

00:16:11 Jeannette Howard: Hello! Loving the book so far!
Jeannette from New Jersey.

00:16:17 TONI POWELL: Toni from Australia

00:16:27 Dawson Church: Thanks Jeanette!

00:16:28 Tami Danysh: 3 ladies in Australia. Tami Jennifer and
Laura

00:16:33 jeff searles: Jeff from Madison, Alabama

00:16:36 Nancy Peden: Nancy, New Mexico...making supper.

00:16:39 Charles Gray: Charles in Phoenix ... books coming tonight!

00:16:42 kathy waits: Kathy from Arizona

00:16:43 Jacqueline Sanft: Hello my name is Jackie from
California

00:16:44 Christine MacNulty: ChrisMacNulty, Arlington, VA

00:16:45 Seth: HI all, Welcome!

00:16:46 Carole Murko: Carole from Nnatucket

00:16:51 Nicola Hoffman: Nicola from Bellingham Washington

00:16:55 lorelee weir: from calgary - Lorelee

00:17:02 Jayne Caryl: Hi Jayne from Encinitas, CA

00:17:03 Seth: Yes Michael the webinar will be recorded

00:17:04 virginia Sardi: Virginia from Caracas Venezuela

00:17:05 Mary Peterson: Mary Peterson Spokane, Washington

00:17:07 Allyne Leonard: Allyne from Canada

00:17:13 Rebecca Brunton: Rebecca from Ontario, Canada

00:17:25 Sandy Burr: Sandy Issaquah, WA

00:17:27 Dawson Church: Irina, wonderful to see you here. I visited
Russia in the 1980s!

00:17:32 Paige Gidney: Paige, Port Huron, Michigan

00:17:34 Heather Paul: Heather Vancouver Island

00:17:41 Stephen Wood: Hi from Steve in Sydney Australia

00:17:41 Shelley Thomas: Shelley from Tulsa, OK

00:17:43 Aida Brenneman: Hello from Aida from Canada

00:17:49 Jon Long: Jon from Petaluma, CA

00:17:50 Marise Cipriani: Marise from Colorado

00:17:53 Dorota Czapinska: Dorota from NYC

00:18:01 Ken Collier: Hi, Ken here. In central Mexico

00:18:08 Pascale Fioretti: Pascale from Vietnam

00:18:22 Michelle Meier: Hi from Michelle in Miami, FL

00:18:42 Lisa Robinton: Aloha from Boston

00:18:48 Ann Stampfl: Ann from British Columbia, Canada

00:18:58 yvana pantino: Yvana Western Australia

00:19:05 Steve Kline: hello from vermont

00:19:09 Judy R: Judy from Santa Monica, CA

00:19:09 TONI POWELL: also Karen and Phil with me in Australia

00:19:13 Susan Hubbard: Susan from Florida

00:19:18 Joy Wiggins: Hi. Joy from Tangerine, Florida

00:19:27 Patrick McLaughlin: Hello, Patrick from Kentucky. Glad
to be here

00:19:33 Barbara Eisele: Tucson, AZ 5 PM

00:19:33 Steve Kline: Linda and Steve from St. Jay, VT

00:19:55 Jennie Gibson: Hello from Utah

00:19:57 Dawson Church: Irina if you organize a workshop for me in Moscow in 2019 I will come!

00:20:11 Barbara Eisele: Barb, Just got my book yesterday in Tucson, AZ

00:20:18 Jeni Hogenson: Jeni from The Cascade Foothills in Washington State!

00:21:00 Irene Hsieh: Irene from Prescott, AZ

00:22:04 Susan Clark: Susan from Kelowna, British Columbia, Canada

00:22:13 Brad Thompson: Brad from Killingly, Connecticut

00:22:24 Heather Montgomery: Hello everyone and WELCOME!

00:23:14 Heather Montgomery: Wonderful to see you ALL here!

00:23:17 Nancy Rob: Nancy from Glen Allen, VA...ordered book today.

00:23:35 Nancy Adams: Nancy from Guilford, Connecticut

00:23:58 Heather Montgomery: Recording will be available after the event :)

00:24:11 Heather Montgomery: Meenakshi - great to see you here!

00:24:52 Neala Borovina: Howdy beautiful people! NAMASTE♥

00:25:03 Heather Montgomery: So glad so many of you have the book in your hand already!

