



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Keesha ([00:01](#)):

Welcome back to the Reverse Autoimmune Disease Summit series, everybody. This is RAD 3.0 or The Autoimmune Brain. I'm happy to bring Michelle Norris back, who is the owner, cofounder, and CEO of Paleo f(x), the largest paleo platform and event in the world, which has been featured in the New York Times, The Huffington Post, The Telegraph, and Men's Health. Michelle has been featured on Good Morning San Diego, Good Morning Austin, KRIP Houston Health Watch, and featured chef on the Paleo Kitchen TV show. She's been a speaker at SXSW Health Expo, Ancestral Health Symposium, Conscious Media Festival, Society of Women Entrepreneurs, Health Optimization Summit, and the Academy of Regenerative Practices Conference. Welcome to the series, Michelle.

Michelle ([00:45](#)):

Thank you so much. I appreciate you having me.

Dr. Keesha ([00:48](#)):

So this is an unprecedented time we've just spent, I think the last 20 minutes talking about that and what shifted in terms of—I've been a speaker at Paleo f(x), so this is a giant gathering for those of you that don't know, in Austin, Texas, that Michelle and her husband Keith have put on for how many years?

Michelle ([01:07](#)):

Well, this would have been number nine and next year would have been 10.

Dr. Keesha ([01:13](#)):

Yeah. Huge, right? And speakers from all different walks of health and wellness gather together with people who are interested in learning how to take responsibility for their own health in this beautiful environment that is so tight and so close. It's a wonderful tribe that you guys have facilitated and helped to grow. And of course COVID has knocked the underpinnings from underneath that. As it has for many, many things in the world right now, and when that gets knocked out, what we know, what we've built—this is like the Buddhist teaching of impermanence I was talking about—that everything dies, right? So when something we have built—that's one of the things they talk about in Buddhist psychology is what is accumulated will be taken away. When we actually experience that, it can be painful. So what is it that is left when what has been accumulated is taken away or what has lived dies? What is left behind Michelle?

Michelle ([02:26](#)):

Well, obviously for me, I'm moving into a completely different phase of evolution. I believe we're in a really great awakening. I think we've got a lot of people waking up to the fact that the things that we've



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been doing, particularly for the last 70 to 100 years, have not been working. So we are waking up to the fact that we are not healthy and that healthiness needs to be a priority. Obviously we have evolved with and because of viruses for millions of years, but the problem is, is that so many people believe that their health is a cost and not an investment. I think lots of people are starting to really, truly awaken to that truth and understand that it is probably the most precious thing that you have. It's the most precious asset that you have as a human in this human vehicle. But for me, after all of it's said and done, what's left is the energy.

Dr. Keesha ([03:33](#)):

[Inaudible] That was what we were talking about, right? Is that what's left is consciousness.

Michelle ([03:38](#)):

Yeah!

Dr. Keesha ([03:38](#)):

Then when the form is gone, what is left?

Michelle ([03:41](#)):

Life. The only thing that's left is the energy, the consciousness of who you are and the essence of who you are. I am a big proponent of doing things to raise that awareness and also raise consciousness and the vibration and frequency of humans here on earth. So lots of scientific information that I am not—I'm not an expert in that, but I do know I'm an expert in what this vehicle and what this energy and this consciousness and this soul has experienced and what I know to be true for me. So, I'm sure you could find all kinds of experts that can talk about the science behind consciousness, amazing stuff out there. And I have been really diving into that heavily, particularly through what's been happening with coronavirus and the lockdowns and what we're seeing out there. I think it's—there's gonna be, what's gonna end up ultimately being left is what we all ultimately end up needing.

Dr. Keesha ([04:51](#)):

So what years ago—you know who Ram Dass is?

Michelle ([04:55](#)):

Yes.



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Dr. Keesha ([04:55](#)):

Okay. So years ago—Ram Dass, for those of you that don't know, is a psychologist at Harvard and he was part of the psychedelics club that in the sixties went over to India, as a Harvard student and played with LSD in that time period, and then went to India and started learning how to meditate, learn mysticism, found a teacher, came back, and started teaching from that space. I had seen him speak years and years ago and then I saw him speak when he had a stroke. It was like the first time he was on stage after having a stroke and being in a wheelchair, and one of the things that he said was, "For the first time life has actually given me an opportunity to rest into really dealing with what's most important because I can't speak, because I can't walk, because all of the things that I have considered important have now been shown to be impermanent, and now all that's left is consciousness." Right? I just remember sitting there as he's trying to say these words and formulate them with garbled—it's very hard to understand him when he first started speaking and going, "Oh, wow." Right? "Yeah. I get this."

