

ADDITIONAL MODALITIES

Here are some of the personal practices I use to enhance every aspect of our magnificent potential. I approach each day as a devotional experience, weaving together intentional, life-affirming activities—such as yoga, meditation, toning, cardio and strength training, an alkalizing diet, and Energy Medicine treatment sessions—with the core practices shared throughout this book. It's not about doing it all perfectly; it's about showing up, having fun with it, and seeing what unfolds.

What follows are reflections and refinements on how I engage with these supportive modalities. I hope these insights help you deepen your own integration and embodiment.

With Great Love,

Dr. Sue

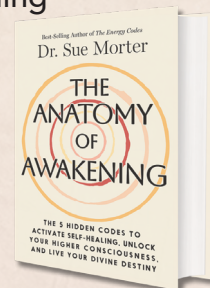
BodyAwake® Yoga

Using the breath and the focus of the mind, BodyAwake Yoga draws consciousness deep into the Central Channel of the body, encouraging the Continuum to move easily through as we engage in our yoga practice. In doing so, we ignite electromagnetic circuitry, generate photon density, and activate the neural pathways of the God Body system—strengthening the connection between our invisible and visible anatomy.

BodyAwake Yoga is one of the most effective ways to build communication between the Immaculate Mind and the thinking mind. On the mat, we move through sacred geometry, postures that draw the energies through the body in their most ideal flow for healing and awakening, in ways that daily life off the mat often does not. We integrate all of the Higher Five energies and their benefits, simultaneously. Full embodiment of the Master System is integrated efficiently, profoundly, and in less time.

This has, by far, been the most impactful element of my personal integration over the last twenty years, physically, mentally, emotionally, and spiritually. It changed who I knew myself to be. Through the consistent practice of BodyAwake Yoga, I healed my scoliosis, migraines, two compression fractures, digestive issues, immune deficiencies, and emotional trauma.

Many students have also experienced their own powerful transformations, including increased range of motion, healing of chronic injuries and scar tissue, improved circulation and strength, weight loss, and a greater sense of being centered in the seat of the Soul and enlivened as the True Self.





When teaching BodyAwake Yoga online, with thousands joining from around the world, I tap into the energy of the collective and guide the experience based on the energy of the group. This shared field creates a unified, expansive container for transformation. It is an extraordinary experience for all of us.

This unique approach can support your awakening and embodiment, too.

Embodiment Meditations

Stilling the mind has long been researched and recognized as a powerful catalyst for healing on many levels. Meditation is also widely known as the gateway to higher states of consciousness—states that transcend the thinking mind and our five physical senses. It was certainly pivotal in my own journey. But what made those states sustainable was embodiment. Anchoring these higher energies into my body allowed me to receive, integrate, and continue accessing exalted realms and vibrational truths. It has been essential to my awakening.

Enlightenment alone is not enough. Embodiment is key.

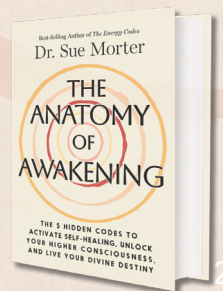
That is why the meditations I guide in my coursework are never about bypassing the body. Rather, they are designed to enliven the body—anchoring the higher states of awareness into the cells, generating resonance, activating memory, and awakening consciousness on the cellular level.

Most people don't realize that the expansiveness of the cosmos isn't only out there, it lives within us. While we often imagine spiritual awakening as an out-of-body experience, the greater truth is this: the same freedom we seek beyond the body can be found, more powerfully and sustainably, deep within it. The most common mistake is the desire to have an out-of-body experience in order to awaken. But in reality, the gateway opens by dropping in more fully. When we do, a whole new realm becomes available, an embodied Heaven, grounded and accessible, HeavenEarth™.

By learning to stay "in the body" during meditation, we can perceive the energies rising from Chakra 10, animating the healer within and the Divine intelligence that built the body on its journey into form. It is us.

Working with the Higher Five aspects of the Continuum naturally draws us into the invisible realms. Our job is to bring those energies fully into the physical, into form. Embodiment meditations make that possible. Through them, we awaken what I call the Divine Senses, the inner ear, inner vision, and inner kinesthetic awareness. Using the Anchor Points introduced in Part I, we refine our ability to sense and feel subtle nuance and perceive the language of the Soul.

With practice, we even begin to perceive the sweetened taste of sacred nectar released when higher states are sustained. As we move energy through the chakras in sequence from 12 to 8 while using our Anchor Points in the physical body, we clear a path for the Continuum to flow undistorted into the Technicolor movie of our life.



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BodyAwake Gym

Before becoming a yogi, I had been very focused on physical fitness and exercise. But once the openings in my consciousness began, everything changed. As I enlivened the Higher Five energies while engaging in my regular exercise routines, I began to have an entirely different experience. My strength and endurance amplified, and the exercise itself accelerated my integration and embodiment.

Later, I developed a program for my community so they too could enhance their everyday calisthenics as a part of their embodiment practices. Central Channel Breathing while walking on a treadmill, or, as in my case, while running outdoors, helped build a new awareness of these higher vibrations within my body. This practice allowed those frequencies to remain present, even when the mind became occupied with the activities of daily life. It supported an entirely new way of being.

