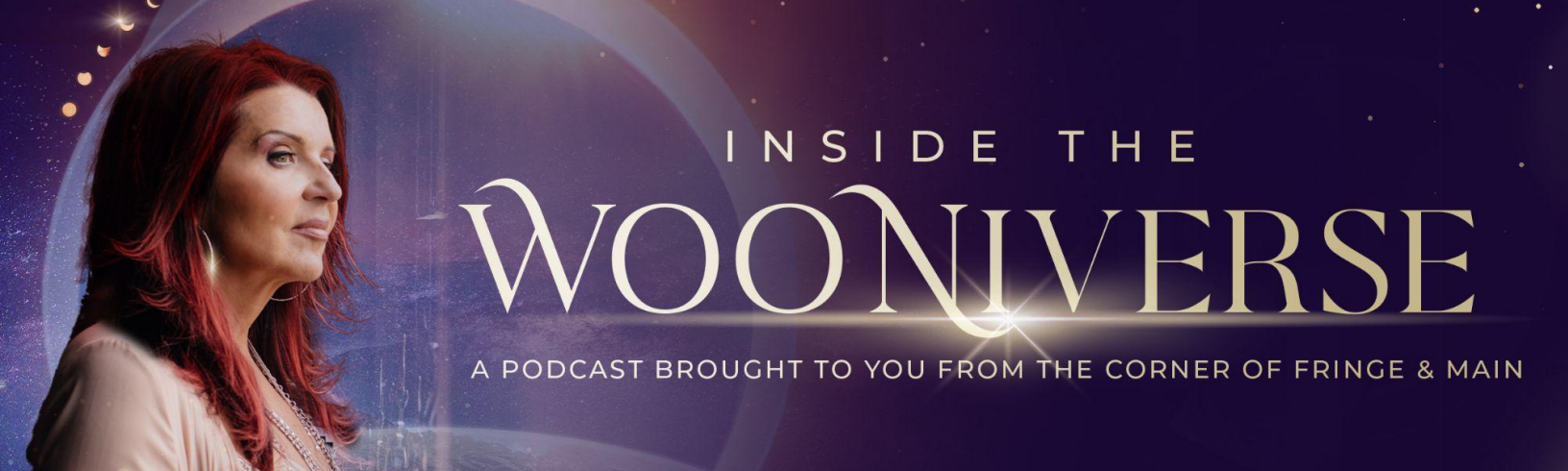
Perfect. So this is pretty cool.

Colette:

Oh, these are beautiful images. So for everybody listening, all of these images Dr. Sue is showing me will definitely be posted on our show notes pages so that you can see how cosmic energy flows too. So cool. Okay. Please continue, Dr. Sue.

Dr. Sue:

So the cosmos is what we're made of. So here's this energy of the cosmos and it compresses into a funnel, into a channel and it hits the Earth and then it rises up and it recycles around and around and around and it keeps recycling and it keeps pouring in and it keeps hitting the Earth and it keeps rising up. And it creates this system and it's inside that system folding over on itself that we build this physical body that we're living in. That's how we come to be here. And then what we do over time is that we work with that and we begin projecting it out in front of us. And so we create this reality. It's like we're projecting a movie here on a movie screen and we're walking through that movie screen for the whole of our lives. So this energy right here is what we would call bioenergetics. So we're just kind of a little bit of a closeup of it.



Colette:

Well that's weird. Yeah.

Dr. Sue:

This energy descends here, comes from the cosmos. That's us. We compress ourselves into a funnel, into a channel. We hit the Earth and we rise up and then we are recycling. We rise as high as we can go and then we recycle. And that's how it's designed to work. And what happens for most people is we descend here, we hit the Earth, we rise up, and we have certain aspects of our consciousness that we are masterful at and other aspects that we are coming to become masterful at.

So we're here to work on this ability to rise. So in some of these areas we don't have the circuitry in place. We have gaps in the super highway here. And so the energy, us, we have to work our way around the fact that I don't think I'm capable, or I'm not in touch with my emotions, or I've shut down my capacity, or I don't know who I really am, or something along those lines. So this rising energy wobbles to get around all these and it creates a distortion in the field, in the bioenergetic field. So now this person is standing here inside this energy looking out through a distorted reality.

Colette:

Distorted lens, right?

Dr. Sue:

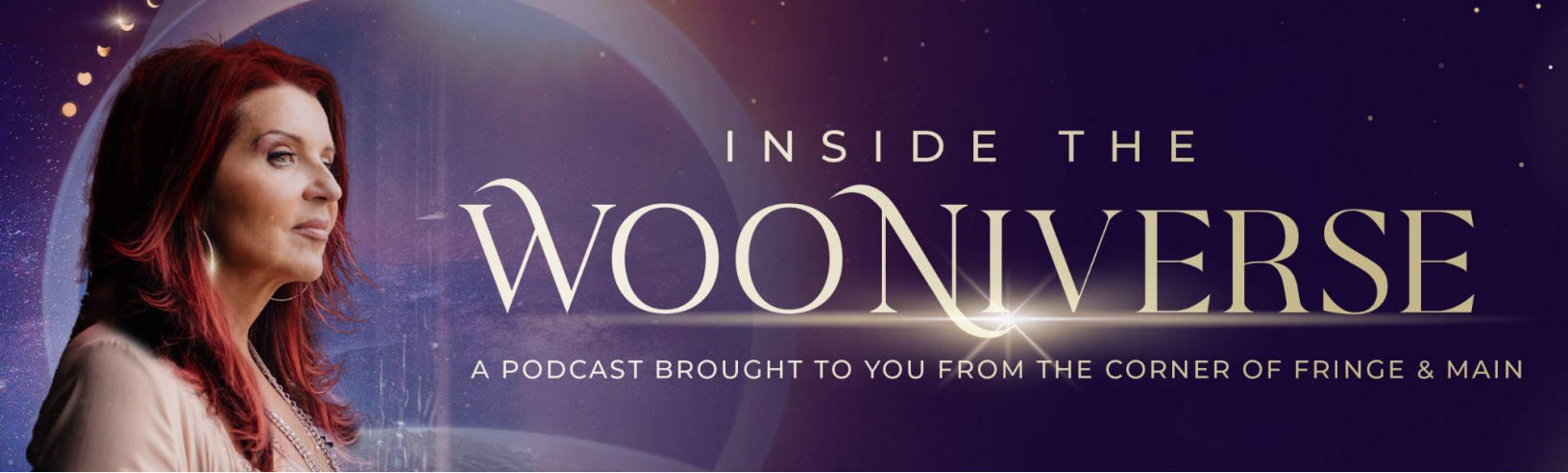
Distorted reality. We see that people don't care and it's never my opportunity and it doesn't work for me or whatever we might be seeing. We see in accordance to how we be and-

Colette:

And what we've agreed to.

Dr. Sue:

What we've agreed to, right. It is an agreed upon exchange. So if I'm pretty convinced that I'm not talented or that I'm not artistic or that I'm not creative, I'm pretty much saying this little blockage here, this little gap remains. when push comes to shove, this gap remains. And so



what we're saying is if we would just let go of the idea that we're not enough or that we're not something, or that we're too much of something else, if we surrender that idea, then by nature, this very flow is inherent. This is what's designed to happen and it's going to happen if we let it happen, if we allow it to happen. It's not something we have to go and get. It's right here. It's just something we have to let happen.

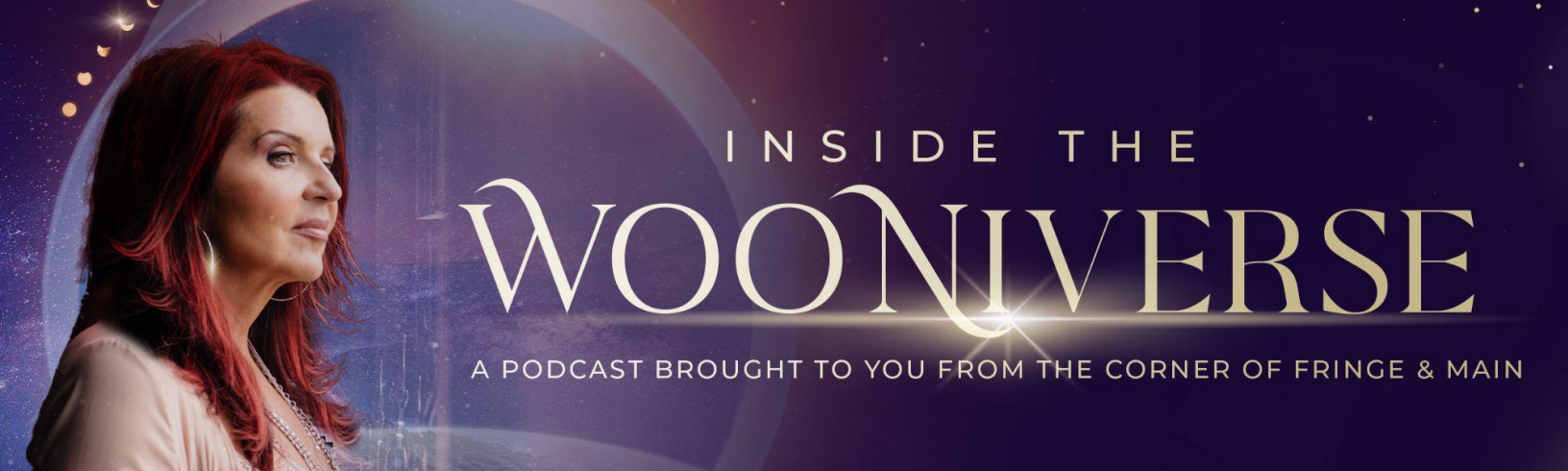
Colette:

I love that you said earlier too, that we are the energy that flows through a pattern. And now would you say that that pattern is what is conditioned? So there's two, one that natural pattern that is limitless, that has hyperpotentiality, etc, etc, and goes full beyond what we think is possible, which we've ever experienced. But then this other part that's like, oh, this is certain you have to be this, you have to be that you're not this, you're not that in different experiences you have create that story or that narrative.

So your work is really about helping people move beyond their encapsulated agreement that came from their conditioning. And why now? Do you think now that this is the best way to really, as I do? I think what you do is the best way right now and it is necessary for people rather than talk it out. Because I think talking about it all the time, "Oh my conditioning, oh this, oh this happened, oh that happened, whatever," I think just keeps on reinforcing the narrative. I'd love to hear your view on that.

