



THE NEW  
MIND BODY SPIRIT  
SUMMIT PRESENTED BY **CLN** Conscious  
Life News

— **Richard Gordon** —

## **Quantum Touch 2.0: The New Human**

**ROSS PITTMAN:** Welcome everybody. This is Ross Pittman and I one of the co-hosts for the New-Mind-Body-Spirit Summit. Tonight I am absolutely thrilled because we have on the call Richard Gordon, a true visionary and pioneer in the field of energy healing. I first met Richard about two weeks ago, when we met for lunch in Santa Monica, CA. He is an amazing man. You are in for a real treat.

Richard has 38 years of experience in the field of holistic health. He is the best-selling author of Quantum-Touch: The Power to Heal, which has been published in 17 languages, and Your Healing Hands: The Polarity Experience, published in 10 languages.

As founder of the Quantum-Touch organization, Richard has spoken and taught worldwide at medical centers, conferences, and chiropractic colleges, and he has been on faculty at Heartwood Institute and the Holistic Health Institute. Dr. Norman Shealy, who is the founding president of the American Holistic Medical Association, clinically tested and endorsed Quantum-Touch, calling it “the first technique that may truly allow us all to become healers.”

Quantum-Touch currently has certified practitioners in over 50 countries, and there are over 500 certified instructors around the world.

As a visionary and innovator, Richard is always exploring new ways to make healing simple, powerful, accessible, reliable, easy, and fun for people of all ages.

He considers his new, just-released book, *Quantum-Touch 2.0: The New Human*, to be his most important work so far, because it presents revolutionary breakthroughs, not only in the power, speed, and practice of healing, but also in the capability of individuals to enhance and transform their lives and the world.

By revealing an innate New Human operating system and giving everyone easy access to its powerful apps, he redefines humanity and opens up a New World.

With that, Richard, thank you so much for joining us on the New Mind-Body-Spirit Summit.

**RICHARD GORDON:** Hey it's my pleasure to be here. Thank you.

**PITTMAN:** Richard, you've been involved in the holistic health field for nearly 40 years. Can you please tell our audience what led you to follow that path and some of the highlights of where it has taken you?

**GORDON:** Oh my god, long story. I'll try to keep it really short. Back in the early 70's I went to a doctor. I had lots of symptoms, and he said, well you got lots of things going on, long intestines, skin, and so forth. He said, but nothing's bad enough for me to do anything with, why don't we wait till you get worse and then I'll prescribe something. I felt properly insulted. I ended up going to a holistic health school called *Cristo School of Natural Healing* in Taos New Mexico, and that's where I became introduced polarity therapy. I was astounded. I ended up writing a book on polarity therapy that is in ten languages now called, *Your Healing Hands – The Polarity Experience*.

As great and amazing as that work was, I was even more astounded a few months before the book came into publication because I met a gentleman named Robert Rasmussen who showed me things right in front of a room. I actually attended the first work shop he ever taught. He showed us with a light touch he can realign this woman's posture. My girlfriend, it turned out had scoliosis; we're watching this shift before my eyes. He told stories about healing broken bones and doing all kinds of crazy stuff dissolving kidney stones and things, and I'm going, "Oh My God!"

At first I thought he was just full of it. In time, watching him work, I could hardly believe my eyes. I thought he must have a rare gift; no one else is ever going to be able to learn this and certainly not me. But I did discover that I could do it and eventually I took over in his retirement and wrote the book, *Quantum Touch – The Power to Heal*, which is based primarily on his work but I've evolved it enormously since then.

Then, about four years ago I made a tremendous discovery. I found out I can work about three to five times faster without even having to touch people. It is so amazing, for instance I was visiting this guy this morning and this woman comes into his office and she's complaining that she banged her head and her neck has been hurting a great deal. I said could I meditate a couple minutes. She says sure. So I meditate. The first thing I do is untwist her hips and then I'm working on the injury in her neck and where on the top of her head where she banged her head. After about three minutes of meditating, she says, I don't need this appointment today because the symptoms had all shifted.

Human beings have enormous amazing abilities and we're just discovering how everybody can tap into them.

**PITTMAN:** That's really, really amazing. Could you please give our audience a brief overview of the basic quantum touch process, and also the testing performed by Dr. Norman Shealy?

