



Dr. Keesha  
REVERSE AUTOIMMUNE  
DISEASE **SUMMIT**

## AUTOIMMUNE BRAIN

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

Welcome back to the Reverse Autoimmune Disease series, everybody. This is of course The Autoimmune Brain, and I'm delighted to bring back a dear friend and soul sister, Niki, who is an award winning functional health practitioner, medical empath, and is helping people to optimize emotional and physical health. In 2005, she cofounded one of the largest mind body clinics in integrative medicine in the United Kingdom. The results with patients at the clinic were published as a preliminary study in 2012 in the British Medical Journal Open. In August 2015, Niki hosted the largest ever free online health summit at the time on overcoming fatigue. And since 2015, she's spoken on over 50 large online health summits reaching over 1 million people worldwide. This year, she's co-hosted the largest ever online event health summit on overcoming trauma and mind body medicine with almost 200,000 attendees. Welcome to the series, Niki.

Niki ([00:54](#)):

Thank you so much Dr. Keesha for having me. It's wonderful to be here, and thank you on another really important topic as well.

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

Yeah, so, when I conceptualize this idea of reversing autoimmune disease, I saw it in these rings, right? That we have the immune system attacking the self on an individual level, which is what we traditionally think of as autoimmune disease. There are, of course, over 150 known diseases that come in all these different target organ and tissue names, right? Ms and rheumatoid arthritis and lupus and Raynaud's and eczema and psoriasis and rosacea. On, and on, and on. People tend to get locked into that one ICD-10 code disease and then call that autoimmune. But one day I was in meditation and I just thought what autoimmune actually was, is self attacking self. That we are all—where everything around us, everything we witness, is the self. So it's this idea of non collaboration between systems, whether it's between your immune system and a tissue inside this physical form, or is it on the social brain where we're attacking one another or us attacking the planet, right? Then the planet coming back and saying, "Look, I'm putting all of you guys in time out. Here's a virus. I need to clean up. You guys go. You've been misbehaving guests on this planet." In a pandemic, too. To the field that Rupert Sheldrake really talked about in a scientific way for the first time that many, many civilizations have talked about. In ancient times, this idea of morphogenetic resonance in this field that we're all part of. And that there's actually a spiritual component to this too. So as we talk about physical, energetic, emotional, mental, spiritual, autoimmune can play a role in all of that. So one of the things that I thought when I thought, "Okay, I need to have Niki back on this summit because she just hosted the largest online trauma summit ever to be seen". And I wanted to see what were your favorite learnings from it. But then I also know that you've been working a lot with emotional detoxification and people that have read Solving the Autoimmune Puzzle know that I use the Ayurvedic paradigm of the 5 different layers of physical,



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energetic, emotional, mental, spiritual, the pancha koshas, and that if you're toxic in any of those layers, you don't get to that spiritual portal that you want to. That's the place where we have complete flow, we're in complete resonant, right?

Niki ([03:34](#)):

Yes.

Dr. Keesha ([03:34](#)):

Vibrational collaboration with all that is. And so we want that. Everybody wants to have that consistently, but if we have toxicity in these other layers, it's going to obscure. In Tibetan Buddhism they call these obscurations to the nature of—they call it your Buddha nature, which is like your essence. So there we have it, I just laid the ground. [Laughing] So let's talk about emotional detoxification and I want to hear your favorite learnings from the summit.

Niki ([04:05](#)):

Well, okay. So that was really—that was great because how you just talked about things with these multiple levels that you need to consider. Like we have more than one body to consider for healing ourselves. We don't just have one. We have more than one, and that's the same. We don't exist in a vacuum. We have this—we're profoundly impacted by what's going on in the environment at the physical, energetic, cosmic, universal levels as well. And what's interesting is, is this, one of the biggest takeaways I think about why that summit was so—why we had so many sign ups and it was very successful. [Laughing] Was that we designed it with those levels in mind. That we want to have alignment on all levels. We need to be aligned and healed on all levels. And that's when most people are stuck, either downplaying a level, ignoring a level, in denial about something that's happening, whether it's a physical, whether it's mental, emotional, energetic, or spiritual. And it's—we are much more likely to reach our goal of overcoming whatever the issues and symptoms that we have, if we consider ourselves—exactly as you said, from this multifactoral perspective. We want to consider ourselves from all levels and always remember that everything is connected to everything and we're energetic beings. There's a field of existence and all it is is light, and it's just going at different speeds. And when it starts to go at a different frequency, we can see ourselves in the visible range. Then when they just slow down, you know molecules, as they slow down, they come into physical reality, that's all. So everything is connected. So if we don't—we do need to address what's happening at the spiritual, emotional, "invisible" level, the part that's been profoundly downplayed and excluded by conventional approaches. Anything which doesn't—anything you can't see, touch, feel, taste, it "doesn't exist". That approach. That's been the critical link and I think what was amazing with the summit is that we made sure we had experts at every single level. We were speaking to the psychology community, sharing with the functional health community, what they needed to learn from the psychoenergetic communities. So