Dr. Sue:

Yes, absolutely. So maybe this visual will kind of be helpful for everyone. I kind of describe it like when we land here, we sort of splat. And just kind of picture picking up a pitcher of milk because we could see the milk and just pouring the milk on the tabletop and there it sits. We splat, it splats on the tabletop. And out on the perimeter is where we begin to engage in the world. We're like, "Am I safe? What's going on here? Here I am, I'm all splatted. How do I fit in? How do I make sure everything works and that I'm going to make it in this world?" And then the process of our lives is to pull ourselves back together from this splat. And what that translates to is our mind and our body and our breath, which all go in different directions during the splat, are now coming back together.



So we're working with mind and body and breath, which is spirit in the body. Breath is spirit in the body. We're working with mind, body and spirit and pulling it back together.

And then we're recognizing, "I'm not the mind, I'm actually not the mind that has a spirit and a body. I'm not the body that has a spirit and the mind. I'm a spirit that has a body and a mind. I'm the spirit that created a body and a mind so that I could navigate my way through this physical dimension."

So if I get that straight now I can start to realize that when I was splatted in my early years and right up until a minute ago, and even now sometimes when I'm in a splat and identifying way out there on that periphery, I think I'm not enough because I'm identified as the mind trying to survive and trying to make it work and so forth.

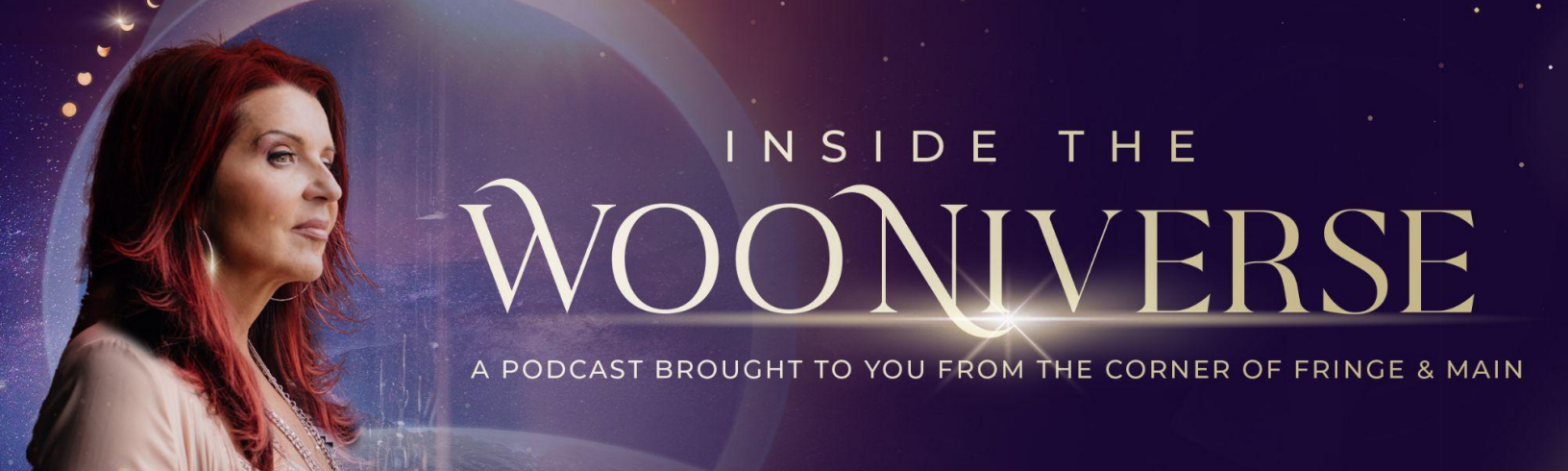
And so we kind of land face down in this splat and we are attached to the mind when we sit up. We're kind of looking through this filter of what you have to do to be okay. And then later we try to get this off of us and we're just so attached to it that it just keeps doing that thing. And so what I'm teaching people to do is to bring mind and body and breath together wholly and fully so that this gets into its proper role, which is in service to mind, body, spirit combined.

So mind, body, spirit combined would be this soulful essential self, the truth of us, that real true self that is okay, that is fine, that knows better, that knows that you don't have to adopt those patterns and those ways of being and those beliefs that keep confining you, that you can release them and metabolize them and set yourself more free by coming out from this authentic self behind the scenes.

So in the process of doing that, we use the body to teach the mind how to serve the soul. It's like this, the soul speaks to the body and the body speaks to the mind and the mind doesn't listen. The mind is just off writing stories and talking about how horrible life is and how bad it is and how hard it's been for me. And I'm just such a good person because I've survived all the horrible things in my life. And all that's true. And if you want that to continue to be true, you continue to tell the story. But what I'm suggesting that people do is just kind of drop in and get to know the one underneath the story, the one before the story, that one is the one-

Colette:

The one before.



Dr. Sue:

Heal the story. And learn how to work with that.

Colette:

And you find also that the body, well I say that the body's the instrument of intuition and the body is the first place that the spirit will speak to you through, through the sensations, through wherever you discover, oh, something is happening. And then you can listen. Because oftentimes our mind will, well first of all, our mind will refute that illogical sense. It'll just right away get in there, give yourself two seconds to say all that truth that you tuned into. "Oh no, that's not right." So it's getting, it's which one is in service to which in the correct lineup. Spiritual narcolepsy is, I think, that even when you are really, really working this and really understanding this and getting it, I think giving yourself permission to recognize that you might fall asleep at the wheel every once in a while, even if you know this like the back of your hand. I think that that's also the cross we bear as human beings is we're going to fall asleep and then we have to wake up. So I think it's not about getting it a hundred percent, I think it's getting the taste of it and recognizing when you are asleep and when you're not too, right?

Dr. Sue:

Yeah, absolutely.

Colette:

I mean you're on all the time.

Dr. Sue:

No, no I'm not.

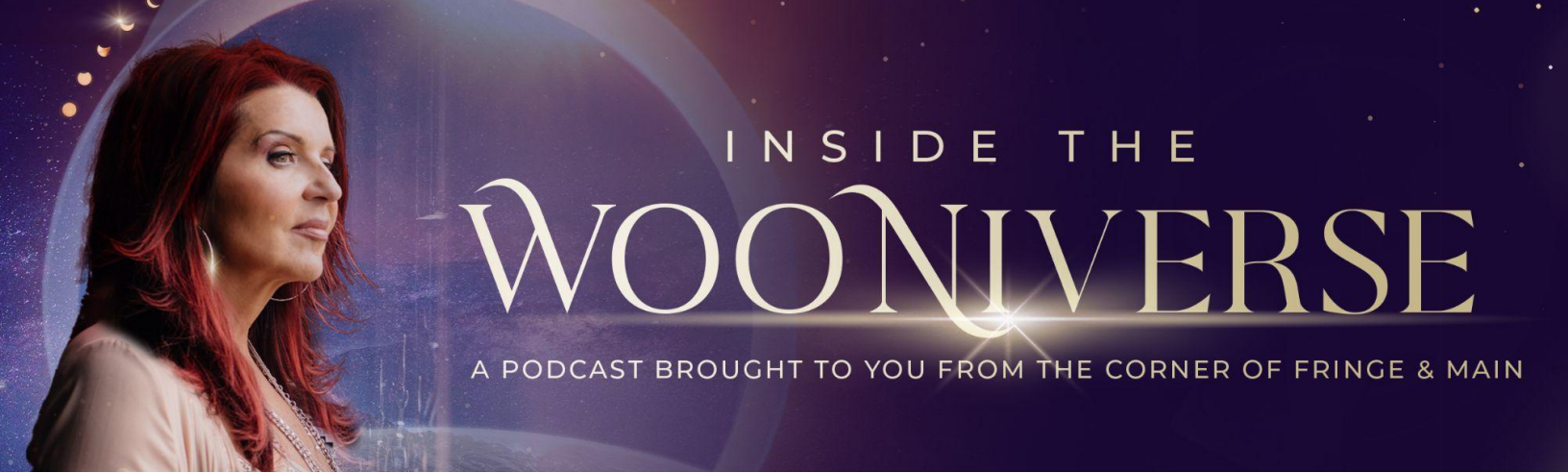
Colette:

But not everybody is.

Dr. Sue:

So here's the thing. I love to look at it like there's always a new edge. There's always a new edge that I'm kind of mini splatting into. Even though I'm gathering together and I'm emerging out into the world, I'm going to hit my new frontier and I'm going to evolve. And as I'm evolving





and I'm awakening and then I realize, "Oh my gosh, yes, I was just off. I felt off. I felt like I wasn't really super present and I got caught up in the drama for a minute and a half or maybe a day and a half, maybe a month and a half or maybe longer for some people at any given time." But it's important to realize that that's actually when we're leaning into a bigger realm, we're melting the encapsulation to a greater degree, a bigger and bigger box until there is no box. Because when we're injecting ourselves out into the unknown and trusting and being with it as if it's all going to be okay and eventually we realize it is, right then we're actually in an expansive phase of a cycle. And so it's not just that we are like, "Ugh, I lost it." It's that I dove into a territory that I was unfamiliar with.

Colette:

I dove, this is so-

Dr. Sue:

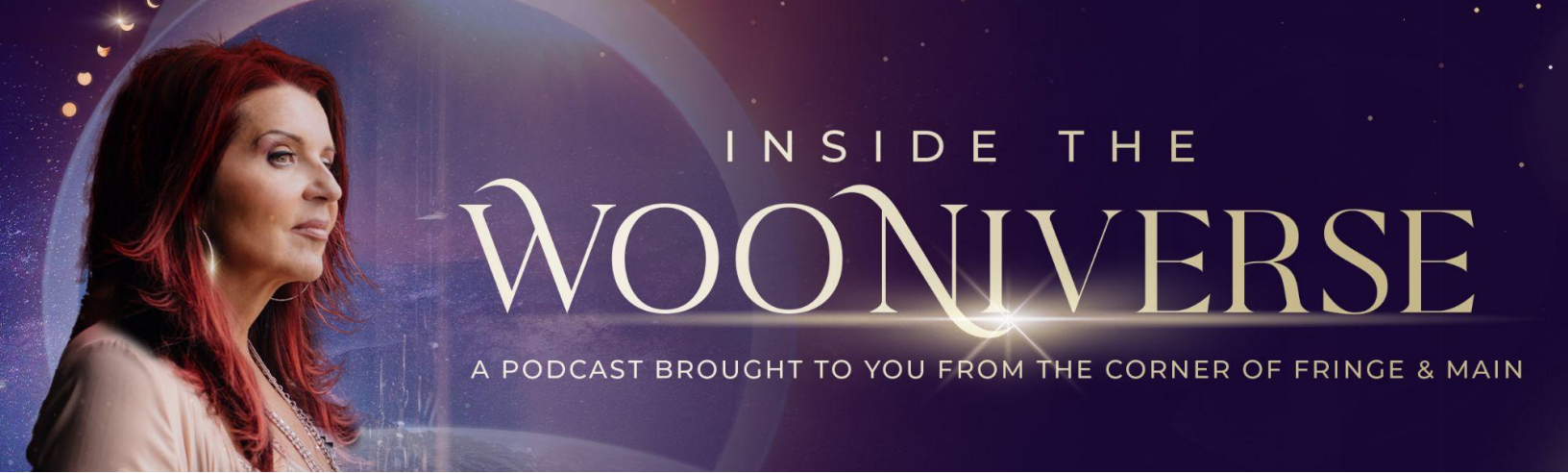
And so inside of that, I'm actually evolving because of those moments that I felt like I fell asleep. When there's more of us dropping in to this system that's folding over and cycling the way I was describing it, when we're allowing more of high frequency into this territory that we're operating in from the cosmos, that new energy doesn't have a name and a face, we're unfamiliar with it, we don't know. And it will feel like I don't know who I am. As soon as we've allowed more of our true essence to drop in, the personality is like, "Whoa, who's here? What's going on? I have no idea. I'm not in control. I don't understand."