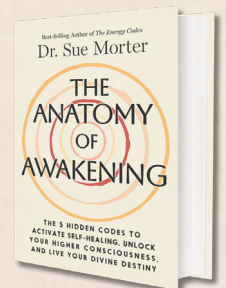
Through experimenting with integrating strength training and the breathing patterns taught in the Energy Codes coursework, I found that my body healed more quickly, recovered from workouts faster, and advanced rapidly without fatigue. Now, whenever I exercise, I am flowing the Continuum. The blissful states experienced in meditation often return, while in full stride in daily life. And it is often in these moments, while in motion, that the clearest insights arise.

By animating these higher vibrations in consciousness while being physically active, we bridge the worlds more efficiently. We become a living, breathing, moving embodiment of the Divine.

Alkalizing Body Chemistry

During the 1970s, while developing his renowned Bio-Energetic Synchronization Technique (B.E.S.T.), my father conducted extensive research into nutrition alongside his studies of electromagnetic energies and Energy Medicine. He began to notice that patients receiving the same treatment protocols responded in dramatically different ways. As a scientist, he dug deeper to find out why. What he discovered was a consistent correlation: patients who responded best to treatment and healed more quickly were eating an alkalizing diet. Their body chemistry, specifically the pH of their saliva and urine, reflected a more alkaline internal environment, which allowed the body to allocate energy toward healing rather than diverting it to maintaining pH for survival.

My father realized that alkalinity supports the body's natural ability to heal. In contrast, patients whose healing was delayed were typically consuming the "standard American" diet, a way of eating that acidifies the body instead. Importantly, the term "alkalizing foods" refers to the ash residue of the food left after digestion, not the pH of the food before it is metabolized. If that residual ash is acidic, it draws from the body's alkaline reserves, eventually depleting its ability to self-heal.





Conditions such as osteoporosis and arthritis are directly linked to this depletion of alkaline reserves. Cancer also thrives in an acidic internal environment, although in cases of advanced cellular breakdown, such as in chronic degenerative diseases, a falsely alkaline pH may appear due to the release of minerals from within the cell during cell destruction.

It is important to know, however, that the number one reason for acidosis in the body isn't diet, it is suppressed, unresolved emotion. When the nervous system remains locked in a chronic state of fight, flight, or freeze, the body operates in survival mode around the clock. This hyperactivity at the cellular level produces acid as a metabolic by-product, overwhelming the system and diverting energy away from healing.

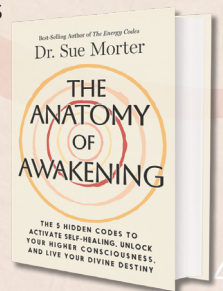
Bio-Energetic Synchronization Technique (B.E.S.T.)

In 1972, my father taught his first class on the Bio-Energetic Synchronization Technique (B.E.S.T.) to doctors who had traveled from around the world to learn from him about how the body heals, and why it sometimes does not, from an electromagnetic standpoint. His research led him to explore the nervous system's functional sensory dominance and its storage of unresolved sensory-motor experiences in the subconscious. What he discovered was groundbreaking: the nervous system wasn't simply responding to physical stimuli, but to energy, specifically, a field of energy beyond the nervous system itself, which could be distorted or harmonious. This, of course, was the Toric Field, the same energy "recycling" system we have been working with throughout this book.

Around the same time, emerging insights in molecular biology were pointing toward what would later be known as epigenetics: the idea that gene expression is influenced by environmental signals rather than determined by DNA alone. In parallel, my father's work revealed a similar truth about the nervous system. He found that it was not the ultimate driver of our biology, but rather was being instructed, guided, by the energy field surrounding the body. Just as we now understand that the cell membrane, not the nucleus, governs cellular function by responding to signals in the environment, the nervous system too is responsive to the energetic template around it. It is this field, the organizing intelligence of the body, that holds the instructions for our true function and potential.

My father created a healing technique grounded in principles that synchronize the universal pulsation throughout the human body, allowing the same Divine Intelligence that built the body to heal it and continue guiding it toward optimal function. For over fifty years, this technique has helped millions of people around the world. My brothers, Drs. Ted and Tom Morter, and I continue to teach and celebrate his vision today. It remains a central focus in my school of Energy Medicine, which now certifies hundreds of B.E.S.T. practitioners globally each year.

To find a certified practitioner near you, visit DrSueMorter.com.





Spiritual B.E.S.T. Embodiment Sessions

Over the years of treating patients, I discovered that the principles I had been living personally were equally powerful when brought into my clinical practice. As I began correlating the patterns that emerged in treatment sessions with the truths explored in this book, patients responded faster and advanced in their own evolution. The result has been one of the most potent methods I have found for facilitating true spiritual integration.

By combining the technology of B.E.S.T. with these ancient principles of embodied awakening, Spiritual B.E.S.T. offers profound support for creating the ideal inner environment for epigenetic healing. Spiritual B.E.S.T. facilitates training the Single-Focused Mind to build the circuitry for living as Creator, and also clears unresolved emotional residue. We are “firing and wiring” new energetic and neural circuits for the God Body, before physical action is even taken, based on the priority system the body reveals, not the mind.

This approach allows us to work simultaneously with visioning and circuit-building while stimulating the nervous system to record and store this information for future use. In doing so, we animate more and more of our quantum Self, enlivening and imprinting the electromagnetic energy system and the nervous system to perform in accordance with the God Body. The results have been consistently inspiring.

For more information on all of these modalities, courses, certifications, and live events, visit DrSueMorter.com.

