

Ep16

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SPEAKERS

Mary Louder, Carol Ritberger

- M** Mary Louder 00:00
Hi everybody, and welcome to our next episode of Cosmic Health and Wellness. It's the dynamic duo, Carol and Mary, the pair o' docs, the two of us. So Carol, how are you today?
- C** Carol Ritberger 00:15
I'm very, very good. Yes, we are a paradox. But you know what, we're not completely opposite of each other. So this was really a good thing.
- M** Mary Louder 00:22
Exactly right. I think. I'm sure we're probably more two peas in a pod.
- C** Carol Ritberger 00:28
Yes, that is, that is a understatement. Yes.
- M** Mary Louder 00:33
So well, we're gonna get right into it today. And we're gonna go for some ideas. I've got notes, I'm going to always have notes, because our conversations are so layered and textured. It's so fun. Understanding energy medicine is going to be what we're going to talk about today. I think there's a lot of misconceptions. I think there's a lot of myths. I think there's a lots of ideas of what woowoo is and isn't. And I think it's really good as medical intuitives, both of us, to really explain this and really discuss what this is and the validity of this type of approach to our health, wellness in our life.

C Carol Ritberger 01:19
Exactly.

M Mary Louder 01:20
Yeah. So if I'm going to, I'm going to start asking some questions of you, like, number one, what would be your understanding of the history of energy medicine?

C Carol Ritberger 01:32
Well, probably the most obvious answer to that would be the Chinese medicine approach from the standpoint of using herbs, which has its own vibrational qualities per plant, and that type of verbs in the way they're mixed together. But even more importantly, than the obvious part, is the acupuncture. And then of course, we add acupressure and we get chakra balancing and things that have evolved off of that. But if we really go back, and we look further back into history, around energy medicine, we're going to find that it's been used forever.

C Carol Ritberger 02:07
And when I say forever, I'm talking about literally, forever. So if we went back, and we looked, like, using the Egyptian civilization as kind of as a set point for it, is that we would find that a Imhotep, who was both a builder and architect, but also rever--revered as a great Egyptian physician. And in the schools that he would teach, the mystery schools around becoming, basically, a healer, is that they would use in their approach, use light, they would use the sun. So they would say, especially for certain ailments that had to do with skin afflictions, as they were called, then what it would be is it would be like a prescription would be like, Okay, well, you need to do 15 minutes in the sun. And then to let the vibrational qualities, energy qualities of the sun, and then of course, the heat that comes from it, that is part of the next part of energy medicine, is it's bringing whatever is inside up to the surface, which of course heat does when it touches the skin. So there's that quality.

C Carol Ritberger 03:12
So we really have to go back in the history of it and say, okay, you know, it, let's go back further. And even in teaching in the mystery schools with the metaphysicians, as they were called, they would use sound. And to be able to, really, the term that was used was recalibrate the body. And to be able to understand that we are vibrational in nature, and that was part of the real impetus of medicine in the Egyptian civilization is that we're energy. And that illness is a combination of not only what happens in the physical body, but it's also what happens on the different layers of who we are. So in that approach is a metaphysician in this curriculum was really about, so let's do what's obvious for the physical body, because that's the most uncomfortable, but the approach of the Egyptian metaphysicians and then we can go on in and even Hippocrates if we went into the, considered the father of medicine, actually went in and looked at the vibrational nature and how can we connect with that? And how can we, what,

what tools do we have to be able to really attune, align, create harmony, whatever words we'd like to do manage the discord, to be able to energetically and physically put us together. And that's what healing is.

C Carol Ritberger 04:42

So that's really, when you go back and look at it, and especially from, you know, kind of who I am as a medical intuitive, it was like, Okay, let's go in and find out everything. So that's where, from my perspective, it's been, I guess the point of it really is, Mary, and the question that you ask, is the fact that it does have history. And it has been used for a long time. And it has been very effective in what it does is it like appeal that you get a quick fix? No.

M Mary Louder 05:11

Right.

C Carol Ritberger 05:13

And you know me, I'm not anti-medicine, I'm not anti-doctor. But when we look at illness versus disease, which is something happens to the body. When we look at illness, we have to really look at the wholeness of who we are. And we're energy first. And we're matter second. And that was that--that is truly I guess, if I had to, for my own perception, sum it up. That's what energy medicine is. It says, Okay, you're energy first and you're physical second. And we can deal with the physical but if we don't heal the underlying contributors, then we don't heal. We mainly--mainly just cure or put a BandAid on a boo-boo, and energy medicine doesn't do that.

M Mary Louder 05:54

No. So are you saying then, too, that illness is different than disease?

C Carol Ritberger 06:00

It is.

M Mary Louder 06:01

Okay.

C Carol Ritberger 06:01

It is. So if we look at disease from the medical perspective, and of course, you're the physician and here I am kind of preaching to the choir. From the standpoint, if we look at medicine, and the approach is, is disease is an anomaly in the physical body. It's something that is

symptomatic, the symptoms are very clear. You can connect the dots, you can connect it to how medicine sees that physical part of who we are, which is wonderful, but they see it as a breakdown in the physical body. And if we looked at the way the metaphysicians looked at it, disease dis-ease, energetically is, that we have a discordance in that energy quality of who we are, that is ultimately manifesting into the physical body. Illness is all of us. It's all of it. It's the mental, it's the emotional, it's the energetic, it's the physical. And it's the part that basically goes in, and we've heard this before is, we become what we think and our body imprints that. And so when we look at illness, we look at all of it and as healers, as you and I are, and as medical intuitives, we just give people a bigger picture.