And then we have to grow into that and allow the mind to soften and become familiar with the unfamiliar and to give it a name and a familiarity.

Colette:

This is so profound because a lot of people quit when they run into that, right? It's like they go so far and then it's like, oh. I always say when you up level there's a new devil, right? It's like, oh, because you're touching a new edge or you fall asleep because you're like, "Oh no, this is too unfamiliar and then I got to go to sleep for a second."

But that's really a signal that you're actually moving forward. But every once in a while you sort of have to go back to that little safety zone, which doesn't work anyway because it's not anymore. And then you wake up and go, "Okay, well I don't like that. I'm going to go over here."



So it's that. It's a bit of a dance, like a little cha cha dance, right? The quantum cha cha I like to call it.

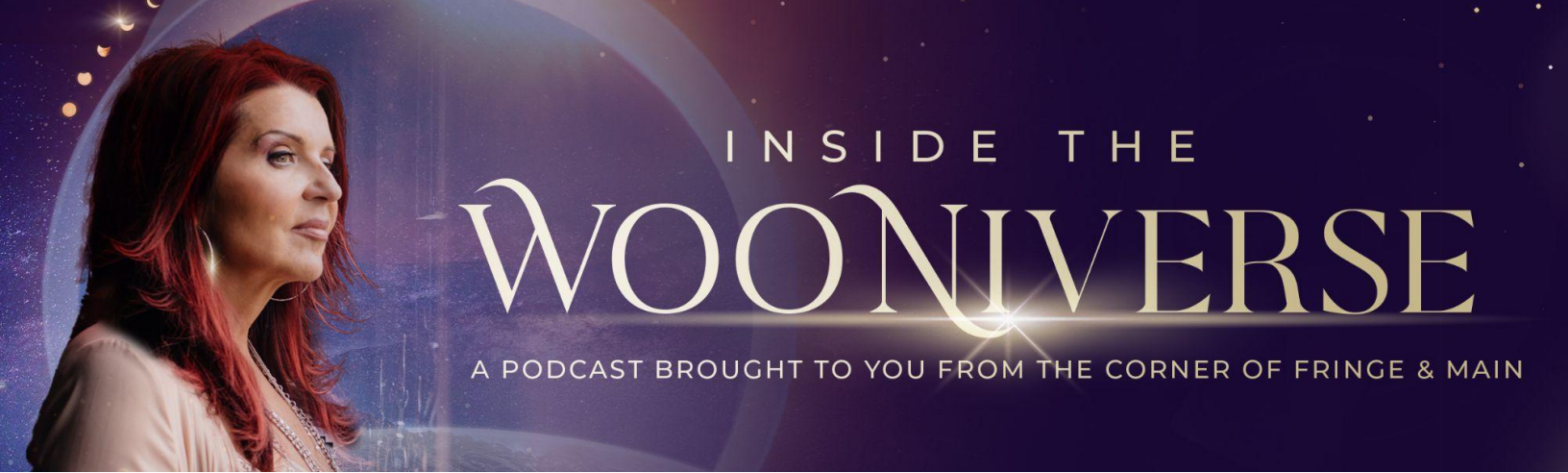
Okay, we have to take a little break now. More with Dr. Sue when we come back.

Thanks for joining us today and welcome back. Okay, Dr. Sue, my next question is: let's talk about universal intelligence. Because I am very interested in hearing what you have to say about that. Is there a difference between universal intelligence, universal energies, universal information, or the universal mind or all of these the same?

Dr. Sue:

Beautiful. So yes, super consciousness, universal mind, universal intelligence, what it's trying to get at, what all of these terms are pointing toward are there is a higher way of perceiving than what we have developed as the standard human being five sensory stimulus response presence that we've come to know ourselves as. There's a higher mind, a bigger mind. And ultimately, if we look at this image that we were looking at, this is intelligence, this is information, all of it is information. And so ultimately what we are supposed to be doing is allowing this information to be the information that I am constantly honoring, that I'm constantly aware of and drawing from. And a byproduct of that is that the universal mind becomes my mind. It becomes the one I'm using. I'm using the universal mind, the universal intelligence, the presence of all possibility becomes my possibility if I allow myself to be this stream of energy that is streaming that information.

So if we just look at light is information, energy is information, nutrients are information, words are information, nuances are information. Everything is information. We are sensory beings that are supposed to learn how to perceive all of the information that is here. And if we're not living in our bodies, that gets really hard to do because the body is a filtering mechanism that allows us to transduce that information down to something that we can perceive and that we can work with in the form of ideas and inspirations and intuitions. But it is that universal intelligence, if you look at this in this way, universal intelligence is what I am. And if I allow the aspects of my whole system to work together, my mind will stay connected to my body and my body is translating this. it's coming in hitting the earth and rising up.



And if I allow that rising up to be what I'm paying attention to, these little layers that show up as different colors are different facets or versions of different frequencies of that one universal mind. It's getting translated into components, versions, aspects of that wholeness. And so it's the body that allows that to happen. So if I keep my mind on my body, then the messages that are rising through the body are the messages of universal mind, universal intelligence wanting to express.

And they pass through this gut and become neurotransmitters and alchemized into endocrine chemistries. And all of that rises and gets filtered through the brain in our heart so that it has heart and meaning to what is our personal path, what is ours to work with right now. And then it rises up to the brain in our head and becomes ideas and inspirations and intuitions and inner knowings that are carving our path, if we'll let them.

Colette:

If we'll let them.

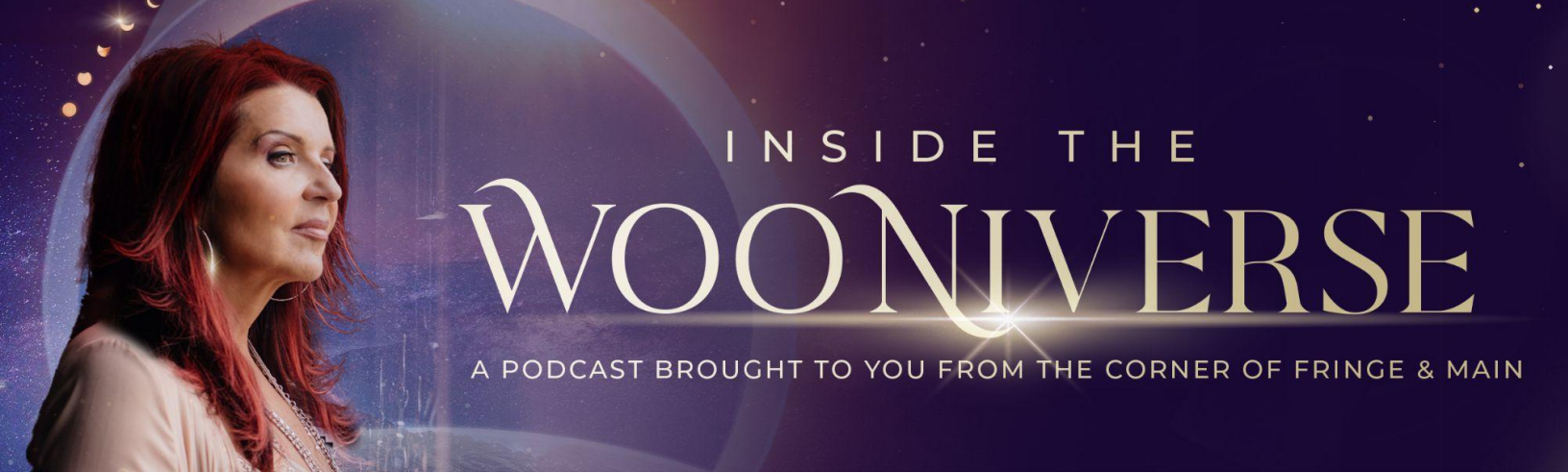
Dr. Sue:

If we'll let them, that's it

Colette:

If we'll let them. One of the things that I learned from you, I had had some violent experiences when I was younger, so I found that I was disconnected from my body, I found myself tuning out and I would ask my husband, I bump into stuff and whatever, use your body. But why I think your work is so profound is that you bring it to that. Because I think, especially as women, I mean when I was 14, my mother put me on a diet, for example, that I was taught that my body was, I had to control it or somehow it wasn't okay. Do you know what I mean? Somehow? Or I had to use it in a certain way or I was ...

Anyway, so the whole concept of disconnection from the body can actually prevent us from being connected to the spirit. Because a lot of people go running into spirit, let's just do the upper chakra, let's not have anything to do with down there. Let's just go up here and get lost. And what I love about your work is that it just brings, it roots us. It is rooted work. It routes us in what is true and brings us back to that ultimate truth that the universal mind isn't literally every



atom and it is what we're here to serve. And that means the body is perfect. We have to allow it to be perfect. And that means we have to let go of the narratives. All those narratives that we've accumulated, the box, the little bag of narratives there, we got to let them go because it doesn't work otherwise.

