



**BIOENERGETICS**  
SUMMIT

## **Use Sacred Knowledge And Ancient Rituals To Enhance Your Energetic Field For Health and Inner Peace**

**Greg Eckel, ND, LAc With  
Dr. Steven Young**



### **Greg Eckel, ND, LAc**

Hey, welcome back everybody to the bio-energetic summit. I'm your host, Dr. Greg Eckel. I have Dr. Steven Young today talking about using sacred knowledge and ancient rituals to enhance your energetic field for health and inner peace. Dr. Steven Young, he's the co-founder and chief Alchemist of Ammortal. His moonshot goal is to help a billion people end their suffering from chronic illness, turn their health from a liability into their greatest asset and their life from disease to ease. He creates at the intersection of science and sacred wisdom. By combining the old and the new, he has seen impossible transformation become easy. The entire paradigm of our reality is about to change. Dr. Steve is passionate about creating technologies, processes, and tools for humanity to navigate this new future. He believes we all have the ability to play with and pass on our wisdom to our great, great, great, great grandchildren for the most abundant future possible. He has directly supported the healing of over 9,000 plus patients directly in the last 20 years. He's a foodie with a goal to eat at the top 50 restaurants in the world. Strives to be the sole child of Elon Musk and the Dalai Lama. Currently, he's just enjoying being amazing, welcome aboard.

### **Dr. Steven Young**

Thank you, Greg. Super excited to kind of share with all of the awesome humans.

### **Greg Eckel, ND, LAc**

This is a great topic for this conference and summit. And I'm gonna start out with not a trick question, but what is your favorite color?



**Dr. Steven Young**

It is blue.

**Greg Eckel, ND, LAc**

Incorrect, sir, that is green.

**Dr. Steven Young**

Oh, no!

**Greg Eckel, ND, LAc**

I like it, I like it. It's a little throwback to Monty Python. I appreciate your humor and your joy. But more seriously, what are the laws that govern reality here?

**Dr. Steven Young**

Yeah, I'm a huge fan of what are called the hermetic laws. And so these seven laws are also known as the seven immutable laws, right? Many laws in the past have actually been proven incorrect and have been updated. However, these seven laws have stood the test of time, basically. And really quickly, I'll just list them if we want to dissect them. There's a law of gender, which means everything has a masculine and a feminine energy component to it. There's a law of polarity, everything is opposites, right? Day, night, black, white, up, down. There's a law of rhythm, which means everything in nature and in reality, swings back and forth in rhythm, nothing is static and linear, that's three.

There's a law of vibration, everything in our existence, just a bunch of vibrating molecules, which is bioenergetics, and it's just vibrating at different frequencies. And of course we can affect the frequencies of these vibrations. And then there's a law of mentalism, which means all things stem from consciousness or thought. So we generate reality, and we now have signs to show this that we're not just observing reality, but our mind as we observe reality, we're also affecting reality, so that's sort of the law of mentalism. And then there's the law of cause and effect, right? Nothing happens by accident. Everything's sort of input, output. And then the last law, which is my favorite, I would say before last is the law of correspondence, also known as above, so below, as within, so without. And what that means is, your health that you're experiencing, your relationships, your work, professional, all the things, everything that you're experiencing in life is a direct representation of the internal aspect of you.



**Greg Eckel, ND, LAc**

Wow, so it's a little messy then right now, huh?

**Dr. Steven Young**

Yeah, yeah, for sure. Right now we're being what I call initiated, prepared for what's about to come. So it appears very messy for sure.

**Greg Eckel, ND, LAc**

So these laws, the hermetic laws, those come out of what tradition or that's an amalgamation and from a couple of them, or where does that come from?

**Dr. Steven Young**

Yeah, good question. And so if you look into it, they'll call hermetic laws because Hermes, who also has been thought of as thought, which is sort of like an Egyptian god, Hermes. It's a mix of basically Egyptians slash Greek mythology and from their tradition, it's been handed down over the thousands of years. And no one really knows exactly what their lineage is, it's kind of unclear, but we know it's been around for thousands and thousands and thousands.