Michelle ([06:17](#)):

Yes.

Dr. Keesha ([06:19](#)):

That an autoimmune disease is us attacking us, and the way that I'm thinking about what's happening culturally, like right now is it's an autoimmune disease of the culture that actually we're the autoimmune disease of our culture, of the planet. We're attacking ourselves, we're attacking—Right? What's happening right now then is you attack yourself, different systems in the body attacking each other. There's no winner. There can only be a death of something. That's what autoimmune disease is, is actually attacking self. So, what's left? Consciousness. So when we rest into that and say, "Okay, then what do I do with that? What do I do with that? Okay." Everything else is impermanent. My body's going to deteriorate and die. That's a given, it's a promise. It's the only actual truth we have on this planet is that we will die and this body will deteriorate unless it gets into an accident or have something catastrophic happen. So with that being said, then where should we be spending our time? On anti aging? [Laughing] Botox? We're actually [inaudible]. And I'm not saying that that either one of those are bad, I'm saying though, do we do it to the exclusion of our consciousness, right?

Michelle ([07:38](#)):

Yeah, no. I think personally and where I'm spending most of my time right now is really working on my higher consciousness working on the mindset and all of these things. 'Cause at the end of the day too, our immunity can be greatly impacted by the fear that's happening. There's an enormous collective fear currently just palpable in the world. And especially for those of us that are empaths, it is kind of difficult sometimes to hold that. But one of the things that I've been working on and what I really have come to



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realize is that at the end of the day, we have to hold all of it in order for us to be able to move forward and for us to actually evolve. And for us to actually transcend all of this is that we've got to hold all the polarity. So there's all this love and grace and unity and all of that, that is really the core of who we are as humans. But we have forgotten all of that. And then there's this hate, the racism, the sexism, all the isms, everything that we've got over here, you've got all of this stuff that's going on with people out there. There's the conspiracy theories, the pedophilia, all of the stuff that's really horrific and very hard to look at and very difficult for us as humans to even comprehend or even—I mean, it's just, all the Jeffrey Epstein stuff, it's all so completely insane. And then there's the politics. And then there's the money trails and all of the things that you see here around all of these things and the deal is we have to hold both of those. We have to accept both of those as part of us. We have to see them and understand that because we are all connected to each other and we are all about one unity. So that stuff, whether I like it or not, is mine and I have to accept that and I have to hold compassion for it. And I have to hold space for both of these things in order to transcend this space. It's interesting that you brought up Ram Dass because one of—I think it was probably about six months ago, Keith and I watched his last documentary, which was really incredible. And he was struggling quite a bit with speaking and everything, but there was lots of old footage of him talking and it was really incredible because the name of the documentary is called *Becoming Nobody*. The thing is, is that it's that releasing of who you are and accepting all that is and being and in presence with this moment. Of course, a lot of people know about his previous work, *Be Here Now*. But it's that presence and that acceptance and that compassion and the loving. All of this junk that we see that we all don't like, we need to find compassion and love for it and say, "Okay, that belongs to all of us collectively. While this personal expression here on earth may not be doing any of that stuff, I'm still a part of it because I'm human. And because this is all of us collectively pulling. This is all happening collectively."

Dr. Keesha ([11:21](#)):

So beautifully said. One of the things that I love about Buddhist psychology is it brings us to this idea that at some point, every single person on this planet and animal has been your mother. [Laughing] I love that they teach that, right? That everybody, everybody—though the worst serial killer, like everybody—has actually been your mother or a parent. And it's like, "Oh, we are each other." Right? This is actually the whole meaning of namaste when you dive really deeply into it. This idea of becoming nobody, Americans or Western industrialized societies will start to think that is nihilism, but it's not. It's like the emptiness of identification of ego is emptiness. Right? And that actually, if you think about it, that everything that is impermanent then makes it empty in some sense. And so why do you put so much weight on the role that you play? "I am this, and you are that", when all of it is actually empty. So becoming nobody, that idea is so foreign to our society. Then we won't have people rioting and being racist and killing each other, if you can kind of come into that space where all sentient beings deserve



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compassion. May they all be free from suffering. May they all have happiness that is free from suffering. May I recognize all of them as my mother, right? [Laughing]

Michelle ([12:58](#)):

Exactly.