**GORDON:** Of course. Essentially we're using the life force energy the Chinese have called Chi, the yogi's have called Prana, the Japanese have called Qi, and it's been around for thousands of years. We've learned to harness and amplify that energy. In principle when two things are vibrating at different frequencies, either the low frequency comes up, the high frequency comes down and they meet in the middle. That's called resonance and entrainment - where the vibrations match.

A practitioner learns to hold a really high vibration energetically through primarily breathing and body awareness exercise, and then we also bring in love and the heart chakra later. But, we get them to raise their vibration. Then they create a field of energy around the person that they're working on. Then the other person's energy comes up to match the vibration of the practitioner, and their body intelligence does the healing.

We understand that the healer was the person who was sick and got well, while the great healer is someone who was very sick and got well quickly. We do not heal other people; it just looks that way from the outside. You don't become tired or drained doing the work because you're not matching energy with the person you're working on. You're simply holding the frequency of vibration and allowing them to do their own self-healing. I wouldn't know how to heal a cut on your finger or digest your lunch.

Similarly, we really don't know how healing works within the cells. What we're doing is holding the field of energy and allowing the body to accelerate its own healing potential.

**PITTMAN:** So are frequency and vibration then keys to that healing?

**GORDON:** Yeah. It all happens, but it happens quite naturally. So it's not an intellectual process where I have to figure out my frequency and vibration; that can be very complicated. It's actually kind of fascinating because I've met so many people over the years who have had an experience that inspired them. That is, they were with somebody who was in a great deal of pain, maybe they had been in an accident or something, or they were very ill. They just wanted from the depth of their heart to help that person, and they had no idea what to do. But they were inspired to put their hands on them and love them or something, and they had a miraculous healing session. I've heard this story so many times.

And then the next time they try it, nothing happens. The reason is because what really occurred was their love and connection and sincerity was enough to hold a really high vibration. They became great healers at that moment, doing great healing work I should say. But when they weren't that inspired and they weren't profoundly moved and they just put their hands on them, nothing happened because they didn't know how to amplify the energy. We have ways of doing it so we can focus and amplify the energy even when you're bored or depressed. You don't have to be at that peak moment of your life to be able to access it now.

**PITTMAN:** That really makes a lot of sense what you just said. I've been trained in an energy healing modality. And, thinking back now, I think there were two times in which I had an almost miraculous healing of somebody. And, each time, it was where I really had that heartfelt love and deep connection with that person.

**GORDON:** Yeah, and then you see these incredible things happen. Some people can more easily access that heartfelt space than others, but what we have now is ways to amp it up so much. You don't have to be that good at it, but you will get better in time - automatically.

I met Doctor Elmer Green, who is considered the father of biofeedback – brilliant, wonderful, passionate man. I showed him what I was doing and he got very excited and he said, alright we've got to get Norm Sheely to research this. It's not enough to get him excited; we've got to actually have him study it. So he made a couple phone

calls and a couple faxes, and I was on my way to Springfield Missouri to meet the famous Doctor Norm Sheely. For those who don't know, he was the founding president of the American Holistic Medical Association, neurosurgeon by training, and has been studying alternatives forever. He's in Missouri and he's known as the great skeptic because he has to test stuff.

I went to his office and he had secretary, accountant, nurses and they all had some kind of pain; back pain, neck pain, hip pain, elbow, wrist, that kind of stuff. So three minutes here, five minutes there and everybody's pain disappeared, one by one. Then he said, alright let's give you somebody a little more challenging. Here's a woman who is about ninety years old. She has a walker. She has severe osteoporosis. She's hunched over. And, she's giving her history for a whole half hour to a bunch of doctors, and I realize when you're ninety you've got a whole lot of history. I had her stand up. Her physician was watching and as lightly as possible I touched the top of her hips, because you don't want to push down on these people, because they're very fragile; they can sneeze and break a bone. And she had her hip massively out of line. I put my hands on there very lightly, barely touching and about forty seconds later I said to her doctor, ok come here see what you measure now. She does and her jaw drops open. It was one of those Kodak moments where doctor with the stethoscope, with her jaw open like, oh my god, how can that have been? Then she walks across the floor, sprinting at about a mile and a half an hour, going oh I can walk more comfortably now.