**Greg Eckel, ND, LAc**

It kind of reminds me of out of Chinese medicine and Chinese philosophy of the yin and yang are in a daoist component with the polarities and that kind of opposite sides or along those lines through each of the seven that you went through, so that's interesting, those universal truths that we have out there. So what are your views about energy in general and then how do you apply it to daily life?

**Dr. Steven Young**

Yeah, I think again, if we sort of anchor back to some of the hermetic laws and the thing with the hermetic is interesting is when you apply and understand each of them individually, the world just makes much more sense because it's like the rules that govern reality. And when the world makes much more sense, you get this incredible sense of inner peace. You kind of understand why things are interacting, the way they're interacting. And what's fascinating is if you start to combine the laws, if you combine number one with three and five and six, these laws trap us in our 3D reality, our everyday egoic struggles and joys and bliss, all the things. When you start to combine these laws, they're also the same flaws that can unlock you from the trap of the egoic mind, basically. So I just wanna get that context first before I answer the energetic aspects. And so when we start to apply, let's say the law of mentalism and the law of vibration, like all things



are vibrating, and let's say in the law of correspondence together, essentially what we realize is that our everyday word choices, our thoughts, which is sort of mentalism, our mental thoughts are influencing reality and influencing the vibration of not only us, but the vibration of our external environment. And this will show up in science, like in Emoto's work on water and crystal formations and how response to our thoughts, but that is just a proof or an example of the law of correspondence and the law vibration. And so if we apply all that together into our lives, we realize that our everyday thoughts in our words absolutely dictates our bioenergetic feel, our health and everything.

And I'll give you the viewers a very simple but clear example. Imagine you wake up every day and these are the words that you use. I have to wake up, I have to brush my teeth. I have to put on clothes, I have to get in the car. I have to go to work, I have to pick up my kids, I have to eat, that would have a very different feel than I get to get up. I get to put on clothes, I get to brush my teeth. I get to go to work, I get to pick up my kids. Just simply one word shift from have to, to get to, completely changes the vibration of our reality. And that just one word. So you can imagine with all the other words that we get to piece together, what that means. So being very on top of and what I call with the highest discernment in which we're thinking and speaking, absolutely trickles down and affects everything in her life.

#### **Greg Eckel, ND, LAc**

That is a lot of responsibility but so true. That component, and I guess to mirror is, we get to do that. We have that privilege and or ability. On that front, let's unpack some of those laws with the gender and the polarity. Maybe just start down from the top of giving in that discernment around though.

#### **Dr. Steven Young**

Yeah, for example, if we start to combine a few laws, let's apply it to attachment. So this is a very common concept in so, the spirituality, energetic and even personal development space of attachment. And essentially, if we were to apply that framework into the hermetics, what we'll realize is that what we're really seeing is if you are linearly existing in any way, that could be, I eat the same breakfast every morning, or I drive the same way to work every day, or I have blank routine that I do the same every day, the law rhythm and the law of polarity, just those two alone would state that, that linear existence at some point will create some kind of what I call resistance, some kind of friction point to get our attention. And so if you were to apply the law rhythm, everything moves in seasons, everything swings back and forth. And so it's probably not a good idea, let's say to eat, like I used to, if I knew all this, I would eat oatmeal every morning.



