

[205: Resiliency Radio with Dr. Jill: How to Resolve the Ego & Heal from Illness with Dr Steven Young](#)

Dr. Jill 00:00

Hey guys, I am so excited to announce that the movie that you've been waiting for, the documentary *Doctor/Patient*, is now available for rent or purchase at DoctorPatientMovie.com. Check out the trailer [here](#).

00:13

Dr. Jill: When I really knew something was wrong, was when I started having trouble walking up the stairs. I was supposed to be grateful and happy and healing and well and thriving, but I did not feel that way. I was so sick. Like always, I wanted to find an answer, and I had to figure it out. And I had to figure it out to save my own life. So I dove in.

00:38

James Maskell: Jill is the leading voice in biotoxin illness and chronic conditions that are driven by toxicity.

00:43

Bree Argetsinger: Oh my gosh, you're dealing with mold? You have to work with Dr. Jill Carnahan.

00:47

Patient 1: Dr. Jill is the first person that actually began to shed some light on the problem.

00:53

Dr. Jill: What I do is listen to the patient, and we together talk about what else is possible.

00:59

Patient 2: I don't know why I'm crying.

01:02

Patient 3: She saved my life.

01:06

Dr. Jill: The deepest lessons and most profound insights come in the suffering, come in the dark moments. Self-compassion is the healing transition that shifts something inside of us. It's actually the thing that we need most in order to heal.

01:26

Narrator: *Doctor/Patient*—available now at DoctorPatientMovie.com.

Dr. Jill 01:36

Welcome to *Resiliency Radio*, your go-to podcast for cutting-edge information in science and integrative medicine. I'm your host, Dr. Jill, and with each episode, we dive into the heart of healing with world-renowned experts, innovators, and scientists, all related to how to transform your health and empower you through better living. Today, I have a special guest, Dr. Steven Young. Let me introduce him and then we'll dive right in.

Dr. Jill 01:36

Dr. Steven Young's moonshot goal is to help all of humanity remember the sovereignty of their mental, physical, and spiritual evolution. He serves as a bridge to harmonize the old and the new, the East and the West, the internal and external, heaven and earth. He's the chief alchemist at Ammortal. He has directed and supported the healing of over 9,000 patients directly in the last 20 years and over 80,000 people through his online courses. He's a foodie with a goal to eat at the top 50 restaurants in the world and strives to live significantly in an insignificant life.

Wow, I love that bio! Dr. Steven Young, welcome to the show.

Dr. Steven Young 02:38

Thank you! I'm so excited to dive in and see what reveals itself.

Dr. Jill 02:43

Yes. I love that. I always like to hear about your backstory. Where did you grow up? How did you get into this world? How did you get into optimizing your life and your impact in the world? Tell us a little about your story.

Dr. Steven Young 02:54

Yes. I was born in Taiwan, like many things made in Taiwan. At age eight, my parents divorced and my mom and my older brother came to America with the promise of a land of opportunity. My mom really didn't know how to speak any English. She worked like 80 hours a week to make ends meet. I was a very unsupervised child. Because I was pretty unsupervised, I basically ate Oreo cookies and Chips Ahoy! all day and played video games. You can imagine that that does not produce a very healthy mind and body.

Dr. Steven Young 03:31

Essentially, by age 14, [after] years of having allergies, inflammation, and all kinds of illnesses just from poor nutrition, I was sick of being sick mentally and physically—the physical illnesses, along with the depression and loneliness from all those chemicals and just living and playing video games all day.

Dr. Steven Young 03:57

I've been having these inner voices that guide me since I was five. At 14, the voice said: "There's no difference between you, Martin Luther King, and Bill Gates. They just think differently." I was like, "Huh, that's interesting." So I embarked on this journey at age 14 to understand how to think. My first book was [on] psycho-cybernetics, which was [about] how to program a subconscious mind. At age 16, someone gave me the Bhagavad Gita. It was like my first spiritual text. In the last 35 years, I've been studying how mind, body, and spirit are together and how they work together to make us who and what we are. Along the way, I picked up official degrees in biomechanics. I have a doctorate in physical therapy. I have seven businesses so far.