M

Mary Louder 07:25

Yes. Yes. And it's interesting because in osteopathy, we we learned about ease versus disease. You know, in the founder of osteopathy, A.T. Still, he was probably a mystic, I would say, in addition to a physician, in addition to, and he was a preacher as well, and, and his thought and his philosophy of medicine evolved out of losing a number of family members to influenza. You know, an epidemic of influenza, and just the medicines not working.

C

Carol Ritberger 08:01

Exactly.

M

Mary Louder 08:01

And it made him look deeper. And we always learned that it's ease and dis-ease, and that the body's seeking homeostasis, or balance. And so, yeah, I thought that idea of the difference between illness and disease is important because we talk about things such as mental illness. And then we talk about physical disease. And that I, from what I'm hearing, you say, we really, that's not correct. It's really anything that encompasses the integral, the whole, which would be the illness, and then the disease--

C

Carol Ritberger 08:02

Absolutely.

M

Mary Louder 08:06

--is then the reductionistic, or the reduce, reducing it down to the symptoms, which are what the patient experiences, and the signs, which are what the observer sees, or palpates, or finds, in the patient.

C

Carol Ritberger 08:55

And if those symptoms match a defined condition or disease, then what it is, is then the

approach of the physician is that, okay, these connected on these levels, therefore it is, or if it's not clear enough, then they require--they request more testing to get a bigger picture. And one of the things that, again, that I found with osteopathic medicine that I really gravitate to is the fact that it sees everything as connected, whether it's working with a physical body, or it's working with the muscle structure, the skeletal structure, everything is connected. And it looks, it even looks beyond the most obvious to ask more questions.

M Mary Louder 09:42
Yes.

C Carol Ritberger 09:43
And it's things like osteopathic medicine is, that something as simple as, Have you been under a lot of stress? Have you been dealing with a lot of emotional depression? Have you been dealing with the things and--and that's the way osteopathic medicine looks at it as they say, Okay, so let's see what we can find that's a common denominator. And then how is this connected to everything else?

M Mary Louder 10:11
Yes, because we learn structure and function are inherently related. So, structure is the anatomy, and anatomy of anything, anatomy of any system, anatomy of any, obviously, the gross anatomy being muscles, ligaments, tendons, nerves, lymph system, etc, circulatory system. And then the function, which is your physiology, and they're inherently related.

C Carol Ritberger 10:32
Absolutely.

M Mary Louder 10:33
And that the body has the inherent capacity to heal. And that we need to restore balance or homeostasis to the body. They also talk about the artery in terms of circulation. I would broaden that a little bit more and just say flow of energy that needs to be balanced.

C Carol Ritberger 10:54
Absolutely.

M Mary Louder 10:56
And so, you know, really, you know, and I was reading a textbook on this, it's really, it's an

interesting textbook, called the Science--Scientific Basis of Integrative Health. And it's like, dynamite. It's an amazing textbook, written by Dr. Leonard Wisneski. And he's just really digging into the nitty-gritty on this. And then he goes, Well, what is energy medicine? He says, Well, it's basically if a person talks, the sound waves go out, bounces off the eardrum, then you've got a mechanical energy, because of the three bones in the ears that process those vibrations, then that sends a mechanical signal into the ear, which then sends a neurologic or electrical signal, which then makes a chemical signal to go up into understanding what you're hearing, into different areas of the brain. And absolutely--and then you look at the person who's talking to you, if they're in front of you. Absolutely every one of those steps is an energetic exchange.

C Carol Ritberger 12:05

Absolutely, it is. Because sound, sound is vibration.

M Mary Louder 12:10

Exactly.

C Carol Ritberger 12:11

Words are vibration. Everything that we hear is vibration. And part of the dilemma that we run up against in looking at energy medicine is the way that it was first categorized as being alternative. Well, immediately that separates. And then the other part of it is, is to recognize that from the to look at it from the standpoint that it's all--it's all connected,

M Mary Louder 12:37

right? I'm just laughing about alternative. What's the alternative to being exactly what it is?

C Carol Ritberger 12:44

Exactly.

M Mary Louder 12:45

That's exactly what it isn't.

C Carol Ritberger 12:48

Exactly, exactly. And then in the evolution of trying to integrate the different qualities that the metaphysician used, and even Hippocrates, the father of medicine, we can go on and on and on used. Was that what it is, is then we went from integrative to complementary, well, okay, well,

now this is the step of the great right production--the right direction, right? And then now we've reached the place where it's integrative. Well, this is a real truth of what it is, it's an integrative process. So--

M Mary Louder 13:17
It never changed.

C Carol Ritberger 13:19
Yeah, so a lot of the a lot of the obstacles that we run up against, and all energy workers run up against whatever their healing modality is, is that they run again--up against the fact that it was first labeled as alternative, therefore, unknown, therefore not measurable. Therefore, like, don't do it unless you absolutely have to, because we know this works. And that's part of the challenge that we're still overcoming.

