

# Rebellious Wellness <sup>over</sup> 50

## Alx Uttermann



### Episode 42: You Are an Energy Body with a Soul Battery with Alx Uttermann

[00:00:00] **Gregory Anne:** Welcome back everybody. To another episode of rebellious wellness over 50 today, we're going to talk about radical self care for all of you who think you don't need this and are about to talk, turn off this, this episode, please don't. I think that everybody can use some self-care, especially in this day and age and my guest today, Alx Uttermann is going to tell us all about it, Alx

**Alx Uttermann:** Oh, thanks so much. Really great to be here.

**Gregory Anne:** Yeah. You are a global practitioner of radical self care, a leader of groups and programs and educational seminars. . How did you find yourself doing this?

**Alx Uttermann:** Oh, so reluctantly, I have to tell you. I came from a really diverse background. My training was as a classical musician. I was also a fairly good writer and I made a living as a journalist in the field of computer gaming.

**Gregory Anne:** Wow.

**Alx Uttermann:** Just bizarre. Right. You know, a master of no trades. There's definitely a through line. I didn't really think about spirituality or healing or any of this stuff at all.

In fact, I was deeply skeptical and kind of got broadsided by it in my late twenties, to the point where I wound up living in south India for five years, studying miracle healing with a healing Saint there who had extraordinary, like encyclopedic knowledge of how the human energy system works. How to bring relief to people who are suffering all kinds of things in this world, from extreme heartbreak, to depression, to anxiety, to a serious illnesses and so on.

[00:01:36] So in the course of that study, I found these radical self-care techniques. They actually come from ancient India and they're so simple and relevant and so needed now in our modern world that I've become kind of the poster child for these very, simple techniques that allow us to dissolve stress.

**Gregory Anne:** Talk to the skeptics in the audience who say this energetic body thing, I've heard about it before. Explain the difference between our energy body and our physical leg bones and flesh.

**Alx Uttermann:** Right. All that woo woo nonsense.

[00:02:15] Yes, it's hilarious actually. So is there a difference? Yes. And yet, oddly enough, the energy system that we have in our body is also part and parcel of our body. You can't extricate the two from each other, in the expression of, a human being. However, we have a physical form.

[00:02:34] Yes. We have bones and flesh and interesting systems from circulatory to endocrine and behind all of that is the energy system. I'm sure people have heard things about chakras or, maybe we have a soul. I would say yes to all of them. The more that we can understand a little bit about how energy works or to understand all the nuances of the human system in order to get the benefit of affecting ourselves from the energy side, less from the physical material side. A very simple example is how do you feel when you hear a piece of music that really moves you to tears? Right? That's touching something beyond our [00:03:20] biochemical processes, right? There's some ineffable magic there.

[00:03:23] What is that it's hitting? The energy system. It's touching our soul. Where are those tears coming from? Why would your eyes make water? Because you're moved by some beautiful thing. Maybe it's a piece of art or maybe it's a scene in nature that's so gorgeous. It's so moving that thing that moves in us, I would say, as our soul.

[00:03:45] Right? So there is something a little bit more to us than just muscle and bone and matter, and brain and all of these things that we know mechanically exists in the human system. So toward that end, how do we approach that? And how do we work with that side of ourselves to let's say, self healing in a really profound and immediate and palpable way?

[00:04:07] **Gregory Anne:** And I liked the immediate part because it's been explained on this podcast before the physical form is the slowest way to get to change, trying to change the body is much slower than working with the energetic system, working with our mindset, our belief systems. So I would say if anybody listening, who still not sure that this is possible, stick with us and see, because

[00:04:33] Alx is going to explain to us this release system, how this can possibly be so. But I want to gather the people that might most need this who might be listening now. They are people that have extreme stress in their day because of their job. They might be a frontline worker.

They could be a caregiver to a spouse, a child, a parent, animals. They could be in a difficult relationship. All these things can lead to physical manifestations of what is an emotional energetic relationship between the situation and our soul, our heart. Would you say that's close to accurate?