Dr. Keesha ([12:58](#)):

It's so beautiful.

Michelle ([13:00](#)):

And that's the thing is if we could get to that place, we would stop being—We are the only species that willingly harms and hurts each other. We are it. So I've had a lot of people go, "You have animals kill each other." Animals don't kill because they can, they kill because they need to.

Dr. Keesha ([13:22](#)):

Food. Yeah.

Michelle ([13:24](#)):

Food. There's a big difference. We kill because we can, we kill because we want to, we kill—

Dr. Keesha ([13:29](#)):

—for power.

Michelle ([13:30](#)):

We're intending to harm, control, or do something to another. That is a complete difference. There is no other species that does that.

Dr. Keesha ([13:39](#)):

It's for power.

Michelle ([13:39](#)):

And because we don't recognize—we don't recognize that we are not—there is no other. We are it, we are unity. We are each other, just like you said, we are all one. And when we recognize that we stop. I know that I had a spiritual journey about three and a half years ago. And it was very clear to me that I was like, "Oh, if I hurt you, I hurt me." We don't get that. And that is the absolute truth. So, we have this



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belief there is other. You're separate from me. We have this belief that we are separate. We are not, we are not separate. There is so much science and I'm—we just watched a documentary, which was an amazing documentary. It was just filled with all kinds of science and everything regarding how connected we really are and that we can—they can actually measure it. It was called The 1 Field and Bruce Lipton, Gregg Braden were in it. All of these scientists from around the world were in it. I can't think of all their names, but it was an incredible documentary because it was like, this is so powerful, especially right now, because at the very end of the—I have it right here. Hold on. Because I thought this was one of the most powerful things that I have actually seen or heard. Not seen. Hold on... Okay. "That we need to choose a new light, a cycle of peace and cooperation. We always have a choice. When we choose peace on one platform, there is what we will call dark consciousness. On another platform, light consciousness. We've been saying this for two years, we told you to be ready for the dark. It will not give up without a battle. And now the battle is here." I think that's very clear. We all know that. "It's all over the news. Everything that they are doing is calculated to scare you to death. Fear is darkness. If you shine your light and stay out of fear, the whole world will be brighter for it. Nothing can survive your life." It was one of the—it was a very powerful moment for me is recognizing that when—'cause this is the thing it's really, really difficult as a human to, especially because we have social media and we have the ability to talk to each other all over the world at any given moment, 24/7, unless we're being censored, that we have this opportunity to discuss things with each other and that's not what's happening right now. So even people who want to be in the light are actually falling prey to the darkness because they're giving into that human experience of, "I'm right. You're wrong. I'm going to tell you why you're wrong and I'm going to tell you how stupid you are because you're wrong." The problem is is that none of us are really wrong. We have a different perspective and it's okay. There's not anything wrong with having a different perspective. The thing is, is accepting that, is that we have respect for it. We have compassion for it. We still love each other, even in the disagreement. When you can even do that, even if—whatever this person or this person is saying or doing that you feel is very dark, but when you hold compassion for it, you bring that into the light. There's no other way around it. But when you get into the mess with someone and you start talking down to them and telling them how wrong they are, or calling them sheeple or whatever the case may be, then you go into the dark. You're not light. So that is one of the things that's a big struggle for us as humans, especially right now, for people that want to stay out of that frame, but they can't, they keep getting sucked in, because it's just such a vacuum. It's just like, just let's go right into it. I've had to really reign myself in and really come back and go, "I am not going to contribute to that darkness because right now, what we all need is love, grace, and unity." It's our only way out of all of this. It's the only way out. So, yeah, that's been a big huge lesson in the last couple of months.

Dr. Keesha ([18:37](#)):

I'm moving to Portland in two weeks to start a master's in divinity program at a Buddhist college.



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Michelle ([18:45](#)):

Wow.