M Mary Louder 13:45
Right. Yeah, those I feel stigmas are pretty deep, I'll say--I'll say that.

C Carol Ritberger 13:51
Well, they are, and especially because, you know, once science entered into this curing, healing outcome, right, it's separated.

M Mary Louder 14:01
Yeah. Well, you know, it was so easy to reduce, because I think people like what's black and white, it's easier to identify and it's easier to just be told something versus living, kind of like with the unknown, or what we--what could be seen as the mystery because we haven't maybe measured it yet, you know, or figured out how to measure everything. But even thinking about the brain waves when we're looking for a diagnosis, here we go, of a disease, epilepsy, which is an abnormal brainwave activity that causes seizures. That's energy.

C Carol Ritberger 14:36
It is, well if you stop and look at us and you look at--and I'm gonna go the woowoo part of it like Kirlian photography or even SPECT scans or thermography. Those are all imaging systems of energy. And that energy could be heat, which would show up as red, or it can be varying degrees of it. But, but we are energy. Yeah. And if we were to look at who we are from that perspective first, then what I found over the years as a medical intuitive is that if a person chooses, all people would like to heal. The body is constantly in a healing mode. It's the most sophisticated healing machine really ever created. But if people realize that if they are struggling on the physical level, and they've tried so many different things, and it's not giving

them the relief that they're looking for, then, maybe we go in and look at the energy part of who we are. Or maybe we go in and look at our emotional patterns, or maybe we go in and look at our thinking patterns. And one of the things I found as a medical intuitive is if you can present someone a whole picture of what's going on, then what the person can do is say, Okay, well, I'm doing this, but I'm going to try that. And then what they do is they try it, and they make a commitment to do it, and they stick with it, then they get better.

M Mary Louder 16:11

Yeah. And--

C Carol Ritberger 16:13

Because we're all energy.

M Mary Louder 16:15

Right, and just bec--with a lot of the chronic illness, what I've found is, I've got to dip into the emotions. I've got to--

C Carol Ritberger 16:22

Absolutely.

M Mary Louder 16:23

--put my toes into the area where trauma has been or, or traumatic events that have caused trauma effects in the body. Because without that, folks don't get well.

C Carol Ritberger 16:35

They don't.

M Mary Louder 16:35

They only go so far. And so then and then they keep recycling ways to physically treat things and then they just get frustrated.

C Carol Ritberger 16:44

Well, and--and then the risk of that is two things. One is, is that the brain, as sophisticated as it is, chemically normalizes what it experiences the most.

M Mary Louder 16:57
Yes.

C Carol Ritberger 16:59
And then the other part of it is, is that the brain itself wants to actually not think. It wants to be reactive. It will think if it ha--if we push it to, where we tried to expand it or change perception, which is what energy medicine does, and osteopathic medicine does, it says, Okay, so here's just a bigger picture. But when we do that, the mind is so conditioned to stay with what's tried and true.

C Carol Ritberger 17:30
That it'll the, it's like a part of it says, okay, well, you're going to change, mind. But if it's normalized chronic pain, then what's going to happen is anytime we're not in pain, the brain is going to again, go in chemically and energetically tell the body, something's wrong. Boom, now we're back in pain.

M Mary Louder 17:30
Yeah.

M Mary Louder 17:51
Right. So it's almost like a radio dial, isn't it? Because you get--

C Carol Ritberger 17:55
Yes, exactly.

M Mary Louder 17:56
Yeah, get off the station and it's fuzzy, and you want to get back on the station, because you're used to where that station is. So your body's attuned to that station.

C Carol Ritberger 18:05
Absolutely. And if you want to change that pattern, you find a new station.

M

Mary Louder 18:11

That's right. Yeah. Yeah. Yeah. So okay, so we're all energy. And I'm all ears. Let's carry on. Why do you think the mystery is important in our human experience? Because we don't want to reduce things or just say, you know, off our collar off our, you know, shirt cuff, hey, we're all, energy, whatever, get over it, just get on board. I mean, there's this concept of how things work. And you know, as you mentioned, the body is so dynamic. And it's so--the other thing it is, is so accommodating and forgiving, because of how many things we do without awareness. Right? Right. And it just keeps on going. Because if we, you know--

C

Carol Ritberger 19:02

It's, it's a miracle, literally, it is a miracle. If people--if--I always say to people, if you want to see, hear, touched a miracle, give yourself a hug.

M

Mary Louder 19:14

Yeah. Yeah. Well, you know, and even looking at some things with genomics, we've got six, I think it's 6 million, 6 billion base pairs in our DNA. And we replicate those about every two and a half to three days. And as we replicate 6 billion--I feel like Dr. Evil from Austin Powers--six billion--

M

Mary Louder 19:42

Six billion base pairs, we get on average six errors. That's it.

C

Carol Ritberger 19:55

Amazing, isn't it?

M

Mary Louder 19:57

It's better than a computer.

C

Carol Ritberger 19:59

Absolutely.

