



**THE SPECTRUM
OF HEALTH**
— P O D C A S T —

Podcast Session #77

Reconnecting To Our Roots

With Dr. Marie Rodriguez

Welcome to The Luminary Talk series! This is the fifth in a collection of 10 episodes where Dr. Christine introduces you to her dear colleagues to help you dive into fresh perspectives and wellness insights as we navigate this unique time in our lives.

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Dr. Christine Schaffner: Hi everyone, welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner and I wanted to introduce to you a series I did earlier this year called the Luminary Talks. I invited my colleagues, my mentors and my friends to give us lectures and inspirational information during this very paradigm-shifting time, where I feel there's a huge opportunity to reframe how we look at medicine and illness and to empower each other. So, I hope that you take this journey and learn from these inspired luminaries and enjoy this series.

CS: Well, it's 11:00 in Seattle and 2:00 in DC, Virginia, where Dr. Marie is joining us from. I just want to thank everyone who's joining us live, we have a real treat. I've been having so much fun doing this series and I, of course, thought that Dr. Marie would be such a wonderful guest. I know her as a dear friend and she's been my doctor since 2005 I think, and she really inspired me to go on the path that I have in my own work, she has so much to share. She's a gifted doctor and a gifted energy worker as well and we're going to dive into a topic that we are calling Reconnecting to Our Roots and Reclaiming our Power: Establishing Energetic Autonomy During Uncertain Times.

0:01:30.7 CS: So, we have so much to go through. And before we dive in, if you're new to Dr. Marie, she's been on my podcast before. She's going to join us for our Lymph and Hormone Cleanse. Dr. Marie is a trauma-informed naturopathic doctor in practice since 2002. She also has over 20 years of experience as a cranial sacral practitioner. Her own personal healing journey led her to experience and study a myriad of energy-healing modalities. She truly believes in the body's innate healing wisdom and is passionate about helping others gain access to their inner power. We collaborate on patient care and it

was a real treat when Dr. Marie lived in the Bay Area and we worked on patients together, and I refer to her often. So, it's just an honor to have you here, Marie, so welcome!

Dr. Marie Rodriguez: Thank you so much for the wonderful introduction, Dr. Christine, and maybe someday, we'll twist your arm to come out here and we can co-treat patients together.

0:02:26.3 CS: Yes, my mom would be happy about that, too. So, we'll make that work.

0:02:30.8 DM: I love what you're doing, and I'm really excited to be here with you today.

0:02:35.6 CS: Well, we'll dive in. I know you prepared a slide presentation that I'm going to drive here for us. So, let me just do that here and make sure everything looks good. Can everyone see that? I'm going to play. Awesome. So, can you see that well, Marie?

0:02:52.1 DM: I can see it perfect.

0:02:52.9 CS: Okay. So, you have the floor. I'm here for support. This is an experience. Dr. Marie wants to not only educate you but also to have an empowering experience today so, we're going to do a little bit of talk and experience. And then, we'll have some time for Q&A at the end.

0:03:12.7 DM: Perfect. Yes, when I came up with a topic for this, I had no idea that we would be where we are today. So, we certainly are living in very

intense and uncertain times and so I wanted to create a presentation where not only will you learn something, but I want to offer us some healing too, some energy clearing and some tips that will hopefully be supportive to everyone as we go forward when we really don't know what's ahead. So, Energy is Everything, and Everything is Energy. Energy really is the blueprint for our physical reality. It's the blueprint for our health systems, for our bodies, our beliefs, our relationships, how we interact with people.

0:04:08.0 DM: There's energy that affects pretty much every aspect of our life. And so, it's really a field or a terrain that we can use to support ourselves. As we tap in and as we learn more, we can apply different principles to ourselves, and that can really help us with being resilient, with being more grounded, with being more embodied and to really manifest the life that we want to be living and now more than ever, going into energy work and learning these different concepts. I think it's almost becoming essential because I don't know that the human race really signed up for the reality that we're living in with so much toxicity, so much stimulation and not only that, but such a disconnect from what I think we really need, which I'll get into more, which is, I think, a really healthy connection to the earth.

0:05:05.3 DM: Because there are so many of these forces that affect us, my intention for us today is to create some empowerment to boost our resilience and to really promote ongoing self-care, especially for those of us who are empaths. I definitely identify as an empath, and there are a lot of us who are empaths today. And so, I think self-care has become quite essential, along with energy anatomy. So, each topic that I'm going to go over today can really become a field in and of itself, we could do a whole lecture on each topic, and

I wanted to start out by saying that we really are energetic beings in a physical body, we're 90% energy and 10% physical matter. Each of us has an inner healer, an inner guru, a higher self or a core essence. We all have an aspect of the divine within us and I feel like now more than ever, this is a concept that's really going to be a powerful resource for all of us.