[00:05:13] **Alx Uttermann:** Yes, absolutely.

[00:05:15] **Gregory Anne:** Sometimes people will dismiss needing radical self care or any kind of new modality in their life because they haven't gotten a diagnosis that something is wrong. And yet, as you pointed out, if you come home every day and you need to grab the Motrin for a headache, that's not normal.

[00:05:32] So something is going on. Talk a little bit about that.

[00:05:37] **Alx Uttermann:** Yeah. So let's go back to who is under stress. You mentioned frontline workers, caregivers for a spouse, or for adult children, people who are really under it every day or their job. Right. So one of the things that I came to understand, actually, that makes sense. Which is this, human beings energetically on a subtle level, are like semipermeable membranes. That's to say

we're porous with other people we absorb and exchange energy with other people all the time, whether we're consciously aware of that or not.

[00:06:12] So let's say someone works in HR, in corporate and they are the shoulder that everybody in the company comes and cries on. This is pretty normal or a project manager. I mean, it doesn't have to only be in a healing modality. Uh, anybody who's involved with a lot of people and interacting with them and their stress and their anxiety and their high stakes performance situation or whatever it is, is subject to this.

[00:06:36] If you're the shoulder that other people come in and pour out their  
[00:06:40] guts on indirectly, you're absorbing some of their stuff in the process of being a good character and listening with an open heart. Once we've absorbed the negative painful stuff from other people. Generally, they feel great. They're like good

[00:06:56] I'm so glad we had this conversation. I feel relief, right? Maybe a good friend who calls you on the phone. And if something really traumatic happen and as a good friend with an open heart, we're listening to them.

[00:07:08] Well, they feel great after an hour. And we feel like, you know, we want to go consume a bottle of whiskey or, you know, a whole Sara Lee chocolate cake, or go yell at someone . We've absorbed something. There's been an energetic exchange. Let's say it like that. One person got relieved at something.

[00:07:25] Another person suddenly feels weighed down. Maybe drained, maybe exhausted, maybe just enervated. It depends on how it hits the neurophysiology. When there's an exchange of energy like that. When somebody gets relieved of something painful we know from physics, matter, doesn't disappear. It just changes state.

[00:07:48] So where did that go? That block of gnarly, painful stuff that they got rid of in the conversation, in the unloading where did it go? Guess what? Majority of it came to the person who's the recipient of that conversation of that helpful nature? The more open our heart is the more, we're like a big sponge absorbing, even more of people's stuff.

[00:08:10] Now here's the crazy part. That's fine. We're here to do that for each other. We came here to help each other. That seems kind of obvious. The problem is if we don't have a way to offload that quality of energy, let's call it like a packet that came into us as a result of listening to someone or helping in that way, it stays in our system and it metabolizes.

[00:08:34] Enough of that, it builds up, builds up, builds up, and then you see anxiety, depression, insomnia, body pains, headaches, neck aches, compulsive thinking. Can't stop thinking about this thing. You'll see attorneys who defend kids. I've actually seen this happen. You'll see school teachers, anybody in the medical or helping professions.

[00:08:57] Psychotherapists. By the time they get home at night, they're still chewing on the cases, the people, the stories, they can't let go. Why? That's an energetic input that came into them. It's literally like somebody handed you a package of their stuff and you said, oh, I'm happy to accept that. And now you're carrying it.

[00:09:17] What to do about. If we don't have any effective way to dissolve it from the human system, it will build up and it will build up into all these crazy other symptoms that are literally our own neurophysiology screaming at us. Hey, you need radical intervention. You need to get the stuff out of your system.