Dr. Keesha ([18:45](#)):

In Buddhist studies for four years, because these guys have figured this out, right? They've figured this out. When the Chinese invaded Tibet and all these monks and nuns were killed and imprisoned and tortured... There's a story of one escaping and coming and sitting in front of the Dalai Lama and the Dalai Lama was with them and he said, "I felt like I was in very grave danger." And the Dalai Lama said, "Of what?" And he said, "Of losing compassion for my captors." And when these guys came out of Tibet after being imprisoned and tortured for years and were studied by scientists, they didn't have PTSD. And so my thought says, "Okay, they have really mastered the art of mind training." Of really, really getting to how we perceive and the patterns that we do it in, and then how to really maintain loving kindness and compassion in the midst of anything, literally anything, even the loss of your entire land. Of your Homeland, of the people that you love, of food. They still were able to maintain compassion through that. So I figure you go to the people who are masters and you learn from them at their feet, and that's what I'm going to go do, because it feels like that that is what's needed right now.

Michelle ([20:16](#)):

Yeah. Well, bless you for going to Portland to do that right now. [Laughing]

Dr. Keesha ([20:21](#)):

[Laughing] I'm going to live in a place where I can practice it!

Michelle ([20:23](#)):

Yeah. Exactly. You're going to get a heavy duty practice. I'm like laughing because, it's so funny, like really in the massive—I had a massive expansion around this concept of really loving people and having compassion for where they're at right now, even when it's really difficult for me to understand it, or to even get any kind of like comprehension around that. But knowing that there's a lot of people in fear, all of these things, and then just trying to really hold compassion. And my very, very first test was—so, you know, Texas is known for our mosquitoes. So my very first test was a mosquito when it was in my bathroom. And I thought, "Really? This is my first test?" [Laughing].

Dr. Keesha ([21:15](#)):

It's the perfect test! [Laughing]



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Michelle ([21:15](#)):

Seriously? I have to let this mosquito live in my bathroom right now? I was like, "No!" Anyway, it was so funny, but I was just like I'm going to hold love for you and compassion for you just please, just stay away.

Dr. Keesha ([21:34](#)):

I wanna love you while you're over there. How about if I love you while you're outside? [Laughing]

Michelle ([21:39](#)):

It would be even better, but you can't catch those. I was trying to catch it to take it outside. But it was like—I was just like cracking up. That's my first test, is a mosquito. Alright.

Dr. Keesha ([21:48](#)):

I know that the Dalai Lama has been asked about mosquitoes and he says, he goes, "Go to a better life." [Laughing] I release you from this life! This is the compassionate thing, I'm emptying this form for you so you can move on to a better one. Mosquitos are great for that. So, what we're pointing to right now then—'cause what does this have to do with the autoimmune brain? So what I'm trying to sort of help see the pattern is that if we rely on the brain as the seat of our left brain only, analytical, figuring things out, logic, science, like all the things that we consider and really worship in our culture, and don't allow that right side to come in with the visual, with the parts that show these larger energetic patterns of our connectivity, right? We don't worship that in our culture. Then we're imbalanced. So when we have this autoimmune issue where the immune system is literally causing inflammation in the brain, we're always in microcosm of the macrocosm. So the macrocosm, you can see it, you can see out here polarization between different kinds of people, different kinds of thoughts, and what is really required. It's another thing I love about Buddhist psychology is they say, "If you are having an experience where somebody is hurting, you have likely been in the position of being the hurter, a persecutor at another time period." So what has to happen is to break that cycle so you don't keep reversing it. Going back from victim, persecutor, rescuer, victim, persecutor, rescuer, that you sit in a space of recognition that this is me and having compassion for all of it. Compassion for the suffering. Compassion for the love. Compassion for everything. And it's that—we find it easy to be in prayer and feel compassion. But like you said, when we're confronted with a mosquito or the person that is triggering us, then we have a hard time maintaining that sense. That actually—we are not passive observers of our nervous system. We are not passive observers. We can get in there and we can actually alter the way that we perceive and the way our nervous system behaves. So then that changes the auto-immune brain to a brain of compassion. I think that's a beautiful promise that that can happen. I've witnessed it for myself. I have herpes 6, HSB 6, an auto antibody in my brain. I test these auto antibodies because I've worked with so many people with



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autoimmune disease. When I found I had HSB 6 in my brain, I was like, "Oh, look at you. Like you sweet little virus that's in there just there to remind me of my impermanence." Right? Then I can have so much compassion for this process. When I have compassion, then I have a different biochemistry so it doesn't activate. But if I were to go into anxiety and fear about this and look it up online and say—which I did—all of the different things that it can cause, and then live in anxiety about those things, then I can actually make that happen as much as spring follows winter. [Laughing]

Michelle ([25:23](#)):

It's interesting because we are the only species that can have a thought and change the entire chemical makeup of our body.