And eventually I became highly sensitive to oatmeal. And so we have biological tests that kind of again, illustrate these laws that if we eat exactly the same substance day in and day out every day, eventually we actually can become sensitive to it and inflammatory to it. That is just a biological way of illustrating the law of rhythm, we're attached to that food. But we can also apply that to psychology. If we're attached to an identity. Right now, I'll commonly talk about mom, right? Mothers, when they first have children, their identity is like, I am the protector and you need that identity 'cause the baby needs to be fed, needs to be kept safe, 'cause it can't really fend for itself. But sometimes mothers don't update that identity when their kids are teenagers or when they're like 40 years old, they're like, "I'm the protector." And it no longer serves because your kid probably doesn't need protection at that point, they might need something else. And so you update that identity. So that's a psychological example of a linear attachment. And so these biological, psychological, we can also apply to energetics. We're meant to exist in this law of polarity and rhythm, swinging from one pole to another, and eventually we land in the middle, which the Dallas would call the steel point. We're no longer clinging to the sides, basically.

**Greg Eckel, ND, LAc**

How about in vibration, how does that one play out?

**Dr. Steven Young**

In the law of vibration and paramedics they say, when you master the law of vibration, you also master reality. And they also say, when you master the law of vibration, you are now acting and living and expressing and experiencing from your divine self. So if we sort of unpack that, what that means is, my computer right now is sitting on a table and this table has what we would call wood. And so that's the chemical way to describe it. But if we describe it purely from a law of vibration, it is just molecules vibrating at a certain frequency that shows up as wood. And everything in our body, our health, everything that we're consuming, every emotion that we're feeling, some people will say, oh, we have bad emotions like anger or frustration or resentment, there's no such thing as bad, that's just a human construct.

Those emotions are just, we'll call it slower vibration frequencies than joy, and love and bliss. I am no different than this wood or this computer that I'm using, there's vibrating at a different frequency than my cells. And so when you start to see reality from a vibrational perspective, and not from a psychological egoic story perspective, what I find is that a lot of things that don't make sense psychologically makes absolute sense vibrationally. So I invite all, I've done actually exercises when I facilitate where I will have people recount and remember a very, what I call a



heightened emotional experience. I don't use the word trauma, it's a whole nother story. And so they will recount it. And it's interesting when it recounted, it's very time linear, very sequential, like this happened, I felt this and this happened so on and so forth. And I'll say, okay, let's take a deep breath and let's recount it. And remember it and see, and experience it purely from a vibrational reality. And what happens is one, there's no time, there's no linear sequence. That's just gonna tune into the overall ambient feeling and thought of it. And it completely changes the perspective of their memory of this heightened emotional experience.

**Greg Eckel, ND, LAc**

Sure. Wow. Yeah, in a vibrational lens, I love it. That does make total sense. Then you put in on top of that, maybe this mentalism component of we as observers actually change the experiment, the plenty of evidence of that happening. So the mentalism and the power of mind, whether it be imprinting, an image in somebody a far away, place of visualizing this in telepathically, I don't know if that falls within the mentalism camp, but it does.

**Dr. Steven Young**

Yes, yeah, a deeper understanding of the law of mentalism is that there is this collective consciousness and there's many words for it. Some people call it source knowledge. Some people call it Akashic records. Some people call it unified field. There's many words for it. And so it's interesting. I've been as you know, studying some magic alchemy with the Damanhurians, and they have this philosophy that humans are incapable of originating thought. There are these more powerful beings that originate thought, we get the download of these thoughts, and then we elaborate on. And another way they said it is, there's this sort of more powerful collective consciousness for unified field that is downloading the information. And this is why, if people are not aware of these studies where they had monkeys on one island that were learning to do something and the monkeys on the other island, which they didn't have cell phones and they weren't talking to each other, very soon, they also learned how to do the things without being taught. So because there is this sort of unified field, collective consciousness, Akashic record, again, many names for it, that's a deeper understanding of the law of mentalism.

**Greg Eckel, ND, LAc**

Yeah, so fascinating. So, these seven laws that are governing reality, and then you're putting that in with discernment of the language of how you apply it in your daily life. So from your experience in your studies, what specific tips or actions would you recommend someone regarding their energy?