0:06:19.8 DM: As we navigate these times, we have an auric energy field that has several different layers and levels to it. And we also have a chakra system that communicates with our organs, also communicates with our emotions and communicates in a two-way street with the outside world. And the chakra system, interestingly enough, develops just as an infant develops. It goes through a series of developments. There's a really great book called, "Eastern Body, Western Mind." So, as an infant is developing, his or her chakra system is developing as well so I think of it as part of our physiology and part of our anatomy. I want to talk a little bit later today about the first level of our energy field. This is a type of energy that's more dense and it's non-spiritual energy and it can actually be repaired. There are tools that I can share with you that you can take for yourselves and do some of your own energy repair work.

0:07:27.3 DM: Once again, I think that our energy system is a field of hidden potential. You may be hearing how people are doing bio-hacking with taking different nutrients and doing different lab tests, etcetera. I think that I'd like to create a field of energy hacking because I think that we need to explore this terrain to just negotiate a future that may be very different from where we originated. Then, we also have hidden influences. I won't be talking about all of these today but, within our energy system lives some unprocessed experiences. Our inner child is part of our energy system and people live in past

lives that very much can impact how we live in our current lifetime. And then, there's also ancestral patterns that influence us.

0:08:20.3 DM: Okay, the next one. The true self. The true self is just knowing that at our core, I believe each and every one of us is resilient and each and every one of us is powerful. So, as I mentioned, this is the part of us that's connected to the concept of our soul and the part of us that's connected to the universe, to the divine, to God, whatever your paradigm may recognize as true. We have a part within ourselves that is always connected to that, whether or not we realize it, and cultivating this connection is a really powerful resource when we're healing. The true self, it runs through psychology, through energy work and through Buddhism. And so, in psychology or Jungian psychology in particular, it's known as the self. And Barbara Brennan, she uses the term 'core essence' to describe the true self. And then, in Buddhism, they call it the 'natural state.'

0:09:26.6 DM: We're here to really live from the place of our true self or our authentic self, and a part of that is to really become fully incarnated to become fully present in our body so that we have this amazing, powerful vehicle to be living from that place of our true self or our authentic self. I wanted to actually do a little visualization now to just connect with that energy. So, just find a comfortable position. If you need to, do a couple of stretches, maybe take a sip of water just to get comfortable. And with your next inhalation, just set the intention that you're bringing all of your power and all of your energy back to you, back to this very present moment. If you've been busy on different calls or on videos, you've been navigating other things this morning, now is your time to just be fully present with yourself, maybe just allowing your

shoulders to soften, allowing your jaw to relax, your forehead to relax, letting your breath flow smoothly and easily.

0:11:10.1 DM: And then, just slowly becoming aware of the space between your shoulder blades at your back, just inviting that space to soften and connecting with your chest or your sternum, your heart center, inviting that area to just feel safe. And then next, just slowly begin to imagine a spark of light in your heart. It can be in your physical heart or it can be in your heart chakra. So, just kind of connect with your heart, maybe imagining a crystalline spark of light. And as you breathe, that light can become more luminous. It can become more powerful. It begins to radiate. It begins to shine out in all directions.

0:12:30.5 DM: This is the light of your higher self, that divine part of you that has all of your best interests at heart, that part of you that knows exactly what your body needs to heal, that part of you that supports your creativity, your healing journey, and just let that light shine all the way out in every direction. Let it shine in front of you and back of you, above you, beneath you, and let it shine out to your whole right side and to your whole left side so that you're really honed and supported and held in this safe field of energy of your higher self. As you breathe and visualize this and you have this field supporting you, it's going to attract people and experiences that are for your highest good, and it'll also be a protection. When you're connected to this essence, this vital support, and you let it guide you, it really is a natural protection. Just take another couple of deep breaths, just kind of holding this visualization. And you can have this field be close to you if you feel like you need containment or if you want to create a bubble with it, you can imagine that it expands. And so

you're held more in a bubble, just seeing what feels right. And so from this space connected to our true self, our higher self we'll explore the next topic.

0:15:13.1 DM: Okay, here we go, and this is a shift in energy, so kind of remembering what we just held with our true self, always having our best interests at heart, we also have some shadow stuff as human beings. And so our work is to be aware of the shadow and to integrate it because the more we are aware of the parts of ourselves that we tend to avoid or disown, the more we're empowered to make choice. When we're empowered to make choice, we are able to live from the true self. And so just touching on what trauma is. Trauma is when we don't have as good access to that energy that I just mentioned. When we go through any episode in our life, in this life or it can even be from generations before us, when we've had an event that leaves us with the belief that we aren't loved, that we aren't safe, that we aren't worthy, that we aren't enough, we kind of integrate that, that becomes a guiding principle for our operating system, and so what we want to do with that information is we want to protect ourselves.