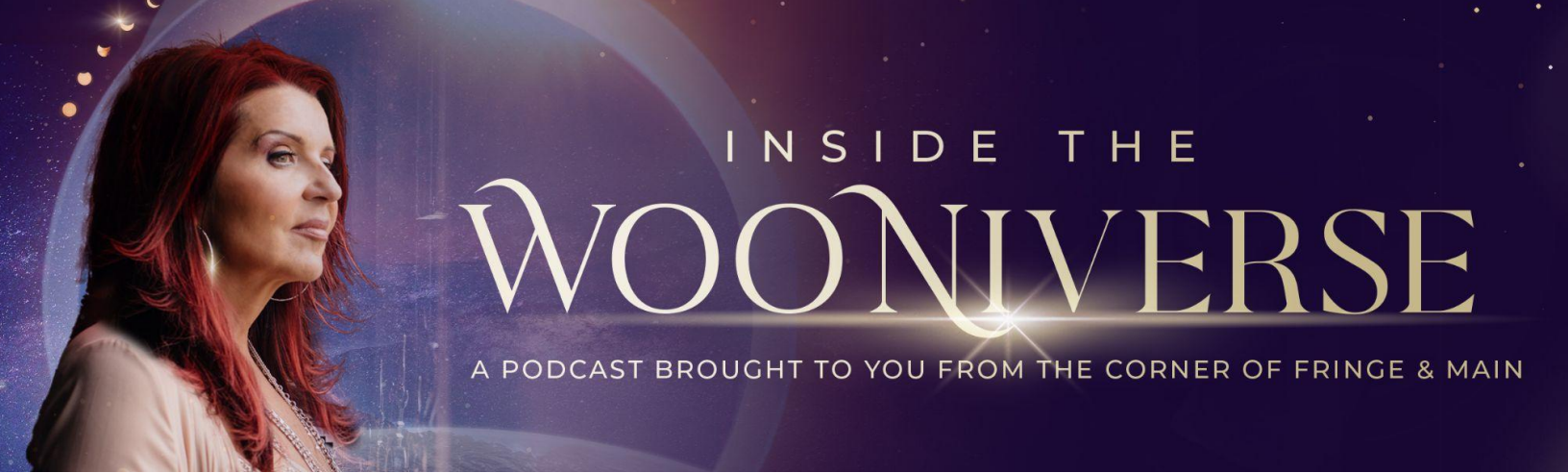
Let's talk about trauma. I know trauma has become such a very popular topic lately. Collective trauma, trauma, et cetera. So when we look at our nervous system as part of this healing system that you've created, and we look at trauma as now being something that people are discussing, they're saying, "Okay, this is real for everyone." Tell me a little bit about the co relationship between how your body of work can help that.

Dr. Sue:

So when we begin to realize that this whole system is working as the universe expressing itself into this dimension, as with consciousness, where consciousness is compressing itself into this form. And that's us. We are that. We are pure awareness. We have compressed ourselves through this funnel to this channel hitting the Earth, rising up. We are this toric field flow. That's what that system is called. And we're expressing out into the world. And we're here to engage, to refine certain aspects of our wholeness. We're here to wake this up and wake this up and wake this up so that it can function like this.

Now, when we bump into the circumstances that are going to allow us to awaken in ways and find aspects of our capacity that we haven't been in touch with before, which is why we come. When that's happening, the parts of us that are already here and functioning the way that they're used to functioning would consider that trauma abusive, abrasive, unpredicted, unwanted, sometimes completely overwhelming and overbearing.

And it is important for us to realize that the traumas that we experience are actually not bigger than who we are. They're not bigger than our beingness. And that we've actually, on the level of our greatness, we have come in knowing that we will be experiencing some type of these sorts of things so that we can polish ourselves, reach inside ourselves eventually and figure out I'm okay even in the face of this. And so, if we can know that going in, then we can start to look into the past traumas of our lives and even look to what could be a future trauma that's headed my way in a way that automatically allows me to embrace it instead of completely resist it and reject



it and draw the conclusions that we have drawn in the face of those traumas historically. I have been in abusive circumstances as well.

So sometimes I break down this conversation in what I call the bus stop conversation. And it's as if we make these agreements, these sole contracts at a level that we're coming in to this dimension basically saying, "Look, I'm going in. I'm going to catch the bus to go to Earth. And so while I'm hanging out at the bus stop, I'm asking everybody else, 'What are you doing? What are you going in for? What's up for you?'.

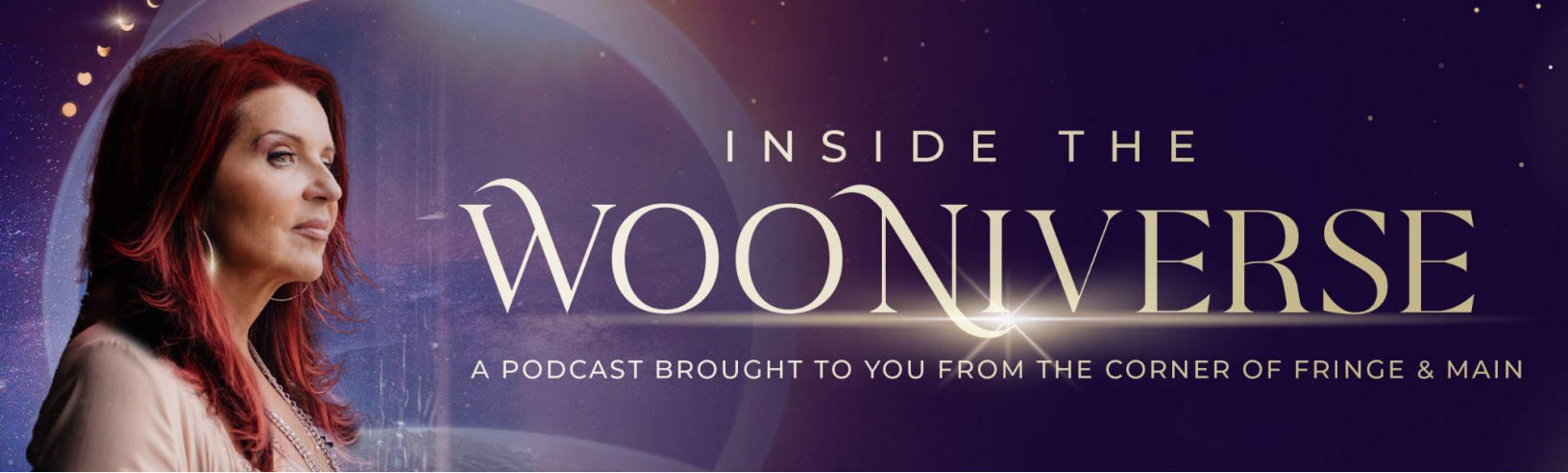
And somebody says, "Hey, I've been there before, crazy place." But these amazing experiences happen. These props are amazing. It's so real, it's amazing.

So as you're going for a while, you think you're actually in this movie. So I accidentally did this thing the last time right before I left that they call forgiveness. And I had been holding onto all this stuff and at the last minute I just released it because I didn't have the energy to hold onto it anymore.

And I had this revelatory expression of bliss. I had such an amazing experience when I let go, I didn't even know I was supposed to let go, but I did. So now I'm going back to let go sooner so that I can have a level 10 experience of this forgiveness stuff.

So everybody else at the bus stop is like, "Wow, how are you going to do that?"

And the person says, "Well, somebody's going to have to do something that's nearly unforgivable and then I'm going to have to live with the effects of that for a long time and I'm going to contract, I'm going to drop inside, I'm going to retreat or I'm going to get angry or whatever. And I'm going to use my resources in a way that they're not designed to be used. And eventually I'm going to get sick and tired and then I'm going to get tired of being sick and tired and I'm going to reach inside myself and find some part of me that I didn't even know existed and pull it up and out. And it's going to be this forgiveness. It's not a good trade. I'm not willing to threaten my own livelihood because of something that happened 20 years ago. So in that moment, I'm going to get why I came..."



So then the people are like, “Wow how can we help?”.

And the person says, “Well somebody’s going to have to be the one that does that thing that’s nearly unforgivable and get this thing rolling so who’s going to help”.

And they’re like, “Well what’s that mean?”.

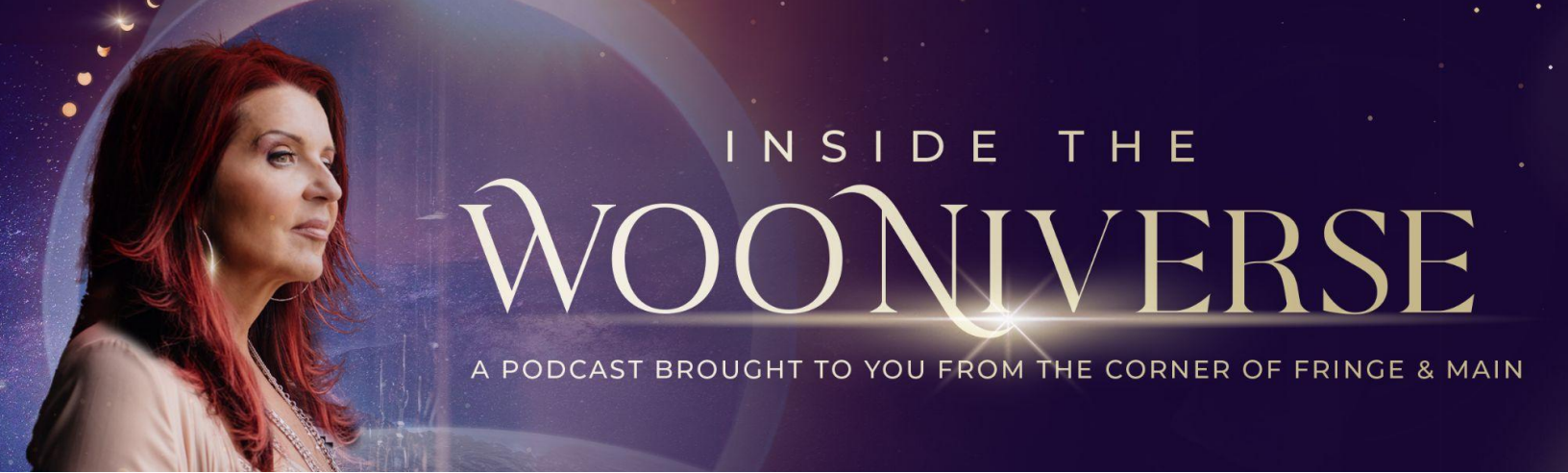
“Well, drink too much. Cross the center line, hit my car, cripple me, take a family member from me or whatever...”

And so the individual is like all, everybody else is like, “Man, that’s not me. Somebody else is going to have to do that job because that just looks too intense...”

And then finally someone at the bus stop raises her hand and says, “I see how much you want this, that you want to have this experience. So I’ll tell you what, I’m looking for a little self forgiveness. So I’ll be the one that does that. And in the process of all this unfolding, we’re both going to end up getting to refine ourselves in the way that we’re coming in to refine ourselves.”

So in this agreement, this soul contract, we shake hands, we forget about the conversation as we compress ourselves further and drop into this physical dimension. And then we go about our ways of living and then we bump into each other and the whole thing gets set in motion. So that would definitely be considered a trauma. That trauma is then recorded in the physiology and the muscle memory is all there and all of the things that we are learning about. But biology of beliefs and the biology of past experience are true. And what I’m describing from this perspective, if we could take it on in this way, we would heal from those traumas faster because they take on different context.