Dr. Keesha ([25:30](#)):

Sit closer to your microphone, Michelle.

Michelle ([25:33](#)):

Oh, okay. Did you hear what I said?

Dr. Keesha ([25:35](#)):

Well, just barely.

Michelle ([25:37](#)):

Okay. So I was saying we're the only species that can have a thought and completely change the chemical makeup in our body. So it really shows the power of our minds and the power of our ability to manifest in our life. Like you said, if you are in—the idea that whatever you focus on is what grows in your life, that's the whole working through that mindset and actually that's part of the immune issue is that we end up causing disease in our lives because we focus on what we don't want. So what do we get when we focus on something? That. Exactly what we focused on. Our bodies are really good at doing exactly what we think and what we express through our voice, they follow suit, they do what you ask. So you're asking—when you keep thinking through the fact that you are afraid and in fear that you're going to get this virus, any virus, any kind of whatever, all of those things. If you're in fear around that, and you focus on that, then your body is going to follow through on that promise. The other piece too is, and what's really interesting to me is we're also the only species that no longer uses the mechanism that we have and that we were innately given to release trauma from our body. So all trauma ends up becoming disease. A lot of people—and I like the way that they say this—is dis-ease in our body. We don't release any of that. We even now stop that in our children. Now we're helping what happens with our children. Now we're seeing disease states in children at a much more alarming rate because we stop that process



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for children too. 'Cause the first thing that we do instead of allowing a child to cry, feel whatever they're feeling, feel pain, feel the hurt, whatever is happening in the trauma that they've experienced. They fell down, got hurt, whatever. The first thing we do is put our hands on them. We start telling them to stop crying. We tell them that they're going to be okay. We do all of those things and we stop their mechanism for getting rid of that trauma out of their body. But when you watch in the wild, a gazelle will be chased down by a cheetah and if it escapes that, the first thing it does is throws itself on the ground and shakes to get rid of the trauma.

Dr. Keesha ([28:02](#)):

Yeah.

Michelle ([28:02](#)):

We don't do that anymore. So we don't allow—we stuff down and we don't allow all of our feelings and everything. So then we also go into autoimmune and that's why autoimmune is so on the rise is because we've trapped all of these traumas in our body and we've not released them and we've not done things to get rid of them. So we're going to end up with disease. Then we focus on what we don't want. We focus on the illness that we're afraid of. This is the thing, so both Keith and I have the [inaudible] APOE 34. For those of you that are not familiar with that, it is the—

Dr. Keesha ([28:39](#)):

Alzheimers and heart disease.

Michelle ([28:39](#)):

Yeah. Early onset Alzheimer's. So if you're a 34, it's a 30% higher chance and risk.

Dr. Keesha ([28:47](#)):

Your husband has it too?

Michelle ([28:50](#)):

Yeah. So the thing is, is that both grandmothers on both sides of my family both died of Alzheimer's. Now I could live in fear around all of that and be like, "Oh my God, am I going to get whatever?" And the thing is, is that that doesn't help me. What I have done and I continually do is talk about how amazing my cognitive function is. It is amazing. It's gonna always be amazing. I am not—I don't focus on what I don't want. I don't say I'm not going to get. I say I have excellent cognitive abilities. I have excellent cognitive function. I will always have excellent cognitive function. Then I also do all the things that I'm supposed to do to make sure that I don't have this gene express itself, which is watching saturated fats.



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Dr. Keesha ([29:43](#)):

Right. You're not eating a deep fried donut and saying, "I have excellent cognitive function." [Laughing]

Michelle ([29:50](#)):

But that's the other thing is, is that we have, again, the ability to put that out there and make that manifest. Now my body is going to follow suit. My body is totally—and my brain, because I speak it and I do speak this. This is part of my affirmations that I do daily, is that I speak this into being. I speak this as a truth over myself and my body's going to follow suit and it's going to be like, "Okay, this is not something we're going to allow in the system." So anytime anything shows up that even looks like my cognitive function might... It's going to attack it and go, "Nope, wait, that's not allowed here. This is not what we allow." So it's knowing how powerful you are with your voice, with your mind to really make things happen in your body and really doing the work to try to make sure that you're eating properly. You're getting enough sleep. You are staying strong, trying to manage your stress. 'Cause right now stress is... Oh my God. It's just like skyrocketed. Knowing that we will all end up ultimately being okay, and that we will actually come out of this whole thing much better humans. Like we're going to—I honestly believe this was a break. It was a break for the planet. It was a break for all of us as humans to take a break and actually start focusing on what's really important.

