

# DR. SUE MORTER

## Masterclass: How to Reclaim Your Power

### Jason Prall:

Hello, everyone. And welcome to this very special Masterclass with Dr. Sue Morter. She's got a ton of these practical applications for really awakening the healer within, but awakening to aspects of ourselves to allow us to live a more fruitful life, a more aligned life, a more authentic life. And today she's going to share a couple of those with us today.

### Dr. Sue Morter:

Absolutely. My pleasure. It's great to be here with you, Jason. You're always just so rich and deep in your explorations and it's a joy to participate with you, so I'm happy to be here. I was just speaking today about some ideas that are so ... They run rampant with people and they don't even know it. And they're so simple things that we can do to gather ourselves back together again when we lose it, when we feel like we hit the wall or something just really got the best of us.

### Dr. Sue Morter:

And I give this explanation that when we land here, we kind of splat, we kind of disperse our energy. It's a rough landing. We slide in, and we don't even know what's going on. And the stimuli is very big and it's overwhelming to the system. And our energy field literally disperses.

### Dr. Sue Morter:

And then we work with trying to cultivate it and gather it and quicken it into this presence that is a sense of self. And it takes a while to do that. And some people are struggling as mature adults, still never really having their mind wrapped around what's what's going on. So I like to give this practice to people to help them pull their energy together again, even if they don't really realize or haven't really realized that that's what's been going on.

### Dr. Sue Morter:

So think of it like this, we land and we splat and our mind goes one way. The mental body energies, the physical body energies go another way. The whole essence, the true spirit is just hanging out to see if it's even going to be safe to be here. And one toe in the river type of thing. And so we want to gather this back together because when we merge mind and body and spirit or breath together again, there's a unified energy that is second to none. It is only, the only way that we will actually ever reach our full potential on the planet, and be able to perform and to heal and to do the things that we love to do throughout our lifetime.

### Dr. Sue Morter:

So imagine that somebody walks through the door right now, that trips your trigger that just really gets you. And every time it's just unresolved in this, is there. And you just think about it and you get that knot in your stomach or whatever the case may be. And so they're coming in the door right now. And notice, just look over at the door where they are. Just look over there where they ... There they are, and your

energy is going to them. Whether we realize it or not, we're giving our energy to them. It's literally physically happening.

**Dr. Sue Morter:**

So imagine that, and notice how it feels in your body when you're inadvertently, unconsciously, giving your energy to them. Notice how it feels in your system, feels in your body. It feels maybe vacant, maybe hollow, maybe wobbly, maybe weak, maybe dark, maybe insecure or unfulfilled. And those kinds of energies are tough to describe, but get you in the ballpark. Now, I just want you to secretly just claim it back to yourself, just call it back onto you.

**Dr. Sue Morter:**

This is an actually an ancient Eastern practice, it's called subject-object-subject. And it's about calling your energy back onto you. So just gather it back, just claim it back. Like, "Oops, I didn't realize I was given all that to you. I'm just going to claim it right back here." And it's just a silent, invisible practice that you're doing right now. And now they're still standing over there and you can still look at them, but that energy is right back here on the self it's right back here on the self. Not going to give it away so easily.

**Dr. Sue Morter:**

So when we literally physically claim it back here, there's a different sensation in the body. You can still be looking at the person. You can be talking with them, but there's a different sensation in your body. And it is one of fullness or satiation, relaxation, fulfillment. It's upliftment, a deep warmth is happening, something effervescent perhaps.

**Jason Prall:**

Can I explain, because I just had this experience. I was walking through this exercise and as I was doing it, I was continuing to call it back so to speak and claim it. And actually had this jolt up my spine that actually made me wobble. And I don't know what it is, I have no story around it. I just know the experience, that I actually moved me along with this experience. So I just wanted to share that. It's very fascinating.