M

Mary Louder 20:00

It's better. I don't. But to think about that, now, sometimes those are--they're big errors. And then sometimes there are errors that occur time and time again, or six plus six plus six, that then eventually there's a change. And that's handed generationally, or, or we get two, two

then eventually there's a change. And that's handed generationally, or, or we get two, two groups coming together ma and pa, ma and pa kettle that give kid kettle something. I've got my folks to thank and forgive for some of my genes, I'll tell you what, but that comes together and it, you know, then that's where things happen, but the body every day going about, and we used to say about 3% of the DNA, we know what--what it's up to, the other 97% we think, Oh, it's junk. No, actually, what they're finding is that part supports the DNA, the protein synthesis, and the part that replicates and the part that makes the other DNA. And the part that makes the protein to keep the cells going, is also supported. So those other fragments and parts of the DNA are literally the supporting actors. And that's actually equally if not more important, to keep that part of the DNA healthy, as it is the part that replicates or the part that makes the proteins.

C Carol Ritberger 21:18

Absolutely. You know, I was thinking as you were talking about the word mystery. And, you know, the part of us as humans that we need that, well within the mystery is the unknown. And whenever we touch that unknown, it immediately sparks a part of who we are, we can call it soul, we can call it divine, we can call it whatever somebody is comfortable with. But what that does is it takes us back and immediately our imagination becomes involved in the process. And then once we start connecting with that imagination, and we can call it intuition, there's a whole bunch of words with it, then what that imagination does is it starts to present possibilities. And those possibilities chemically changed the neurology of the brain, and how the body responds. And then the next step of that mystery is the creativity.

C Carol Ritberger 22:18

So mystery really is the impetus to learn, it's to evolve, it's to grow, it's to expand the way that we see things. And without that mystery, then, and that's one of the things that, you know, my son in law and I were having a conversation about AI and, you know, we were talking about the fact that people are so concerned that it's going to take us, you know, takeover we humans and everything, that's not possible. Because it's it's a, it's a machine, that's true, you can try to integrate emotions, that's true, but you can't replicate the energy. And you can't replicate the mystery. So from this particular standpoint, that's what makes us unique.

M Mary Louder 23:05

Yes. Yes.

C Carol Ritberger 23:07

The unfortunate part of it is, again, this has to do with evolutionary processes, is that mystery has been connected to occults or witchery, or just a whole bunch of negative things because it wasn't understood.

M Mary Louder 23:28

You couldn't control people.

C Carol Ritberger 23:30

You couldn't know, you couldn't control people at all. And in fact, that's the very thing that mystery provides, is the ability to control oneself, to be able to really be in alignment with the authenticity of who we are. It's kind of that maverick-individuality-non-conforming part of us, that's the mystery.

M Mary Louder 23:51

Right. Right. But even just the contentment. of being able to be who you are. Without having to, I think of, to me, as soon as you said that, I'm like, Oh, I'm relieved, I can just be me and just relax into that.

C Carol Ritberger 24:06

And our bodies and brain and chemistry responds favorably because now we're not in that underlying tension, of stress. And if we really go in and one of the things that even in the evolution of the metaphysician is, is that stress is the common denominator of all illness, not in- -I didn't say disease, but all illness. And if we think we're not stressed, but our body is responding in a chemical, stressful way, that becomes a pattern.

M Mary Louder 24:39

Yes.

C Carol Ritberger 24:40

And then it becomes normalized. And there's what--there's where we get the challenge, the mystery, of the healing component is, is that how do we introduce to the brain--not the mind, but the brain--a chemical--a different perception, mystery--that it can react and respond differently.

M Mary Louder 25:05

Yes. So what if we introduced self compassion?

C Carol Ritberger 25:10

Absolutely.

M Mary Louder 25:12
Loving-kindness.

C Carol Ritberger 25:12
That's much easier than self-love, right? Because self-love, we're trying to figure out what that means. But compassion, self-compassion, self-tenderness, self-acceptance, oh my goodness gracious. When we hit that place where we just, you know, laughingly say to ourselves like, well, it is what it is, and so forth, everything in our physical body instantaneously changes into the healing mode, energetically, it's spontaneous. Physically, it's a little slower, but it gets there.

M Mary Louder 25:43
Right? Well, it's thicker.

C Carol Ritberger 25:52
That's a lot better than dense. Honey. I like that. I could use that.

M Mary Louder 25:57
Exactly, exactly. Fair. Fair--and moving right along. Once I was thin and then thicker I became, you know.

C Carol Ritberger 26:12
Well, that has to do with aging. I hate to say that, but this may be true. Because chemically, our body goes into a different phase and wants to hang on to things a little bit more.

M Mary Louder 26:21
It does. And, and but there's, you know, yes. And accepting that, you know, it's interesting, because I'm older now too, I'm, you know, I'm 60, I'm going to be 61. It's like saying, I'm eight going to be nine, I'm 60 gonna be 61. And it is different. I mean, you know, and even thinking it--I don't feel 60. You know, and there's lots of interesting studies that say people typically feel 20 to 30%, you know, years less than what they are, you know, and it's just, you know, I'm--because I figure I feel like I'm about 42. You know, I really do, you know, but--

C Carol Ritberger 27:00
And you know if you stop and think about it the real job of the brain--not the mind but the

And you know, if you stop and think about it, the real job of the brain, not the mind, but the real job of the brain is to keep the body in a state where it survives. And if we start to experience as we do in our humanness, the changes in the chemistry of the hormones, then the body exquisitely changes its metabolism, changes the way that it responds, for preservation.

M Mary Louder 27:28
Yeah. Well, and--

C Carol Ritberger 27:30
So we may see it as being with you on that one, too.