Dr. Steven Young 04:53

[At] one of the businesses, I had my own clinic for 20 years where we had functional medicine, physical therapy, fitness, massage, nutrition, and yoga—a pretty integrative center. We, early on, about 16 years ago, started just playing with different technologies. Before biohacking was the thing, we were basically playing with different technologies to speed up healing. From 20 years of having that clinic, treating over 9,000 patients, and playing with different ways to speed up healing from a mind, body, and spirit perspective, that has now birthed Ammortal. We make technologies that basically do the impossible for people. And then I have some

other businesses where we do one-to-many courses to help people restore themselves. And luckily, I've brought on a lot of incredible entrepreneurs to run those businesses so I'm not in operations. I now guide the vision and curate the energetics of it.

Dr. Steven Young 05:54

And one important story to tell is that I'm knee-deep in science. I've read countless journals to understand all the things. However, 16 years ago, I went upstairs in my own clinic to get a massage, and about a minute after the massage was over, I got a text message. At the time, I was in New Jersey. The person who texted me was in Wimberley, Texas. The text message said, "How was your massage?" So I just looked at my phone and I was like, "How do you know I just got a massage?" I just texted her back and her response really changed my life, which was "Your soul told me." So that was my first undeniable experience that, beyond the sciences that I was reading, there was some other reality happening that I'd kind of read about in books but had not experienced until that moment. So really, [for] the last 15 years, I've traveled the world to essentially study the science of: How does one talk to someone else's soul, having uncovered deep esoteric wisdom that's been around for tens of thousands of years and is now making research? And really, right now, my passion is to get that information out into the world.

Dr. Jill 07:03

Wow. I'm just saying, 'Wow!' because it's so interesting. Obviously, I'm very scientific. I have a bioengineering background and medical training and I am very, very analytical. But in my own journey with my own healing as well, so much of the power of healing is in the subconscious mind and the programming.

Dr. Jill 07:19

I just got done talking to Bruce Lipton, who, of course, is one of the fathers of some of this 'biology of belief' and a lot of that. He was one of the forefronts who first started bringing this to light. Now, of course, it's much more prevalent—the thoughts that he shared with the world. But I do believe that this is such a core of the future of medicine. And it's: How do we reprogram that? And how do we live our lives in a different way?

Dr. Jill 07:42

Gosh, there are so many ways I want to go, but you clearly had this incident that changed... Well, there were a couple of incidents. [At] about five, just hearing that voice inside of you that said, "What makes you so different?" Clearly, you're a successful entrepreneur in so many ways. What do you think about your personality, your soul, and your gifts that made you such a creative person to look at all these things and start all the businesses? Is there a quality or aspect that you see in yourself looking back that made this possible?

Dr. Steven Young 08:11

It's such a great question. I've been on so many podcasts; no one has ever asked that question. I love it. I don't remember at what age, but at some point, I adopted this belief, and our beliefs basically become our reality, that my future self basically sends me instructions in the now so that all of my big choices and actions—the big ones, not like "I'm going to have a sandwich or salad"—are not coming from desire. It's not coming from "I want this to happen." Literally, I get these images or inner knowings of what to do.

Dr. Steven Young 08:52

So I believe that that is a pretty important element to how I've been able to navigate life and not only have multiple businesses, but when we launched Ammortal, I was lucky enough to create my reality. [In the] launching of these big companies, where you're raising millions of dollars and trying to impact the world, most people talk about the grind where you're doing 60, 70, or 80 hours. I did not live in that reality. As it was launching, I maybe put in five hours a week. And I believe a lot of that comes from this vision that was given to me from my future self. I think the other element is that I've always been an all-in person. Whatever I put my attention to, it's like 1,000%. I'm all in. So I think it's a combination of those two variables.

Dr. Jill 09:42

That's beautiful. And I think people can take away some of that because most people probably have a quarter, an eighth, or a tenth of that kind of passion and power. But it's almost like a laser. The precision of that laser creates a surgical instrument or whatever else you could do with lasers because of the intensity of the power of the focus. And I think that's the power of our minds too.

Dr. Jill 10:03

Let's take a side track to Ammortal, because that's how we met. There was a person who we both know well who was in Florida. I think you had your trailer outside, and I went out and tried it. And I've tried all this therapy separately but not together. How did you get that idea? Tell people what it is. I'm just super excited about that technology, among others.