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things like, not everything's caused by physical imbalances. [Laughing] If someone is holding trauma in their energy field, they might be out of alignment with their sole mission. You can be getting push back and physical symptoms 'cause you're out of alignment of the *raison d'être* on the planet. That could be a top reason. On the other hand, we want the psychology community to also understand that there's a lot of mileage and power when we address what's happening at the physical level. And just to a specific point, and I'll raise that here. There's lots of things we could talk about but one of the biggest things that I took away is I talk about adverse childhood events, trauma, early life stress a lot. It has a tremendous impact on our biochemistry and on our energy field and on our psyche. And I came to realize that one of the biggest impacts of early life stress and trauma and this kind of thing is that it triggers a condition called Pyroluria. That leads to a severe significant deficiency in zinc, manganese, and B6. As soon as you're deficient in those nutrients, you're switching off stomach acid production. So you're right into leading into things like leaky gut. You're heading straight to disarming the immune system because you have no zinc. All your neurotransmitters are gonna be out of balance because you need B6. So there are people who could be doing tremendous amounts of work on the psychology. EMDR for PTSD, that's eye movement desensitization and reprocessing in energy psychology for posttraumatic stress. There can be people doing tons of energy work, amazing work, and not feel like they're getting the benefits 'cause they don't realize they've got this condition called Pyroluria and you need nutrients for that. [Laughing] So we kind of—and this is a true holistic approach. Let's not downplay anything. So that was a huge takeaway. And my good friend, Trudy Scott, who's an expert on Pyroluria, we had her on the summit and it was a hit to talk about that topic. So, let's not forget, there's a bottom up thing that we need to consider. We don't want to throw out what we learnt about functional medicine. That's important. We can—our body is bi-directional. The relationship is bi-directional. So what we do at the biochemical level changes our emotional state. So let's not forget that, but on the other hand, you might be somebody who's done everything on the physical side, you're in tip top shape, but you are maybe in a dissonant, imbalanced frequencies in your energetic field. Which will keep affecting and changing the epigenetic expression of the biology. And something will go out of whack eventually, again, in the biology or you either won't get consistent results or something else will show up or you just won't get the results that you want, if you disregard the energetic psycho, emotional side as well. We are one thing, the mind and body are one thing. We're here to be embodied beings on the planet now, we have physical bodies and even if we become enlightened beings, we still have a physical body to take care of, to detoxify, to keep healthy, to keep clean, and to keep lots of nutrition in there. So I think the Pyroluria thing was key and then that holistic thing where we covered every base. I think that was part of one—there's a lot more we could talk about, like sound therapy, from this. That was one of the key takeaways as well. So yeah, that was some things from the summit anyway. [Laughing]



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Dr. Keesha ([09:47](#)):

So important. And when I teach my health coaching students, this is what I say" "You cannot achieve adrenal hormone gut balance if you haven't addressed the emotional, spiritual, mental component. And vice versa. You're not going to come out of your depression and anxiety and all the emotional components, if you haven't addressed this other physical component. They are not separate." Right?

Niki ([10:11](#)):

Yeah.

Dr. Keesha ([10:11](#)):

Several years ago in a meditation, I got this imagery that has made so much sense and I haven't really talked about it very much. It was like, in the car you have a gas pedal and you have a brake and the ego is constantly putting on the brake, right? "Are you going to be safe? Don't do that." It's all about survival of this being in this form. It's a necessary component for us, but the spirit or soul, whichever that said, "I want to come in, and this is what my purpose is" has got the gas going. Right? So if the ego pushes too hard on that brake, then you've got this engine that's going to burn out because you can't have the gas and the brake on at the same time. So that just made so much sense to me that this physicality burns out. You're putting gas and brake on at the same time. So it's actually letting go of the brake that's so important, which that ego structure—and the Enneagram is one of the tools that I use, of how you get your needs met when you're a child, is based on those early belief patterns that were set up as you attached meaning to events that were happening in your earliest time on the planet, even at conception. It's this idea that we're in this linear world where you're born, you go through each birthday, and it goes in a line is actually so inaccurate. Quantum physics tells us that, right? We have access to all—even the one that is going to draw it's last breath in the same cell of time. So the more that you spend time really nurturing and healing this little one who, very wisely, came up with the ego strategies, but now they're not necessary. You can actually teach her or him that you've got her. She doesn't need to lead with that anymore and keep that brake on so that the soul can actually do its thing. Then you're in that beautiful flow and alignment with, again, the universal field, right?

Niki ([12:13](#)):

Yeah. That's a really key point because a lot of us souls are incarnating in these times because—it's almost going through a really tough time having a tough childhood. You mentioned the Enneagram. Anything to do with ego, that's putting that brake on, it's always to do with a lack of truly understanding our power and that we are loved completely. Any iota of not knowing that that's the truth of who you are, creates an ego defense, which leads to resistance, which is what translates usually at some level into a physical symptom. Right?



