



*How to Support your Child without being Stuck in your  
own Fear and Grief*

*Laura Lane's interview with Dr. Sue Morter*

*Episode # 11, Hope, Strength & Courage Podcast – Full Transcript*

*[Music fades and continues in back ground]*

Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer, where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in paediatric oncology as they share their best advice, as well as day to day advice collected from other cancer moms and leaders in personal growth and development . From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day-to-day challenges of caring for your child. Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015 I wrote about our experiences in the book "Two Mothers One Prayer: Facing your child's cancer with Hope Strength and Courage". Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

*[Music fades to end]*

Today's Episode features [Part 1](#) of my interview with international speaker and Transformational workshop leader Dr Sue Morter as we discuss how to support your child without being stuck in your own fear and grief.

I met Dr Sue back in 2013 while attending an event hosted by Janet Attwood. What struck me most about Dr Sue and the concepts and ideas that she teaches is the way she describes the perfection of life and our abilities to embrace that life and find healing and wholeness no matter our circumstances. I love the way she describes how to bring that wholeness back into our being when we feel so fractured coping with life. I hope you will enjoy Dr Sue's stories and analogies as much I have.

I am pleased to introduce you to Dr. Sue Morter. International speaker, Master of bio and genetic medicine and quantum fields visionary, Dr. Sue Morter teaches the retraining of the nervous system and subtle energy system of the body through a process called [Embodiment](#).

She is the founder and visionary of the Morter Institute, an organization committed to teaching individuals self healing techniques, and a new approach to life based on quantum science, the elevation of consciousness, and life mastery.

And founder of [Soulful Science Productions](#), a production company focused on providing support for autistic and differently abled children through guided meditations and affirmations. She draws from



her experience as a doctor for over 30 years, inspiration from a life changing awakening during meditation, and her personal passion for cracking the code of life itself. Her greatest joy is sharing her discoveries with others.

**Laura:** Thank you so much, Sue, for joining us. It's a real pleasure

**Dr. Sue:** Absolutely. It's my pleasure to be here. These ideas and pulling these aspects of what science is learning and realizing and being able to validate, together with what we in our hearts have always felt to be true, really allows us to settle the mind and begin to move in a direction of healing rather than a scattered disposition that we get into, especially in experiences of trauma or big challenge in our lives. So, it's really a passion of mine to be able to share this work. So, thank you.

**Laura:** You're very welcome. So please start off by telling us how you got into this field. What drew you to the field of medicine, of healing, quantum science, all of this? What drew us to this field?

**Dr. Sue:** Sure. You know, it's so interesting. I came across it very honestly, I was born into it. My father was a visionary in the world of energy medicine. He started in the 1970s working with polarity therapy in the body and learning how the energy flows through the body for healing. And then deepening his understanding of what interfered with that energy flow. You recognize that, that emotional states that are unresolved, they're not completely metabolized within us like something happens and we don't really know how to deal with it; we don't really know what to do with it. So, we just kind of stick it aside, keep moving. We just try to pull ourselves up by the bootstraps and keep going.

He went deeper into the research of what it is that happens when we don't completely metabolize our feelings and our emotions, and he recognized that there was a very significant interruption in the flow of energy through the body. So, it's not nerve impulse energy. It's actually the energy field that for instance, builds the nervous system in the developing embryo. So, it's this quantum field, this intelligence, this innate, inborn intelligence that that happens with every human system that acts as a template that actually builds the nervous system and the cardiovascular system and allows the overall human system to intertwine all those different elements and be self healing and self regulating, and developmental throughout our entire embryonic state into our childhood into adulthood, et cetera.

So, I was born into that world, and we would sit at dinner and talk about how thoughts and emotions create our reality and create the physiology and it just, it was my world.

So, I grew up in that and then was opened up, went to school, became a doctor. I opened my own practice was working with patients, and I actually, even though I knew all this, I wasn't implementing it on some level for myself, because I didn't know that but it showed up as a symptom pattern in my own life.