[00:09:36] The things that are driving you crazy right now and creating all these symptoms are not yours. They're the overlays that have come from interacting with other people. In a really beautiful, helpful way. So the way I would characterize this, the human system is like a battery. Hey, we have positive charges. We have negative charges. Were bags of water with a lot of. precious [00:10:00] metals, right? Like copper and so on we can accept positive charges. We can hold the beautiful piece of art or music that moves us to tears or a loving conversation with someone or, something that we see in nature, like an animal or a mom with a little baby or two lovers kissing, it's all it's so delicious, so beautiful.

[00:10:19] These kinds of charges, a good meditation, a good religious experience, we want to keep those in our inner battery. Negative charges, if someone yells at us, an argument, stressful, traumatic things happen, or we hear someone else's stressful, traumatic things. Those will also stay in our, let's call it the soul battery for lack of a better word.

[00:10:44] Those will stay in us until we can get those negative charges out of that battery. Let's say, de-charging, literally are the techniques that I learned in India to pull the negative charges out effectively, give them back. But keeping the positive charges in our system at the same time. I have a very strong healing practice here in LA, and I do a zoom healings for people from all over the world, majority of the people are just overwhelmed and stressed and anxious and approaching burnout or PTSD, or it's already turned into a serious physical,

[00:11:21] some kind of chronic condition. Maybe it's auto-immune, maybe it's cancer, But what's underlying that is a desperate and painful need to learn the

techniques to discharge this kind of energy from their system. And it, it brings a world of relief.

[00:11:36] **Gregory Anne:** Yeah. You've got some amazing testimonials on your website.

[00:11:39] Let's do your websites right now. One is energetics of self care.com, energetics E N E R G E T. I. S of self care.com and you have another one for your local practice, right?

[00:11:56] **Alx Uttermann:** Oh, it's not only local, actually. Some of it is local, but also I, even before the pandemic, I was teaching and healing or via zoom actually since 2016. So I have kind of a global audience of people who want to learn the healing systems and turn around and use those in their lives with maybe clients or in their work life as well as doing personal healing sessions.

[00:12:19] So that is, UCBK.org .

[00:12:22] **Gregory Anne:** And they'll also be on the page for the podcast. So I want to go back to the idea of burnout, approaching burnout. I think there are some professions where burnout is. I'm going to use the word expected in air quotes. Recently, a friend of mine took a job, a new boutique hotel chain needed a pastry chef and they brought her in as the consultant and asked her to stay.

[00:12:49] And the person in charge saying, well, we expect you to work 60 hours a week. And she's at a point in her career where she just said, no, that's not what I do. Right. I'm good enough that I don't have to manage my stress level for you at that rate, I can do all the work I need to do in 40 to 45.

[00:13:05] And they said, okay, show us. But sometimes, and she's, you know, she's a mature woman, so she's learned to set boundaries, but for somebody who's younger or somebody who hasn't learned those boundaries, and it doesn't have to be a job at 60 hours a week, [00:13:20] but it's the expected thing. Nurses, perhaps C suite executives, people think,

[00:13:27] And rightfully so because there's an expectation above them setting these standards of more work, less downtime. They have to learn to, as you would say, de-charge some of the stress that they take in everyday, right?

[00:13:41] **Alx Uttermann:** Yes. Well, and I think you you've hit it pretty squarely on the head, you know, corporate culture. I did write for Silicon valley for many years and my former partner, Jonathan Rosen, we went through these trenches of spiritual teaching and healing and learning all these things together. He was a

management consultant for fortune 100 companies, bringing these kinds of techniques into the corporate environment.

[00:14:04] In major companies like Hewlett Packard, Boeing the culture was, you know, you get stars. They're always on call the 60 hour week, that kind of thing. And there seem to be a total lack of recognition from management that you get these stars they're hungry they're, achieving in the corporate world and they're burning out in droves and then what?

[00:14:29] You appreciate their star quality for what you're paying them for and all the, you know, the accomplishments that they were creating with inside the company. But that's not sustainable, right? There was one character, this was way before we had, video conferencing .

[00:14:45] But there was one guy who worked for one of these major companies, I think he was one of the VPs, you know, in charge of whatever. And they would have these giant conferences, all the world.