00:25:27 Bea Magnan: Greetings from me. Thunderstorm threatening. Still looking forward to this.

00:25:32 Neala Borovina: not yet....I have to wait for Friday to get it from Amazon!

00:25:38 jeff searles: I'm already more then half way through the book. Love it.

00:25:47 Pete Ster: Thank you for writing the book Dawson!

00:27:19 Heather Montgomery: I love the fast readers here :) so glad you are enjoying!

00:27:47 Dorota Czlapinska: I wish I could take a few days off to just read your book, it's so good!!

00:28:40 Heather Montgomery: I agree! That would be wonderful :)

00:34:25 Nancy Peden: How does this all occur (renewal) when living in toxins?

00:34:43 Neala Borovina: fat cells--every 8 years, LOL

00:36:01 Seth: Yes Rahim, we are recording this and will be making a replay available, we will be sending these details to everyone via email

00:36:30 Nancy Peden: These are all suppositions...great numbers and....

00:37:24 Heather Montgomery: I will ask Dawson during the Q&A - thank you!

00:37:59 Nancy Peden: Toxins are not just in food...we are living in a toxic world now.

00:38:47 Neala Borovina: Nancy, do not forget: mind over matter!

00:39:42 Nancy Peden: How about mold and 5g wifi???

00:40:09 Heather Montgomery: I hope EVERYONE is feeling the positive energy here and now :)

00:40:50 Neala Borovina: yay! :)

00:41:24 Renee Canali: I am encouraged to know my body has not only he ability to regenerate, but also , the aability to adapt. THoughts

included with the physical!

00:41:55 Nancy Peden: Persona; hisrtoory is an energy field.

00:43:10 Nancy Peden: Beautiful. I agree. Please do not call me a car.

00:47:02 Nancy Peden: Finances my only streesor.

00:47:37 Heather Montgomery: Thank you for all your questions! Dawson will have a Q&A after the presentation.

00:48:47 Nancy Peden: Just got my book. I agrre with what he is saying.

00:49:53 Jay Emm: Is there a way to disable the chat feature?

00:50:39 Seth: Hi Jay, you can just close the chat window

00:50:54 Pat Fondrin: Jay Emme, it's at the center bottom of the screen.

00:51:02 Seth: Yes, you can adjust the volume Tim

00:52:06 Neala Borovina: you can also just enter full screen so the chat is gone.., Jay..

00:52:07 Heather Montgomery: Whoever is signed is as Jackie - please sign out

00:53:16 Heather Montgomery: Feel free to click the Chat box again and it will close

00:53:17 Nancy Peden: Rupert Sheldrake....long time.

00:55:29 Devi Ishaya: Dawson you are a super star, Love your new book. Love you, Devi

00:56:21 Jackie: Hi Randall! Welcome!

00:56:22 Heather Montgomery: Hello everyone! So glad you are here!!

00:56:40 Seth: Yes Tim it is :)

00:56:41 Nancy Peden: Fasting increases stem cells.

00:58:08 Jackie: Great question Chris! We will pass this on to Dawson!

00:58:08 Nancy Peden: Crucial to lngevity. Yes, telomeres.

00:58:23 Heather Montgomery: There's an option to "exit full screen" when screen sharing is on... is this what you are talking about?

01:00:57 Seth: Great question Pam, I will pass this question on to Dawson

01:01:17 Jackie: Wow Pam, this is a fantastic question! He will be answering questions in the end and I will make sure he sees this!

01:02:25 Nancy Peden: Ha. ha! Abraham would agree!

01:02:56 Nancy Peden: Please mention apps.

01:06:57 Seth: Great Question Chris, I do know there is emerging research in the Gamma frequency

01:07:36 Seth: I will ask Dawson to talk about Gamma when he answers questions at the end of the webinar

01:08:01 Nancy Peden: LOVE IT!!! ALPHA!

01:10:06 Patricia Bukur: I hope there is a recording of this. I joined late and I think it's a GREAT talk!

01:10:29 Seth: Yes Patricia we are indeed recording this webinar

01:10:37 Patricia Bukur: yay thank you

01:11:00 Seth: Barbara, SMR = Sensorimotor Rhythm, a brainwave frequency

01:11:37 Nancy Peden: Please make a YouTube. I work with many "ill" who do not get meditation.