Dr. Steven Young 10:21

Yes. Roughly, I think, 15 or so years ago, the first piece of technology I brought in was just a PEMF machine in my clinic. So we saw: "Yep, it definitely helped speed up healing, especially fractures and musculoskeletal injuries." And then eventually I was like, "Huh, what if I stacked a red and near-infrared light panel to be happening at the same time as the PEMF?" So I had a handyman jerry-rig red near-infrared light panel as a Murphy bed. The patient will lie down on top of the PEMF mat, and then they fold this light panel above them so they're getting both energies at the same time. Again, we saw there was a tremendous synergistic effect of speeding up healing.

Dr. Steven Young 11:07

And then, in my understanding of physiology, I was like, "Let's add in hydrogen gas, one of the most powerful antioxidants on the planet." When we had those three in combination, we saw remarkable healing effects. We saw certain people's fractures [had] healed in two weeks given this combination—plus, of course, proper nutrition and all the things.

Dr. Steven Young 11:30

About four and a half years ago, my business partner at Ammortal came to my office. I still had the office back then. We were working at the time on a workstation. That was the first product that we were designing. We conceptualized this workstation that makes you more healthy while you're on the computer versus the current paradigm, [which] is that you've got to get away from your desk every 45 minutes to move your body. We designed something that you can't slouch; it provides movement, and it provides spinal support.

Dr. Jill 12:00

Wow!

Dr. Steven Young 12:02

Yes. We were designing that. In that moment, he came to my office and he was like, "Hey, what's that thing in the corner?" I was like, "Oh, it's this thing I rigged up to help patients heal faster." He was like, "Can I try it?" I was like, "Sure." So Brian Le Gette, who's an incredible entrepreneur, gets in. And 30 minutes later, he gets out. He's like, "We need to pause everything and make this our first product," because he knew that what we could do with this would establish the legitimacy of the brand. And then, [for] any other product afterward, people would be like, "Of course, they're the frontier of this." Fast forward millions and millions of dollars of research later and [after] four and a half years of prototyping, we now have this Ammortal Chamber. Essentially, it's a combination of six different technologies, one of which is biological, which is the hydrogen gas. The other ones are energetic or frequency-based. We have electro-frequencies, magnetic frequencies, sound and vibration, and light that pulses at specific frequencies into your body.

Dr. Steven Young 13:02

What we've seen is baseline—everyone gets into the flow state. That's sort of baseline. They just feel relaxed and calm. We've seen anything from that to chronic pain disappearing. And keep in mind that all of this is one session, not a series of sessions. We've seen childhood repressed memories surfacing, processing, somatic releasing, crying, and integrating. Roughly 10% of people will say the experience was the most profound experience of their lives, more profound than any psychedelic experience.

Dr. Steven Young 13:33

We've seen one person, an eight-year-old girl who has a genetic disorder of low muscle tone—which means she needed physical therapy just to move her skeletal muscles better, and she also needs medications to poop properly because her smooth muscles have low tone—one session later, she no longer needs medications to poop. It was cured, basically. So we've seen some pretty remarkable results.

Dr. Steven Young 13:59

At this point, it doesn't surprise me because, especially in the last few years, bioenergetic or frequency-based medicine has exponentially progressed. If we study esoterics, I always say, "Energy trumps biology." So we're basically getting to

the root—literally, the source code of people's illnesses versus the downward symptoms.

Dr. Jill (pre-recording) 14:24

Hey, everybody. I just stopped by to let you know that my new book, *Unexpected: Finding Resilience through Functional Medicine, Science, and Faith*, is now available for order wherever you purchase books. In this book, I share my own journey of overcoming a life-threatening illness and the tools, tips, tricks, hope, and resilience I found along the way. This book includes practical advice for things like cancer and Crohn's disease and other autoimmune conditions, infections like Lyme or Epstein-Barr, and mold- and biotoxin-related illnesses. What I really hope is that as you read this book, you find transformational wisdom for health and healing. If you want to get your own copy, stop by ReadUnexpected.com. There, you can also collect your free bonuses. So grab your copy today and begin your own transformational journey through functional medicine and finding resilience.

Dr. Jill 15:20

I love that. And I have been such a fan of PEMF. All these things, like I said, I've done almost every one of them separately. I have a hydrogen machine. I have a PEMF mat. I have the infrared. I don't have a sound bed. So I know the power. And like you said, I'm seeing in clinical practice that sometimes just a simple PEMF will transform a patient far more than nutrition, supplements, diet, or lifestyle. I'm just such a fan. I could name a million reasons why. One in particular that is so interesting is just simple blood flow. Simple blood flow is enhanced by energetic magnetic means and all of these things. Then you take hydrogen with the reactive oxygen species.

