

Praise for Dr. Sue Morter and  
*The Energy Codes*

*"The Energy Codes* offers deep insights and powerful, practical techniques that brilliantly merge the ever-blending worlds of science and spirituality to help reveal the truth of our being and the depths of our greatness. In this phenomenal book, which I strongly encourage you to read, Dr. Sue Morter will help guide you to living more fully and expressing your true potential."

—Jack Canfield, coauthor of the Chicken Soup for the Soul® series and  
*The Success Principles™: How to Get from Where You Are to Where You Want to Be*

"I have just found a book that *practicalizes* and *functionalizes* the metaphysical insights and mystical wisdom of all the best spiritual literature of the past half century. *The Energy Codes* by Dr. Sue Morter offers shockingly simple, yet wonderfully masterful, explanations that turn all the What's True info into a single How To revelation that can change lives virtually overnight. Spiritual knowledge is one thing, spiritual tools are another. For those ready and willing to build a new life, *here are the tools*. Powerful, incisive, extraordinary writing."

—Neale Donald Walsch, *New York Times* bestselling author  
of *Conversations with God*

"In this wonderfully powerful book, Dr. Sue Morter bridges the realms of science, spirituality, and true personal transformation. Her years of research, investigation, and practice will change you and your life for good. When you apply these practical and effectively proven tools, you will heal your mind, your body, and your reality. I loved reading it!"

—Dr. Joe Dispenza, *New York Times* bestselling author  
of *You Are the Placebo: Making Your Mind Matter*

"Simply, Sue Morter is the real deal. Her authentic insights, integration and embodiment of sacred truth is evident as you hear her teach and have the privilege of being one of her clients. In this book she masterfully integrates spirituality and science in a way that is life-changing. Sue pours her years of research and experience into this powerful literary contribution that will assist in your transformation like no other. You are holding in your hands right now a powerful key to real transformation. Use it."

—Michael Bernard Beckwith, founder, Agape International Spiritual Center  
and author of *Spiritual Liberation* and *Life Visioning*

“Every once in a great while, a book comes along with such truth, clarity, and genius that it can powerfully transform your life. *The Energy Codes* is such a book. It’s an owner’s manual for understanding who you truly are and for creating lasting happiness, optimal health, and a most miraculous life.”

—Marci Shimoff, #1 *New York Times* bestselling author  
of *Happy for No Reason* and *Chicken Soup for the Woman’s Soul*

“Brilliant and relatable, *The Energy Codes* is filled with powerful, profound and transformational principles and practices that are both accessible and relevant. Dr. Sue Morter is an extraordinary enlightened visionary, bridging the gap between heaven and earth, and inviting us fully into our creatorship. I highly recommend this book!”

—Anita Moorjani, *New York Times* bestselling author of *Dying to Be Me*

“Dr. Sue Morter, one of the most exciting and original health practitioners out there, takes a truly holistic view of health by focusing on the body’s dynamical and interconnected energy systems, including the role of the soul’s purpose and the power of certain key movements to radically shift energy. Take a daily dose of the seven principles in *The Energy Codes* and enjoy a powerful prescription for living in radiant wellness and harmony.”

—Lynne McTaggart, internationally bestselling author of  
*The Field*, *The Intention Experiment*, and *The Power of Eight*

“In the midst of a growing transition in human health and consciousness, Dr. Sue Morter’s *The Energy Codes* establishes new ground with a multidisciplinary approach to healing. Blending the movement arts of yoga with energizing breathwork, deep belief, and heart expanding meditations, she takes her readers into the greatest healing experience of all—the lifting of the mind into a heightened discovery of the true self and mission.”

—James Redfield, #1 *New York Times* bestselling author of *The Celestine Prophecy*

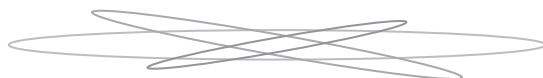
“This book shows you why passionately embracing your energetic nature—your Soulful Self—is the most important thing you could ever do. A must read!”

—Janet Bray Attwood, *New York Times* bestselling author of *The Passion Test*

“[A] valuable 7 ‘codes’ exercise program that enables you to fully express your creative magic in manifesting your life. Dr. Morter’s book is a virtual scientific treasure map for finding health, happiness, and love at the end of the rainbow.”