01:11:57 Seth: Semhal, we will be sending an email to all participants with a link to the webinar recording

01:12:20 Jackie: Great idea Nancy! We actually have many EFT videos on YouTube that are for reducing physical symptoms

01:12:54 Olga Rasmussen: I was wondering about Gamma waves which research has shown is present in long time meditators, like monks with the Dalai Lama. They were studied about 10 years ago and found that they emitted these.

01:13:33 Seth: Yes Olga, I do believe that Dawson will cover that

01:13:35 Nancy Peden: I know EFT...have not responded. Long time meditator; that I know.

01:13:40 Seth: Hah, I spoke too soon

01:14:13 Heather Montgomery: Are you getting a delay on audio?

01:14:21 Nancy Peden: Dawson has an acetylcholine mind. Fast and friendly. Me too. See Braverman.

01:14:41 Jackie: 50% disappeared!! That is a huge revelation for anyone with Alzheimers!

01:14:58 Patricia Bukur: I like acetylcholine mine.

01:15:17 Nancy Peden: MIND!!!!

01:15:20 Heather Montgomery: yeah - choppy audio...

01:15:25 Patricia Bukur: my mind ha ha

01:15:48 Heather Montgomery: Apologies for the audio issues! We will try and get that improved

01:16:06 Shelley Thomas: You've mentioned the effects of meditation, Gamma rays and EFT on diseased cells, but did you find any particular types of meditation or other forms of lifestyle modification to be more effective than others (and similarly having a faster effect)?

01:16:40 Jackie: WOW Ava that is incredible! I will definitely let Dawson see/comment on this!

01:17:36 Seth: Great question Dennis

01:17:46 Patricia Bukur: and to add to Shelly's question, do nootropics have a similar effect to meditation? I'm a long time meditator, but I'm curious about that...

01:18:11 Pat Fondrin: Wow! This is huge!

01:18:34 Seth: Short answer is yes, but I will have Dawson talk about EFT and the treatment of immune disorders

01:18:38 Nancy Peden: He is recommending a pill??

01:18:53 Shelley Thomas: Will this recording be available to us?

01:19:02 TONI POWELL: This all sounds wonderful - however why don't people who meditate and do lots of this stuff look dramatically different and younger to those who don't ?

01:19:10 Neala Borovina: placebo effect

01:19:14 Heather Montgomery: The "pill" It's a virtual concept - its really meditation and tapping

01:19:17 Nancy Peden: Amen...meditate.

01:19:20 Jackie: Shelley thanks for this question! Dawson highlights many select tools and meditations that are simple yet powerful in Mind to Matter.

01:21:14 Nancy Peden: I use Insight and tell many about. Will look for you.

01:21:20 Seth: Great questions Chris! Thank you for being so involved, we appreciate it

01:22:00 Jackie: Jo- Yes Surrogate tapping is very effective. In our trainer certification we lead a live call on the power of Surrogate tapping!

01:23:25 Nancy Peden: Signed up on Insight.

01:23:25 Seth: Nancy, yes, look for Dawson on Insight timer, but also you can listen to the same meditations at <http://mindtomatter.club/bonus-meditations>

01:23:27 Jackie: Toni- I love this comment! I actually have seen the aging impact in those people who meditate daily. I was meeting women with children in their 30s who I thought were 30!

01:24:13 Jackie: Madison we have a workshop coming up in Big Sur this fall!

01:24:53 Heather Montgomery: Feel free to reach out to support and we can get those links working for you - support@eftuniverse.com - you don't need InsightTimer - you can get them directly at MindToMatter.club

01:26:16 Seth: Evonne, no, you do not need Insight Timer to access <http://mindtomatter.club/bonus-meditations> you do however need to log into the mind to matter website. If you need help logging in, we can help you remember your username and password. Just email us at support@eftuniverse.com :)

01:26:40 Heather Montgomery: Getting good oxygen Dennis :)

01:27:33 Heather Montgomery: I hope everyone is taking advantage and has eyes closed :)

01:30:49 Renee Canali: we can hear typing

01:31:22 Tamé Ramirez: Yes, the noises of the mouse & typing are not conducive to meditation. makes us feel like the leader is not with us at all

01:31:59 Nancy Peden: M
UCH better than FET I learned!

01:32:46 Heather Montgomery: Apologies for the typing! Muting...