M Mary Louder 27:37
I'm good in the famine and flood, because I can float, and I've got some batting, so I gonna be--

C Carol Ritberger 27:46
am good in a foxhole because I can figure things out--

C Carol Ritberger 27:48
I like to say that the extra padding is so if we fall, we don't get hurt as bad, so there you go. It's always positive things, the body's always looking out for us. That's the main thing.

M Mary Louder 27:56
Rare will I break anything.

C Carol Ritberger 27:58
But energetically, you're very--which you said that you feel like 42 energetically, we energetically are still, I--still have the capacity to be that energetic being before we were born, when we were born, when we're alive, nothing changes there, that part of us remains constant. It's always in that healing, and always in that high vibrational state and always looking for well-being and that doesn't change.

M Mary Louder 28:30
Yeah. Right. Right. So if we--so, so, so say you'd get a, you get a client, I get a patient. And they, they are new to this concept of energy medicine, even though it's the, it's the constant

they, they are new to this concept of energy medicine, even though it's true, it's the constant standard and the, the state that we are therein, no pun intended. How would you--what three steps could you give them, or maybe three key points, to say, Hey, this is why this is normal, versus, you know, not a bunch of biochemistry or a bunch of prescriptions and diagnoses? How would you maybe introduce a change to their paradigm?

C Carol Ritberger 29:14

Well, first of all, what I do is, again, kind of go and talk about energy, and that's who we are. And then I talk about, share with them how illness is a discordance, it's a disharmony in that energy part of who we are. And it's influenced by our thoughts, our emotions, the food that we eat, the lack of water, whatever it may be, and I explain to them that the difference with working from the perspective of true healing is, is to recognize that if that discordance is present in the physical body, that you can approach that or what you could do is you could go and you could approach these other parts of who you are. And one of those parts is energetically. And while it isn't necessarily measurable from that scientific standpoint, even though we do have instrumentation now that can measure the biofield of who we are, that what it is, is that you will feel different. And I explained to them, how will you feel different? You'll feel hopeful, you'll feel committed, you'll feel enthusiastic. So basically, I work with that.

C Carol Ritberger 30:32

The other thing that I do is something very simple it's been around for a long time, is I have them just, even though we're doing it over the phone, I say, Okay, so let's just ground energy into your psyche, your mind, and we're going to create a folder. And that folder is called energy. And what I want you to do is I want you to take your hands, and I want you to rub them together until you start to feel a heat build up. And then once you feel that heat build up, I-- then what I want you to do is just and and I'll say to them, there's no fails, so don't worry about this, because your mind is in there, like What am I rubbing my hands for? I'm not cold. So rub your hands, and then you start to slowly pull them apart, and you'll start to feel a tension. Yep. And then what you do is you can pull it apart, and you can feel that tension even more. Yeah, and you'll reach a place where you pull it apart and your mind goes, nope, not going to work. And then you can put your hands back together, that's energy. That's an energy.

C Carol Ritberger 31:32

And what you can do is as you want to do healing, if you want to do your own energy healing, and you have a part of your body that is maybe hurting, what you do is rub your hands, get that tension going, and then you can separate it, it's not going to go anywhere. And then you just put that hand over the area that you are feeling discomfort. And look at you. I mean, my goodness gracious. We're like a big old medicine ball there, was you're trying to do that. But none of our listeners can see that. But, but if you take that, now, if you take that energy, that's you, the next step of it is, is that we could look at things like Qigong. And we could go in and say, Okay, well, this is the energy. And then you can start to use that to bring it into like Qigong would.


C Carol Ritberger 31:33

 Carol Ritberger 31:32

So what I try to do is to introduce the concept, and create a folder in their mind called energy. So when somebody says, Oh, well, you're trying energy medicine, their mind doesn't freak out.

 Carol Ritberger 32:18

Second thing is, is I introduced the energy to them. And then the third part of it is, is I'll go in, maybe, because what they share and how I do my work, it'd be like, we're dealing with physical things, I said, Okay, let's go in and look at physically. And then what we do is we go in where their mind wants to go, give the mind what it needs, and then the mind is an interesting character. It's like, okay, well, you got it, and it goes off to something else. But if we don't give the mind what it needs, then it's going to continue the message, this is broken, this is broken, this is broken, you're not listening to me, you're not hearing what I'm saying. I'm going to turn up the volume, I'm going to turn up the pain, you need to see somebody you need to do whatever. That's what this--that's what's happening. And so that's where I approach it. How about you?

 Mary Louder 32:30

Yeah.

 Carol Ritberger 32:32

And then they can based on their curiosity or the mystery behind it, then they can go in and say, Okay, so maybe I need to learn more about chakras. Because chakras seem to be the kind of that source of that energy, from what books say, actually the source of the electromagnetic field of energy of who we are is the activity of our cells. The chakras are just monitors. That--so I approach it, first of all, just that you can heal, you choose your mo--you choose where you want to start. And the most important thing is, is that you are willing to commit to it. And to stay with it. And to know beyond a shadow of a doubt that this is part of your healing.