0:16:31.3 DM: We want to protect ourselves from those situations that will create those same triggers that caused that belief in the first place. And so these beliefs are created when we're little, they're created by the age of three and they can influence about 90% of our reactions, which is kind of an amazing thing when you think about it. When we kind of delve into this unseen stuff, the shadow stuff, I believe we can actually start to change, we can start to change those beliefs. Some of these beliefs and this idea that we need to protect, what it does is it creates an energy of, "Okay, well, to be safe, I need to stay here and never change." I think this is why a lot of people can stay stuck because it's so threatening to make a change because making a

change can bring up those old beliefs or those old feelings, and so this is why the true self is such a powerful ally and a powerful resource, because what we want to do is to always feel supported and resourced to be able to make these changes.

0:17:40.3 DM: I just wanted to mention a few different types of trauma that I work with in my practice and that I see as areas that can really support people in moving forward and healing and being empowered. It can be from a past life, it can be from our ancestry, it can even be just choosing to come into this lifetime. A lot of us are extremely sensitive and our higher self said we're going to incarnate again because there's problems on planet Earth, but that also means, "Oh, look at the density of the darkness that we're having to dive into," so it's just that act of coming into incarnation that can be traumatic. I know that's kind of out there to think that, but it's actually true. And then even just gestating in our mother's womb, that can be traumatizing and we often don't think of that as well, but if the mother has stress in her life or even stuff that she had in her lifetime, we hold our experiences as women. We hold them in our womb space and so if the baby is really sensitive, that can influence. Everybody is a little bit different in their sensitivity level.

0:19:00.6 DM: And then just as you go through your developmental tasks and stages, something that may seem relatively minor, for the sensitive soul can actually feel pretty threatening--so this in and of itself is a big topic, but I just wanted to touch on that. The more we learn and integrate, the more that we can heal.

0:19:27.1 DM: This is an extension of what I just mentioned, that we have a younger part of ourself that lives within us and this younger aspect of ourself

is the part of us that we need to tend to when we feel triggered. So, if we ever feel like, "Oh, I'm back. I'm 16 years old again," you go home or somebody triggers you and you just can't shake that feeling...You repeat it in your head or it just bothers you. Then, that really means that you're coming from a younger place, that that interaction mirrored or was really similar to something from your childhood so that 16-year-old stands up and she's like, "I know how to get through this. I'm just going to shut you out."

0:20:13.4 DM: And so, what the work that needs to be done is to bring safety, space and nurturing to that younger part to let them know, "Hey, I'm actually an adult. I'm in my 40s and I've got this." So, bringing healing to that aspect of ourself and this is an ongoing process. So, we are actually in charge of giving our younger self something that we may not have received from our parents. If we find ourselves repeating similar patterns in relationships at work or even with our health, sometimes, this can be at play as well, so it's something to look at.

0:21:02.7 DM: I wanted to just mention that there's a couple of different healing paths and I really like both of them. I think they work together and I wanted to just compare them. The path on the right, the path of transformation, I believe ultimately, is what we need to be doing if we want to transform our life and our health. So, I start by talking about the path of liberation first. And so, this is more like the meditator's path. It's like being the yogi in a cave going away from society, it involves an upward current of energy, really connecting to the upper realms and connecting in that true self energy that I guided us through. It's more about transcending the shadow and really becoming okay with everything, just becoming okay with your life, with your health. And the risk, I believe, of this path when you're not also doing some

transformational work, is that you can do some spiritual bypass work and you can escape the body. So, you become okay with your reality and you may not be making big changes.

0:22:30.9 DM: All that being said, I think meditating and utilizing this path is extremely important and powerful and I also feel that it needs to be balanced with this path of transformation, and the path of transformation, to me, is more the shamanic path. It's going through these different life experiences, embodying them, integrating into your body, really going through some of those shadow parts that I mentioned, working to transform your life and your health, having your true self as a guide and just really being present and being embodied in this incarnated lifetime here on planet Earth. So, it's really just two different ways of going about things. I favor more of the path of transformation because they make you learn. I want to help people feel better. Maybe, as I get into my 80s or something, I'll do more silent meditation and things like that but I just wanted to make that contrast because I think that's something that just as important for people to be able to distinguish.

0:23:47.9 DM: And how do you get started? Get started by getting grounded, reconnect and regrow that root chakra. So, we all have a root chakra and the root chakra is our vital connection to the planet. I feel like as we've become so evolved with the modern world and technology and the speed of things, all the information, our root chakras aren't as connected as they once were. And so, when I do my energetic body work with my patients, I spend most of my time now working on the root chakra, getting that root chakra to get re-engaged with the earth and really having a healthy foundation and a strong root chakra. I think it's the hidden fountain of youth. The more you can really connect deeply to the earth, there's all this energy just waiting for us to receive.