**Dr. Steven Young**

Yeah, so one, we've of course talked about is word choice, and second would be related to word choice and I'll give an example. When something happens, our language shows up as, oh, that makes me feel angry. That makes me feel sad, that makes me feel. And so we can switch that to this awareness of, I am feeling X in response to that. It's subtle, but it's powerfully different. The other way they said is, we're now speaking, acting, behaving in an embodying from what I call our divine perspective, from the projector perspective, not just the observer perspective. And so when we live from that space, what's interesting is at first, you start to realize, oh my God, I've actually co-manifested everything in my life.

You're no longer the receiver, just receiving like, oh my God, that person hit me in a car accident, or that person kicked me. Something in me led to that experience. And so what's interesting about this is when you live from that space, at first, if you're used to, he makes me feel angry. That's happening to me, this feels very unusual. It's like, wait a minute, what do you mean? I caused it all. Eventually when you start to live from this place that you are absolutely causing everything in your life, all the bliss and joy, as well as the sorrows and sadness for a certain experience, you start to feel very different. You're almost like the driver instead of the passenger, basically. You start to realize that you're absolutely the driver.

**Greg Eckel, ND, LAc**

Yeah, that piece of it sometimes is a hard leap for folks where they're used to just experiencing as almost as a victim, it's just happening to me. And then this whole law, a piece of this is saying, no, actually the cause and effect is one, it's coming from within and without. And to have that, so how do you help people kind of grok that at the beginning? Because sometimes I would say, when folks get into this thought process, then it starts to get into like, well, are you blaming the child with cancer? There's a blame that somehow in this old language or the old patterning that comes out for folks, so what are the techniques or some kind of biohacks around that?

**Dr. Steven Young**

Yeah, that's a great question. And so first, I contextualize it as, if we apply the law of polarity, opposites, what we're really saying is, one way I call here, this side would be like, you're a guy or divine self. If we use less religious, spiritual language, we could say, this is the driver and this is the passenger. And so we're meant to experience both. And so first and foremost, it's not wrong or bad to be the passenger. Just like it's not wrong or bad to be the driver, we're meant to experience both reality. I just find that most people live on the passenger side. They've already mastered that, so to speak. And another word we might call or label a passenger could be victim,



it could be many things. First and foremost, there's nothing wrong with it. That is just one half of the reality. I'm just suggesting, explore the other half. And eventually we've had this discussion. We are these multidimensional infinitely, capable beings trapped in the thinking where, just in a human meat suit, I call it.

**Greg Eckel, ND, LAc**

Yeah.

**Dr. Steven Young**

So because we're these multidimensional infinite beings, we can actually be 100% driver and 100% passenger. It's not 50, 50, 70, 30, 80, 20. We absolutely can hold both vibrations fully in our beingness. And so first and foremost, there's that context. And of course, often I get the whole, some kid dies of cancer. What do you mean, they calls that? I remind them that from a certain perspective, I believe, and again, I'll just say, this is my opinion, is that we as vibrational, multidimensional, divine beings, we've incarnated in this meat suit to have this human experience and we chose it. We chose all of it.

And so if let's say baby dies at three months or three years or whatever, we relative to our life will see that as being tragic. But it's very possible that soul incarnated for that reason. And we don't understand sometimes in the moment that ripple will impact that. For example, Alex Lemonade Stand when she died young, imagine how many lives her passing away has helped and influenced. And so sometimes when we zoom out of time and we have faith, we start to experience these tragedies as something different. And again, I'm not saying don't see it as a tragedy, I'm saying, see it both as a tragedy and it was meant to be, and there's faith and there's some kind of divine influence in it and hold both vibrations.

**Greg Eckel, ND, LAc**

Sure, thank you for that. Yeah, the context is helpful. And I think having that broader perspective of you're able to be 100% in each is also kind of a mindgasm when you realize, yeah, it's not an either or scenario here. And so having that, the word choice and that I also love the discernment around I'm feeling X in response to that episode, rather than a lot of times, what I'm hearing from my kids in their friend group is, oh, I'm anxious, I'm depressed, I'm overwhelmed. And they look at me funny when I start to correct them. I said, I need to do this for you because you are identifying 100% with that molecule of emotion, which is incorrect. And so having that conversation, I love that we're having that here. How does our relationship to our actions impact our lives?