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Dr. Keesha ([12:51](#)):

Right.

Niki ([12:52](#)):

So at any level that we don't recognize our power and that we are 100% safe and loved, any degree iota away from that truth, which is the truth of the soul, will manifest in dissonance, things going wrong in your life, in the physical body.

Dr. Keesha ([13:09](#)):

In your relationships, in your finance, in your health. Like, all of it. Yeah.

Niki ([13:12](#)):

All of it. Yes. So the interesting thing is, a lot of us are coming and going through difficult experiences so that we heal it and create a new pathway in the morphic fields for the human species so that everyone else can heal from this more easily. And that's part of what going through adverse childhood events is about, whether it's early life stress, whether it's sexual abuse, whether you experienced physical abuse, whether it's narcissistic abuse as a child and then you end up attracting the narcissistic partners. What we're doing, if you are a soul who's like, "My life has been really hard. Why am I here? Why did I choose this?" It's usually—and if healing has just been a hard nut to crack for you, normally that is because you were bang on track with your sole purpose and you were here to help clear—we are connected to mass consciousness and a lot of us are coming in in these times to have difficult experiences, to heal them, overcome them, and we're changing the morphic field. That makes it easier for everyone else coming after us as well. So we're—and when you heal it for you, you're clearing it up in your family lineage so you don't pass it on going forward and you're changing the frequency of mass consciousness. So that's what it's—for me, that's what it's all about. You could call it essention. You could call it awakening. You could call it raising consciousness. It's really why we did the summit as well, a mind body summit. So we let go of just considering physical health and materialistic perspective and think that it's just a bunch of molecules bouncing together. No, there's actually a massive, gigantic meaning and purpose while you're here. And that's part of what helps us get in line with our sole mission, our sole purpose. Once we open up to that, this is where miracles start to—this is Joe Dispenza land. This is where we start to—and what you said about something as simple—it's so simple to do, but you can connect into all the potentials in this now moment, just by bringing your awareness into the present moment, into the zero point field, into the vacuum, whatever you want to call it. It's just bringing your awareness into the present moment through breathing and grounding. That's the easiest way to do it, closing your eyes and in that present moment, you are now connected to all possible potentials available to you in your field. If you want to connect with your soul and source, it's right there. What we tend to do is we have all these distractions



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that take us away from that moment. Someone said to me recently, "If we just could have present moment awareness for 10% of the day, your life would be utterly transformed." [Laughing] If you just bought yourself into that—but we're able to start to do that. That's more and more about where my work has evolved to, is helping people to align to that space, connect with their own source energy, to then help them bring the level of awareness they need to, to work out whether they need to address physical, energetic, spiritual, emotional. Like, "Where are the imbalances? Where am I out of alignment? What was my sole purpose? What was I here to do? Am I holding tons of resentment and hatred for my situation? Other people? Everything's not how it should be. This life hasn't come out like the way I expected it to be." Perhaps that's exactly what your sole purpose was and once you let go of the resistance, there's the healing.

Dr. Keesha ([16:36](#)):

That's exactly right. I mean, and in Eastern philosophy they often say the monkey that puts its hand in the jar to grasp the cookie and then struggles can't get the cookie out because their hand is just tight and that it has to actually let go to get its hand out. And that's so often what I'm helping people with, just like surrender into yes, your joints aren't working right now. What if, instead of expecting something different from this form, this body, you were able to relax into that and just love what is? What if you could have absolute appreciation and gratitude for this form that has done so much for you with no "Thank you very much", no gratitude, no appreciation. [Laughing] Only expectations of something different, right? How come my nose isn't this way? How come my weight isn't this way? How come my energy level isn't this way? How come I can't sleep? How come—you know? It's always this complaining and this form is showing up day in and day out 24/7. It's heart never stops beating. It never stops breathing. It just keeps coming and it keeps showing up for you. And yet, we as humans seem to be so ungrateful in the ways that it shows up. Right? So I'm always like, "Just drop in and be grateful for the fact that whatever function you have and if you're talking to me right now, your lungs are inhaling and deflating and your heart is beating and your brain is functioning. Can you have gratitude for those three functions?" Right? Then you're taking the bathtub and you're draining it of resentment, frustration, and anger. A lot of empaths won't even acknowledge that they have, 'cause it's not allowed. Right?

Niki ([18:25](#)):

Yes. It's a dark—and they're not dark they're full of light.

Dr. Keesha ([18:29](#)):

Nope, nope, right? No, no, no. [Laughing] So they turn out to get into these relationship with the darkness projected outside of them and not seeing what's interior. That this resentment that they're bathing themselves in day in and day out is actually what's creating the illness. So what if you drain your bathtub and you fill it instead with this profound appreciation for every moment that there's breath? It



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sounds so simple, right? It sounds so simple. And yet that is the zero point where you drop into emptiness and you just have appreciation. If you breathe there and then you link that to the next moment where you're doing the same thing and the next moment where you're doing the same thing, eventually your biochemistry shifts, right?