On the way back to Norm's guest house, where I was staying while I was there, I said to Norm, are you impressed? He said, no. I said, what do you mean? Everybody I worked on had a major improvement today and I'm not always that lucky to get people who are that responsive. He said, well some of those people might of liked you a little bit. And some of them might even have been a little open to what you were doing. He said, I want to see how this works on my most difficult chronic pain patients: people who have twenty or thirty years of constant pain who have never been helped by any traditional or alternative therapy. And he said: "I don't have to do a double blind on everything that I test; I just have to make the test so rigorous, I can't believe anything but the outcome."

So, he brought in these people who were really in tremendous pain. I had group session, we worked on these people for about an hour each and the result was between a 30 and 70 percent reduction in pain on every one of these people. But, the exciting thing to Norm was that the pain relief was lasting, that two weeks later when he called me back, he said, "They're still experiencing pain relief from that single session."

So he wrote the forward to my book calling it the first technique that may truly allow us all to become healers. That's still, years and years, over decade before I made the new discovery about what we call Quantum Touch 2.0 – The New Human.

**PITTMAN:** We'll go to *Quantum Touch 2.0* in just a second. But, I'd like for you to talk about what happened when some of your students formed healing circles?

**GORDON:** Our students get together on a regular basis. Many of them just practice with each other. Sometimes they'll bring in people from the outside and they just have these fun meetings where they connect and share healing. But, some of them doing these healing circles invented a new word. They were troubled because every time they would be doing sessions on each other they would see something that was so remarkable, they would say, oh my god that's miraculous. In time they finally thought, wait a second, isn't a miracle something that happens very rarely. They said, yeah. So they came up with a new word, and they called it a "normacle" - when the miraculous becomes normal. We've been hearing lots of wonderful stories of people doing healing sessions and receiving them while they're in sharing those sessions like that.

**PITTMAN:** That's fantastic! I am holding in my hand a copy of your new book, *Quantum Touch 2.0: The New Human*. I'd like to read just one quote off the back before I have you dive in a little bit. And, here it is:

"*Quantum Touch 2.0* is true healing. This book will change the world! It brings hope for humanity to thrive and not just survive. I am integrating this work as a new protocol in my practice." - Prudence Hall, MD

**GORDON:** I believe that Prudence was even on Dr. Oz show. And, she is doing the work for the stars, Susan Summers and a lot of other people go to her for hormone therapy. She's no slouch.

**PITTMAN:** So, tell us about *Quantum Touch 2.0*.

**GORDON:** Well, about four years ago I was having dinner with some friends, and my friend Brian said, "Hey show this woman how you can adjust her hips with a light touch." That's a visible thing that you can show. It's one of thousands of applications, but it's kind of fun to demonstrate that it's possible to do something that seems impossible. Just as I'm about to put my hands on her hips to adjust, he said to me, "You know, I bet you can do that without touching." I said "really you think so?" He said, "Sure, give it a try." So I gave it a try and sure enough her hips slid right back into alignment without touching. I somehow knew how to do it. I knew how to focus the

energy without touching. I don't know how I knew, but I guess I've been doing it for years and I hadn't really thought about it. I never tested it.

Once that happened, it opened the door, because oh my God, if I can do this what else is possible? We started experimenting and exploring. Now I should bring in one of my co-authors Chris Duffield. He's a scientist; a brilliant man. When he graduated high school he was one of two people to win the Presidential Scholar Award and meet the president of the United States. He has been a renaissance scientist, studying everything he can get his hands on and going to every conference just fascinated with everything. While we were friends about fourteen years ago, it took him over ten years of knowing me, and just seeing me operating whenever we were together you see miracles happening left and right around me. It took him ten years to get past that skepticism.

Now that he's on board with this 2.0 work he says, "Richard, it's as if you've discovered a new human operating system and now we're discovering all the apps." He says, "These new human abilities are as surprising to him as suddenly discovering that we can fly or breathe under water." But the thing he says he likes most about this work is that it works even when he knows it won't. So for fun one day, he went to a farmers market, made a sign and the sign said, "Free no touch one minute healing sessions." And people would come up and say, ok I got this, I got that. He was astounded because even while he's doubting and sure this stuff can't possibly work, he keeps getting results, because we figured out a way to really amplify the energy.