 Mary Louder 34:03

Well, I think. That's a great question. I think I approach it from well, practically, where you're at right now hasn't worked. So we need a different entrance point, we need a different way to access your body's ability to heal. So what if we consider that emotions are a vital sign? What if we consider that trauma and traumatic events could be a vital sign? What if we consider that we can follow those vital signs just like we can when we palpate your pulse that goes up with--when you're anxious, your blood pressure that goes up, your palms that get sweaty, you know, you get anxious and you get that--your hair stands on the back--up on the back of your neck. And so then when you're feeling those things, what if we stop for a minute and see what that's trying to tell us. Because so far, just knowing you're going to end up with a stomachache, or a tension headache, needing a tablet, needing a prescription, now you need an MRI or physical therapy, we haven't really done anything other than just kind of go in different circles for maybe trying to help things.

M

Mary Louder 35:21

So we have to step back and look at perhaps why this is occurring. And frequently, knowing that the body if we, if we stop thinking that we have to over-treat the body and meet the body where it's at and support it, we get a different understanding.

C

Carol Ritberger 35:41

Yep, exactly.

M

Mary Louder 35:42

And so, and then I, you know, and I really haven't talked too much about energy yet. And probably it was because of the, you know, the brick and mortar that I was in, and the insurance system that I was in, and the fact that folks were there for what I would say real answers, you know, and, and, you know, I had to deliver, because I worked for someone, right? And there were certain expectations. I worked for an employer, for example. But when I've had my own practice, and certainly what I'm doing now, completely telemedicine, virtual, whatever, all bets are off now.

M

Mary Louder 36:23

And because the other stuff, even in the functional medicine world, is dissatisfying to patients, it's just not working. One day, a bag of supplements, the next day, another bag of supplements, now a new test, no answers, no real diagnosis, but we're just going round robin with supplements to try and feel better, and they don't. And they get frustrated. And so we--I think we have to bring more of a wholeness to the understanding that okay, maybe we need to do something different. That's how I, you know, introduce it. And then when they're open to that, then you know, then I talk about especially when I do the Self Care and Connection, and talk about the chakras and the energetics and the mind-body connection and changing our thoughts and healing our thoughts, which then affect our body. And they, they actually I teach them to do things themselves. So when they go home and do the exercises, they come back and they say, well, such-and-such happened and and I didn't know what to do. So I just did the Self Care and Connection. And all of a sudden I felt better. You know, and so then that experience begins to shape and change their paradigm.

C

Carol Ritberger 37:39

It does. And it puts, it puts something measurable, tangible in their folder called energy, or called self, we could even change it and say, Okay, well, we're going to open up a new folder called self. And we're going to see the self beyond the physical body. And the thing that I think it's important that--to know about the working in the energetics of who we are, is that healing is in small increments. And it's designed to be in small increments so it doesn't create chaos and panic in the mind and chemical chaos in the body. So if someone comes, and it--rarely will they come to me for that, because they're at the place very straightforwardly that they've been the

medicine route, they've been the herbal route, they've been all the things, and they're not getting any better. So I, in many cases, I have an advantage over who I am, and the way that I work. But one of the things that I'll say to people, if you don't trust the doctor, the pill won't work. That's right. The other the other part of it is is that the supplements when you're tested at that time, kind of like acupuncture when you do it at the time, that's exactly what your body needs, the energetics of your body needs that. But once the body gets what it needs, even to the most minute energetic quality of it, it heals and it goes to something else. And if we recognize that, then we would take away the pressure, or relieve the pressure within ourselves that energy medicine doesn't work, but it's a process. It's a methodology.

M

Mary Louder 39:24

Alright, so that would almost make me think of, instead of doing a lot of supplements instead of doing a lot of, you know, things that we take and buy, I would think about how could we affect our thoughts? How could we use our thoughts to release the chemicals in our body that we need for healing?

C

Carol Ritberger 39:47

Absolutely, well simply, we can do it through affirmations. Words. We do it through words. The-- I'm working on a book right now, which is a book I honestly never even ever in my wildest dreams believe that I would write, that's called divine nine-one--Divine 911: Why Prayer Heals. And prayer is an affirmation. Prayer is a poem. Prayer is words. And if we recognize that thoughts are vibration, thoughts are words, and combination of words enmeshed with an emotional-chemical charge to them. And what we can do is something as simple as, let's talk to ourself differently.

M

Mary Louder 40:32

Yes, yes. And so--

C

Carol Ritberger 40:36

We have to, we have to do it enough--excuse me for interrupting you--it's important, it's important that we do it repetitively enough that it actually the body experiences the benefit of it. And the brain says, you know, releases all the endorphins and everything it needs and says, Oh, this is--all is well, this is good. Now we're reprogramming, now we're retraining, now we're truly healing. Healing requires us to be participant--to participate in our own healing. It's not going and saying, fix me. Energy medicine isn't going to a beautiful healer that does energy work and saying, Heal me. It's like, and it's not saying I'm broken. It's just like, show me how I can be energetically attuned. Heart, heart math even does this and their heart congruency. So yes.

M

Mary Louder 41:32

Yeah. And I think people are kind of stuck in that concept. Well, I said my energy, it's up to you.

mean. And I think people are kind of stuck in that concept. Well, I paid my copay, it's up to you to fix me. You know, and copays aren't that much. So.

C Carol Ritberger 41:47

No, they're not.