Niki ([19:21](#)):

Yes. You see that's—

Dr. Keesha ([19:24](#)):

It sounds ridiculously simple. And it is.

Niki ([19:27](#)):

It's very simple, it's just not always that easy, but it's really really simple.

Dr. Keesha ([19:31](#)):

I know. [Laughing]

Niki ([19:31](#)):

That's where people who start to get really frustrated with it.

Dr. Keesha ([19:34](#)):

Right.

Niki ([19:34](#)):

Zero point, I also call it—I call that also in my verbiage, I call that neutral energy as well. So neutral energy being it's the same, sort of a benign attachment state, but that's—It's another area where—because that's a real challenge for people. I mean, that's the key thing. It's so easy to intellectually talk about it, to intellectualize about it, but how do you release a stuck emotion? How do you just let go of resentment? You sort of say to people, "Just let go of the resentment" like you're gonna have a cup of tea. It's that—

Dr. Keesha ([20:06](#)):

I'll tell you.



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Niki ([20:07](#)):

How do I do that?

Dr. Keesha ([20:08](#)):

I'll tell you. There's one way that—we're going to share two ways, okay? Nikki's gonna do some sound work and I'm going to show you one way of witnessing your own death, where for a moment you sit still and you realize that this body is dying and it is going to go away because everything that you can lay your hands and eyes on in this moment, wherever you are, is impermanent. It is all dying. It's all going to go away. Everything you've accumulated, it's all going to go away. Everything you love. It is all going to go away. Everything. And that's the simple truth of life that we in our culture are not taught in preschool. [Laughing] We're given these fairytales that really resist that concept. So, what I do sometimes with my patients on retreats is have them be in their last moment of life with this body.

Niki ([21:06](#)):

Yep.

Dr. Keesha ([21:07](#)):

And go through and really witness these feet, where they have carried me, and then send a gratitude. These hands, what they have touched, what they have held, what they have felt, and send them gratitude. People weep, because it's like you're saying goodbye to this beloved body that you have berated your whole life, then witnessing it in that last moment of, it's done such a good job. So then resentment does go because you know you're in your last moment and so things just shift, right? They shift, and it's such a beautiful way to witness every moment could be your last one, so how do you want to behave? How do you want to show up?

Niki ([21:56](#)):

So that's really awesome because it's also—a lot of people with emotions—'cause we're not really an emotionally aware society yet. We're still learning about emotions. Most people would just be scared to do that. Or they don't know how to deal with emotions. If they sort of go into depression, they'll just—it will be the end or they'll never get out of the depression. Or if they start crying they'll never stop. It's the opposite of what happens. So the definition of freedom... Nothing left to lose! [Laughing]

Dr. Keesha ([22:27](#)):

Nothing left to lose, because you're not attached to anything.





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Niki ([22:31](#)):

Yeah. So you think that, "Oh my goodness, this thing that like... Oh my God, if I just release everything, I'll die. It will be terrible." The opposite happens. You go, "Oh my God, total freedom." It's the definition of emotional freedom. Now that's the trick that people sort of—you know, I say with emotions—dive right in and feel them and be with them and sense them and feel all aspects, even depression. You actually find that's an extremely peaceful place to be actually, if you allow yourself to feel it in that way. Most people are so distracted and traumatized, stressed, we need to be attached to a vagus simulator all day these days. But as soon as we actually get peace—a lot of us think we're depressed, it's like, "No, you forgot what peace was, because you haven't had that for so long."

Dr. Keesha ([23:17](#)):

Right.

Niki ([23:17](#)):

So that's a beautiful—that's a brilliant exercise and a beautiful thing to take people through, to experience what actually happens, which is probably the opposite of what you perceive would happen. So you get access to freedom. This is what's happening with a lot of people going through near death experiences, friends and colleagues of mine, there's a lot of awakenings happening in that way. People are starting to experience expansion, consciousness expansion. So they're not stuck in chronic resentment all the time or whatever other low emotion there is. I think we can talk about another key area to consider—thinking about emotions for a second and how important it is to—when we break through emotions, we expand our consciousness and we access the zero point. We can get neutral energy, we can get access to source. Then all of our frequencies and [inaudible] the field comes into alignment. There's actually technology solutions that are based on physics, through using resonance and oscillation, where we understand that everything is energy, that we have an energy field and that the root of where—I mean, where are memories and the emotions associated with memories, including trauma, where is that actually stored? It is in the energy field. It's not—if you just kind of cut up the brain and cut up a neuron, no neuroscientist has found, "Oh, that's where the memories are."

Dr. Keesha ([24:42](#)):

Right.