### **Dr. Steven Young**

Yeah, oftentimes I remind people that our relationship to our choices matters more than the actual decision of the choice, and I'll sort of unpack this a little bit. And let's apply it to health. So you can say, what am I gonna have for dinner today? And let's just go, we we'll swing the polls to illustrate a point a lot easier. Am I gonna eat broccoli? Or am I going to eat bacon wrapped with cheese, deep fried with an Oreo. And some people will say, healthy and unhealthy. And so what's really interesting about this is we all know biologically broccoli is more healthy than bacon, cheese and Oreos, biologically. However, here's the interesting part. If a person who eats broccoli goes, I'm eating broccoli because I don't want to die of cancer, because I know it prevents this and prevents that disease, and I'm definitely afraid of dying from cancer because I know my parents, whatever had this cancer. So I read an article that says broccoli really helped me not die from cancer. And a person that eats the bacon, cheese, or Oreo goes, I'm enjoying.

As I eat this, I'm just in bliss, there's no guilt afterwards, there's no, this is bad. Typically when you label food is bad and you eat it, moments later, you feel guilt. They just fully enjoy it and they eat it slowly and they relate to it, they love the texture, the taste. And for most people, if you're enjoying the process, when you eat these types of foods, you'll find that they're not shoving it down. They're eating it slowly because they're enjoying the experience of it. And so what's interesting is, while biologically, broccoli is more healthy than the bacon, cheese and Oreos, energetically and vibrationally, we can also say one is in fear and vigilance with broccoli and one is in joy and presence with bacon, cheese, and Oreos, very different vibrations. And so our relationship to our choices instantly matter, I believe instantly matters more because it affects our vibration more than the choice itself.

### **Greg Eckel, ND, LAc**

Oh, I'm in total agreement. The way I talk about it is, if you have that negative, that fear component, and you're putting that into your body, it's like a hundred times more potent than if you actually just enjoyed the fricking thing that you are eating. Yeah, nice and slow, I love that, the experience of it. Wow, that is spectacular. So on that line, on the seven laws, and I'm gonna call it our responsibility, wait, do you have some techniques or suggestions on how to become aware of it? So much of it is this autopilot program that has been moving in us that we're not even aware that we don't have that discernment or we're doing negative programming rather than positive programming.



**Dr. Steven Young**

Yeah, I can give a overall strategic tip and I'll also give a very tactical tip, for both end. So the overall strategic tip would be simply, and this is not new, slow down, because when we slow down, we have the moments to essentially observe how we're actually feeling moment to moment. When we're busy, we're just so focused on left brain action execution, getting from A to B. And I had this really interesting realization earlier last year was that when we say things like what's the best way to do blank? What we really default to is what's the most efficient way to do blank? And we were taught the most efficient is the straightest line from A to B, basically. Pick efficiency. And I started to think about it's like, well, if our life is just a series of experiences and moments from A to B, B to C, C to D, E, F, G, so on and so forth, and we're consistently living this efficient way, we're actually picking a way to live. That's the straightest line from birth to death, it's the most efficient way to get to death, right? 'Cause it's just the series of moments. What if we just pick the joyous way?

It might take longer to do the thing or the most fulfilling way or the most happy way. Again, may not be the most efficient, but it's greatly aligned than a straight line to death. And so I think slowing down and just discerning, which kind of goes back to in a way, relationship to the doings, how do we wanna feel? Because all marketing messages are brainwashing us into thinking when we get the card, then we will feel happy. When we get this, then we will feel blank. They don't want us to believe and know and embody, you can feel blank anytime that you want. 'Cause it's really hard to sell you things for that reality. So when we get it, businesses happen, we're in this space of capitalism and all that things. There's nothing wrong with it, but when you have this awareness of like, oh, they're brainwashing me, essentially to think that I need this for that, whereas no, I can just choose that without this, slow down and start to strategically see and experience reality that way.