Now people could pick up my new book *Quantum Touch 2.0 – The New Human* and start using it immediately. I give just enough of the basic Quantum Touch work to get people started and successful. But I still encourage them to go back and really ground themselves in the basic work because it will significantly amplify the energy further, but newbies who have never done any energy healing at all can pick up the 2.0 book and start getting great results. With that in mind, just get started. Jump in, and then when you want to know more and you want to ground it better, sure learn the basic work and get really solid.

The basic work is about the breathing and body awareness to ground the energy. It grounds you and it solidifies your vibration; it makes it really strong. Then when you add in how we're able to use the heart chakra and our love and compassion to amp the energy and be able to work without touching. We have come up with so many exciting applications now. You can work on multiple people simultaneously. When I was at the University of Hong Kong, I demonstrated on a whole stage full of people that I could

adjust their posture. And that's just a visible measurable thing, but you could have worked on anything.

You could work on multiple conditions simultaneously. You can work inside people's brains and that's a whole area for us to discuss as well, where you get phenomenal results just by meditating inside their brain without touching them. You can work across time. I did an amazing session with my cat that way where it completely helped her change her behavior; a six month old kitten; that's another great story. You can work on helping people share their gifts with one another. So somebody's very gifted in something, they can start to share those gifts with each other and many other things. You can start using it to access a change in core belief and identity, using the energy. To say that we're just scratching the surface of what's possible is no doubt true at this point.

**PITTMAN:** One of the things that you told me about at lunch a couple of weeks ago was an experiment that you have coming up that will remove all doubt as to whether this works, and it involves an MRI machine. Could you tell us about that?

**GORDON:** Actually, I've got an appointment this afternoon to do it. I don't quite have my fingers crossed. I'm excited, but I'm not really nervous. The idea is all science since the time of Galileo and Newton has had the assumption, and it's a big assumption and you know how dangerous assumptions are; but the assumption is that everything that exists and is real, every scientific phenomenon has to have a known mechanism. In other words if you hit one billiard ball with another billiard ball it's going to move; the laws of inertia, and motion, and so forth. All these things are based on the assumption that mechanistic phenomena must occur for everything that's real. And what we're showing is that some phenomena don't have a known mechanism and that's big news.

What we're looking to do is put a person inside an MRI machine and either take a couple images or movie and I will see if we can show that we can untwist a person's hips while they are lying down inside the MRI machine. Then if we do it once successfully, today is just the test one to see if we get any results, we will repeat it multiple times and eventually announce to the world that we've got definitive proof that consciousness does affect matter, that our love is not just an electro chemical reaction in the brain or a sentiment on a greeting card, or something you feel that you hope somebody else feels. But it's a real thing that changes the outer world. If we're able to do this successfully, I think we can be on the verge of making some news.

**PITTMAN:** That is so exciting. When we were at lunch, you also told me of another experiment that you would be doing regarding charging batteries.



**GORDON:** We've heard so many reports from our practitioners and instructors whom many of them are getting really confident with it. I've never been confident, but there will be someone with a hearing aid battery that goes bad and I'll run energy into the battery and it starts working or the remote control on the TV or garage door, or whatever it is. I've heard so many stories. I've never really thought about all the things that batteries go into; the cell phones, the cameras, you name it. And, I'm hearing stories about all these different people who were running energy into batteries.

Well, we're looking to get this thing set up soon where we will have it wired up to a computer and a very sensitive volt meter measuring the charge on the battery. We'll do it in different kinds of ways and we're going to see without touching. Can we actually change the charge of the battery? I've got a number of people who have been successful with it and we can try it also. If it works, it will also be big news if we can repeat this experiment in multiple places and multiple situations.

You see, I'm really kind of a closet scientist myself. I love science. I think the ideals of science are wonderful, just like the ideals of democracy and capitalism are wonderful. The practice of these things sometimes gets very distorted, and twisted, and destructive. As Bill Maher says, "Do you have to make money on breast cancer? Does everything have to be for a profit?" Sure, there are problems within systems, but I love the ideals of science, of knowing the world empirically. The problem is that through dogmatic beliefs and grant monies and all the rest, people get very polarized so the scientists become very material oriented. On the other side, religious people are spiritually oriented. Sometimes it creates a divide in the science. What I want to see is reality, where there is metaphysical spiritual science. Not everything has to be just black and white, but we can look at where the truth takes us rather than our assumptions of what the truth is.