Dr. Jill 15:59

So you started with two or three of these, and then you kind of expounded and created the six different technologies. Amazing. And like I said, I used your prototype bed last year when your trailer was out front of the conference. It was really profound as well.

Dr. Jill 16:14

This, I think, is where medicine is headed. I think that in functional and integrative medicine, and really, medicine in general, the power is going to be in energetic

modalities instead of just pills because the one-size-fits-all [approach] no longer works.

Dr. Jill 16:29

So, where are you guys taking this? How do you see this? Do you see this in clinics? Do you see people purchasing them themselves? So tell me a little bit about what you see this looking like for consumers.

Dr. Steven Young 16:43

I'll answer that from two different contexts. From a business model perspective, because it is a business, our ideal clientele is essentially clinic owners—doctors, functional medicine doctors. Now there are these biohacking centers or longevity centers. Those are, from a business model perspective, the ideal clientele. We do have certain wealthy individuals who buy it for their homes. But we made the machine to help the world, not just the select few. And that's why, from a business perspective, these clinics are our ideal clientele. However, from my future self giving me information from a Steven perspective, I was always shown that it belongs in communities.

Dr. Steven Young 17:28

There are thousands of communities that are being established because people are like, "Oh, let's all get a plot of land, live together, and have sovereign energy, food source, and food supply." What I see is that the Chamber in a clinic will have a deeper, [more] profound effect [than] in any other place because, [as] you can imagine, if everyone gets in the chamber a day, it puts all of their energetic state in resonance. It's almost like making coherence in a community. We know through the Maharishi effect that if a group of people share a similar intent or a similar vibration, it now has an additive effect on the rest of humanity. So, from an impact perspective, the communities are going to be the ideal audience.

Dr. Jill 18:19

Wow, that's amazing! It makes so much sense because so much healing really happens in community and in conjunction. In fact, again, talking about Bruce Lipton recently, we were talking about the isolation during COVID and how profoundly that affected our biology and how profoundly it affected our health because people were isolated. And in communities, [that] is really where we heal as well.

Dr. Jill 18:41

In your bio and your intro, you've traveled all over the world. What would you say are some of the most profound lessons from that five-year-old—Chips Ahoy! [and] video games—until now, with all the change that you're making? What were some of the big shifts in your consciousness that led to the person you are today?

Dr. Steven Young 18:59

Wow! Great questions. Profound shifts. Really, that moment at age 14, because I was contemplating suicide in that moment. This voice came and said, "You're no different than Martin Luther King or Bill Gates." That was very deeply profound. It was just an immediate 180-degree shift from "No one understands me and I don't belong in this world" to "Wait a minute, I just get to think differently and I can create the world that I want." So, in that moment, it seeded the development of this new paradigm for me. Instead of most people figuring out, "Where do I fit?"—"I'm a peg; which hole am I supposed to fit in the world?"—I realized, "Oh no, I just get to create the world that fits me."

Dr. Jill 19:54

I love that!

Dr. Steven Young 19:57

So that's really been the overall cumulative lessons that have strengthened that with legitimate real-world results—that belief of "How do I understand, know, and embody my frequency and tune that?" And then—this is science through the double-slit experiment and a lot of things—I will collapse the infinite wave of probability of existence into a version of matter and situation that is a direct match to my vibration. So it's really just about understanding your vibration. You need to be clear on that. I sum up spirituality and all the esoteric things. Basically, it goes back to "Who am I?" and just being very clear on that and revealing parts to love even more. And as we do that, especially through the hermetic laws, which we can get into, you can literally code the game of life instead of just being a player in the game.

Dr. Jill 21:01

Wow, I love that. And I want to just go back to something you said. I have an audience of lots of chronically complexly ill [individuals] and lots of physicians too.

Right now, our world—I keep saying the quotient of chaos is exponentially increasing. The chaotic curve is out there—chaos, suffering, wars—and everything difficult and surprising that creates fear is exponentially increasing, unless we're grounded in ourselves. So who I want you to talk to briefly is someone like your 14-year-old self, where you were feeling like, "I don't fit," "I don't belong," and "I have no value." Because, at the core, believing we are worthy of love and believing we are valued is the start of healing. And you faced that and you transformed that. What would you say to someone out there who's suffering with illness and feels like there's no hope, life has collapsed around them, and they're feeling that same feeling that you felt? How would you speak to that person?