**Dr. Sue Morter:**

Well, it happens to be exactly what we're looking for. It could be a variety of ways that it could show up, but that's a very common one. Because when the energy claims back on a conscious level, back into our central core self that is this channel, it literally wants to rise up the spine and open up this trapdoor in the brain that separates our unconsciousness from our consciousness, so that the subconscious or the non-conscious aspects of us can become conscious. It's a rising energy that is always trying to do its job, but it can't when it's dispersed, because it doesn't have enough potency to do the job that it's here to do.

**Dr. Sue Morter:**

Which is running rampant in our Western worlds, in our societies, in our developed countries and our civilizations where we're so externally oriented. We leak out this energy constantly, trying to perform for these people or please these people, or rise to the occasion for this one, or deal with the unresolvedness of this other one. Or whatever the case may be, it's literally dispersing our energies all the time.

**Dr. Sue Morter:**

And so if we just consciously gather it back. Now it's not a this, block you off so that I can have mine. It's not that. Think of it more like an accordion. An accordion player that plays this, and as it folds back in on itself, it's very concentrated here. And as we breathe in our belly and keep the energy right here on self, on the self, we develop automatically, we cultivate so much power that this rising integrative energy is here. And all of a sudden we have a sense of presence. It may also go the opposite direction. It may ground you and feel like something. So do this sometimes when you're standing up and you may feel a boom, just a grounding and a planting in the soil, like you've not felt before.

**Dr. Sue Morter:**

And as that is happening, we are truly magnetizing this internal essence, which is the healer. It's the innate intelligence, it's the great integrator. And it is the true self. So it's not only something that we can cultivate. Ultimately, we want to cultivate it enough that we merge with it and we start to realize, "This is the version of me that I truly love. This is the one who needs to show up to work. This is the one who needs to show up in my difficult family conversations." Or this needs to show up in dealing with that issue, with some unresolved relationship or whatever it may be.

**Dr. Sue Morter:**

It's this one that is grounded and integrated that has the power to heal. Not only ourselves as individuals, but to heal the differences between people. And the challenges that our societies are experiencing today, we can't be the healing presence in the world that we could be, if we're not gathered and integrated and living inside of our wholeness. Otherwise everything that we do ends up being a bargain, and we're vying for safety and acceptance and wellbeing, when we can truly generate those sensations for ourselves internally and naturally. And then as a by-product, be available to humanity for service and helping and being a beneficial presence on the planet.

**Jason Prall:**

Yeah. I love that. And these practices are interesting at first. Because they're foreign, we're not used to them, it takes a little bit of mind to actually do them. But what I've noticed in some of my other practices is that they start to stabilize and they become a little bit more second nature. And then at some point we can carry them out into the world without even doing the formal practice, so to speak. It just starts to show up. And oftentimes in a subconscious or unconscious way, they're just naturally happening.

**Jason Prall:**

But I noticed something too, as you were finishing that, was that there was this sense of sovereignty as I claim that back, that there's ... I don't want to use the word pride because it's not a pride, it's just the sense of honor and recognition and sovereignty that I could feel as I brought a little bit of that back to myself and own that again.

**Dr. Sue Morter:**

Yes.

**Jason Prall:**

And it feels good. And it's funny because this practice, even the descriptions that you're using, remind me of some of the stuff that I've heard from shamanic teachers, where we become fractured, we enter

this three-dimensional plane and we just fracture all over the place. And they call it soul retrieval, and there's other names that we can use, but it's essentially gathering our pieces again.

**Dr. Sue Morter:**

Yes.

**Jason Prall:**

And integrating and becoming whole, or at least the recognition of the perception that was clouded.

**Dr. Sue Morter:**

Yeah. It's the mind's awareness of our wholeness gets to return, because it's not so dispersed.

**Jason Prall:**

Right, right.

**Dr. Sue Morter:**

So we get to perceive and experience the wholeness that we really are.

**Jason Prall:**

Yeah, beautiful. Well, this is so simple and so profound. I mean, the fact that I was even just halfway doing it with you, and I had a very noticeable experience is a really cool thing. So I'll definitely bring this into my own life.