[00:14:53] And this guy was flying all over, from California, Pacific rim, California, Pacific rim all the time. And had a heart attack. He was in his 50s. And there was much kerfuffle in the company. Oh my gosh. The feeling was, you know, obviously they pushed this guy to the limits and he just couldn't do it anymore.

[00:15:12] So after that, he was totally willing to keep doing these long flight conferences and they were saying, okay, well, we're going to change it up. You're going to join by video or by phone. And, we have to adjust our culture. So the expectation is really high and type A people want to meet those expectations.

[00:15:31] We thrive on one level by accomplishing a lot, and by having that purpose and by being the star person, unfortunately majority of the time ignoring our own physical and emotional system crying out for some kind of break and some kind of relief. And we ignore that at our peril, right?

[00:15:54] **Gregory Anne:** Let's just say that somebody does, absolutely have to work. You know, nurses work 12 hour shifts there are drivers for all these delivery companies. Now they also are asked to work long shifts. What can you offer people who actually have those restrictions placed on them by the job?

[00:16:11] And they need the job? How can you help them with their stress?

[00:16:14] **Alx Uttermann:** It's a crazy thing. The techniques that I learned, and that I share on energetics of self care.com are so efficient, you can use them while you're working.

[00:16:24] **Gregory Anne:** Wow.

[00:16:25] **Alx Uttermann:** Yeah, okay, here's the dilemma of self care. The dilemma of self care is if you have a highly stressed individual in one of these really demanding job scenarios, They get so stressed that they [00:16:40] can't even think to add something, to put self-care on their agenda becomes another stressor.

[00:16:48] I can't even think about that because... And so generally people will try something, they'll have a workout regime. I go to work eight hours a day and then I hit the gym on my way home. It's a kind of way trying to de charge. It's trying to de stress, right? I would say you're kind of, it's inefficient because it may be an hour of a workout or even a half an hour.

[00:17:11] On a kind of material level. That's not really addressing the deeper stress internally that's now lodged in the system at a subtle level, but it's something right. Or you'll see people saying, I make a self-care plan for my weekend where I read a book, I take a bath. I go for a walk in nature.

[00:17:30] Flailing, trying to balance this terrible imbalance that's clear it's inside. Generally speaking that's stuff piled on a schedule just seems like more stress. And what I see is that that's the last thing on the list. It's a funny thing, but as human beings, we tend to put ourselves last , and it seems to take a monumental effort to take care of the self in a way that's really uplifting and positive.

[00:17:54] So the way I design energetics of self-care techniques, some of them can be done, away from the work environment. That's true, but the majority of them can be done while on the job. There are two major sets. One is a series of techniques about discharging. What we've been talking about, getting the negative charges, the traumas, the painful stuff that we automatically absorbed from our environment, especially in those conversations where someone is really traumatized. For frontline workers, it's not only what they're seeing in the hospital environment but it's dealing with the families of people who are, can't see their relative.

[00:18:30] So they're really taking it, in the teeth. As are the respiratory therapists, the EMS folks, I mean, it's the whole structure of everybody in healthcare. So there's one set of discharging techniques that people literally can do while they are on the job. A stressor comes up, somebody just yelled at me and ... it's such a

simple thing, but if someone really rips you a new one. You're shaking, right? There's a feeling, what is that shaking inside? It's your whole energy system reeling from this kind of negative, assaultive energy. Now it's partly in your system. And you I'm sure know, and I'm sure listeners know that's really hard to shake even an hour later, two hours later, you still kind of reverberating with that, that thing that happened.

[00:19:16] I live in LA. So if somebody gives you a dirty look on the freeway, cause you cut them off, we feel it, we're actually quite sensitive as energetic beings. We just don't think of ourselves like that. How do get that charge out? It can be done while on the job. That's one level of the techniques that I have.

[00:19:34] The second thing is a series of a very simple meditation technique.