Dr. Steven Young 22:03

I would say: It doesn't matter what culture or religious belief you come from; I think everyone can agree that there is a greater force or power beyond just humans. There's something greater. It doesn't matter what that is for you. So my advice would be to deeply feel that that greater force has been guiding you and preparing you every moment of your life.

Dr. Steven Young 22:36

The only way for me to do what I can do now—one of the things that happened to me was [when], at eight years old, I witnessed my dad choking my mom to death. Immediately, my foundation of safety disappeared. Because of that, I wanted to understand and learn everything, because if I could understand and learn it, I could control it. If I can control it, then I'm safe. So one could say in traditional language that that was a "traumatic event." I say it was a heightened emotional experience because fear was 10 out of 10 in that moment. From that experience, I was given awareness of what deep fear feels like so that I can train myself out of that fear and into the other side, which is sort of love.

Dr. Steven Young 23:23

So everything that you are suffering and experiencing, treat it like: "Okay, what is this greater power? Why am I in this virtual gym of feeling this state? And what is the opposite of this state that I get to get to?" And that's a very different context than "You've been traumatized and you need to heal."

Dr. Jill 23:43

That is so profound! And thank you for sharing so deeply, because people out there need to hear this. And so many people think love and hate are opposites. No, it's love and fear. And you just hit the nail on the head because, even as a physician, I know that my number one job is to create a space for optimal transformation for the person in front of me. The way that I can start is [by] humbly creating a place where they feel unconditionally loved and accepted and then maybe modeling that.

Dr. Jill 24:13

Usually, those fears, feeling unsafe, and a lack of love for our own bodies and creations are where unhealth starts—where the disease starts. So what you just said is so powerful because [it's about] addressing, battling, and embracing that fear and saying, "What is this here to teach me?" Everything's a teacher. So I really, really appreciate that because I can't imagine your eight-year-old self and what you went through. And yet, look at what it has done to transform you into the human and the world changer [you are]. Your technologies and your inventions are going to change the world for the better. That's super exciting.

Dr. Jill 24:57

You talked about this energy and I think that's another important lesson: When we put the energy out, we draw to ourselves the kinds of people and resources. Do you want to share any stories or thoughts on how we can actually manifest those kinds of dreams?

Dr. Steven Young 25:13

Sure. I realized from studying how the mind and consciousness work that our identities are the strongest predicting factors or variables that dictate what we experience in life. We must perceive life in a way that fulfills our identities or else we go crazy. I used to have the identity of a hard worker because I saw my mom. How we were able to survive in America—she worked hard. So I was like, "Oh, that's how you do life." In the beginning of my—I call it contribution career instead of work—contribution career, I worked like 80 hours a week. I was building multiple businesses, and I was in it and all the things.

Dr. Steven Young 26:04

Eventually, I was like, "This is exhausting." I realized: "Got it. My identity of hard worker makes me work hard." So I was like: "You know what? I don't want to work hard anymore. I want to just problem-solve because I now have a team. I'm going to empower my team to be able to do the work. And if there are any problems, I'll just solve them." In other words, I'll direct versus doing the work myself, essentially. That worked. When I adopted that identity, within a short amount of time, my work hours went back down to normal, like 40 hours a week. However, the drawback to that identity was that I started having problems in my personal relationships and with other things because that identity doesn't just apply to your work; it's your identity.

Dr. Steven Young 26:49

So I was like, "Oh, I don't want more problems in my life." So eventually, I updated it to "harmony maximizer." As a harmony maximizer, I must attract harmonious things and make it even more harmonious. And that's when life became infinitely easier and filled with grace. But then eventually, from having a pretty easy life, I was like, "I'm not going to make the difference I wanted to make in the world this way." I recommend everyone try on identities and beliefs like T-shirts. You don't want to wear one forever; it would stink.

Dr. Jill 27:26

That's great! That's a perfect sound bite. I love it.

Dr. Steven Young 27:28

Yes. My newest identity is: Resonance magnet. What that means is that I just focus on my resonance and my frequency, and I must magnetize others of the same resonance. You can imagine that if you stick a bunch of magnets together, they become a more powerful magnet that then magnetizes more magnets. That's the current T-shirt I'm wearing. It's worked out to attract exactly the most aligned people into my life.