Niki ([24:42](#)):

"They're in that neuron right there." Or the synapses, the gaps between the neurons. No, that's—I think it was Karl Pribram said the trauma or memories are stored in the field created by all the neurons firing together. We've got HeartMath pointing out, "Oh, there's this field around the heart" and you can



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correlate it with heart rate variability, which is a measure of vagal tone and your emotional state. So the thing is emotions aren't nothing. They have a little bit of density. They have a frequency, they have an oscillation. If we're carrying a lot of heavy emotions—an empath will feel a heaviness around people. A lot of people don't feel that, some people do. But there's heavier and lighter emotions and the heavier ones are the lower frequency. They're the more dissonant incoherent frequencies and our cells, our human cells are a hundred times—probably more—actually probably thousands of times more sensitive to energetic signals than they are to biochemical ones. So what we've got is this incredible breakthrough going on in the research with things like pulse electromagnetic frequency therapy, transcranial stimulation, like pulsing field therapy, which is curing treatment resistant depression, for example. There's tons of science papers where we're using sort of everything, all the different things on the electromagnetic spectrum, electromagnetic fields, light, and sound, and it's all physics. So we throw the biochemistry out for a minute, just for a second, and then we're talking about waves, or we're talking about subatomic waves, photons of light or electromagnetic fields, and our field is resonant, we're electric beings, we're beings of frequency. One of the things you can start to do, for example, is use sound therapy to change your emotional set point. And most people's emotional set point isn't so great when they came in. [Laughing] We came into a tough environment on this planet and we did it to help raise mass consciousness, a lot of us, and to help others to heal as well. But one of the ways that you can work on like raising the frequency of your whole field is—lots of ways you can do it—but one of the other ways is also sound therapy. And I think sound therapies—because it's music, we're talking about beautiful therapy, sound therapy, and I encourage people to look into the work of Dr. Carlo Ventura. I don't know, Keesha, have you heard of Carlo Ventura? He's my next hero. [Laughing]

Dr. Keesha ([27:18](#)):

[Laughing]

Niki ([27:18](#)):

Just so that the audience knows, he's a STEM cell expert, cardiologist, PhD, MD, and he's been talking for years about how audible sound changes how STEM cells express. That you can stimulate STEM cells singing to STEM cells. So we can regenerate the body with music and sound. So, we can use music to rebalance them, change the epigenetic expression of our physical bodies. We can use it to—it's healing PTSD, depression. So it's a frequency therapy, and it's a bit of an experience as well. It's not like just taking a pill or some kind of very boring thing. So this is—for me, it's the sort of the frontier I think. The [inaudible] therapy, light therapies coming through will help change and oscillate out the lower frequency emotions in the field. So to the point about people who are like, "How do I release resentment?" You can use sound therapy, you could be playing sound therapy music and have your human intention. I intend to transmit all the resentment.



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Dr. Keesha ([28:24](#)):

That's key. The willingness to get rid of it because there's the ego part that holds onto it as a strategy that's unskillful, right? It's an unskillful way of having power. So that's a key part, that the willingness to do the self confrontation work that says, "Okay, I need to do this." Right?

Niki ([28:44](#)):

You can even say—well, this is some of the things that I teach in my program. I have people use a tuning fork with musical meditation, using a particular type of crystal that amplifies the sound and they get a list of emotions that we've intuited as the highest ones. Some of them maybe it is resistance they need to work on. So you will literally—you'll activate the tuning fork. You put it on the solar plexus, amplify it with the crystal. "I intend to transmit all the resistance. I intend to transmit all the resistance. I intend to transmit all the resistance." So then, even if you sort of—there's a part of you that wants to release from resentment, and the other part that is really resistant. Well, you can talk to that piece and release that. Then when you've released that, you could say, "Now I'd like to intend to release the resentment." And you can just start to work through all the emotions that you have that are the lower frequency ones, intend to change them and vibrate them out of your field. So, there are lots of solutions out there. There's the emotion code, releasing trapped emotions. There's a lot, but that's the hope for people.

Dr. Keesha ([29:45](#)):

Yeah.

Niki ([29:45](#)):

There's tons of solutions of ways to transmute and release these emotions that it turns out are really key—

Dr. Keesha ([29:56](#)):

None of this involves you trying to change somebody else, and that's really important. Like none of the things we've talked about is you trying to change somebody else's mind, whether it's about a presidential election or it's about something else, right? That's not how we achieve peace and happiness and balance. It's about us working on transmuting our own stuff. Right? That's the only way actually—I know this sounds like a beauty pageant, but it's really the only way to get world peace. [Laughing] Is that we work on the individual level with our own field so that then we can help to shift it on the larger field and help bring people along. But we're not actually trying to make ourselves feel safe by making somebody else different than they are. And that's—



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Niki ([30:49](#)):

That's amazing, yes.