[00:19:39] It's so simple, but because it's highly energized, people can do it while they are working. It doesn't matter. It's like a background thought that happens. It's not like they have to sit in formal meditation, but because of the quality of that type of meditation, it creates a, I mean, this is gonna sound really nuts,

[00:20:00] I'm sorry. But it kind of creates like a force field around the person or a protective force, like making them a little bit more Bulletproof to all the slings and arrows that come in. So that by the end of the day, they actually will have less to discharge out of the system of accumulated stress and strain.

[00:20:17] And that can be done while working. So both of the techniques that I have are integrated into the workplace. So it's not an extra item that somebody has to do.

[00:20:26] **Gregory Anne:** We're teasing people now, where can they find these things?

[00:20:32] **Alx Uttermann:** Energetics of self care.com. There's like a mailing list, you know, sign up and get two free videos.

[00:20:38] There are two series of trainings. One is for de-charging and the other is for the integrative meditation. And when someone signs on the mailing list, they get the introductory videos for both of those series. So that they can see, Hey, do I resonate with this is the form something that I want to learn, is this content meaningful to me?

[00:20:59] And, they're very short videos. They're like 20 minutes at most, by the time somebody goes through, I think the second video and the discharging series, they will already have some of the techniques. They can start to use them.

[00:21:10] When I developed that website, I was really worried, I still am about our frontline healthcare workers during the pandemic. I have a lot of friends who are on the front lines, both as physicians and as nurses. I can say my nurse friends in the front lines who use the discharging techniques and the integrative meditation they're fine, no matter what they see, no matter what they experience.

[00:21:32] And as you say, they have very long hours. My friends on the front lines who do not use these techniques are the hot messes you would imagine, ranging from coping substances abuse to a severe depression, anxiety can't sleep, compulsive behaviors of all kinds. It's really quite something.

[00:21:53] **Gregory Anne:** It sounds like it. I noticed on your website, you also talk about actors, no surprise there living in LA. And I was reading an article about the Nutcracker suite dancers this year at the New York city ballet. They had masks on and I was thinking the stress of practicing as an actor

[00:22:11] or a dancer in a company with a mask when you're used to breathing in and energizing yourself with your breath. That's another layer of stress for these people. They're happy to be back on.

[00:22:22] Yes and Broadway as well, but I hadn't really thought about that. If you're in a company you still have this layer of protection for yourself and others that is putting a layer of energetic weight on you, perhaps?

[00:22:35] **Alx Uttermann:** Sure. Yeah. Well, the nature of being a performer itself, so anybody who's in the public eye at all, so that could be a lecturer, a presenter, an actor, a musician, a standup comedian, a politician.

[00:22:51] If you're in a situation where you're giving a public presentation, right? And a lot of eyes are on you, automatically people start to discharge their own stress onto the person who is the focal point. So let's say, with entertainment of any kind, let's say a musician or, an acting troupe or a stand up comedian.

[00:23:12] Or a dance troop. They're performing. What happens? Let's let's look at the energetics of it, not the, not the surface mechanics. [00:23:20] People come in. Maybe they had a crappy day. Maybe they've had a really hard week. They're so excited to go to a live performance and just escape, right. And just forget, they start to relax.

[00:23:31] They're being entertained by something. As they start to relax, automatically they start to discharge the stress of the day, week, month, whatever,

through the eyes it's going to the people who are facilitating that, let's call it a healing that charging that's automatically coming out of a large audience.

[00:23:49] I mean, if you're talking about the Met, or a Broadway show, you've got thousands of people there. All of that is going to a performer. Where does sex, drugs, and rock and roll come from? What happens to the performance after the show? They are buzzing. I've been a performer myself. They are buzzing.

[00:24:06] Vibrating so high with an energized feeling. That's actually quite uncomfortable. If you parse it, many performers will say, oh, but I love that wave of energy, man. I get it from the people we're in a relationship. I love it. Others. When I would come home from performing classical piano, I would be up till three in the morning, bouncing off the walls could not sleep completely energized.