M Mary Louder 41:48

My--I would always want to say, but rarely did, rarely, but occasionally, well, you get what you pay for. You know? Like, seriously. So you know, but thinking about, you know, why it's been of interest to me as a physician is because I just ran out of pills and potions to give. You know, I ran out of just staying--when somebody is, when--when a patient is stuck with what I call the minutiae of their symptoms, or the minutiae of what the signs are, whether it's a mild abnormality in the lab, or, you know, a known risk factor, or just something that won't go away, a nagging symptom of pain or something, underlying that is not going to be typically a vitamin, a supplement, an herb, you know, something like that, a fish oil, it's going to be what are--what are we thinking? What are we feeling?

M Mary Louder 42:59

And I think that those two things, our thoughts and our feelings, are equal, or are really a vital sign. And I think that, you know, because if we look at the two systems, I call them two systems, but like, with our thoughts, that's the mind-body connection goes into the pineal gland, which drives our hormones. And then our chakras is what we feel because that's what we absorb. And those are the subtle energy areas. And that's our connection to the outside world that we take in. And then our thoughts are making that connection to the mind and body. And so we've got the psychoneuroimmunology putting all those three things together, that really is driving the energetics. Or maybe it's not driving, maybe it's responding, maybe it's tempering. Maybe it's, you know, guiding, you know, how we are as humans and how we are energetically and that's kind of the container it functions in.

C Carol Ritberger 44:07

Absolutely, and thoughts, thoughts, first and foremost. But, I'm going to kind of generalize, which is always a little bit risky, but thoughts are tied to our nervous system. And emotions, feelings are tied to the muscles in my world. So if our thoughts are ill, then our nervous system is going to respond differently. If our the emotions attached to those thoughts are fear-based--I'll just use that as a generality--Then what's going to happen is the pineal gland, the immune system, is going to respond in an overt way versus in the way that it's designed to constantly be monitoring. So if we looked at kind of the dynamics of illness, and we looked at using energy is, that and we realized that words are energy, thoughts are energy.

C Carol Ritberger 45:16

And that activates the nervous system, which changes practically everything about us, is that

what we can do is we can just go in and say, Okay, so tell me a common thought that you have. And we add, and then we add the caveat, tell me a constant thought that you have about yourself. And one of the things I found in the 40-some years I've been doing this, one of the things that it said so many different ways, but basically it says, I'm broken and I don't know who I am. So it goes back to that big proverbial question, Who am I? And if we change the way we look at healing, to the point that Who am I? You are energy first, physical second, it opens the door of the mystery to be able to go in and to become curious and to become creative and use our imagination and want to read and want to learn and want to talk to different beautiful healing modalities and stuff. And it's just like opening up a Pandora's box of greatness and goodness.

M

Mary Louder 46:28

Yeah, yes. Yes. And, you know, for those who are scientifically inclined, wanting research, here's a couple things that are very interesting. 1964 George Freeman Solomon, he wrote the book Emotions, Immunity, and Disease, came up with the concept of the psycho immunology, then that was followed up by Robert Adair in 1975, if I'm saying his name, right. He expanded on Solomon's work. And what they used were, they were using lab animals, they were using some rats, and they used a cyclophosphamide injection, which diminished the immune system. And at the same time of giving the injection, they gave the lab animals a saccharine-flavored water. And so then, the follow up step was that, of step two of the experiment, was just to give the lab animals saccharine-flavored water. And then they measured the same immune stimulation or the immune modulators they were looking for. And those were diminished, just based upon the saccharine water. And so that's where we came up. And that was the first documented evidence of the like a Pavlovian type of response that affects the mind-body.

M

Mary Louder 47:57

And that was, you know, that, that, that was a number of years ago, that's like, almost 60 years ago, 59 years ago, half a century ago. And we're still grappling with the concept of our thoughts affect our body. Our thoughts--if a person has cancer, Well, should I changed the way I eat, should I look at my lifestyle? Oh, no, it has nothing to do with that. I mean, I don't know how physicians have arrived at that answer, or stay at that answer. And it's disconcerting, it's disquieting. Because patients really want to then, for sure, engage because they're faced with a major diagnosis. So think of how much we could educate sooner, we could we could change paradigm sooner, by just accepting the fact that we're energy, that our thoughts affect how we feel, affect how our body functions, and that when if and when needed, medicine can supplement and support the body to heal. And so it becomes a part of it instead of the mainstay.

C

Carol Ritberger 49:13

Right. Well, and the gift, the gift of medicine, is that it--it, for in--the gift of medicine, I'm not going to split hairs, the gift of medicine is is that it gives the body the chemical reprieve, and the brain the chemical reprieve, it needs to be able to reset itself.

M

Mary Louder 49:36

I agree 100%. That--I tell people that all the time. Yes.

C

Carol Ritberger 49:41

And that is the benefit of it. Is it a cure? No, but there are tests the gift. The wonderful part about medicine, I say this to my clients all the time is, use the technology, use the information. Do the testing if you need to, if that's what the doctor requires. That's the way they're trained to do it. But the thing is, is that we have to realize that medicine and what it offers and the prescriptions, supplements, and what they offer is that they are just giving the body the reprieve to reset itself to do what it already knows how to do. And once the body knows how it-- what it needs to do, and it finds that homeostasis, whether it's even in the smallest of magnitude, it's healing.