And as soon as they get to take on a different context, they don’t have a hold of us anymore. Now they’re like, you remember we had this conversation. This is what this is about. And if you allow this to be in service to your evolution, it becomes in service to your evolution. If we continue to keep it as something that never should have happened, that was bad and wrong and those people should burn somewhere because of it, then that hate and angst and anxiousness actually impacts our own physiology more than the actual trauma did in the



moment that it occurred. It's so phenomenally amazing when we can start to understand the pieces and how they fit together and how we could turn it inside out and make it work for us instead of-

Colette:  
And not against it.

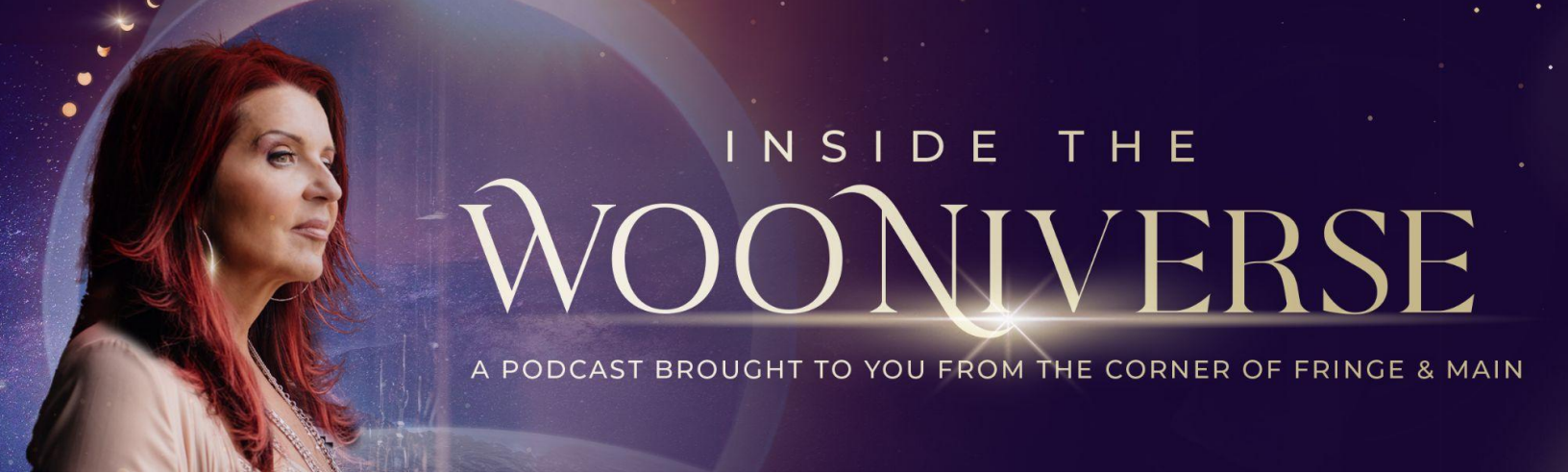
Dr. Sue:  
It separates us in from our true selves.

Colette:  
I got to tell you something, I 1,000% believe that this is the only way. Because the more that we continue to rehash the terribleness of those things, the more we keep owning them and recreating, like the nervous system response, it lives in our bodies. It just does. All of it does. I had waited, I mean I'm 64 now, so I had waited, that happened to me when I was 19. I don't know how to count. 44 years. Because I just did it last year to finally let go this one piece of a gang rape when I was 19. And I'd never quite really looked at it. I just did the work, everything I else, no problem, liberation, yay, look at me. But then this one thing that's just been in there, in there, in there, there. And I finally did something about it.

I did EMDR and I did some energy medicine work around it. And I cannot tell you just how it has changed everything to finally, deeply forgive and recognize that it wasn't personal. This very personal thing that happened was completely not personal. It was a way, in some way, the path of the diamond where the diamond pressure creates the beauty of that diamond. That was that last kind of facet of that diamond. The polishing is sometimes gritty. You get a pearl out of the grit. But I just kept saying, "There's grit. There's grit. There's grit."

And instead of like, "Wait, there's that blue pearl. Wait a minute now. What about the pearl, Colette?"

So yeah, you have to want it though. I think we all need it. The whole world needs it. But Bruce Lipton says that you don't need all the cells, you only need a small portion of imaginal cells to



make the butterfly for the transformation. Not every one of us on this planet needs to do this in order for it to actually have such a huge impact on all of us.

Dr. Sue:

It's so interesting because you spoke earlier about grounding and the significance of that. And that is definitely what I'm interested in people doing because we are the light. We don't need to seek enlightenment. We are the light. What we need to do is embody. We need to bring the light that we are into this body and allow. And the more we get into our bodies, the more we can feel ourselves in here and let it be safe and let it be true and let it be right, we will start to feel a sense of self and comfort that then allows us to want to inquire about digging in and excavating the soul in ways that these pieces were buried because they were just too much and too big. And so everyone will come to a place where they are interested and able to begin that excavation of the soul. And there's no rush because in those soul contracts, someone might have said at the bus stop, "I'm going in, I'm going to do level 10 couch potato this time-"

Colette:

Couch potato, level 10 couch potato.

Dr. Sue:

"That's it. I'm going for it. I'm going to not be interested in any kind of conversation like this whatsoever for the whole of my life. And if I do that, it will be a tremendous victory. And so I might even marry somebody who's totally into this and it will be such a temptation for me to want to get in there, but I'm just going to live it out and not think about it." And that's a viable bus stop conversation, you follow?

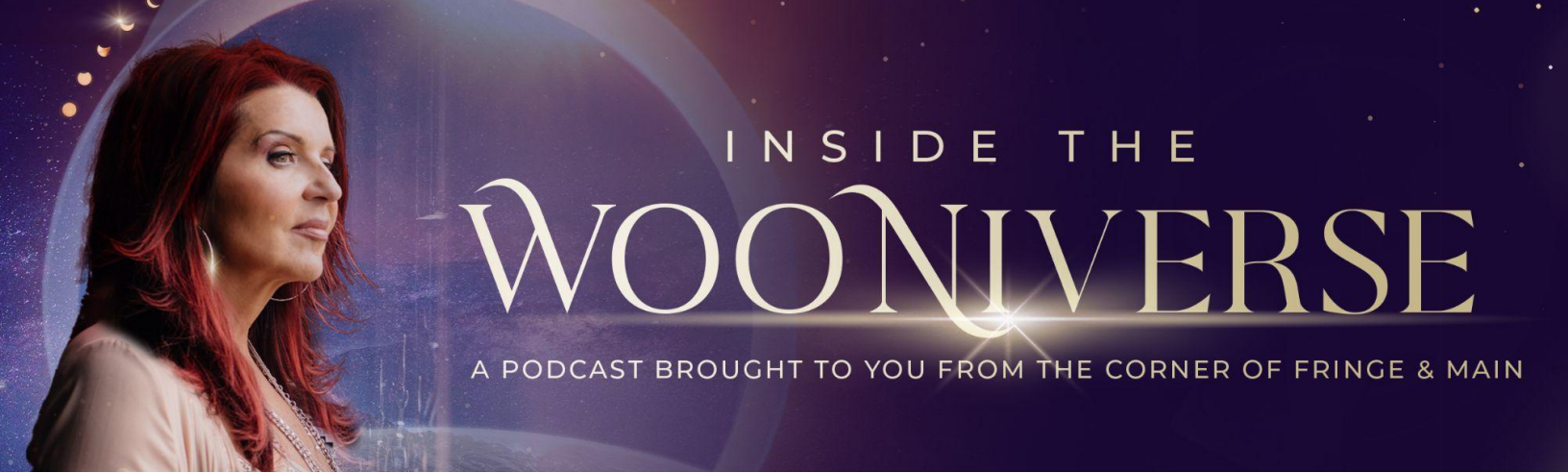
Colette:

Yeah, I sure do.

Dr. Sue:

So it becomes each person's spiritual practice to be in the presence of one another and not expect them to be the same as me, but to allow myself to have my path and have my way at my own right timing. And it's so essential that people don't pressure themselves or pressure each other to get this taken care of, to get this all done. Because in some of the phases, while there





are phases where we don't know who we are and it feels like we fall asleep, it's the conscious mind that's clueless because this super consciousness is dropping in and the subconscious is rising because of it. And the conscious mind just can't keep up until it can. And then it-

Colette:  
Until it can.

Dr. Sue:  
And then it can. And it's a beautiful dance that happens in a different way. And there are other phases of that cycle as well that are super important. Sometimes we're just supposed to, it'll feel like you're coasting, like, "Oh, I'm not doing those practices and I know they're there and I know I should be, but I just would rather watch a movie or I would rather just, I don't know, go sailing or do whatever."

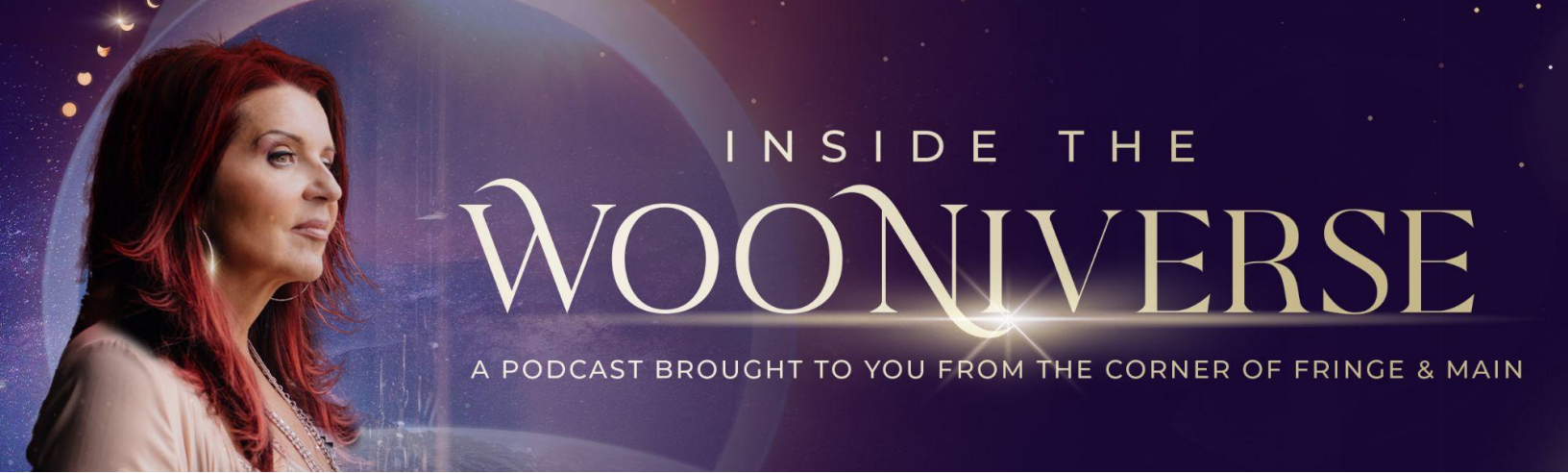
And it's okay to just do that because there's a phase in this giant cycle that's happening that is all about sustaining and nurturing and feeling into what we've already accomplished. And it's equally as important as the evolutionary creative moments where we're on the cutting edge and we're discovering something new and we're forgiving something and having revelations and it seems so prolific in those moments.