Dr. Jill 27:57

I love it! You're like a human PEMF mat. [laughs]

Dr. Steven Young 28:03

[laughs] We are!

Dr. Jill 28:04

Right? It's so powerful because I remember in 2021, I was sitting in the midst of the pandemic—I had been writing a book that was about to come out—and then I thought: "You know what? Everybody's on screens. So if I want to really reach the world with my purpose... " Part of my soul's journey is inspiration—inspiration through [my] personal story, through suffering, and allowing people to understand that suffering can be a teacher. So all this to say, I'm sitting, meditating, and this thought comes: "I should make a documentary." And I have no clue. I have no clue, no thought of what I'm doing. But in the next several weeks, all of a sudden, it manifested—producer, director, team—and within three months, I had a very large budget to film through an investor.

Dr. Jill 28:43

But all that came from that intention, like the magnetic intention. My intention through all this was: "How do I become love? How do I truly become that unconditional love that the world needs to heal? And how do I track those people who are aligned"—like you [with the example of] the resonance magnet—"that will believe in this?" And all of a sudden, here we have a movie and all this happened. To me, it's almost unbelievable because it was so easy. I grew up, like you, on a farm [in] a hardworking community. It was all about me putting in the effort. I used to call that the dancing bear. It's like everything happens as long as I'm dancing, but when I stop dancing, nothing happens.

Dr. Jill 29:17

I want to speak to those people out there who are listening: If you're in that hard work thing and you think that all comes from sweat, blood, and tears—yes, there's a place for that, but maybe there's a place for you to transform your identity. So how would you speak to someone who says, "Dr. Steven and Dr. Jill, this is fascinating; I love this, but I don't know how to do it"? How do you transform an identity?

Dr. Steven Young 29:37

I leverage those hermetic laws. One of the laws is the law of polarity. At a base understanding of the law of polarity, everything is opposites. There's day/night, black/white, up/down, good/bad. That polarity—essentially, you can also look at it as: Everything is frequency. One way to let go of identities is to simply cancel out

the opposite frequencies. I'll explain what that means. And I'll say that if you set the intention to let go of an identity, the opposite of that spell is also being cast, which is that you're currently attached to that identity. You can never set a direct goal of non-attachment because you just confirm attachment.

Dr. Steven Young 30:30

What you can do in terms of letting go of identities—I have a worksheet I can share with you and all the audience that walks you through this—is just write down, "I am" blank—"I am smart," "I am kind," or whatever the "I am" is, which is your identity. Let's take smart as an example. That's your identity. You're going to write down: What's the opposite smart for you? That could be "stupid," it could be "ignorant," or whatever it may be for you. Write down the opposite. And then you're going to write down ten benefits for both columns for both identities—the opposite and the current. As you're doing that, you're forcing your consciousness to recognize what I call the totality of reality instead of just half of reality.

Dr. Steven Young 31:22

What people may not realize is that when you have an identity of being smart, stupidity has to come with it. Smart people, a lot of times, will notice stupidity around them because it's the only way for them to feel smart. So everything comes with its opposite. What you're doing is just recognizing the benefit of both sides of reality instead of just one side, essentially. And you do this cognitively by writing down the ten benefits. However, we're not cognitive beings; we're literally vibrational beings. So you want to get to the vibrational state of each benefit.

Dr. Steven Young 31:57

How you do this is you read the first benefit of, let's say, being smart. And then you close your eyes, you tune into your physical sensory state, like, "What are you sensing?" And then you open your eyes and you read the first benefit of, let's say, being stupid. Then you sense the vibration in the state. They're typically going to be different. Then you keep going back and forth—you read one side, feel the other side, feel one side, feel the other side. What happens is that within a matter of seconds or minutes, they will feel the same, or you won't feel anything at all. In other words, those two frequencies, as you tune them, are either in coherence or they've canceled each other out. Just repeat that process through the ten and, energetically and subconsciously, you are now less or not attached to that identity.