And so, it's a really powerful practice. It helps to build our resilience. It helps to build our innate immunity. It helps to create good and healthy boundaries so it's really the anti-aging medicine, and nature is always there to support us. We need to remember that we are of nature. We need to become more like plants. There's, I think, five weeds that are resistant to glyphosate so, plants know what they're doing. So, if we eat these weeds, is that going to help us, too? Maybe.

0:25:29.9 DM: I really think the modern world is throwing a lot of stress on nature and the plants are responding by becoming more and more resilient. I think that this is a forgotten pathway, just bringing our energy down into the earth. It's taken me a long time to learn how to do this and I will say that I finally have a teacher. She's got a root chakra the size of Texas and just being around somebody who's that grounded, I think it's taught my energy system how to be grounded because I was the ungrounded kid. I just left my body. I coped with my childhood by having daydreams and things like that so, it's been work to just get more in my body and get grounded. And when we are grounded and connected to nature, that's how we heal our inner child. So, that's how our inner child can be really resourced and supported.

0:26:35.2 DM: I want to share some symptoms that I associate with a root chakra that needs support. So chronic anxiety, difficulty sleeping, if someone doesn't feel safe, being forgetful, startling easily, maybe being clumsy, bumping into things, having poor boundaries, poor energy levels, weakness or weak immune response. And then, being grounded can actually also really improve our digestion and our elimination. And so, just start by really reconnecting with the earth. I saw somebody made a comment about connecting to the moon cycles. Yes, we are really connected to the moon. We have a full

moon coming up this week and I feel like when we just get in tune with those cycles, it can begin to guide us and it can begin to support us.

0:27:32.0 DM: Let's do a grounding visualization. So, just connecting with your feet, with your legs. I like to have people imagine that, from the waist down, that our legs are in the earth. If we were to become like a tree, that our legs are the roots of a tree. So, just kind of breathe a little bit with that image, that imagery, that maybe the earth is just filling your room that you're in, all the way up to your waist. And you've got these legs that are roots in the earth and we can send our energy all the way down our legs. Then, we can also fill in and receive energy from the earth. When I do this visualization, I sometimes have people imagine that they're gardening, that feeling of putting your hands in the dirt. I'll sometimes incorporate the earthy essential oils like cedar or vetiver, the ones that are really grounding.

0:29:13.9 DM: And then sometimes, I'll have people just visualize the root chakra. So you've got your legs that are the roots of a tree. And then, this is kinda funny, but I visualize a bright orange traffic cone. Visualize almost that there's a traffic cone going from your pelvic floor, the tip of it at your pelvic floor, and the wide mouth just goes deeper and deeper into the earth. So, between your tail bone and your pubic bone is the tip of that root chakra and then, the wide mouth just goes deep into the earth. So, this cone of deep red light, breathing and imagining that it's going all the way down so, you've got this really supportive root chakra and it helps to balance the energy system.

0:30:32.5 DM: And then, just knowing that you can do this visualization on your own when you're sitting on the earth. That's a really wonderful way to incorporate this. And if you're just walking down the street, sometimes I'll have

people just imagine with each footstep that they're making a red footprint to connect with that root chakra. And it's a structured energy so, it does well with walking or movements like marching. Marching in place can be a good way to structure the root chakra. I can send you guys a link to a soundtrack my really grounded teacher that I mentioned, her name is Patricia White Buffalo, recommends for building the earth, the root chakra by marching and listening to a drum beat.

0:31:47.6 CS: Well, I'm going to have to take a nap after this, Marie.

0:31:49.2 DM: Right? So this next concept is a really interesting concept of having a vertical axis of energy, so like a tree. So energy from the root chakra all the way up our whole spine, going out of our crown chakra, and going up to whether you want to connect with the sun or the heavens or the stars. We want to build this vertical axis of energy, because not only is there unlimited energy resources for us, but it protects us from our external environment. So with everything that's going on in the modern world, there's these big fields of energy, big batteries of energy, and this is a concept that I learned from a colleague and teacher, Dr. Mark Dunn. He has a system of healing called Conscious Systems. And he basically teaches that from the chin down, we're kind of swimming or wading through energy, energy that's not ours.