01:33:43 Seth: Great question Olesya, I will make sure Dawson talks about this

01:33:46 Andrea Grace: Thank you.

01:34:16 Nancy Peden: 16 seconds....

01:34:24 Jackie: Wow thank you Dawson :)

01:34:51 Jackie: Dennis - Yawning is a form of clearing energy. Think of a cheetah who just was chased and then shakes and yawns. We release stress in the same way.

01:35:35 Nancy Peden: Su
ch a support to promoting this!

01:36:02 Jackie: LIVE WORKSHOP LIST:<https://www.eftuniverse.com/eft-training-workshop-training-dates-locations-and-prices-2>

01:36:04 Heather Montgomery: Find regular workshops and upcoming at workshops.eftuniverse.com

01:36:54 jeff searles: From reading as much of your new book as I

have so far am I to understand that if you do the EcoMeditation frequently enough your brainwaves will be high alpha bridging the other states all the time?

01:37:13 debra sue Warshefski: If a person is exposed to external frequencies, that are perhaps not beneficial, can the internal meditation intended for gamma to heal, which will be obtained, one, the other, or a combination of both, at a one minus other as if in one ear minus the other, to create a lower frequency? Thank you!

01:37:48 Seth: find out more about clinical eft at eftuniverse.com

01:38:00 Jackie: Lauren: If you signed up at MindToMatter.club you automatically have access

OR You can play them at the world's biggest meditation app, Insight Timer

01:38:25 Linda Dawley: Thank you for this seminar, appreciate your time and knowledge.

01:38:39 Seth: More about clinical eft workshops at <https://clinicaleftworkshops.com/>

01:38:46 Dr. Donna Hoffman: Will heart-brain coherence have the same results as EFT or meditation.

01:39:33 Heather Montgomery: now that dawson is answering – add any NEW questions to the bottom of our live feedback questions list

01:40:02 Heather Montgomery: A replay of this event will be sent out later this week :)

01:40:06 Tys Dammeyer: I missed the first half of this...were there be a replay available?

01:40:09 Seth: Lauren please send us an email at support@eftuniverse.com and we will help you troubleshoot your login issues for the mindtomatter.club website

01:40:14 Jackie: Dr. Donna– Heart Brain Coherence is created with EFT and meditation like the one we just did

01:40:34 Tys Dammeyer: Ok thanks Heather!

01:40:56 Jackie: Harriet– We have some amazing references on EFTUniverse.com and we recommend searching here for more information about OCD

01:41:17 Seth: We will make the webinar replay available at <https://mindtomatter.club/webinar-replay>

01:42:34 Nancy Peden: Gut healing?

01:42:47 Jackie: Thank you Debra for this insightful question!

01:43:22 Leslie Scully: What about supporting ASD and TBI issues?

01:43:26 Jackie: Nancy – You can search symptoms on eftuniver.com ! You will find many helpful resources and case histories

01:43:59 Seth: Correction on above url eftuniverse.com

01:44:04 Jackie: Chris – We have a few trainers in Australia that hold a workshop a few times a year

01:44:11 Neala Borovina: Can severe fatigue be healed as well????

01:44:53 Jackie: Shelley We have a Certification program in Energy Psychology: EnergyPsychologyCertification.com

01:44:56 Heather Montgomery: For those looking for amazing health related impact of energy psychology We have some amazing references on EFTUniverse.com and we recommend searching here for more

information

01:45:30 Seth: <https://www.facebook.com/mindtomatterbook>

01:45:36 Seth: Facebook page ^

01:46:57 debra sue Warshefski: Have you tested how a person practicing internal frequency generation, such as an intention to gamma, and from the outside, the person is exposed to a toxic frequency that is intended for harm, what is the outcome? Which frequency wins, or does it balance out, with one being subtracted or added together to obtain a new frequency, that may not be helpful?

01:47:02 Jackie: Great Question Lorrie – we will pass this on to Dawson

01:47:44 Leslie Scully: Is there potential for healing the pancreas with type 1 Diabetes?

01:48:14 Jackie: Debra you are an intellectual! We are passing your question on to Dawson!

01:49:02 Carole Murko: How do you become a member of th mind to matter club? I thought I signed up by pre-ordering the book but don't know how to access.