[00:24:31] And I thought it was adrenaline. It's not adrenaline. It's an input of hundreds of people or thousands of people automatically pouring their stress. Nobody means to do that mind you. It just happens naturally onto the person who's facilitating that beautiful, artful escape and good feeling .

[00:24:51] It's opening people's hearts. And when the heart is open, we tend to offload stress. So unless a performer has a way to discharge that they'll go kind of crazy.. And you can see sex, drugs, rock and roll. I mean, where do the actors go after a performance they go to the bar. Why? They're desperately trying to balance this imbalance that they're feeling inside. And, a Broadway show they have to get up the next day and do it again.

[00:25:17] **Gregory Anne:** That has always amazed me. I saw the last show of Monty Python's what on Broadway? I can't remember which one it was.

[00:25:25] Spamalot?

[00:25:27] Spam a lot and they were all a little crazy. Yeah. Because of course they've been doing it for how long, but they let their hair down too. And there was a lot of ad-libbing and it was probably even better than it was as a strict production.

[00:25:42] But all I could think about was these people are going to sleep free a year if they don't have another show because every day, and they were talking about , what reminded me is they talked we've been doing eight shows a week for so many weeks . And I thought that takes a special kind of human being.

[00:25:57] At that level of performer, athlete, but whatever it is, just something that I so admire, but don't understand.

[00:26:03] **Alex Uttermann:** You have to have so much endurance physically, such incredible stamina for it, but you know, you see it take its toll. Like so many performers, have been overwhelmed by stage fright

[00:26:15] at some point in their career and they literally can't go on stage. Why? It's built up. Or they do have mental health issues, or they develop physical issues or they can't sleep or, or, or, or so the toll, you know, is kind of enormous, and it's considered well, that's just part of it. That's just part of the drill.

[00:26:37] Right? I have a colleague, who's a physician [00:26:40] just to jump back to the medical world for a second, but it applies it in this realm as well. So he's an internist, he's a Western MD. And he said, you know, every day that I came home from my clinic, I felt like I'd been hit by three trucks. I couldn't function.

[00:26:57] I had no mind. I would sit in front of the TV, watching nothing like seeing it, but not registering it. Right. He would smoke a lot of marijuana and could not be present with his wife, could not be present with his kids. He lost his marriage and he said, this was what medical school was like.

[00:27:16] This is the life of a physician. This was what I signed up for. I thought this was normal. What he didn't know is that because he's a tremendously open-hearted guy, really good doctor. Uh, he was absorbing all the stuff from all his patients day in and day out. And for hours afterwards, just sitting there, you know, like a zombie. He learned these techniques.

[00:27:39] He also was a colleague of mine in India and learn the discharging techniques . He said, oh my God, I can de-charge on the way home from work while I'm in my car. And by the time I get home after like a half an hour, 45 minutes, I'm clear, I'm clean. I'm fine. Absolutely. None of that residual, blurry, foggy, weird energy .

[00:27:59] I have one very dear friend who's a world-class, fusion and jazz pianist keyboardist. How many times I have tried to explain to him about de-charging, how many times over decades now? And he'll say no. No, but I love that feeling. You don't understand, you know, like I get pumped from the audience. I'm like, yeah,

[00:28:16] how many bottles do you have to go through before you get sleep at four in the morning? After a gig, man, how many bottles of wine? You don't need to do that.

[00:28:27] **Gregory Anne:** But eh wine tastes good Alex.

[00:28:30] Hey, I got

[00:28:31] **Alex Uttermann:** no problem with that, but you know, do you really need three bottles when a couple of glasses would do? There was an amazing exchange between Gary Shandling and Tom Petty.