Dr. Keesha ([31:20](#)):

I'm calling it planetary global menopause.

Michelle ([31:23](#)):

Yeah. [Laughing].

Dr. Keesha ([31:24](#)):

Lots of heat, hot flashes. [Laughing] Time to say, what do we want the next chapter of life to look like? Really evaluate. This is what the role of menopause in our own form is for. How do we want the rest of our life? It's time to look at that when we're in menopause and it's the giant pause. Everything's on hold.

Michelle ([31:48](#)):

It's a great break for all of us to just really start taking stock of what we really want and what do we want in our futures? This is the thing too. I know that a lot of people have lost their jobs. A lot of people have lost their businesses. There's a lot still in jeopardy at this point. And the thing is, is that what I really did over the last few months is really take stock of what I'm doing. Is it serving me? Is it what I want to



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do? I'm really focusing on the stuff that I want to do. This is a thing, we all get to reinvent ourselves through all of this. So if you're not happy in your job, look at it as a blessing. You're no longer doing a job that you don't like. Now do something you love, go do something that you love because that's what we need here is people who really love and are passionate about what they do. And again, that all goes back to being healthy, not getting into that autoimmune state where your brain is unhealthy. 'Cause you think about people that have done a job for however long they were doing their job where they hated it, they hated going to work. Whatever. Can you imagine what that was building up in their body and in their brain and how probably autoimmune was probably a big part of their daily life because they were doing this thing that they really hate, but they were doing it because they "had to", because they needed to provide for their family. They needed to do this. They needed to do that. Well, right now, decide what you want to do, decide what you want your future to look like. It doesn't have to keep looking like what was in the past. This is probably the biggest—

Dr. Keesha ([33:24](#)):

I would add one thing to that and that is—and again, I learned this in this practice that I'm engaged in right now—is that you don't just do it for your own happiness. In fact, you relinquish that in service of the larger planetary need. That all beings have freedom from suffering. Then whatever you're engaging in is for that service and then you wind up in a state of equanimity no matter what's happening around you. Even when your body is deteriorating and dying, because you understand that your consciousness lives on. Which is what we started with. So really focusing on that, like making friends with the idea that, "Oh, I am going to die." So not to be afraid of that. And "Oh, that's not happening right this minute. So I'm going to live in appreciation and gratitude for the life that I'm living right this second, because the thing I'm fearing is not happening." Right? Then how can I be of service to all mankind as an agent for freeing people from suffering and other sentient beings? Right?

Michelle ([34:36](#)):

Right.

Dr. Keesha ([34:36](#)):

So, then there's peace and wouldn't that be lovely?

Michelle ([34:41](#)):

Yes. The thing is, is that it's very possible.

Dr. Keesha ([34:45](#)):

It is. It is.



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Michelle ([34:47](#)):

Yes. In fact, I believe that we're going to have no other way around that.

Dr. Keesha ([34:51](#)):

Me too.

Michelle ([34:51](#)):

What ultimately is coming, it may not be for awhile, but it will happen. Because we really have no other choice.

Dr. Keesha ([35:02](#)):

Michelle, thank you so much for spending time talking about this.

Michelle ([35:07](#)):

Thank you!

Dr. Keesha ([35:07](#)):

Of course I could spend forever just talking about it. [Laughing].

Michelle ([35:11](#)):

Me too.

Dr. Keesha ([35:11](#)):

Raising consciousness as a way of reversing the autoimmune brain, right? We always attribute mind with brain, but mind is not just in brain. Mind is everywhere. You have belly mind, you have heart mind, you have finger mind, you know... So being connected to the mind of all and getting in that flow, in that stream, allows you to not precipitate about this brain, this form.

Michelle ([35:40](#)):

Agreed.

Dr. Keesha ([35:40](#)):

Yeah. Thank you.



Dr. Keesha

REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Michelle ([35:43](#)):

Thank you so much. Thank you.

Dr. Keesha ([35:43](#)):

All right, everybody. Lots to chew on, lots to meditate on, lots to journal with here. I would encourage you to do that and see what happens for you. Until next time, be well.