So that's sort of the big context thing, a very tactical specific thing. And this will be a little bit of a Damanhurian magic ritual, which you've actually experienced, which is, when we consume things, when we bring things into our biofield, our energetic field and our body, we wanna make sure that it is as aligned and in tune with us as possible. So for example, if people, to apply this, let's say you buy a tomato from the supermarket, technically, that tomato, depending upon who picked it, imagine if someone picking that tomato on the farm was having an awful day. They're like, I'm suicidal on the test. From the law of vibration, they're vibrating that frequency and they're touching the tomato. The tomato does have an imprint of that frequency. And so what we wanna do is, before we consume, eat, drink things, when we put it into our body, and our field, there's a very simple ritual that you can do, this is very tactical, which is you hold that thing



in your hand. It could be a cup of juice or water or food. You hold it in your hand, you face north because it sort of dynamically aligns your energy better, and then you simply make a plus sign with your hand and you say, I imbue you with my aura and so it is. And it's just a way to say things to feel that you're aligning your frequency to the food, or your drink, whatever you're about to consume. And then you just turn the food or drink 180 degrees and you repeat the same. You kind of do it on both sides. I imbue you with my aura and so it is. That's a very easy, quick, tactical thing to really start to harmonize what you're taking in into your system.

**Greg Eckel, ND, LAc**

So that, just to make sure we're clear on it, they're facing north, they just turn the food around. They don't turn to the south, just.

**Dr. Steven Young**

Yeah, they faced north the whole time and they just do it to the food or drink and then turn the food around and get the other side, basically, back and forth.

**Greg Eckel, ND, LAc**

Love it, yes, that is totally tactical and practical. And really, you said it, if the person picking the tomato, having a bad day, I mean, that goes even into farm raised or industrialized meat production with a lot of fear and inhumanity with the animals. Now, hopefully, we're maybe becoming more aware to maybe not support that industry and look for local farmers, et cetera, which would be much better for ourselves and planet on that energetic level with much less imbuing needed.

**Dr. Steven Young**

Exactly, absolutely.

**Greg Eckel, ND, LAc**

Coming down the home stretch here, one, I think you've shared a tip, but I'm wondering if you have a most impactful recommendation for people wanting to improve their health? I mean, that is a big one that you just shared there. And then any last parting words of wisdom that you'd like to share.

**Dr. Steven Young**

Yeah, I think we did cover a lot of, it's the relationship to your choices and of course your language and slowing down, and it's sort of realizing you are the driver and you can also choose



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a different path in your doings. Beyond that, I would say, for health, there's a concept, and again, we can apply a vibration to this, which is when we are in ease, when we're vibrating ease, pendulum of ease and disease, if we're migrating ease, disease, vibrationally cannot exist. It's almost like if we're hot, we can't be cold. And so with that in mind, it goes back to choosing your daily choices, not from most efficient or best or most profitable, or let me get an advanced, let me move ahead with the biggest distance, what if you just chose day to day from what is the most joy? What is the most excitement? Whatever you're called to. And so it starts to shift the way we decide, 'cause our left brain's like pros and cons, am I gonna do this or that? And so just what is the actual... Think of it as, what's the fuel that we're putting into fueling this decision? And I'm just suggesting that we saturate from best efficient, which is sort of that, to joy, excitement, loving.

### **Greg Eckel, ND, LAc**

Here's to more joy, I love it. And love, well, we'll take all of the above. Yeah, thank you for that. Well, everybody that's been riveting and full of actionable items. Dr. Steven Young, thank you so much for coming on the bio-energetic summit.

### **Dr. Steven Young**

Of course, super excited to have tons of people. Whoever's watching, listening, to apply these things.

### **Greg Eckel, ND, LAc**

See you guys in the next session.