I began to get migraine headaches really severely. So much so, that there were days I couldn't go to work. In fact, it became kind of one day a week I was missing work because of migraine headaches. And I could help other people with their migraine headaches when I could go to work. But it just became this pattern. So, I started listening to what I was telling the patients that I was helping that had migraine headaches. There were things they were doing, that I really wasn't doing. So, I became



really interested in really loving myself and dropping into my core and I was very drawn to meditation. And so, I went into meditation and instantly started having transformative experiences that just woke me up in a way to a world, a version of myself that I had no idea existed. I knew it intellectually, but I did not know it experientially. And that ultimately is what is necessary for anyone to self heal. It has to be experiential, right? We can't just conceptually intellectually understand the principles. We have to learn how to embody them. So, at that moment of this revelation, this big awakening that I was having, which actually was transcendental. I woke up inside my own consciousness in a version of us that isn't subject to a physical body. It was beyond this world, that my mind accessed. And so, we could call that a spiritual realm version. But whatever we call it, I knew that life was very different than what we perceive just walking around in our best efforts here in physical bodies in the physical world.

So, my world became about how do I reproduce that experience for myself because it was as if, Laura, I was in heaven on earth. It was, I was me, but I wasn't in a physical body. I was a ray of light, and I was suspended above the Earth, so far so high, that the Earth looked like this marble, about you know, it was about the size of a marble below me, and I see it, but I wasn't that a physical body. I was this, this golden ray of light and I could see 360 degrees around me. And there was, there was this horizon that was this pink iridescent translucent blanket of light and every time I took a breath in it would rise and as I would exhale, it would fall and rise again and fall, and it was it was coinciding with my own breath, and the overriding sensation was that this brilliant light that I was surrounded in was coming through this system, and we were breathing love. It was coming as light and turning into love through my own body. It was an amazing experience. And it was as if we, as individuals, are here to simply breathe love to the planet. I was breathing love through this ray of light into this planet beneath me. I was embedded into the planet of Earth up to my knees. I could feel it, but it was it was not of this world. So clearly, it was so significant, it changed my reality.

And the most important thing that I want to share, just to finish that - I could go on and on about the magnificence of that experience but I want to share this because I think that it will be significant for the parents that we're speaking with, perhaps the children themselves that are listening in, that that the most important aspect of what was happening was a sensation of complete satiation, wellbeing. There was nothing missing. There was nothing broken. There was nothing wrong. It was all that we ever need to be. It was already here, and complete and whole. It felt so blissful and so magnificent, that I knew it was truly the foundational truth of who we are, what we're made of. And then everything else is laid on top of that bogging it down, causing us to interpret that reality differently than it really is. So, when we drop back here into our bodies, living this life the way that we're trained to live, it is so important that we find our way toward that kind of a sensation inside the core of our bodies, because it is there and it is waiting for us to land our attention on it so that we can sense and feel on an experiential level. This deep truth of who we are. And when we do the circumstances of our physical life, they begin to appear differently to us. Because I spent the next 10 years after that trying to figure out how to recreate that. And I did. I figured it out and I live and reside in that place regularly.

And I've been teaching for the last 5 or 6 or 7 years very specifically, teaching people how to gain access to that version of themselves. Because of this. I healed my migraine headaches. I also healed a scoliosis in my body because of what I was teaching myself in an attempt to be able to access that high vibrational state again, within my own self, within myself. So, along the way, I learned all kinds of healing techniques and soothing techniques for the mind, body and soul really, to bring them back



together again, so that we can see life from a perspective that is embracing rather than something that we're trying to survive. It becomes a place for us to express our wholeness. A place for us to come to know the truth of who we are. And so, so the idea of surviving, the idea of dealing with traumatic life experiences, transforms itself into another perception. And those things actually become tools for us to evolve through, instead of things to just survive through. So, I'll stop there and see where we're going to go but, but I'd like to just kind of lay that out for everyone. To set the tone of where I'd love for our conversation to go to them.

**Laura:** That's so terrific. I'm just like, can I just come and hang out at your house?

**Dr. Sue:** Yes, you can. I'm not there very often but you're welcome to come. I'm here now. I just landed from one destination and off to another one very soon. I'm constantly traveling and teaching and sharing this work with people but yes, you're welcome to join me any place anytime.