Dr. Keesha ([30:50](#)):

That's really important point, that people understand that part. That what Niki and I are talking about is what you're doing here affects everything out here.

Niki ([31:01](#)):

Yes, exactly. When you've gone through the experience of doing that work, you'll know that's true, because things will change around you without you having done anything. People leave, new people come in, money comes in, you know, things—physical material things change around you, and you didn't effort to do any of it. So that's it. That's exactly it.

Dr. Keesha ([31:25](#)):

And people will leave. That's another important part. I want to kind of like dwell on that a little bit, because people have a fear that people will leave, you know? So then they contort themselves, have poor boundaries, do this thing where they're not living into their authentic spaces because of fear that people will leave. I love that you just said that. Yes, people will leave. [Laughing] And there are people that need to leave! [Laughing]

Niki ([31:53](#)):

Yes! They were never meant for you. That's part of getting in touch with the wisdom of the soul.

Dr. Keesha ([32:00](#)):

Right.

Niki ([32:00](#)):

It's part of—I mean, we're really partly talking about the awakening process and that's what raising consciousness is. And healing, physical healing, is a side product of that. But let's bring that in fully to make that the—if you're looking for physical healing, one of the ways to do that is this awakening work. Raise your consciousness and clear your energy field and the body will come into alignment as well. But that—it's one of the pitfalls. I talk about 7 pitfalls on an awakening path and one of them is dealing with OP, it's the other people. It's the biggest issues, blocks that we have, whether we are rescuing others... One of our Enneagram type sort of strategies, our adaptive strategies to not getting unconditional love



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as a child was that we learned to give to others so that we could get love back. It's a very powerful strategy that serves us well as children. And then—

Dr. Keesha ([32:52](#)):

Many empaths have this as their strategy, little 2s or 9s on the Enneagram. Yes.

Niki ([32:57](#)):

Yeah. Go to [enneagraminstitute.com](http://enneagraminstitute.com) if you don't know about the Enneagram. It's a great tool just for self-awareness because that's how—once you realize, you see the pattern, what you look at can disappear. You see, that's another thing, just looking at something can make it disappear. So just the awareness of it sometimes is enough, nothing else needed to do and then it's releasing. So, yeah, and we all have our different strategies that we have with people that is whether we have damaged other people by throwing rage at them and then we've damaged our relationships. We've got instability in our relationships because we are more of an 8 on the Enneagram—unhealthy 8—there's some very good 8s as well. But all of those, the Enneagram types, we all have our different strategies. That's what we learned from our vitamin L deficiency, vitamin love deficiency, which is just as important as any other vitamins in childhood. So we have these adaptive styles to not knowing the truth, which is we are 100% powerful and lovable. Every defense we have against that truth comes out as one of the Enneagram strategies. That's all it is.

Dr. Keesha ([34:01](#)):

All it is.

Niki ([34:01](#)):

Yes.

Dr. Keesha ([34:01](#)):

The interesting thing that I found when I started really diving into Buddhist psychology, as a way of explaining some of the things that I was experiencing in my own awakening process, was they have this verbiage, the luminous mind. The luminous mind is the one that has no obscurations and it is your nature to just be at one and be at peace and equanimity. What obscures that is our perceptions, okay? And the way that we perceive it takes 17 different steps to get to 1 perception, which I found fascinating. I was like, "Oh my gosh, 17 steps to get to 1 perception." Right? And so they label them out. I mean, they've sat around for thousands of years observing the mind, these guys have got the science and the technology better than I've seen anyone else. And in that 17 step process, right around the mid range, which is step number 8, they call it the doorway to karma. So what they say is—and if you believe



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in other lifetimes, then how you have perceived in other lifetimes has followed you here and how you will perceive into other lifetimes going forward, how you're doing it now is going to be how you do it for ever, unless you interfere. You go into that doorway to karma that step number 8 with enough awareness, which is why meditation practices are so important, where you can start observing this self and those ego strategies. Where you can start saying, "Oh, I'm witnessing this thought and how this is being formed and this meaning, and then this adaptive behavior that's attached to it. And now with the intention, I'm going to change it. I'm going to shift it." All of a sudden you've got this whole different trajectory and you've set up a different way. What we know in the study of genetics and epigenetics is changes that you make genetically can go 12 generations. Well, it's the same thing with lifetimes, with how you perceive. I mean, this is so interesting to me, right? It's not separate. So, being willing to do this work—and it is work, and people want to have a one and done. It's one of the things sometimes with vagal nerve stimulators, I kind of like, "Okay..."

Niki ([36:22](#)):

It's hard to [Inaudible]. Part of it, yes.

Dr. Keesha ([36:22](#)):

You know, it's not getting to the root of why the biggest nerve is going off. [Laughing] It's not really getting to that.