0:32:58.5 DM: And so this could be EMFs, this could be politics, this could be the pandemic, this could be Facebook, this could be corporate America, this could be basically any agenda, any topic, anything that we may really identify with our country of origin or ethnicity, being a father, being a mother, being a healer, being a lawyer, anything that kind of defines us is a field of energy. And I think we want to be able to choose what we're plugging into, and what

do we want to unplug from. Social media, there's a lot of energy there. I had to kind of do a lot of clearing work from somebody who did some psychic attack on me recently over social media. So I was like, never would I have thought a post on Facebook could have that powerful of an impact. So it just really raised another level of awareness of energy, about how there's so many unseen forces.

0:34:00.0 DM: So building that vertical axis gives us more resilience and more autonomy. We can have these cords, we all have jobs, we all have relationships, we can have these cords to those different relationships and to those different identifying aspects of our lives, but we don't want it draining us, we don't want it taking from us. So we want to build awareness. I think of somebody like the CEO of a company who works like 80 hours a week. They're getting something from that position, they're being well compensated, but yet their energy, they have a big plug into that. I think this can be why a lot of people can kind of crumble when they retire, because they're losing that force, they're losing that connection. And interestingly enough, I think that this can be behind consumerism, because if we can't resource from the earth, we don't have that strong network, that strong vertical axis, we want to plug into things to get our fix. We want to online shop or go into social media or just connect with external batteries of energy. If you don't have the strong vertical axis, we need to get fulfillment from somewhere, from relationships, etc.

0:35:21.6 DM: So the work is to continue doing the grounding, to connect with the higher self. And then I know it's harder where there's not a ton of sun, but when there is sun, I think it's a great way to just fill up. I think we're like plants, we need to be filled with sunlight. You can even visualize that if you want to. But just becoming aware that we really are chin deep in energy.

0:35:55.4 DM: So boundaries are critical now, and especially for empaths. And so empaths, those who are sensitive, a lot of healers, we have a tendency, it's kind of innate in us that we want to help or we want to support, it's just kind of the very nature of our being to be of service. So we can have a tendency to take on other people's stuff or to over-merge. So it can become a balance, helping, but not losing yourself. And strong and healthy boundaries are another life-long practice. I had to learn to become comfortable when others might be uncomfortable, because I think one of my childhood things was, "Oh, I'll help somebody," and that's how I felt appreciated or loved, when I made somebody feel better. So that kind of sets up the pattern of, "Well, I'll just take care of the other person." Then it's like, "Well, what about me?"

0:37:02.0 DM: So then you go through these different stages where you kind of have to learn, "No, I actually do need to say no and practice saying no," and using your throat chakra to set up that boundary. And when you set up a boundary like that, your whole body responds to it, your immune system will get stronger. I think of the immune system, the GI and the skin, all as boundaries. And so if somebody has a skin issue or a weak immune system, or there's some digestive unrest, I'm kind of asking them, "What are your boundaries like when you're at work or in relationships?" And a lot of times like, "Oh, yeah. I have a really hard time saying no." So part of the treatment plan is like, "Okay, we want to work on this because this is actually making you sick."

0:37:51.1 DM: And then, as we did at the beginning, with the true self, using that energy that's at our core and really shining it out, that can become a boundary if we're walking through, wading through all of this external input in

our environment. I can't underestimate how important boundaries are, they are just so critical and so important. And it takes practice.

0:38:20.2 DM: Let's go on to the topic of energy repair. And this is, once again, what I learned from Dr. Mark Dunn. We can actually go back and repair our energy field. Someone goes through a breakup or has an experience that's been stressful, it can cause some damage to the energy system. So with heartbreak, the structured energy around the heart... The heart does get broken. So we can, through visualization, go back to that moment in time and repair or reclaim that energy. So there is an aspect of energy called structured energy that's in the first level of the energy field, and it serves more of a physical function, so it's non-spiritual energy, and it's kind of how you would describe how the muscles can attach to the skeleton or the frame of a car attaches to the chassis. So it's this energy that supports structures and body systems. By building up the first level of the field, this is a great way to repair boundaries and to support immunity.

0:39:36.3 DM: I think I'll do a guided visualization for the last couple of topics with the boundaries and the energy repair. So just close your eyes and imagine that you have this connection above you and below you. The energy of the Earth can completely run up your spine all the way up, up, up to the top of your head, up to the sun, and then the sun can shine back down, down, down your body, down your spine, down your legs and out your root, down to the Earth. So breathing in the energy's coming up, all the way up to the sun, exhaling, energy's coming back down. So establishing a strong vertical current of light, Earth energy can fill you up and sunlight can also fill you up from above to below. And then next, just begin to imagine that you have your own

energy fields all around you. You've got this current that's supporting you, giving you limitless energy, and you've also got this bubble of light around you in all directions, in front of you and back of you, on either side, almost like an arms distance of length above your head and below your feet. This is your sphere, this is your safe space.