**Laura:** That's fabulous. So, I love, thank you for sharing that. I think where I'd like for us to go with this conversation is let's talk about what is it that you would recommend for parents? For themselves, for their children? What would be the advice that you would give a parent whose child has been recently diagnosed with cancer, or has been doing this battle for a few years now? What would you recommend? What advice would you give to them?

**Dr. Sue:** Yes, so the first thing that I want to say is this. When we land in this world, we're born into this world, and I'm speaking to you as a parent, this happened to you too. And what I'm about to describe makes life harder than it needs to be. And the good news is we know what to do to shift it. But here's what happens. We land and we kind of "splat" and what happens is our mind goes one way, our body goes another way, and our breath goes yet another way. Kind of just imagine it like a dispersal. And what happens is our mind feels incomplete and we are identified as the mind. We feel incomplete. We feel like something's missing. We feel like we're not safe. We feel like there's something wrong. We're always looking to protect ourselves. We're looking to become whole, and we feel unsafe, etc. And so, we develop this protective personality, or we develop this high performance personality, either way. Either way, it's a false self. And what we have to do is pull those parts of us back together again. So that we can, if we're going to be identified as the mind, we can at least feel safer and feel more whole. So, we have to bring the mind back onto the body and then breathe the breath consciously through that scenario. And start to read those parts and pieces us back together again into our wholeness. And what happens is we begin to feel a sensation of warmth and support and completeness. And then the mind will slow down. Because when we land and splat, the mind picks up speed trying to look around and see how do I get to safety. And so, it's operating like this. It's just talking and talking and thinking and thinking and doing and doing and grasping for everything that we've been looking for to feel whole and safe and complete in the world. And so, here's your true essence, it operates like this. Your true essence is just this waving, flowing, spirit being and then there's this mind and they don't together. Okay, you can see the difference here. And what's trying to happen is this true essential self, the True Self is trying to rise up through this mind and allow us to experience our wholeness, but the mind is operating like the fan that's spinning so fast, you would never stick your finger through that blade, it's moving too fast. So, we get stuck in this box that is trapped by mind. And the mind is not operating in terms of safety. It's operating in terms of fear and protection. So, by bringing the mind onto the body, it slows the mind down because the body vibrates much more slowly than the mind does. So, if we bring the mind's attention onto the body, into the



heart space, into the belly, and even lower, into the pelvis, into the deep wisdom core of our being, the mind will start to slow down. And when it slows down, it starts to move in a congruent state with this essential self, and then the essential self can slide up through that and free ourselves from being trapped by this racing mind that's trying to get to safety.

So, what to do to have that happen is a couple of things. If you would just practice right now, squeezing your heart, not your heart muscle, but in the center of your chest. It's called the spiritual heart or the energetic heart. There is a chakra system that you may be familiar with, and the heart center is in the center of the chest, but it does represent our capacity to love and to forgive and to be present with all. It represents our abundance instead of our lack. It represents our ability to embody faith and trust and belief that there is a purpose, a plan to this life experience that we're having. And so, if inside your body, you would squeeze your chest, just squeeze in there, like, pull the pectoralis muscles back; the shoulder blades together and down and squeeze inside there. And so much so, at the core of your body that you could then relax the pectoralis muscles and release the tension in the back of you – the mid back - but still remain quickened at the core inside the body. Because if you will squeeze those muscles, I know part of your energy field is coming in to that place instead of being out here living in your head, way up here. We're coming down and landing in the core of the body. When we do that, the mind slows down. And then the invitation is for you to even go deeper in the core of your body. So, I'm sitting down so you can't really see but below the navel. below the belly button is a deep kettle, really, of energies that operate in a really slow and methodical way. And that methodical pulsation that happens in your deep belly is called wisdom. So, when you trust your gut, when you trust your hunch, you're tapping into that deep wisdom periodically. And my intention in working with people all over the world is to get them to be tapped into that deep wisdom center all the time, so that we're living from that place, not just seeking it out in the troubled moment, or in a moment when we're trying to make a decision about our child's health care, or we're trying to figure out how to best soothe the situation. Our mind is going: what should I do? What's the right thing, reading all this information, seeking out all these different opinions and consulting with all of these physicians and their teams and reading all the books and going into all of the programs that are available? How do I know what to do? It's not your mind that's going to make that right decision for the path for you and your family. It's your deep heart space and your deep core wisdom that already knows because it holds an imprinting pattern that you came in to live. That wisdom is in your core. So, we have to learn how to direct our mind to the core and wake it up by squeezing it, and breathing in and breathing some life into it, particularly in moments where we are under duress; where we feel like we have to make a decision quickly; or it's of such great intensity because of such significant circumstances and consequences of the decisions that we feel that we're making. I want to talk about that in a moment about the bigger plan.