Niki ([36:29](#)):

Well, it's interesting because—yeah, I agree. All it is, is a help to get you to a place—

Dr. Keesha ([36:38](#)):

So you can calm, right? I agree with that and I love them for that, but I just don't want people to start going— because our society is very instant gratification oriented and we really like one and done. This whole thing is, you know, like Nautilus, right? It comes in and on itself again and again, and again, and again.

Niki ([36:59](#)):

If you think—like they say, yoga is just preparation for meditation. That's the thing that the vagus nerve stimulators are doing. They're just preparation so that you can get into an experience present moment awareness. [Inaudible]

Dr. Keesha ([37:12](#)):

Start doing that self-observation and shifting the way you perceive, right?



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Niki ([37:17](#)):

I know, and then you start being able to access and see all the stuff that is in your blind spots, your shadow self that you can't see. One of the things that I've started to just go along on my journey on this is that all of those strategies that we have in place, they're all just a form of some level of psychosis. We are nuts.

Dr. Keesha ([37:39](#)):

We are nuts!

Niki ([37:39](#)):

We are insane.

Dr. Keesha ([37:42](#)):

[Laughing] We are, and I love that you said that because that's one of the things last year that I started discovering is it's the fear that we're going to get called something that we build an energy wall around. We keep that part of ourselves on the other side of it so we can't see it and no one else can see it. And yet it's so much energy to protect from seeing that part of ourselves. So when you let that energy wall down and you go, "Oh, I am crazy. Oh, hi, cray, cray." Right? And you can just—[Laughing]

Niki ([38:12](#)):

Yeah, it is. This is it. It's like all the fears you're carrying.

Dr. Keesha ([38:15](#)):

Right.

Niki ([38:15](#)):

You really do realise, it's just psychosis.

Dr. Keesha ([38:18](#)):

Just let it go.

Niki ([38:18](#)):

It really is psychosis, like, yeah. And you're not like everybody else. It's like, yeah, 'cause they're all nuts! [Laughing]



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Dr. Keesha ([38:26](#)):

[Laughing]

Niki ([38:26](#)):

You get calmer and calmer and more neutral energy and you're actually—in this thing of becoming enlightened, kind of aligned, you become sane.

Dr. Keesha ([38:36](#)):

That's right.

Niki ([38:36](#)):

It's actually a process of sanity. Even though you were, for whatever reason, you were scared out of your wits into thinking if you went there, you would go crazy. I think that was just the bad press for [inaudible] people, because you start to become like calm, centered, powerful, clarity, insightful. There are a lot of beings around that are threatened by that.

Dr. Keesha ([38:59](#)):

Right.

Niki ([39:00](#)):

On many levels. So, at a societal level, this kind of awakening is being suppressed. There's no question. So it's an interesting journey on many levels that—it is, it's the warrior journey. It's the hero's journey where we are being asked to awaken what force is working against that. See no evils, hear no evils, speak no evils. Pretending it's all love and light, this is one of my bugbears, pretending it's all love and light and there's no weeds in the garden and there's no darkness. Like, it's a path to destruction.

Dr. Keesha ([39:35](#)):

That's what Buddhism calls a near enemy to truth. A near enemy to truth.

Niki ([39:41](#)):

Okay. Right, yes.





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Dr. Keesha ([39:43](#)):

It's like all these law of attraction, law of manifestation that if you just think it, then it's going to be true. They call that a near enemy to truth because there's so much more to it than that. But it's close, like yes, and? Right?

Niki ([39:59](#)):

Yes. So we have to acknowledge the dark. We have to acknowledge dark in ourselves and other people. Dark at many different levels, darkness in many levels. It's quite interesting 'cause where—I'm here right now. I happen to be at my sister's place and it's in the South of France and it's Cathar land. And the catheters—this building was built in 1610, and the Cathars were around in France in about 1200. Now, it was the Cathars were the highest spiritual frequency beings on the planet at the time. And they believed in reincarnation and all this stuff. They believed that we were just holding—this skin we had was temporary. And of course they were out there kind of living this high spiritual space.

Dr. Keesha ([40:41](#)):

Agnostics.

Niki ([40:41](#)):

Yes, and then the Romans came in and this is where you hear about people being burned at the stake. It all happened around here. It was the Cathars were wiped out. There were massacred. One of the sort of spiritual explanations I heard about that is that they refused to accept the dark was real. If you refuse to accept the dark is real, that it doesn't exist, it will come in and wipe you out. So it's not being in denial of the dark side of ourselves and in other people and in governments and happening in corporations, that the darkness is real. But it's being able to say, "I see your real. I say no to it." So you have to be empowered and I'm saying no to that as well.

Dr. Keesha ([41:21](#)):

And I see the shadow in myself.

Niki ([41:24](#)):

Yes.

Dr. Keesha ([41:24](#)):



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You are here to mirror that to me. Right? That's another important—

Niki ([41:28](#)):

Yes, exactly. I mean, I've started to learn also there might be—you mentioned past lives quite a lot. I think it's more common than we realize for people to have simultaneous lives—

Dr. Keesha ([41:40](#)):

Yes.