Colette:  
And exhausting.

Dr. Sue:  
It can be exhausting.

Colette:  
It can be exhausting too.

Dr. Sue:  
You bet. So it's important to let yourself have what you're having when you're having it and all it-



Colette:

Right? Yeah. I was just saying to somebody the other day, "Listen, it took 40 some odd years because I wasn't ready and I'm not apologizing for that." It took what it took and when it was time I went, "It's time now."

Dr. Sue:

And it couldn't have happened sooner.

Colette:

No, it couldn't have it. No, and it absolutely could not have. I love that because that is a lot of what you talk about is that real radical acceptance of yourself and others, of where you are, where you are, when you are, how you are, and how you need to be if you listen to your body. And if you're grounded in the truth of that and you're listening to that higher wisdom you won't be even caring about what somebody else is thinking or doing or whatever, that you're just okay to be with that. And I think it's the privilege that we have to be with one another on this. And I love the bus stop analogy. That was so good.

Okay, let's pull a card together to see if there's anything else. We're going to use my oracle cards to see if anything else the universe wants us to talk about.

Dr. Sue:

The universe. I love it. Yes.

Colette:

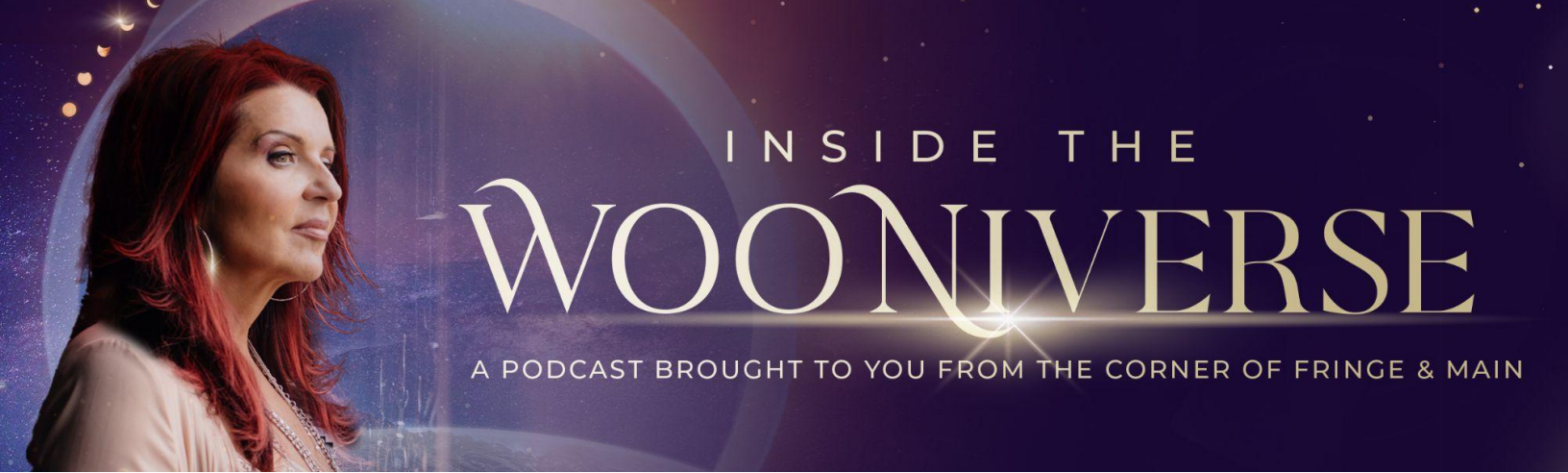
Okay, so do I have permission? May I pick the card? Well, I have to. I'm the one with them in hand. You don't have any.

Dr. Sue:

That one right there.

Colette:

This one, right? The one on top. Okay, let's do that. Let's find out.



Dr. Sue:  
Yeah, whatever.

Colette:  
Serendipity.

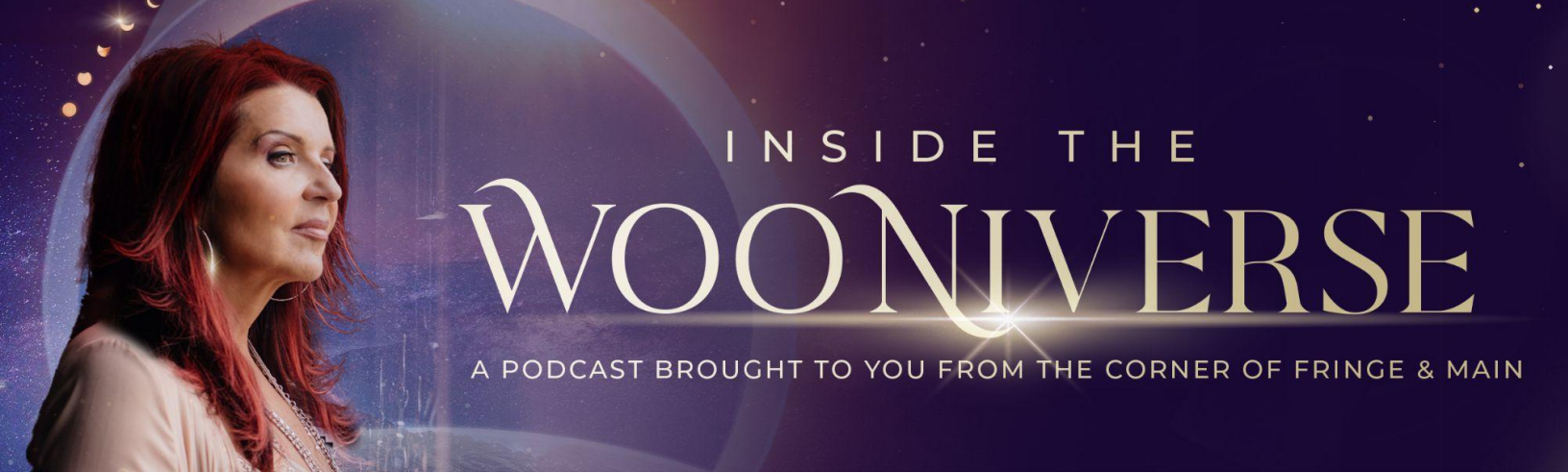
Dr. Sue:  
There you have it.

Colette:  
Trusting in serendipity and which is really about those happy synchronicities. Let's just quickly dive into that. I think that's a great topic. I'll just tell you what I know about this, which is really about remembering that it isn't just the individual journey, that we are co-creators. That the universal mind will orchestrate the world and move around the chessboard so that we will meet that person at the right time that matches our energy, that takes us. Because we're not here doing it all by ourselves. It's not just us doing all the work. What do you think about that?

Dr. Sue:  
Totally. I consider it a wave of grace that is moving through life experience constantly, and we see them as serendipitous moments and that there's actually an intentionality on this cosmic level that is moving right through our entire life experience. And all we have to do is start looking around and we'll see serendipity constantly because it is the rest of us that is showing up. And when we're ready to love into more of who we are, then it looks like coincidentally, "Oh my goodness, this beautiful circumstance just opened up for me." And it's because we are surrendering to that greater yes. And there is this wave of grace that is causing that to happen constantly. All we have to do is dial in. Serendipity. Beautiful.

Colette:  
Oh my God. I love what you just said. Ah. I hear angels singing. Oh my God, you are so brilliant. We are going to take a little break now, and when we come back we're going to switch gears and enter another dimension of the Wooniverse, the Tea Time After Party. So stay with us, we'll be right back.

Colette:



Okay. This has been such a fantastic conversation, but now it's time for us to switch gears and travel into another dimension of the Wooniverse called the Tea Time After Party. Joining us now is our executive producer, Connie Diletti. Are you ready, Sue and Connie?

Dr. Sue:  
Yes, yes.

Connie:  
Yes.

Colette:  
Okay, these are fun questions. I'm going to start, you have to wear a T-shirt with one word on it for one year. Which word would you choose?

Dr. Sue:  
Yes.

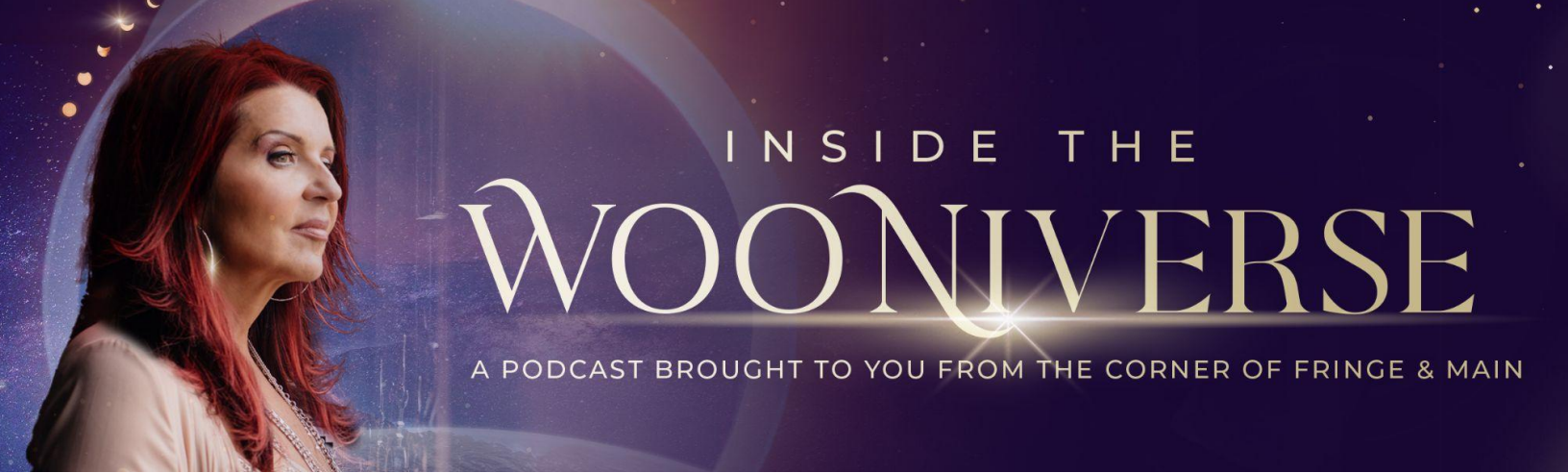
Connie:  
Ah, that's a good one. That's awesome. That's a great one.