But in this moment I'd like for us to develop this practice of coming into the core, squeezing your heart and coming even deeper beneath the heart into the belly, into the pelvic bowl beneath your belly button.

Put your hands below your navel. So put them down so that your thumbs are in your belly button in your pinky fingers are on the pubic bone and the belly ... right inside what your hands are grasping right there is your wisdom center. And we have to learn how to give more attention there and to breathe more fully in this belly.



So, when you take a big breath, breathe with your belly, not your chest. Breathe with your belly. And when you exhale, pull your belly back toward the spine. And when you inhale inflate the belly, and make it big, and when you exhale from the belly back towards the spine. And when you inhale, make the belly big pull it away from the spine, let it fall out over your belt, over top of your pants. And then when you exhale, pull it back in. When you're breathing that way, you're automatically pulling this energy back in and dropping it down. The consciousness is landing back in the core of the body and dropping down into the deep wisdom center. It's going to allow you to ground and anchor yourself and make better decisions because when you breathe into this, this Wisdom Center, the energies that start to rise up in your body and come all the way up to your conscious awareness, are slower moving waves of energy that slow the mind down and allow you to interpret this deep wisdom that the body holds.

And so, one more thing along those lines. So, we're squeezing the heart, and we're breathing in the belly, and there's one more thing to anchor it even lower.

We're going to tether this to the tip of the spine. So that we have less of a tendency to rise back up into our heads and live up here in fear, where we go when we get these diagnoses, and we look at our child and we're concerned you know. What's happening? What's going to happen? What is the future? What do I do in the present to ensure that my child has a future and if there is even a prognosis that, that is not good? That I am sure that I am providing the exact vibrational frequency that supports that young soul on its journey without influencing the environment with my own fear, my own grief, and at the same time, allow myself to feel what I am experiencing, because I do have fear and I do have grief and how do I allow myself to experience that without putting it into the environment and impacting my child in a negative manner? I'm so afraid, right? So how do we do all that? So, we have to tether ourselves in this deep wisdom center. Come out of our head that's writing all those stories and those scenarios and drop down into the core of our being.

I am so thankful for the beautiful wisdom Dr Sue has to share with us. The reminder to stay focused on our wisdom center and stay rooted, grounded in the body through those deep breaths in the belly. What you just heard is just part one of three parts of my interview with Dr Sue. Please join me next week as she takes us through a meditation process that shows us how to tap into Spirit Essence to know that all will be okay.

In the meantime to learn more about Dr. Sue Morter and her programs, and upcoming workshops and retreats please visit her website [DrSueMorter.com](http://DrSueMorter.com)

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini E-book at [www.twomothersoneprayer.com](http://www.twomothersoneprayer.com)

Today's advice comes from Monica

Monica shared "Our oncologist told us, "When kids get diagnosed with cancer, people just get struck stupid. Know they mean well even though you may want to punch them." People say crazy things to parents fighting kids' cancers. You don't have to listen. You don't have to fight them. Your job is fighting for your child."



Thanks, Monica, for sharing that from your oncologist. It really is true. Nod, say thank you and walk away. Ground yourself in who you are and what you are doing for your child and your own inner wisdom

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website [www.twomothersoneprayer.com](http://www.twomothersoneprayer.com) and I will be sharing your advice with our listeners on future shows.

*[Music begins lightly in the background]*

Thank you for taking time out of your busy schedule today to listen to the Hope, Strength & Courage Podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope Strength Courage Production team which consists of my wonderful assistant Tracey Ogilvie-McDonald, Andrew Braun at Braun Audio and Audio Geek, music by Fiz Anthony, social media support by Marife Constantino, and graphic design by Amy Hosmer. To learn more about myself Laura Lane and to order my book please visit [www.lauralane.ca](http://www.lauralane.ca)