0:41:58.8 DM: And then just begin to notice, you may get a visual or you may just get a feeling or a sense, where does this space need support? Is there energy that's missing from your particular energy field? And just notice that, and then, connecting with this higher self, just see if there's any information or if there is any person, any interaction, any topic that's affecting your energy, something you saw or heard or read, or a conversation. Just kind of see if something bubbles up, something that you've been working on. Just see what might pop up. And if something pops up, take a snapshot. Doesn't have to be really clear, it's just an intention to kind of freeze that image or that event. And then, intend to bring back all that's yours, all of your energy from that interaction, from that event, from that experience. There's energy that's still been lingering there. It needs to come back because your body needs it for healing. And when it comes back, it may look heavy and dark, and don't be afraid of that, because the structured energy is actually a heavier energy, because it has a physical function.

0:44:11.4 DM: So keeping that event or that interaction in mind and freezing that in time, you really want to reclaim everything that's your power, everything that's your energy that has to do with that moment in time, of that interaction with that event. So you just inhale and manifest that connection and reclaim, magnetically reclaim that energy. Breathing it back into your lungs, into your heart. Letting it fill you back up. And then, just knowing that you can do

this on your own, even after a work day, if you've had a really busy day and there's been a lot going on, and you just want to get grounded and clear and really re-connect to your vitality, you can just do this on your own.

0:45:23.0 DM: So just take another breath and slowly come back as you're ready. We'll go on to the next one. I wanted to just touch on...I love doing the family constellation work because we're all part of a system that influences us, our family, as part of a greater energy field or a group soul. And that energy field contains information. So, when our ancestors had experiences that weren't witnessed or weren't processed and integrated, those experiences get coded in the ancestral field and the descendants carry that information. And a lot of times that information really influences our experience in this lifetime. And so, this is a really wonderful modality to explore our connection with our ancestors and to witness some of what may have been unresolved or unprocessed, and as we bear witness to what their experience was, that enables us to have freedom from carrying that burden or that energy with us.

0:46:43.6 DM: So, there's this ancestral field within us and that's coded in our DNA. That's another aspect of who we are in this lifetime. So we can go on to energy clearing. Think of it like brushing your teeth. We brush our teeth twice a day. I think we need to be clearing our energy field at least once a day, if not twice a day. And we don't think about it because we don't see it, but I guarantee that if you start to think about it, you're going to feel better, especially if you're an empath. We can be like these little air filters, picking up stuff. And sometimes, it's great, we pick it up and we move it right through, but sometimes, it can get stuck. I used to have an office, a clinic three blocks from the White House, and this was before I really dove super deep into energy healing, and I had a real big problem with insomnia. Also, at the end of

the day, I would look like I had dirt under my fingernails. It'd look like I had been gardening, and I was so embarrassed. I'm like, "What is this?" I couldn't figure out what it was.

0:47:54.3 DM: And one of my mentors, she's like, "That's energy." She's like, "That's literally stuff you have to clear out." And so, the more I started to clear, the better I was able to sleep as well. And so, for me, I love being outside. I can clear a lot if I'm able to just go for a walk. And sometimes, I'm not afraid to just drop myself down on the Earth, even if it's just by the side of the road. I park my car. Some people might be like, "Are you okay?"

0:48:25.2 DM: I'm like, "I am earthing." That's my thing. I need a patch of grass to put my feet on, to sit on, and I feel like I do a lot of clearing that way. And it's also your intention behind it. You have to have an intention, and then build a relationship with it. When you first start doing this, you might think "Well, I'm not really sure that it's working. I can't tell." But just keep doing it and have that be an intention, because the more you can clear, the more you're going to have autonomy. So, for empaths, it takes time to build up the boundaries, but you can always be doing your clearing, and there's so many wonderful ways. I like doing a salt bath or doing a salt scrub. Sometimes I'll mix essential oils and the sea salt. I love the lime essential oil. I feel like that clears energy really well. You can do a wonderful room spray. If you're lucky enough to have a stream that you can go to, when you hear the rushing water, that's a really powerful cleansing potential. You can just send your energy into the water. Just imagine that your chakras are connecting with the water.

0:49:37.5 DM: You can do a meditation where you listen to the sound of the water and you pay attention to your thoughts, and you just let the water just

really clear them. You can even listen to a recording of water if you need to. Just absorbing the energy from nature. The sun, the wind, the earth, the water. We are made of the elements. So in Ayurveda and in traditional Chinese medicine, we are elemental beings, so we can literally make a date with nature and fill up, and you're going to feel better afterwards. And then, at home, our space, we can make our space really sacred. So, if you've been wanting to declutter but you've been stuck and you've been thinking about getting support, go for it. You'll feel so much better if you hire somebody or have a friend come over and help you declutter. It's like, when you clear that out, you're actually clearing yourself as well.