**Jason Prall:**

And again, it seems like it's something that I can do very quickly and easily and powerfully. And again, I wasn't even charged in the moment. I was just able to recall something. So there's so much available I think. It sounds like there's a bunch of me everywhere, and I need to go pick up my pieces.

**Dr. Sue Morter:**

Just claim it back. "Oops, I gave out too much. Okay, I'll just have that back." Yeah.

**Jason Prall:**

Yeah.

**Dr. Sue Morter:**

That's it, that's how.

**Jason Prall:**

All done out of love and care and getting our needs met in all these things. So I just want to bring that to the space too, that it's not something to shame or feel guilty about or anything. That we did this with the right intentions all along to protect ourselves, to protect others and all these things.

**Dr. Sue Morter:**

Absolutely. It's the nature of being here, and it's the nature of awakening. It's part of the project that we're in and all of it is completely acceptable. Not one thing has ever been chosen or been done that wasn't in our best interest. It truly was part of how we're going to pull it together and wake up to our true magnificence in such a beautiful way. It is available to us now.

**Dr. Sue Morter:**

Something I wanted to mention about that is that after you do that for a while, you will feel the power, but it might not be this polarized experience that is so dramatic because your cells are familiarizing themselves with being gathered. So if you don't have these big, dramatic experiences all the time, don't worry, it's building and cultivating. And it might show up in tiny ways, like right in a specific area of your body that is completing some of the details that are happening.

**Dr. Sue Morter:**

So always keep it as a way of being and know that that merging is when we come out into the world as this, in a new driver's seat. We really have a new position that we're viewing the world from. And that's when we're truly starting to experience our wholeness.

**Jason Prall:**

Yeah, total. Beautifully said, because I think oftentimes we can chase an experience. We see this a lot with Ayahuasca and some of these other medicines, or even in meditations, we're chasing this unique experience.

**Dr. Sue Morter:**

We just want to have that one thing again.

**Jason Prall:**

Yeah, so-

**Dr. Sue Morter:**

I like to say this, that once you've had the experience, you've gone through a doorway. You don't need to have that same experience again, you've been through that door. To go through that same doorway and have that same experience, you'd have to back up and go back through that door. And the nature of evolution is not that.

**Dr. Sue Morter:**

So don't chase the same experience again. Be as available to a new experience as you were when you had that other experience, and it'll allow you to keep progressing into the multiple dimensions of who you are.

**Jason Prall:**

And that's when they show up anyway. It's this unexpected, "Oh my God, I wasn't expecting that."

**Dr. Sue Morter:**

Right.

**Jason Prall:**

And that's the beauty of the trick is to try to get into that state or relax into that state so that that can come forth, if it's meant to be then it's meant to be.

**Dr. Sue Morter:**

Yes, indeed.

**Jason Prall:**

Yeah. So, Dr. Sue, thank you so much. And again, please tell people where they can find some of your coursework maybe. If they're really enjoying the practices, where can they do more of these things?

**Dr. Sue Morter:**

Sure. The Energy Codes online courses, I'm teaching all the time. Starting them over often throughout the year. And I teach all sorts of advanced courses as well. Healing courses, courses on meditation that are not your typical approach to meditation, but really working from this deep soulful space. Recognizing that what most people are trying to find in meditation is who we actually are.

**Dr. Sue Morter:**

So I set people down inside of themselves to celebrate that, rather than seek something, but to celebrate and to land and to embody. It's all about embodiment, enlightenment and embodiment. One without the other is just not enough. So that's what it is. It's at [drsuemorter.com](http://drsuemorter.com). There is coursework. I take people on all kinds of journeys as well, so it's all there for you to find.

**Jason Prall:**

Beautiful. I love it. Well, thank you so much, Dr. Sue. It's a pleasure. I'm so happy to be chatting with you, and thank you for doing all the work that you do in this world. Really appreciate it.

**Dr. Sue Morter:**

My deep joy. Thank you, Jason, for all you do.