Colette:  
We need a yes T-shirt. Okay. That's really good.

Connie:  
I love that.

Colette: Connie, your turn.

Connie:  
Okay, Dr. Sue, what is your most unusual talent?



Dr. Sue:

My most unusual talent (laughs!) I can show it to you here. My most unusual talent is that I can move one eye without moving the other.

Connie:

What can you show us?

Dr.

Sue: If you want to.

Connie:

Of course.

Dr. Sue:

Okay, now you know I've never actually done this in a broadcast, but here we go. So we go like this and then we go-

Colette:

Whoah. Oh my gosh! So freaky. Look what you can do. Oh, did you see that?

Connie:

That was for anyone listening, Please go to YouTube. You must go see this. You must see this. That's amazing, Dr. Sue. Wow. Wow. Oh, we need a minute on that one. That was amazing.

Dr. Sue:

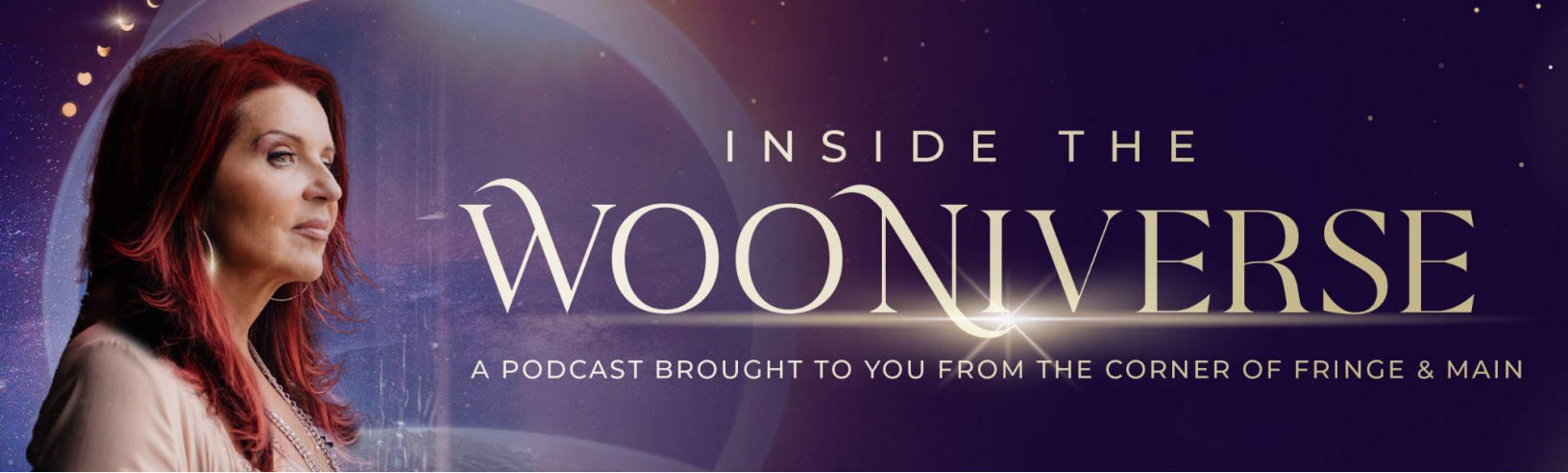
Give us up together here.

Colette:

Okay, I got a good one. If you could throw a party, what kind of party would it be and who would be there besides me?

Connie:

And me.



Colette:  
Would be there?

Dr. Sue:  
If I could throw a party. Oh my gosh. Let's see. I would, What kind of a party would it be?

Colette:  
Yeah, what kind of party?

Dr. Sue:  
Give me examples.

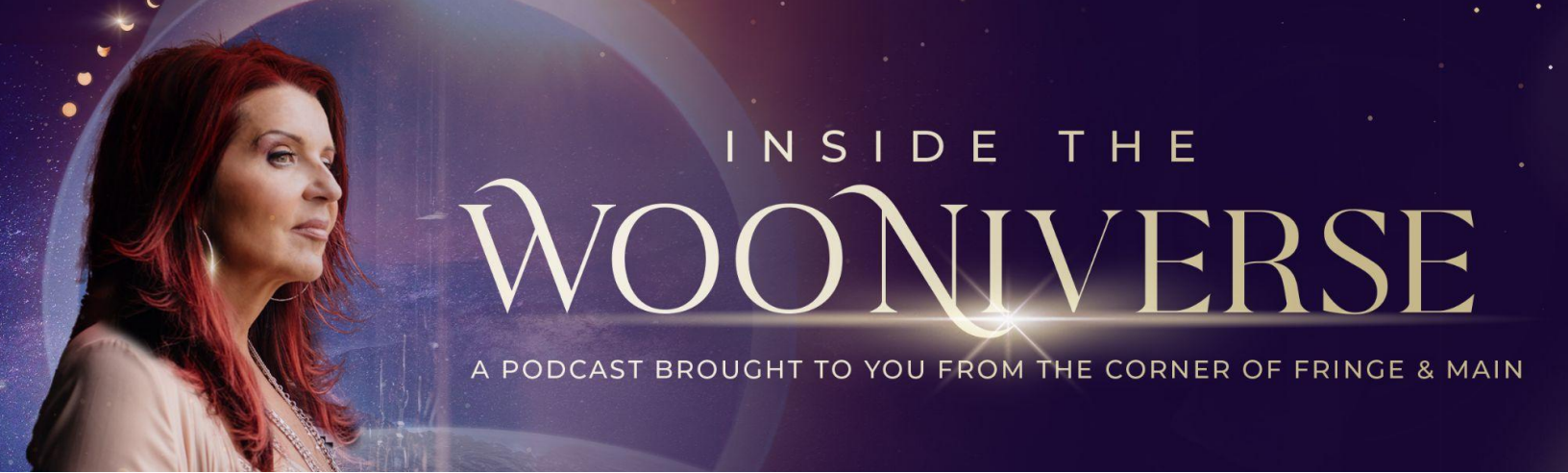
Connie:  
A tea party, dinner party.

Colette:  
Costume party.

Dr. Sue:  
Okay. Oh, I would throw a beach party where everybody could just play in the ocean and be up on the sand and come into the house and just have all the food that's just abundantly available. And then we would spend time at the time that I called church, which is when the sun hits that golden hour at the end of the day?

Colette:  
Church. I get it.

Dr. Sue:  
And everybody just kind of gathers around and we just start talking about what has heart and meaning, what's the most meaningful aspect of life for you and for you and everybody just being in this group share. I love those moments. And I have the wonderful opportunity of experiencing that. But I need the two of you to show up to the next one.



Colette:  
But who else would-

Connie:  
We'll be there, right Colette?

Colette:  
We will.

Connie:  
Yes, that sounds amazing, incredible.

Colette:  
If you could invite somebody living or dead that would come to your party, famous that we might know, or maybe we don't know, who would you invite? Besides us, obviously, because we're alive.

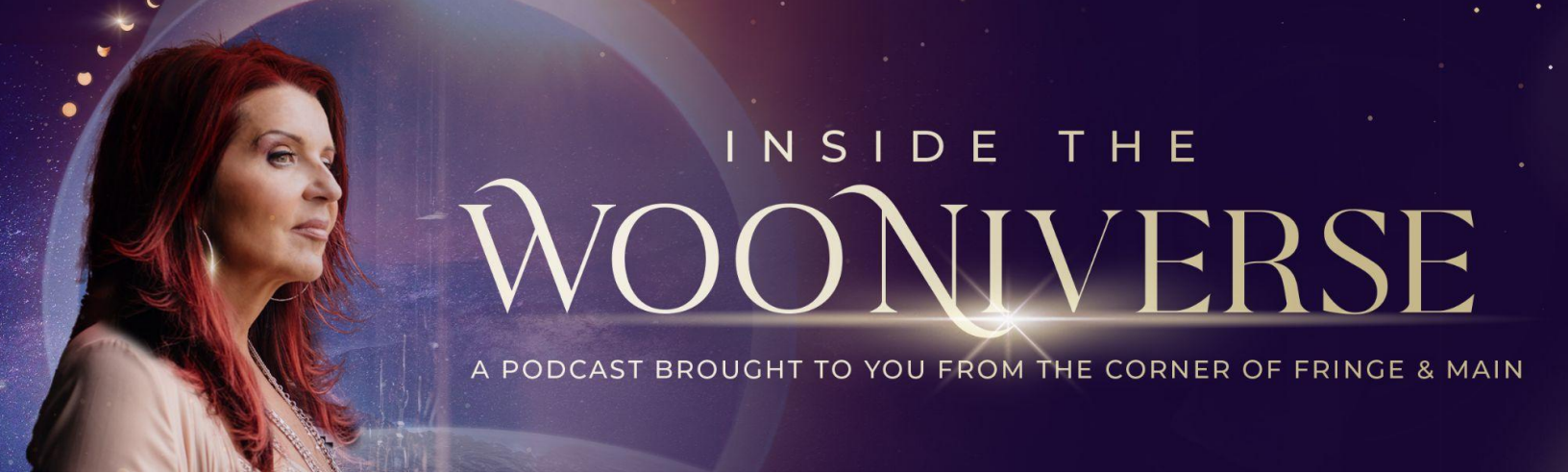
Dr. Sue:  
Who else would need to be there if the two of you were there?

Colette:  
Who would need to be there? Just saying. That's a good way of getting out of that question.

Dr. Sue:  
This is interesting, I've never answered, people have asked me this question before, and it's never come out before, but I think that I would ask Mary Magdalene.

Connie: Wow.

Colette:  
Yeah. Oh, wow.



Dr. Sue:

I know that she carried a tremendous amount of wisdom and consciousness, and I know that she was the grounding quality that allowed a lot of things to happen in terms of evolution and Christ and consciousness, and really rising in ways. In fact, I'm taking a group of people to her territory where she went after the crucifixion in the south of France.

Colette:

Southern France.

Dr. Sue:

I'm just really drawn to tapping into that consciousness and allowing the beautiful, divine, feminine energy that I know that she embodied to become more a part of our regular culture.

Colette:

I was obsessed with Mary Magdalene in my forties, my early forties. My first album when I was a singer/songwriter was called Magdalene's Garden, and the one song I wrote about her. Yeah, so Mary Magdalene, of course.