[00:28:42] That was on the extra material of Garry Shandling's TV show DVDs back a million years ago. And Shandling went around for the extra material to interview all of the great stars who were all his friends who had been on his show right on the Larry Sanders show. And. He went to see Tom Petty who is a neighbor at the time in the Hollywood Hills and Shandling shows up, the cameras are running,

[00:29:06] he's completely late. He's discombobulated. And he's so apologetic to his good friend, Tom Petty saying, oh man, I'm so sorry. I'm late. I don't know what happened. I'm just not myself. He goes on to say, I did stand up in Mexico City for the first time in two years that I've actually done a big standup comedy show in front of thousands of people.

[00:29:29] And he said, after the show, I couldn't even speak, like, I don't know what's wrong with me. I just sat there zombified. He said it was really embarrassing cause I had a date with me and I couldn't even interact with her. Petty says, oh, I know that man that happens after every performance I give. Shandling says what you know of this ?Petty says, yeah, I pace.

[00:29:55] I pace after every show, my wife's used to it. We go back to the hotel room after the show, [00:30:00] she watches TV and I pace around the hotel room for like two hours wow. Shandling says, you're kidding. My shrink says I have performance anxiety. Petty is like, no, this happens. It's a thing. And I'm sitting there watching this, like, oh my God, their fingers are right on the subject.

[00:30:18] They have identified, oh my God, this is an energetic overload. They need to have some means to offload it and they don't have any techniques. So they're screwed. Where we're trying to meditate. Petty smoked pot.

[00:30:33] I loved Tom Petty I was so sad when he died.

[00:30:36] That was the end of another era.

[00:30:38] **Gregory Anne:** I had such a crush.

[00:30:43] . Let's make closing arguments. We didn't speak about lawyers. They have a lot of stress I'm sure.

[00:30:49] **Alex Uttermann:** Um, yes. Especially divorce lawyers who usually end up in any interesting divorces themselves,

[00:30:56] **Gregory Anne:** Closing arguments about this radical self care. If it's easy and it's portable and it's not too woo.

[00:31:09] Well, why wouldn't we all want to try this? Because even if stress is not chronic, yes. Like you said, somebody yells at you. But we even have the day-to-day stressors like that leaky faucet. It's going to drive me crazy. I can't get a plumber here. These little things are also stressors that I think perhaps I might feel a little bit better sooner if I could learn these things.

[00:31:30] **Alex Uttermann:** Yeah. 1000%. Yes, of course. I think every human being should have these techniques, because let's say, let's say something happens to me like the leaky faucet and I'm, I'm innervated by that. I'm jangled right. What is the quality of my interactions with other people going to be like that day?

[00:31:49] If I have this underlying yuck feeling, probably not very pleasant, which means I might create more misunderstanding and more stress and, and not very good communication, or I might get snippy with somebody. It kind of snowballs as I deal with other people or just maybe throughout the day. I'm so annoyed by the thing that I can't focus on stuff I need to do.

[00:32:10] So if I could just simply de-charge that the whole feeling around it in the moment. De-charging is kind of like brushing your teeth. I regard it as a daily practice, the reason being is, you don't want six months from now the effect of not having brushed your teeth.

[00:32:28] We have to do that every day. It's required. Number one, you don't want the lecture from the dental hygienists. But number two, you don't want the buildup and you don't want cavities. You don't want gum issues and all the stuff that will happen if you don't maintain your teeth every day.

[00:32:42] Similarly, if we're accepting a lot of stressful energy from wherever it's coming, our home environment, our family, our friends, our work environment, or larger things like, oh my God, I read the news on Twitter and Lord, I need a stiff drink right now. There's all kinds of stress.

[00:32:57] If we don't dissolve that daily, what's the buildup in our system and what's the cost to us? Over time it's not pretty. So my case to make would be, yeah, everybody should have these techniques. And I really wish this kind of stuff were taught, to five-year-olds, because they could stop so much of the stress[00:33:20] in schools and on the playground.

[00:33:21] And the way that we interact with people becomes a lot clearer and cleaner. If we're not ourselves carrying some kind of stress that maybe we're not even that conscious of.