01:49:19 Seth: Hi Jo. If you do not like facebook. There are great resources at eftuniverse.com and more on this specific topic at mindtomatter.club

01:49:24 Jackie: Leslie– We have amazing references on EFTUniverse.com and we recommend searching here for more information on Diabetes

01:51:13 Heather Montgomery: Will post in Facebook Mind to Matter but here is the Judith Pennington site: <https://www.judithpennington.com/endeavors/the-mind-mirror/>

01:53:57 Jackie: Thanks Dr.Donna for bringing this up to us. Passing it on now!

01:55:08 Seth: <https://www.iawaketechologies.com/>

01:57:36 Jackie: Get 7 free companion meditations to the 7 chapters of Mind to Matter:

Link 1 : If you signed up at MindToMatter.club you automatically have access

Link 2: You can play them at the world's biggest meditation app, Insight Timer

Inspire yourself with the 21 day Thoughts to Things audio course: Five minutes of inspiration from Manifestation Masters, one a day for 21 days

Link: <https://mindtomatter.club/thoughts-to-things>

Enroll in a live workshop:

Link: Workshops.EFTuniverse.com

Certification program in Energy Psychology:

Link: EnergyPsychologyCertification.com

01:59:02 Jackie: Adrienne, YES these tools impact physical, mental and emotional symptoms. All levels are interconnected, so a benefit to one impacts all three.

02:00:14 Dawson Church: yes

02:00:15 Lisa Robinton: Yes
02:00:15 Pat Fondrin: YES!
02:00:16 Carole Murko: YES!!!!
02:00:17 Olga Rasmussen: Yes indeed!
02:00:17 Tys Dammeyer: Yes
02:00:19 Dorota Czlapinska: Yes!!!!
02:00:20 Loren Griffyn: YES!
02:00:20 virginia Sardi: yessssssssss
02:00:20 Neala Borovina: YES!!!!!!!:)
02:00:20 Jennie Gibson: Yes
02:00:20 Pete Ster: Yes
02:00:21 yvana pantino: yes
02:00:21 Patricia Bukur: yes I meditate every day!
02:00:22 Linda Dawley: Yes, Dawson I will meditate daily.
02:00:22 Ann Stampfl: Yes
02:00:23 Susan Hubbard: YES!!!!!!!!!!!!!!!!!!
02:00:23 Heather Paul: yes
02:00:25 Claudia Contessini: YES
02:00:26 Jackie: YES!
02:00:28 Karena McKinley: yes
02:00:29 Judy R: Yes!
02:00:29 Jeni Hogenson: YES
02:00:34 Nancy Rob: Yes
02:00:35 Marie Brennan: YES!!!!
02:00:35 Jerry Titel: yes
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02:00:38 Devi Ishaya: Yes Yes Yes
02:00:40 Neala Borovina: Contagious laugh Dawson lol
02:00:40 kathy waits: Yes, I do anyway but not every day..but going to now.
02:00:43 Jayne Caryl: Yes!
02:00:44 Nancy Peden: Always!!!
02:00:46 joy favuzza: yes
02:00:48 Carlo Quadri: Yes!!!!

02:00:51 Aida Brenneman: yes
02:00:56 Seth: Webinar Replay will be available tomorrow at <https://mindtomatter.club/webinar-replay>
02:00:57 joy favuzza: yes
02:00:59 Rachel: Yes!
02:01:01 Neala Borovina: BLESSINGS TO EVERYONE
02:01:01 Patricia Bukur: I'm only finding a facebook page. Is there a group?
02:01:04 Neala Borovina: NAMASTE
02:01:11 Patty Alevy: You have the BEST laugh!!
02:01:19 Jennie Gibson: Thank You -Wonderful
02:01:19 Nancy Peden: Very good webinar technology....
02:01:22 Olga Rasmussen: Glad the replay will be available!
02:01:27 Jerry Titel: Yes
02:01:54 jeff searles: 2 hours well spent :)
02:01:57 Seth: Webinar Replay will be available tomorrow at <https://mindtomatter.club/webinar-replay>
02:02:02 Nancy Peden: Thanks
02:02:18 Seth: <https://www.facebook.com/mindtomatterbook>
02:02:30 Pat Fondrin: Thank you!
02:02:34 Heather Montgomery: THANK YOU to all!
02:02:58 Seth: Yes we will email the replay link out to everyone