**PITTMAN:** Well, I'm looking forward to that day. *Quantum Touch 2.0* contains a chapter about healing across space and time. I've heard you tell a pretty amazing story about changing the past. Could you please share that story with our audience?

**GORDON:** Yeah, I just mentioned a moment ago. First off, this distance work with the 2.0 is just a cinch. Just do it, it's no problem at all. It's fast, it's easy. When I say distance work, you can be standing - well I remember I was talking to some people participating in a TED conference and this man was sitting in a chair. He had been in a major accident; his back had been killing him for a long time. He had been a presenter at the conference. So we're in a hotel lobby and I'm sitting in a chair across from him

and he says, "Well should I stand up, should I come over to you?" I said, "No, just sit where you are. I'll work with you from here." And I'm just sitting casually in the lobby. Nobody knows, it's not embarrassing; I'm just meditating for about three or four minutes. His back pain completely disappeared. Now that's distant healing. If you're not touching somebody, that's at a distance. It wouldn't matter if you were half way across the world or on the other side of the moon. It doesn't matter at all. The distance work is not electromagnetic phenomena. The energy is not electromagnetic because it doesn't fall off with distance.

You can also work across time. A story I think I mentioned to you was, I had this kitten who was about six months old and she was a rescue kitten. She was very emotionally wounded and she was always crawling all over me, trying to get more attention than there was. It was fascinating because I was having a conversation with a friend of mine that day. He was explaining how he was in therapy and he's continuing to re-live his birth trauma, endlessly processing it. I think he's actually recreating it. I said, "Well why don't you just change the past?" He goes, "Well you can't do that." I said, "Why not?" He said, "Well, it may not be holistic. It may not be organic. It may not be appropriate to change the past." Anyway, I said, "Well, let me do it on my cat right now."

So while were sitting there, I meditate for two minutes. And what I do is I'm visualizing my cat as a little kitten and I see her nursing with mom. Then in the next scene, I see her being bottle fed. I said you don't want that sweetie and I just picked her up, in my mind I just gave her back to her mom. Then there was a happy reunion. I start running energy into the kitten as if she was right there or had knee pain, or shoulder pain, or kidney stones, or whatever the problem was. When I came home, much to my absolute surprise, instead of the cat crawling all over me, she was very comfortable sitting on the other side of the room for an hour while I was reading a book. When I watched a movie, she came on the couch and eventually leaned against me. She has not been desperate ever since then and that was a complete shift in behavior, from a few minutes of meditation. Like I say, it's one of many apps.

I think perhaps one of the most exciting things for me is that my practitioners, instructors, and people who study this have always been encouraged to be creative and they're making up their own apps now. They're making their own discoveries. I just got a letter the other day from one of our instructors, passed it on to Chris. I said look at these new apps. He said of course. It's freer and then freer still and then freer still. We can continually explore ways of getting freer.

**PITTMAN:** That is very powerful – the concept of being able to heal the past. What is the role of love in healing?

**GORDON:** Well, if you think about resonance and entrainment, the frequencies of vibration that cause healing, love is the universal frequency - the one that we're moving toward. If people in pain have moved away from love, then the healing is moving back toward love. What we can see is we can harness the energy of our love and focus it, amplify it, and direct it. We can use the power of imagination in conjunction with that life force energy (that Chi, that Prana, that Qi) with our love as the frequency and direct it to healing.

This fellow, Dawson Church, who runs the EFT organization now - really a great guy and a wonderful author. I gave him an early copy of my book. He went to the hospital one day with his girlfriend and they both read my book. They hadn't really had the chance to test it out yet. In the hospital was a woman, a dear friend of theirs, who had severe kidney stones and the doctors wanted to operate immediately. And he said, "well, just give me an hour." That's pointless; that's stupid. There's no point in waiting. Nothing has ever helped kidney stones. He says, "Well just give me an hour anyway." So they give him the hour and he and she meditate. Then they check her and she doesn't have any traces of kidney stones. They check her and they keep rechecking her, and checking her. They try every single piece of equipment and they can't find any reason to open her up. It completely dissolved from the energy.