Dr. Jill 32:49

Wow, I have not heard of that practice before but it makes so much sense because you're taking that charge out of it. And so often I see this—and I would love for you to expound—with people out there: The anger, the projection—the kind of things that we see even in, say, a supermarket aisle or on the road—that rage, or whatever those things are. They're coming from a place of denying a part of themselves—seeing it in someone else and then being hateful towards that quality that they think is not part of themselves. But what you're saying is that we all have both sides. We all have black and white. We all have good and bad. We all have these polarities. And if we can acknowledge both sides, including the side that we think we don't have or that we hate about someone else, then we can be way more neutral. And actually, it creates a more loving human being too.

Dr. Steven Young 33:31

Yes, exactly. That's why I'm a huge fan of the process of loving even more parts of yourself. That's just a very different context in healing. It really is. Everything is a mirror. We kind of collectively know this. One of my favorite hermetic laws is the law of correspondence. Basically, it states: "As above, so below; as within, so without." Essentially, it just means that whatever frequency you are, you basically experience that frequency in your external reality.

Dr. Steven Young 34:09

For example, "No one ever makes us angry." The language really is: The anger in me is causing this experience that you are mirroring for me to become awareness of that anger that's already in me because if you did not have that frequency, you cannot experience it in your reality. It's like a radio dial. If you're not tuned at 87 Hz, you don't hear 87 Hz on the radio. So that embodiment gives people ultimate responsibility but yet ultimate power to decide, "What are the parts and frequencies that are coming up in response to an external situation?" and know that it's coming from themselves, giving them space to feel that. If you're feeling angry, give yourself space to feel it. And then, after you can fully feel it and sort of process it, you can love: Where did that come from? What was the root of that?

Dr. Jill 35:07

This is so profound because I've been teaching a lot about loving all the parts of ourselves, and that's such a key to healing. Even think about the simple metaphor of

autoimmunity: It's an attack of self; it's self-hatred at the core. Gabor Maté brings that work to light. And you're saying the same thing. And then Schwartz does parts work and all these psychosomatic practices that are really about integrating all parts of ourselves and accepting and loving all of our parts of ourselves. I really like that.

Dr. Jill 35:37

So, hermetics—I've heard that term; I didn't ever hear it described as this. Tell someone if they want to learn more, because this is fascinating. Are there books, leaders? Where did you get some of the knowledge? You said you have a sheet, so we can send people to your website too if you have any information.

Dr. Steven Young 35:53

Yes. Basically, around 13 years ago, I stumbled upon *The Kybalion*, which is sort of like an entryway book to understand the hermetic laws. But since then, I've read probably hundreds of books. Any book about hermetics I've tried to get my hands on, even ones from like 100 or 200 years ago that are old. One way to describe it is that when you read, let's say, *The Kybalion*, it's like reading Plato or Socrates. It's not like Ikea instructions or like [inaudible] books; we just go read it and [say], "And I'll just do this." It was all coded. Every sentence in the book has infinite layers of depth for you to contemplate. For people who are just getting into it, that's a great book to start. I will say that I did create a course where I've distilled my last 13 years of studying it into common-day language so that you can take in those codes that I've deciphered immediately and immediately apply it to life.

Dr. Jill 37:03

Where does that live? Tell everybody, because we'll be sure and leave that in the show notes too.

Dr. Steven Young 37:09

Yes, I can provide a link. Right now, I just finished a course three months ago, and I've just given my inner circle of friends access. I haven't officially launched it yet. But I'm sure I can make a link for everyone. We can share that out.

Dr. Jill 37:24

And we'll be sure to share your website and whatever's coming up so that people can follow. That's fascinating. It's so important, I think. And I think now people are

more conscious of the fact that the beliefs and the identity do control who we are and how we manifest our disease. Can you maybe think of any examples? You've been running some clinics and things. Maybe you saw a patient or a client where the change in their belief and identity changed their health.

Dr. Steven Young 37:52

Yes. I have tons of those examples. I remember I had a patient who came in. She really came in for hip pain. She was in the physical therapy department. I always like to get a full, not only medical but [also] life history. In medical school, we're taught: They're your patients; you want to stick to the thing. And ever since I was a student, I never believed that. I was like, "No, I want to get to know the human, not just the case." So I was just speaking to her about her general health, and she had mentioned that six months prior to seeing me, she was diagnosed with high blood pressure, insomnia, and [was] prediabetic. So she was put on three different medications. As she was saying this to me, and this is coming from some of my practice of, "How does one talk to another soul?"... I'll pause and science that.