Niki ([41:40](#)):

—Going on. Now, that's a beautiful thing as well because—and what I seem to be learning is that there's often in a single soul group, there'll be very light souls and there's very very dark souls.

Dr. Keesha ([41:51](#)):

Super super dark, in another plane. [Laughing] I know.

Niki ([41:55](#)):

It's another thing where it's really key. If you choose to be the "designated ascende" for your soul group, you doing your work can be transmuting very dark energy going on even in your own field or within your own oversoul group. So it's another way that you're affecting—your parents, the lineage, people around you are gonna feel the frequency change in you, but you're also affecting your soul group too. So if you're open to that—to considering that as well. So, yeah, it's very interesting, but the whole—the dance between the light and the dark is actually, I believe it's becoming crucial and it's almost like right now on a planetary level—if you think of how people waking up to narcissistic abuse [inaudible]. It's not external, physical, or sexual, but it's mental and emotional abuse that's as devastating. It's truly devastating. And what—socially we haven't dealt with that in our own friendship, family circle. How do you expect it to heal on a group level? We're bound to keep electing narcissists if we can't see the narcissist in our own family or our own narcissistic tendencies.

Dr. Keesha ([43:07](#)):

Right.

Niki ([43:08](#)):

Yeah.



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Dr. Keesha ([43:08](#)):

I know, this is why my husband—there's a concept in Tibetan Buddhism called bodhisattva, where people come back in order to help free the suffering of all sentient beings. And he said, "Well, where are all the bodhisattvas?" And I said, "Well, I mean, I know what you're looking for when you're pointing in that direction, but have you considered that Hitler and Donald Trump and people that have this energy that can be very volatile and big and even dark and damaging, are bodhisattvas?" Like, they're taking on this karmic resonance in order for us to do our own work. Right? And he went, "No!" And I said, "Well, I mean, I'm just gonna leave that with you! [Laughing] The idea that you can judge somebody as this or this and not understand there's a larger picture going on and the karma they're taking on in order for us to have our own mirror and work within that frame. That's really important work they're doing. And that they've taken that on for us to get with it. Right?"

Niki ([44:12](#)):

Exactly. Exactly that. If you can put a very spiritual perspective on it, but yeah. You could see that as your nemesis, or whoever it was that did the most harm to you, that you perceived that was your "abuser", there might have been a contract there for there's nothing that evolved your soul more.

Dr. Keesha ([44:30](#)):

I do not doubt that. I always my sexual abuse by the vice principal of my elementary school was probably one of the best things that happened for my own progression. I know it makes people's hackles rise, but that's not a place you get to immediately, you have to do some work with it. But that is absolutely. That, and my disease of rheumatoid arthritis, were two big catalysts for awakening that were so necessary. And I can—I know that. Right?

Niki ([44:55](#)):

Yeah.

Dr. Keesha ([44:55](#)):

So that's when you can really get there, then you that's where resentment, frustration, anger can just go.

Niki ([45:04](#)):



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Yeah. And it's not about—obviously that's not you condoning the behavior or not condoning the behavior of dictators that do terrible things.

Dr. Keesha ([45:15](#)):

Right.

Niki ([45:15](#)):

But there's an evolution in consciousness that you can get to, to the point where you see the abuser—you kind of stop taking it personally and you even take the judgment away, but there's a whole process to go through—

Dr. Keesha ([45:26](#)):

A whole process.

Niki ([45:26](#)):

Recognize their dark first, that you're being abused. Some people are being abused, they don't recognize they're being abused. So recognize it's real. It's really happening. Then the rage comes in. Then you're gonna feel the rage. Only after you've had that, would you even want to go down the forgiveness point and let go of the resentment and anger. Then—

Dr. Keesha ([45:46](#)):

Otherwise you're doing what's called spiritual bypass and Niki and I are going to do another summit that we've already talked about, where we're going to talk about all this. [Laughing] And I'm so excited!

Niki ([45:55](#)):

[Laughing] Yeah. Like kind of healing through awakening. Yeah. A physical bodily healing and awakening.

Dr. Keesha ([46:04](#)):

Exactly.

Niki ([46:04](#)):

Which is where there's tremendous mileage and power in what happens in your physical body when we get to the real true root cause, which is often a hell of a lot deeper than we all thought.

Dr. Keesha ([46:15](#)):



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Right.

Niki ([46:17](#)):

Very interesting.

Dr. Keesha ([46:17](#)):

Thank you so much. I hope all of you guys enjoyed this conversation because we had it for 15 minutes before I started recording. You know, it's just like all the things that are pouring in for us and many people on this planet right now. So

Niki ([46:32](#)):

Yeah. A lot of people will. Thank you so much. Thank you so much for having me

Dr. Keesha ([46:38](#)):

All right, everybody until next time be well.