I didn't put that in the book because it came out after the book came out. We continue to hear stories that just boggle our imagination. We didn't know that was possible. Imagine how exciting it is to be in your world and continue to have experiences that you didn't know were possible. It's kind of like being a little kid again and being like, "Oh my God, look at that, look at that!" You get so excited. You go to the zoo for the first time and see an ostrich and say, "Wow, look at that! Who knew there could be something like that?" And that's how it feels. It feels like you're a kid and you get to rediscover the world all over again.

**PITTMAN:** Switching gears slightly, moving to emotions. Could you tell our audience about the role of emotions in health and emotional healing?

**GORDON:** This is the other part of my work. I call it self-created health. The emotions are the most important component. But the energy work isn't directly dealing with them most of the time. What we see is, if the energy work does the job, that's great. You take somebody's back pain away with the energy and that's fantastic. But when it

doesn't work, or it doesn't last; now what we see is about ten percent of the time, it doesn't work so well. This work usually only works about ninety, ninety-five percent of the time. But sometimes it either doesn't work well or it doesn't last. In those cases, we like to go to the emotional causative level.

I'm working on a new book that won't be out for a while, but it's called self-created health. We also have a seminar by that title that teachers around the world are teaching now. It all started back in 1980. I woke up with severe flu symptoms; a gurgling chest cough, terrible sore throat, bones aching, fever, the whole nine yards as they say. I had just attended a workshop and the teacher had said that all physical illness is a function to some extent of repressed anger and other emotions, but primarily anger. I pulled myself out of bed, wrapped myself in a blanket - sitting there across the room. And, I thought, "OK what am I upset about?" And, I couldn't find anything.

After about eight or ten minutes of looking at my childhood and everywhere else, being very emotionally numb that day, it suddenly dawned on me that somebody had said something that was very humiliating to me. And, I was really upset. I started getting really angry, and I cried, and I vented, and I just felt the emotions as deeply as I could about six or eight minutes; maybe about ten. Then I got up, took a shower, got dressed, drove downtown Santa Cruz, where I lived. Sitting in the sun, drinking a cup of coffee, thinking "Oh my god, I was sick this morning, and all of my symptoms have completely disappeared." They were all gone. So that was a big shock to me.

By 1984, I had found a way to help zero in and find emotional causes. Not by some paint by numbers system or that would be followed up with simple affirmations, but something more profound. I found a way to think. Not what to think, but how to think. I taught it many times and we've got many other teachers teaching it: how to figure out emotional cause.

When you find the emotional cause, tah-dum! You finish step one of the seven step process. And very briefly, of course after you know the emotions you've got to feel them. You got to release them. After release, comes the third step, which is very dangerous if you haven't done the first two, and people often criticize this whole field because people jump into the third step. And it should be criticized if you don't do the first two steps. That is the insight that you had done this to yourself. That's called blaming the victim, they like to say. But, it isn't when you have the discovery and release. Then it's like, wow I did this to me, which then leads automatically to the remorse. I hurt myself, which leads to the forgiveness, and which goes to the self-love.

The self-love becomes so strong in this process, it's explosive and you can't contain it and that becomes a spiritual self-love, which is this uncontainable love. So, what we discover is the body has the ability to be sick, not as a dysfunction, but as a communication from a higher consciousness on how we've stopped loving. That the body has the ability to be sick, it's not a dysfunction - it's a communication. And, that's where we take it. People are so grateful for having had the condition because it had showed them how they had stopped loving.

This is a massive shift in the paradigm of health. We see people having the biggest, most profound transformations. In one class I taught, this woman who is going on and on, "I never felt so much self-love in my life. I never felt so amazing. I never felt so connected to my spirituality and I couldn't stop crying." She went on like this for like ten minutes about how grateful she was. Then I said, "Well, out of curiosity, what was the condition that triggered all of that?" She said, "Oh, my shoulder was killing me." And everybody in the room cracked up, because the shoulder was of no interest to her anymore. Aside from the fact that it had stopped hurting, it had reminded her of the most profound emotional experiences of her life that weren't being dealt with appropriately. And by processing those emotions appropriately, then everything transforms.