[00:33:31] Yeah, and I think the tricky thing is the ones we're not conscious of that are building up. We may be conscious that something is annoying us.

[00:33:40] **Gregory Anne:** But then we may go to bed and wake up the next day and forget about it until you don't forget about it. And I have to add self-talk to the list of stressors that we could be de-charged.

[00:33:49] **Alx Uttermann:** Wow. Big time!

[00:33:51] **Gregory Anne:** Women who decades into their beautiful life have lots of mean things to say to themselves, guilty as charged.

[00:33:58] There are days, you know, it just happens, but. If it's a chronic thing, it is harmful on a cellular level, which means on an energetic level, because

[00:34:07] **Alx Uttermann:** it absolutely is. And where did that initially come from? Where did we learn that particular line of, not good enough. You're not la la la. Was it parental?

[00:34:18] Was it a teacher? Was it another kid? Was it an older sibling somewhere? If you go back in yourself, you'll see, there was an initial input to the battery inside. A charge of negativity that was put into us and we accepted it. And now we're just replaying it over and over and over again.

[00:34:36] So if you can get down to the layer where that thing was, that hook, you can pull it out with the de-charging. And it doesn't have to be the big story and my mother did this and my dad did that. And now I'm the result of Nope. You take out the energy that is disturbing and is done.

[00:34:54] So the self-talk level, when you catch yourself doing that, were you to use the de-charging techniques, you're catching this at the root, because I don't want to perpetuate this and drag myself down. Life is hard enough. We don't have to also subject ourselves to friendly fire, right?

[00:35:10] No, no, no, no, no.

[00:35:15] **Gregory Anne:** Well, bench rests on everybody needs the de-charging techniques. I would advise everyone in earshot of my conversation with Alx to go

to her website, which is energetics of self care.com sign up for those free videos and start to get rid of some of the gunk. Really? Yeah, it sounds great.

[00:35:41] I am definitely going to do that after this. Not that I have any stress in my life,

[00:35:46] **Alx Uttermann:** but none of us really, but, you know, uh, given the thrust of your podcast, you know, if people want to age in a healthy, vibrant alert, awake way, why wouldn't we use every tool in the book that we can get our hands on to, to make our quality of life so much better internally and externally.

[00:36:13] **Gregory Anne:** Absolutely. And I think of them as the habits of longevity, whether or not we want longevity. The fact is most of us will live longer than we expected. Some people want to live a long time. Some people are like, whatever happens, happens, but it will probably be longer than our parents' generation.

[00:36:31] Because we have more good things to rely on to help us age better. But again, these internal processes are equally as important as any of the exercises and the [00:36:40] good food and all that other fancy stuff that we hopefully have made habits for ourselves already. So yeah, as a holistic being, we need to take care of all of us, and that includes the energetic.

[00:36:53] **Alx Uttermann:** AMEN!

[00:36:54] **Gregory Anne:** So thank you very much for being with us, this has been a great conversation and I would really love to hear from any of you who use these techniques of Alex's. And did you say that you certify people that you can teach people how to use them in their

[00:37:07] **Alx Uttermann:** practice? I can teach people how to teach them. Yeah, absolutely.

[00:37:12] **Gregory Anne:** So that's another thing, cause I know we have a lot of listeners who are practitioners and they might want another modality in their toolbox.

[00:37:18] **Alx Uttermann:** Oh my God. A thousand percent. Yes. This really, it needs to get out there, to prevent so much unnecessary suffering.

[00:37:27] **Gregory Anne:** And that's what we're here to be. Right? Light bearers. Let's help end some suffering start with ourselves first, right?

[00:37:34] **Alex Uttermann:** Yes, absolutely.

[00:37:35] **Gregory Anne:** Thanks very much.

[00:37:36] **Alex Uttermann:** Oh, it's a great pleasure Gregory again, really.

[00:37:39] **Gregory Anne:** Peeps, we'll be back next week with another absolutely fabulous guests be well till then.