0:50:36.1 DM: Sacred sounds--you can play healing chants or classical music, these are really great for just clearing a space. If you feel like there's heavier, darker energy in your home or your work, you can play classical music. And if you go somewhere else, you can leave the classical music playing for a day, and it's just going to clear that out. What else? Sage is a little bit strong for me, but a lot of people love sage. I will use frankincense, I'll use palo santo. But I like to get flowers. And I feel like flowers really enliven a space as well. So just so many different ways. And like I said, it's all about your intention. And if you're connecting with the moon cycle, you can think about, "Okay, the full moon, I'm going to maybe put some of my stones on the window sill. Or maybe it's time to just infuse the energy." There's just so much heaviness going on right now that I think we need to pay extra special attention to keeping things clearing and keeping things moving. I think we're getting close to the end.

0:51:46.1 DM: So last but not least, the power of vision. So like I mentioned at the beginning, we are all energy, and there is an energy blueprint for our

physical reality. And so in the shamanic paradigm, we're all connected to the fourth dimension. And so this is the sleep realm or the shamanic realm or the astral realm. And when a shaman, a shamanic healer does a journey, they're kind of seeing into that realm, and what are they seeing or what are they noticing, because within that realm, there's images and metaphors for our current lifetime, for what's going on in our current lifetime, and we want to start seeing from our heart center.

0:52:30.5 DM: So our heart, when we connect with that realm of energy, we're kind of seeing from our heart, rather from our linear thinking. And so the more that we visualize what we want to manifest in our life, in our world, the more we're creating that imprint, the more we're creating that blueprint within that fourth dimension. So physical reality follows that blueprint. So visualizing to create that blueprint. That's why I think vision boarding is really a great tool, and maybe doing a guided meditation before doing the vision boarding, so that you're coming from this place of your heart. Your mind has all these ideas of what you want to expect, manifest and create. A lot of times the universe has something even better waiting for us, or better in store for us. So when you do a vision board, I just encourage you to do it from the place of your heart and not think about it too much, and just put those images down, and you'd be surprised at what you can start to create that way.

0:53:40.8 DM: I believe that brings us to the end of the topic. I'll kind of leave it up to you, Dr. Christine.

0:54:02.6 CS: Let's answer a few questions, Marie, and then I want people to learn how to connect with you. And if we have time, we can maybe have some type of closing connection. I think that would be really nice. So Aileen

was saying that finding silences in nature is really helpful during this COVID situation, which is great. I think that's really important to be able to connect and listen, especially with all this stimulation. And then Colleen is asking about, "Could you clarify what a vision board is a little bit more?"

0:54:40.9 DM: Oh, yes. So this is just using a poster board or construction paper, and then gathering images either from magazines or newspaper or images that you print, and you're literally just making a collage. At the end of it all it's going to look like a collage. But the idea is that you're putting on the board what you're kind of wishing to manifest. People do it each year, sometimes twice a year, like, "Oh, here's what I want to create in 2020 or 2021," and you're kind of capturing it in images.

0:55:11.4 CS: Awesome. I've done a lot of that work in my own life. It's sometimes be careful what you wish for, right?

0:55:18.9 DM: I know, right?

0:55:21.9 CS: So just some great insights in the chat. Michelle's asking, "How do you protect yourselves from absorbing negative energies?" You gave us some tools and some visualizations, but I know, since you do this work all the time, maybe a couple other pearls for protecting yourself from negative energies.

0:55:44.6 DM: Grounding. That's going to help you so much. That's the lead thing for protection, is really being grounded. And the more you work on that, the more you'll be able to tell when you're not grounded. I can tell when I'm not grounded, because my left ankle starts to feel numb. So my body starts

to speak to me. Grounding is the key. You can send things down to the Earth. It's hard to not absorb things, just given the world that we're living in, so grounding and clearing are my go-tos, and then really shining your light out. If you work with any helpful energies, if you have connections, develop that relationship and really ask for it. I love Dr. Christiane Northrup, I don't know if you follow her, I follow her on Instagram, and she's like, "There's so many angels that want to help, but you need to ask them."

0:56:41.1 CS: You told me about her book about energy vampires. I have a lot of empaths as patients.

0:56:46.3 DM: That's a great book. I'm glad you brought that up, because that's a great book.

0:56:51.1 CS: I recommended that to a handful of patients who really felt that that was helpful. Kathy's asking, "Do you have any insights to maybe the shamanic or energetic interpretation of tinnitus? Do you have any clinical pearls or anecdotes around that?"