**PITTMAN:** I love what you said. To me, it's a pretty profound statement. Your body has the ability to be sick, not has a dysfunction, but as a communication from your higher consciousness. So, when you're sick, it's a signal basically?

**GORDON:** Yes, because what happens is our pain, the pain we feel emotionally is deeper than we want to know because our love is deeper than we can know. We're really much more vulnerable than we let on. We care more than we show. We feel more than we let ourselves experience. Because we are spiritual beings and our love goes all the way and without limit, we don't know that. I'm just Joe or somebody, or I'm just a guy or whatever. We don't really let ourselves in on how precious, how profoundly deep our love really goes.

People suspect that there's something really special or beautiful within them. They kind of sense that around themselves or maybe they glimpse it during a moment of clarity, or hallucinogens, or something. They kind of get that, yeah I know it's there, but how come I don't access it. Because, you know, they're doing the daily grind and they don't connect to those parts of themselves that are fully connected. What happens is, we have an agenda to grow spiritually and because we've suppressed so many emotions for so long, we don't let ourselves really in on what's there. So we shut down.

Then our higher consciousness says, "C'mon, fix that, heal that. Let's complete that thing." So you've got that pain that never gets dealt with and it never goes away because you're not letting yourself experience the totality of the pain. The pain in the body is the pain in the emotions that you're not dealing with. People with chronic pain are chronically in pain. We figured out a way to decipher all that. Then there's the work, because just knowing what it is, is like having a map. It doesn't get you there; it just gives you a map. That's the first step of course; it's just having the map. But, it's not the journey.

**PITTMAN:** You've talked about the role of love in healing, and getting into your heart-space. Could you, perhaps tell our audience how to get into their heart space and maybe even lead them through an exercise?

**GORDON:** Here's something you can do right now just to start feeling your heart chakra a little bit. This starts opening you up. But if you bring your awareness to the center of your chest area around the heart area - the heart chakra. It's not just a little circle in the pictures. It's three dimensional. And feel as much sensation as you can in that heart chakra. As you feel the sensation, breathe into it. Just bring your awareness into that heart chakra in your chest, and let the sensations grow. Now, while you're doing that, and you're not operating any heavy equipment or machinery or cars and such, you start to let yourself feel the energy of adoration, of love, of adoring. You can think about maybe a kitten, or a puppy, or a baby, or somebody very dear to you. Feel that physical sensation. All emotions bring physical sensations. Feel the physical sensation in your chest of how you know how to adore and breathe into it and let it expand and let it get stronger. Just breathe in for another minute and just feel it opening. That's the first step of working with the Quantum Touch 2.0. We're opening the heart chakra and that's how you can start to feel it right now.

**PITTMAN:** I can definitely feel it. And, I have a smile on my face. I just feel good. I feel the vibrations.

**GORDON:** It feels good.

**PITTMAN:** I once heard Greg Braden talk about something similar. You know, Heartmath and all this other stuff.

**GORDON:** Sure

**PITTMAN:** He suggested that you put your hand over your heart to become connected with it. What do you think about that?

**GORDON:** If touching yourself helps you bring your focus, that's a good thing. If you can find your heart without your hand, that's a good thing too. It really doesn't matter because ultimately you want to be able to access the emotional, physical state, and they're one in the same. The way you know you're having an emotion is because your body feels something. They're actually connected and people who suffer, you know, quadriplegic conditions have a harder time accessing their emotions because they don't have the body sensation to go along with it. All felt states have body sensation. What we're actually doing is we're using body sensation within ourselves directed with consciousness and breathe and intent and imagination, to amplify healing. It's such a breakthrough because when you can demonstrate it visibly before someone's eyes in seconds that this thing works, that really changes a lot.

**PITTMAN:** I've heard you talk about our world being a self-generated reality. I totally agree with that. I wonder if you could just speak about that a bit and about how we, as individuals, can change our world or world by changing ourselves – like Gandhi said, be the change.

**GORDON:** Sure. This is getting pretty esoteric. But, what you learn from the emotional work in self-created health is that the conditions are a reflection of our states of consciousness. Then if you extend that further, you start to see that the relationships, that the problems you seem to attract, all seem to have your finger prints on them. Or some do anyway. As we start to take greater and greater levels of responsibility, we start to recognize more and more that the hologram of my reality seems to have my finger prints all over it.

