



Hosted by Damla Aktekin Featuring Dr. Dawson Church

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Dr. Dawson Church, Health Writer, Researcher, EFT and Energy Medicine Pioneer, and Author of several books including **The Genie In Your Genes**, **Mind To Matter**, and **Bliss Brain**. It was an incredible honor and a pleasure to chat with Dawson. He truly radiates positivity and a deep love for his work. His positive outlook about our potential to move from trauma to bliss and how he sees a hopeful planet due to the evolution of our species are exactly what we all need to remember right now. We talked about:

- His journey of self-healing and discovering healing tools that helped shift his perspective in life,
- What EFT Tapping and meditation are,
- How meditation can change our brain activation from task orientation or Default Mode Network (past trauma and future worries) to bliss brain,
- Why meditation can be so hard and what to do about it,
- How to use the software of our consciousness to change the hardware of our brains, the actual physical changes our brains experience through meditation according to research,

- How meditation can help us increase our immunity and intuition,
- What energy healers like me are doing when we do distance healing (with research examples),
- How trauma can be a chance for growth and evolution,
- The expanding human potential and staying hopeful about our future,
- And more.

My favorite healing nugget from Dawson is “Meditation is a means to an end (bliss and flow state). How you get there is not important. The state that you experience is important.”

You can find out more about Dawson and his work at:

- [His website](#), on [Facebook](#), [Twitter](#), and [YouTube](#).
- [Download Dawson’s unique EcoMeditation](#) that combines the best practices from EFT, neurofeedback, HeartMath, and mindfulness in 7 easy steps. Dawson designed this meditation to help new meditators learn to quickly access the consciousness states of skilled meditators.
- Find out more about EFT Tapping, [EFT research](#) (including [the cortisol reduction study](#) we mention), and its incredible benefits at the [EFT Universe website](#).
- Learn more about Dawson’s brand new book [Bliss Brain](#). I just finished reading it and can’t recommend it enough. If you are wondering if meditation is for you and whether it is worth your time, this is the book for you.
- Read Dawson’s account of losing his home and the majority of his family’s belongings to the [Santa Rosa fire](#) in 2017 and how he used meditation to shift his focus from loss to counting his blessings.

You can also [download my free EFT Tapping meditation Allowing Life To Flow](#) and check out my [online course Introduction To EFT Tapping](#), which teaches you all you need to know to add EFT Tapping into your life with a bonus module that includes meditations for tapping with your kids.

If this conversation touched you in any way, inspired you, or spoke to you, please share it. You can share it in a conversation, post about it on Facebook or Instagram, or email or text it to your friends and family. We truly appreciate your

support in spreading the love and light that we hope to create with these conversations.

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With love and light,

Damla

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