Dr. Sue:

But really, we didn't need to invite anybody else if you guys were there.

Colette:

No, just her. That's good. Nobody else. Yeah. Awesome. Love it. Oh my God. Is it my turn? No, it's your turn, Connie.

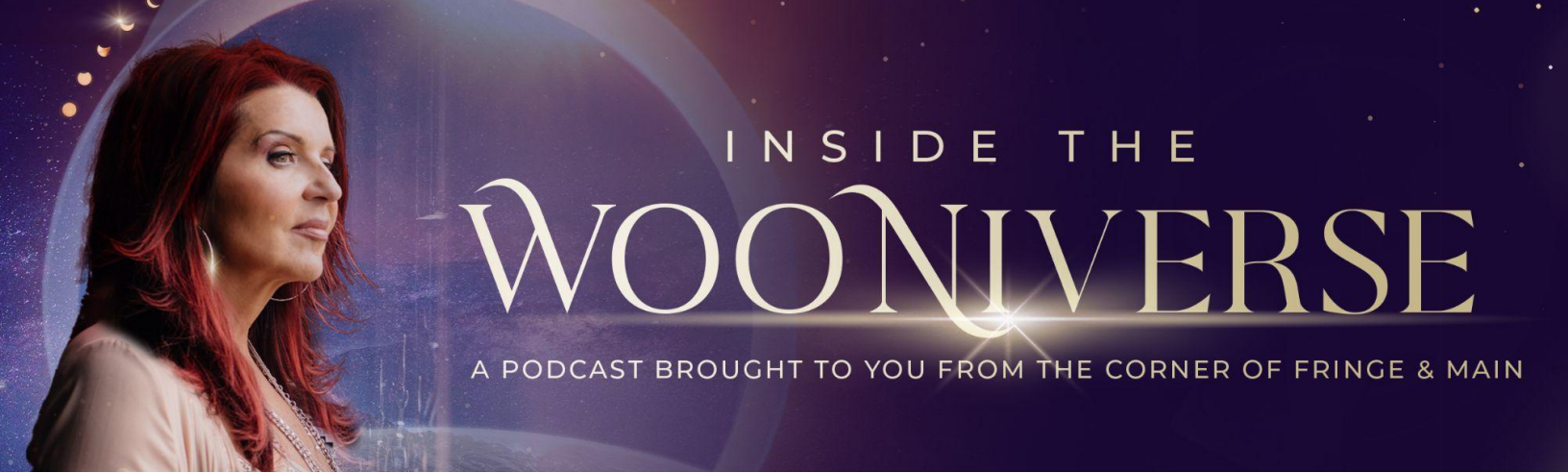
Connie:

Okay. Yes. And I have a good one. I have a good question. So, Dr. Sue, is there a story that your family likes to tell when they're bringing somebody new around them?

Dr. Sue:

A story that my family likes to tell?





Colette:

To embarrass you? Yes.

Connie:

I forgot that caveat. To embarrass you. Yes.

Dr. Sue:

To embarrass me? No. Mostly they comment on the fact that I was super shy and hid behind my mom's skirt all the time. And how crazy it is that she's out there talking to hundreds of thousands of millions of people all the time.

Colette:

Millions. Exactly.

Connie:

Yeah, that's true.

Colette:

All right, well, that's okay. That's a good one. My mom, they would tell the story about how when I was a little kid, I would take a bowl of cream spinach, and when people weren't paying attention to me, I would put it on my head and let it drip all over me. And I did it with spaghetti apparently too. So basically telling them that I needed a lot of attention.

Connie:

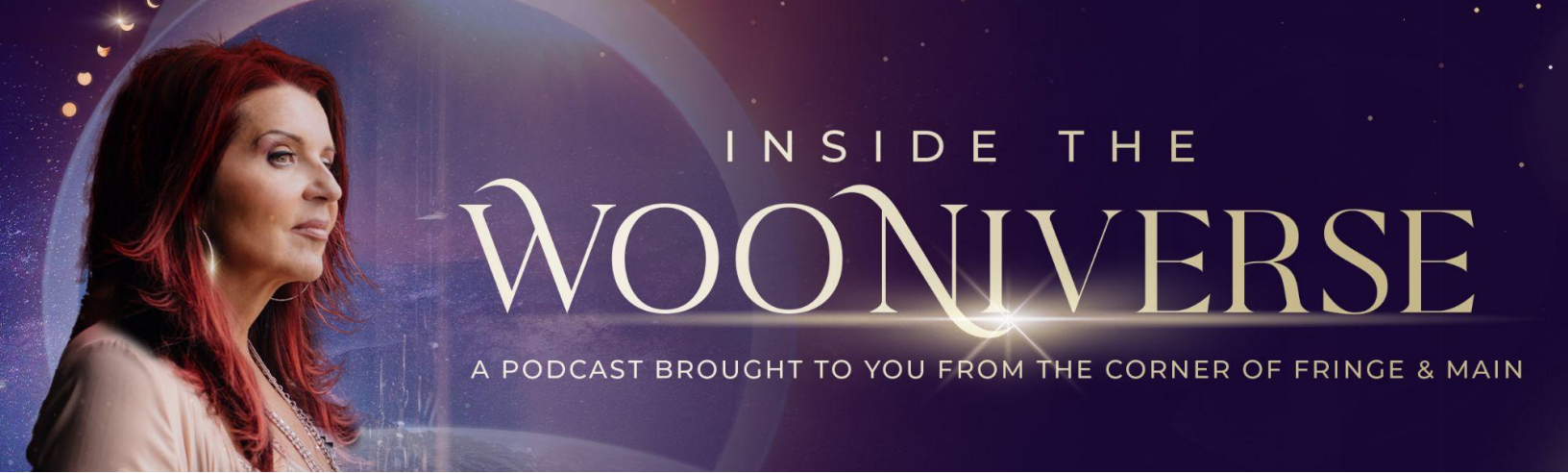
That's your Cancerian nature of wanting to amuse people, right? It's like, oh.

Colette:

Can you imagine?

Dr. Sue:

Oh, my God.



Connie:  
That's amazing.

Colette:  
I have a great one. You are banned from the library. Why?

Dr. Sue:  
Oh my God. Undoubtedly because we were in some back aisle and we were doing some experiment, or we were doing something, we were cutting up. We were definitely breaking the rules. Definitely breaking the rules. Can't go back in that place because we can't keep quiet. Yes.

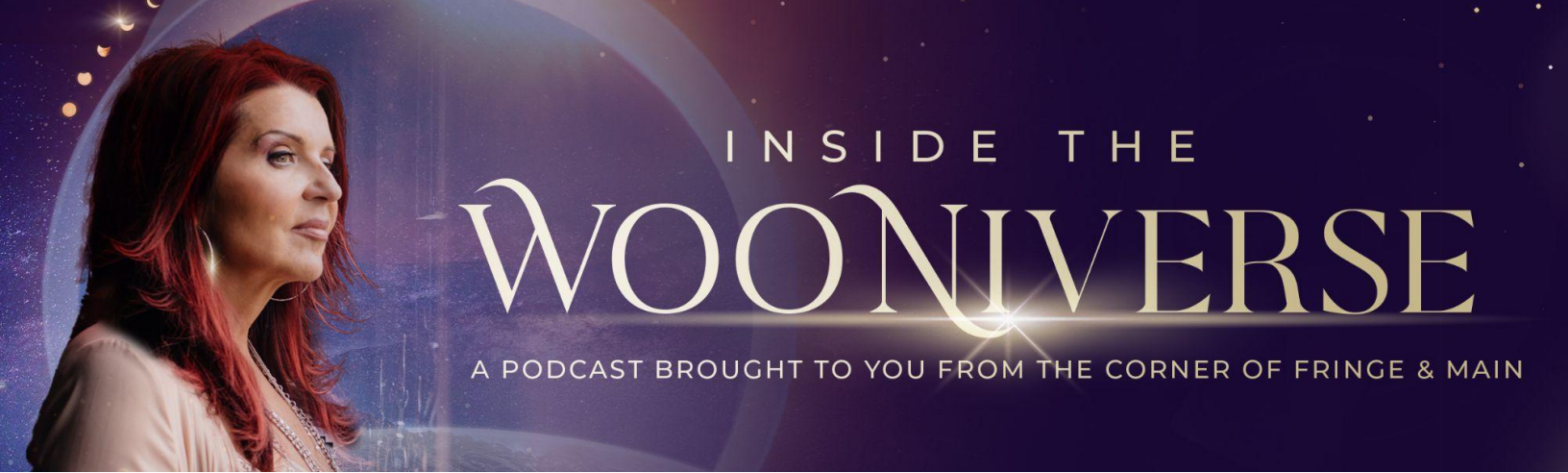
Colette:  
Oh my God. Thank you so much for being here today. I love you so much. Oh gosh. I could just listen to you talk for hours and hours and hours and hours. So everybody, if you are interested in learning more about Dr. Sue and I want you to run right now, her website is [drsuemorter.com](http://drsuemorter.com). So easy. S-U-E-M-O-R-T-E-R. Don't forget the D-R. And she goes live on her Facebook page at 7:00 PM Eastern Standard Time, which is New York time, every third Wednesday of the month. Amazing. And you can find links to visit Dr. Sue plus a transcript of this conversation, quotes and a special gift from Dr. Sue on our show notes page, which you can access via the link in this episode's description. Sue, what a pleasure. What a pleasure to speak with you today.

Dr. Sue:  
Always, always, Colette. I absolutely love being with you. You guys are a blast.

Colette:  
Thank you.

Dr. Sue:  
I would love to play any time and we'll have to find other ways to play as well.

Colette:  
I have plans for you. We'll call you.



Dr. Sue:

All right. Much love. Much, much love everyone. I'll see you.

Colette:

Oh, what an amazing conversation with Dr. Sue Morter. Wow. A brilliant, brilliant woman. But I'm going to ask the universe and to reflect, what could we take away from this that's even deeper? So the question of course, I'm going to ask, and I'm going to pull a card from wisdom of the Oracle. What did we learn today? And the card that I got was deep knowing. So deep knowing is the card that represents the capacity for all of us to know deeply, in our bones, the truth.

It represents our intuition and that higher knowledge that exists within us. We don't have to go outside of ourselves to find it. And that really is what she was talking about, that we are made of the divine mind or the universal mind, and that perfection that exists, that energy that flows through us, that is us, that originates with us, is very real, and we are limitless beings. And that there's that knowing, and we have to remember to listen to that deeper knowing and not the knowing from our heads alone. The mind cannot tell us. The mind doesn't tell us. Anyway. Wow. What a great conversation. Until next time, I'm Colette Baron-Reid. Be well.