0:57:13.0 DM: I don't know if you can do a shamanic journey or have somebody do a journey for you, but you could do a journey and see what's coming up, but when there's ringing in the ears, I think of a couple different things. Is there too much stimulation coming into the nervous system? Are you oversimulated? I would think of grounding for that as well. So when somebody's got migraines or anxiety, it's like too much energy in the head and needing to really resource and pull it down to the extremities. So I would think of that for tinnitus. And then it'll be interesting to see what Louise Hayes' book says, *Heal Your Body A-Z*, just to see if there's an affirmation around that. And then

we can talk to our bodies. So asking your ears, "Is there something I need to hear? Is there something I'm not hearing?" Kind of creating that dialogue, and literally, is there something that your body wants you to listen to? So I think of those things, and especially the grounding.

0:58:18.5 CS: Awesome. Great tools. So, Marie, before we close, in case people have to hop off if we're a couple minutes over the noon hour, I want people to find out how they can learn how to work with you. You have an upcoming program too that you're developing, I was reading about. Can you share a little bit about your work and how people can connect with you, because Marie is a gift, and if you feel drawn to work with her, please follow that call because she's helped me and my family and my patients in so many ways.

0:58:53.8 DM: Thank you. So I'm in the middle of a website rebuild right now. It'll be done hopefully in less than a month. But I'm launching a program of tools and techniques that I benefited from in my healing journey, and it's called From Weariness to Warrioress, and it's about how to become empowered and embodied. I'm wearing all my hats at once, the naturopathic medicine hat and the energy healer hat. And so it's a five-month intensive healing journey where you'll get all of me, you'll get two visits a month and customized homework, ranging from nutritional healing, homeopathic remedies, herbal remedies, and then energy exercises and rituals to really help people shift in a way that encompasses many levels. I always offer a free 20-minute phone chat if people want to connect with me and just ask me questions. Every month I do a guided full moon healing journey, and I'll be doing one to-

morrow. People should be getting the email in the replay, but it's drmarie@drmarierodriguez.com. And so I'm open, if things come up and you have questions after this is talk, that's how you can best connect with me.

1:00:19.4 CS: Awesome, awesome. I'm so excited to hear about you putting that program together. It sounds awesome.

1:00:23.9 DM: Thank you. The pandemic gave me some space.

1:00:27.7 CS: I know. It's like a re-invention time. I think the silver lining is what gifts can come out of it. So, Marie, do you want to close our hour together?

1:00:41.2 DM: I think we'll do just a short closing, I know you probably have to get back to work, Dr. Christine. Let's just kind of bring our energy back in. It's been an honor to be with you, Christine, and thanks to everybody who showed up. And just remembering these new concepts, maybe some new, maybe some not new, of being grounded. There's so much out there that can pull us in many different directions. So just imagine that the sunlight was over your head and it was just pouring into your body from head to toe, that there's this downward current just going down into the earth. And it's breathing that light into your heart, just connecting with that light of your higher self that's in your heart.

1:01:50.9 DM: So light pouring in, light filling you up, light being sent down to the earth. If your spine and your arms and your legs were like tubes, they could just be filled infinitely with this light from the sun, pouring in, resourcing you and connecting you to the earth. Just feeling that downward energy of

connection to the earth, imagining that root chakra, that deep red cone of light going all the way deep into the earth. And then just imagine that as you become more and more filled with light, that it begins to shine back out through your skin, so you're just held in this cocoon of light, this protection. And then with the next in-breath, this cocoon of light is able to repair, it's able to reclaim any of your energy.

1:03:49.5 DM: So once again, just light from above, filling you up, behind your eyes, your sinuses, going down your throat, to your heart, your digestive system, down your legs, down your arms, fully connected with the earth from the waist down. And then just imagining your field of light all around you, your safe space. And as you receive connection and support from the sun, you fill up your bubble, your sphere, and you exhale and just send anything that's not supportive back down, down, down to the earth. Then just one more breath in, it's filling you, nourishing you and strengthening you. Feeling your legs like roots of a tree, in the earth, and magnetically breathing back all of your power, all of your strength from head to toe, and then just slowly coming back as you're ready.

1:05:56.5 CS: Thank you, thank you. What a wonderful way to get on with our day and go to the next thing. So, everyone, the replay will be made available, as well as all the great information that Dr. Marie shared, and how to connect with her, and if you're joining us for our lymph and hormone cleanse that we are launching at the moment, Dr. Marie agreed to do a full moon meditation.

1:06:26.0 CS: Well, Marie, it was so lovely to be with you today, and I miss you, and I'm looking forward to seeing you!

1:06:36.0 DM: Thank you. Thank you so much.

1:06:37.3 CS: Thank you all for joining this live. And again, we will be in touch shortly with the replay. So thank you. I'm going to sign off, and hope to see everyone soon. Bye.

1:06:46.1 DM: Thank you, Christine, bye.