Dr. Steven Young 38:54

A lot of our junk DNA—the DNA that does not make protein—we know makes biophotons. We are basically light-emitting beings tricked into thinking we're just biological beings. And those light particles that are broadcasting away from ourselves carry data, just like fiber optics. So essentially, every thought, every motion, and every experience in this lifetime that you've had is being broadcast away from you through your biophotons. And we now know, with recent research, that we have DNA receptors for these biophotons. So literally, we have receptors to receive that data. This is a very scientific way of explaining: How does one communicate with someone else's soul—their inner knowing? And so now I'll jump back to the story.

Dr. Steven Young 39:38

As she was saying how she was diagnosed, immediately I had this inner knowing that something [had] happened to her three months prior to that. So I just asked. I was like: "Hey, three months prior to being diagnosed, what happened?" I don't even think I finished. I didn't get to finish saying "happened." Maybe the "ha—" part. She was like, "My husband died." Essentially, to make a long story short, I helped her

reprocess the story from losing her husband to gaining more access to her husband.

Dr. Steven Young 40:10

Just to give people background, she's from the Hindu religion. They believe in reincarnation. They have different belief systems in the West. And I knew that. So, I was just kind of riding her cultural-spiritual frameworks and helping her realize that she now actually has more access to him because, in his physical body, he was rarely home—he was a consultant who traveled all the time—and she can still feel him. And I was like, "Oh, you actually have more access to him because you're not limited by his physical body that may be elsewhere." Just helping her reframe that helped her shift all that grief into appreciation. Months later, all of her symptoms disappeared.

Dr. Jill 40:47

Wow! And again, it goes back to the belief, the identity—all these core, core concepts that really do manifest in the physiology. It's so fascinating! I'm so excited about the work you're doing with Ammortal and all the many, many, many things that your future self will still continue to share with the world in this present day. What are any new exciting things on the horizon that you can share with us as far as where you see technology heading or your entrepreneurial skills?

Dr. Steven Young 41:14

Yes. Just to give context, in December of this past year, I was in Colombia on a spiritual program with the Kogi. The Kogi are the indigenous people who have lived in Columbia for thousands of years. Essentially, when the Spanish went and conquered Colombia, instead of fighting, they basically just fled up the mountain to live by themselves. So they've lived without Western influence for thousands of years. And these shamans—they're called the Mamos—are deeply spiritual and deeply connected people.

Dr. Steven Young 41:49

Just to give people an idea, they begin their training at age five. From age 5 to age 12, they live in a cave in complete darkness 24/7 for 7 straight years. That's how they're able to tune into the subtle senses beyond our five human senses. So they

can definitely communicate telepathically. They can definitely communicate with the energies of the cosmos, Mother Earth, and all these things.

Dr. Steven Young 42:16

It was a profound experience to go on this spiritual pilgrimage with them, where we went to these sacred sites to give offerings to planet Earth because Mother Earth is saying: You humans have been extracting from me for so long; it's time for me to restore myself. Now, this can go both ways. Mother Earth says: If you don't stop the extraction and change how you think, I'll take it upon myself to restore myself. But that's going to be at the expense of human lives because we would experience natural disasters as Mother Earth reorients herself. Or we can take it upon ourselves, humans, to stop the extractive ways and to change our thoughts away from fear and fight towards love, acceptance, and unity.

Dr. Steven Young 43:04

I see [a] beyond exponential rise in energy medicine, of course, in AI, how we get to curate AI, and even just how businesses are being done. We were just talking upstairs earlier about [how] just a few years ago, people were still in that mindset of: "How do I grow my business? How do I get more money?" Now the predominant talk is: "How do I give everything I have away in order to help humanity?" So there's this massive shift in mindset. It's exciting to live in this time. Literally, whoever's listening to this, you're living in the greatest time of human history. You're going to see the most profound changes for the benefit in human history.

Dr. Jill 43:46

Yes, I couldn't agree more—whether it's an exponential increase in chaos or just progress. That's maybe just perception, right? I'm acknowledging that. I'm saying that, but it's probably just perception.

Dr. Jill 43:59

Amazing. Dr. Steven, thank you for coming on today. Thank you for sharing your world. If you're listening and you want links, we'll make sure to link up to your website. Thanks again for your time.

Dr. Steven Young 44:09

You're welcome. You're welcome. It was so fun!