M

Mary Louder 50:31

Yes, it is. It is. And I think, you know, I talk to folks all the time, that it's not a failure to require a treatment and medication.

C

Carol Ritberger 50:42

No.

M

Mary Louder 50:43

It's what the body's requesting now, because it's where we are. And sometimes they get to that point, even myself included, because I'm human, of like, oh, yeah, I could have done something different before, but here I am now, you know, this is what we got to do to get--to move forward in a way that's healthy and appropriate and things like that. And then you begin to work on the energetics, the mind-body, the emotions, the lifestyle, that type of thing. I don't see it as a derogatory result to require assistance.

C

Carol Ritberger 51:20

No, absolutely. And the thing is, is that what we've done, and the way the pendulum has swung, is that now medicine, in many ways, the doctors I work with, they'll say to me, you know, Carol, sometimes I don't feel like I'm any more than a car--used car salesperson. And yet, the underlying impetus of that doctor is to want to be a healer. And it's like, they, they offer these things and people are rejecting it, which is what--all they--it's what they do. And so what happens is more people, I work with them that says, Okay, I'm just gonna do alternative. And it's like, okay, and so what are you going to do when your mind doesn't accept it's working for you. All it's gonna do is turn up the volume. It's going to fixate on nagging at you using pain, to be able to say, something's wrong, something's not working the way it's designed, not necessarily not broken. And the mind turns up the volume, and you try more, and it turns up

the volume. And it turns up the volume until you reach a place with a pain that you say, you know what? This hasn't been working, I need something else. And then we go to the doctor. But what if we approached it, from the standpoint that what the medicine offers, gives the body that breathing space it needs in order to find a way to heal itself along with everything else you're doing? Now we've got true healing.

M Mary Louder 52:57

Right. We do. And I think we have to go back to begin talking to ourselves, our patients, our clients, our colleagues, that we're all energy. I mean, this coming week, I get to speak to the osteopathic physicians, family medicine physicians in Michigan for a summer conference. That's what I'm talking about. I'm talking about trauma and the chronic illness. But really, I'm laying the--out the patterns and the discussion that we're energy, we need to really get to that point. And I think it can also reinvigorate physicians' careers in a way that is meaningful to work with folks. And it's just--

C Carol Ritberger 53:45

They're committed, they are they truly, in the very core of a physician. It is not about money. It is not about status, it is not about prestige, it is about the fact that they want to help.

M Mary Louder 54:02

That's true. And they--and--yes, and by and large there--they are folks who are driven towards transformation. By and large.

C Carol Ritberger 54:08

Absolutely, absolutely. So I wanted to--I want to tell a very quick story because you talked about you being human. I'll make it short. So, so I'm gonna do this 25 years ago, I decided that I needed to work on a treadmill and I'd been on my feet teaching, and for four weeks straight, and blah, blah, blah, my feet were hurting like crazy. And I bought this treadmill and dang it, I was going to use it because I knew that that was going to help my vitality and my energy. So I got this treadmill, I didn't stretch my feet, I had the wrong shoes on, I got on the treadmill. 30 seconds, literally 30 seconds into it, my feet go oh, this is not good. My mind goes, No, it says that you need to do this for at least 30 minutes. So I stayed on that thing for 30 minutes and my feet were screaming.

C Carol Ritberger 55:02

I get off of it, the next morning, I can't even hardly get out of bed and finally realized I had plantar fasciitis. And so then it's like, okay, I tried all the different things. And then I thought, Oh, this is not working, I need to go see a podiatrist. So I go see this podiatrist. And he says to me, he says, Well, I can give you a cortisone shot, or I can give you high dosages of ibuprofen, that'll help the inflammation. So here we go. I arrogantly looked at him and said, And why

would I do that? And he looked at me, and he said, in a very stern way, it's the only thing that's going to help you. And I said to him, Well, thank you. I appreciate your opinion. And off I went. Three weeks later, I was sitting in front of him. And he said, So Carol, why are you here? And I said, I'll take whatever you give me, just give me something. Let me be able to walk. So sometimes even in our humanness, and in our thing, the mind, our part of us thinks we have all the answers. And I think to myself, golly, if I'd done that three weeks before, I'd probably be three weeks ahead of the curve. So we're human.

M Mary Louder 56:09
Yes, we are.

C Carol Ritberger 56:10
I think the point of my sharing that is the fact that I think if we really want to look at healing, the concept of healing, and looking at all the different modalities that are available, then I think that it's important that we stop seeing things as being at odds with each other.

M Mary Louder 56:32
Yeah, no more alternatives. It just is. I don't want it alternative. It's what I am.

C Carol Ritberger 56:39
It is. And we know how to heal, the body knows how to heal, and if the mind gets in, it says, Well, I'm not gonna do that, because I talked to so-and-so and they're not doing it and everything, and we buy into that, okay, we buy into it. But let's use every tool we have available, including ourselves most importantly, to heal.

M Mary Louder 57:00
Yes. Yes. I agree. Excellent. All right, well, another episode in the books here of Cosmic Health and Wellness, this one all about understanding energy medicine. So thank you again, Carol. I look forward to our next episode and more, more fun topics.

C Carol Ritberger 57:25
All right.

M Mary Louder 57:25
And thank you to all of our listeners today. We appreciate you being here as well.