In other words somebody goes to a different city and they attract the same kinds of relationships. Once again, or the same types of problems once again. The reality ends up having your own finger prints on it. That is a fairly easy way to recognize we're having something to do generating and creating reality. But, it's a very controversial subject and it makes a lot of people very angry when you talk that way, because: "Are you suggesting that horrible thing that happened to me or my friend was self-created?"

That's a very rude question to be approached with because I don't come up to anybody and say... well no one wants to get hit by the truck, alright. No one wants that. But, when they're ready to explore it, they can come to you and say, can you help me figure out why I might attracted that kind of reality. Sure, you didn't want to get hit by the truck. But, what was inside me that generated that? Then you can help them find what's there, and then they can heal the emotions of what's there.

But it's a courageous question and it's not for everyone, because not everyone wants to go that deep. But, for those who do there's a gold mine inside there of things you can learn and discover.

**PITTMAN:** Great answer. Your book, *Quantum Touch 2.0* is available online at Amazon as well as your other books. Is that correct?

**GORDON:** Sure, exactly.

**PITTMAN:** And, how about your other training programs – either your pre-recorded ones or the ones that you are doing live. Can you talk about what is available?

**GORDON:** Yeah. What we have is we've got an online video training program. Where people can learn the basic Quantum Teach, which is so helpful to ground yourself in the work. And, you can watch this video online, which is an entire workshop of me teaching a group of people, answering all the most important questions that ever come up in these seminars. And, people will be able to start doing it.

As a matter of fact my friend Debra who still in town from Scotland, she watched this video about ten years ago and she'd been in an auto accident going about eighty miles an hour. And, her body was crushed and the doctors said you're probably going to spend the rest of your life in a wheelchair. She couldn't turn her head to the side. The group of first day students watching the video gave her a ten minute session and she's had no physical problems ever since. And, she's one of our advance Quantum Touch instructors now. You could watch this video and you can gain a lot from it.

We also have instructors teaching the basic *Quantum Touch* work or they can just read the book *Quantum Touch: The Power to Heal*, and it's basically the same thing as the class. It's just harder for many people to translate the book into the experience of being there. But, the video or the live workshops are ideal.

The *Quantum Teach 2.0* will be called The New Human is the class you take after you've taken the basic workshop, and you can learn how to run the energy, and play with many of the apps. One of the really exciting things in that workshop is we are working with a lot of these techniques directly and people are actually experiencing them right on the spot and having fantastic breakthroughs right then and there. Things like changing core beliefs with energy can actually happen right inside the workshop - where people who felt like there was not a sliver of a percent of a possibility that could ever be to have something find that in the course of the workshop they're saying "Yeah that sounds reasonable, I could do that," because we're working with the knowingness of what it's like to already have it.



It's a very deep inner knowingness, not your intellect knowingness. It's another kind of knowingness. Or, working across time space. Chris in one of the workshops was working with a woman who had never had a father and he did not know that. He was just holding her as an infant and just giving her love. At the end of the session she had tears in her eyes. She said, "All my life I felt there was something lacking in me because I did not have a father and now I feel like I am not lacking in anything at all." It's great stuff.

**PITTMAN:** Where are these being held and how do people find out when and where?

**GORDON:** Our website [quantumtouch.com](http://quantumtouch.com) has calendars of workshops and also has a online video programs and other things. [Quantumteach.com](http://Quantumteach.com) has a message board for people asking questions and lot of other articles and information. There's a lot there.

**PITTMAN:** Is there anything else you'd like to share with our audience or is there any questions I should have asked, but I did not ask?

**GORDON:** I don't know about that. I just like to leave people with a thought that their love is really valuable. And, that everybody who's ever deeply hurt you has always given you the message subconsciously or overtly or indirectly that your love wasn't valuable. But, it really is. And, this work truly helps people get in-touch with the part of them that really does have that value – to really appreciate that value, and to see how much it helps and how deeply it's needed. And, so we can really access that through the use of Quantum Touch.

**PITTMAN:** Well, thank you so much Richard for being on the New Mind Body Summit.

**GORDON:** Hey, it's been my pleasure.