—Bruce H. Lipton, PhD, cell biologist and bestselling author of  
*The Biology of Belief*, *Spontaneous Evolution*, and *The Honeymoon Effect*

# THE ENERGY CODES



The 7-Step System to Awaken Your Spirit,  
Heal Your Body, and Live Your Best Life

DR. SUE MORTER

*Foreword by Jill Bolte Taylor, PhD*

**ATRIA** PAPERBACK

NEW YORK LONDON TORONTO SYDNEY NEW DELHI



An Imprint of Simon & Schuster, Inc.  
1230 Avenue of the Americas  
New York, NY 10020

Copyright © 2019 by Dr. Sue Morter  
The Energy Codes, Energy Man, JourneyAwake, and The Quantum Flip  
are registered trademarks of Dr. Sue Morter LLC.

All rights reserved, including the right to reproduce this book or portions thereof in any  
form whatsoever. For information, address Atria Books Subsidiary Rights Department,  
1230 Avenue of the Americas, New York, NY 10020.

First Atria Paperback edition March 2020

**ATRIA** PAPERBACK and colophon are trademarks of Simon & Schuster, Inc.

For information about special discounts for bulk purchases, please contact  
Simon & Schuster Special Sales at 1-866-506-1949 or [business@simonandschuster.com](mailto:business@simonandschuster.com).

The Simon & Schuster Speakers Bureau can bring authors to your live event. For more  
information or to book an event, contact the Simon & Schuster Speakers Bureau at  
1-866-248-3049 or visit our website at [www.simonspeakers.com](http://www.simonspeakers.com).

Interior design by Kyoko Watanabe

Manufactured in the United States of America

1 3 5 7 9 10 8 6 4 2

Library of Congress Cataloging-in-Publication Data

Names: Morter, Sue (Patricia Sue), author. | Taylor, Jill Bolte, 1959-

Title: The energy codes : the 7-step system to awaken your spirit, heal your  
body, and live your best life / Dr. Sue Morter ; foreword by Dr. Jill Bolte Taylor.

Description: First Atria Books hardcover edition. | New York : Atria Books, 2019] |

Includes bibliographical references.

Identifiers: LCCN 2018042567 (print) | LCCN 2018051898 (ebook) |

ISBN9781501169328 (eBook) | ISBN 9781501169304 (hardcover)

Subjects: LCSH: Energy medicine. | Alternative medicine.

Classification: LCC RZ421 (ebook) | LCC RZ421 .M67 2019 (print) |

DDC 615.8/52—dc23

LC record available at <https://lcn.loc.gov/2018042567>

ISBN 978-1-5011-6930-4

ISBN 978-1-5011-6931-1 (pbk)

ISBN 978-1-5011-6932-8 (ebook)

## *Medical Disclaimer*

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is sold with the understanding that the author and publisher are not engaged in rendering medical, health, or any other kind of personal professional services in the book. The reader should consult his or her medical, health, or other competent professional before adopting any of the suggestions in this book or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

Some names and identifying characteristics have been changed.



For my mother and father,  
Marjorie Ruth Kibler Morter and Dr. M. T. Morter Jr.  
I thank you from the depths of my Soul.  
*And may we keep the dream alive. . . .*





# CONTENTS

Foreword by Jill Bolte Taylor, PhD	xi
Introduction	1

## Part I

### **A NEW WAY OF SEEING—THE QUANTUM FLIP**

CHAPTER 1	
Project Awakening: Shifting from Pain to Bliss	13
CHAPTER 2	
Your Role in Creating Your Life	39
CHAPTER 3	
The Invisible You: Bioenergy Basics	64

## Part II

### **A NEW WAY OF BEING— THE ENERGY CODES PROGRAM**

CHAPTER 4	
The Anchoring Code: Getting Back in Your Body	97
CHAPTER 5	
The Feeling Code: The Language of the Soul	125

## CHAPTER 6

The Clearing Code: The Healing Power of the Subconscious	153
--	-----

## CHAPTER 7

The Heart Code: The Universal Solvent	180
---------------------------------------	-----

## CHAPTER 8

The Breath Code: The Power of Life Itself	203
---	-----

## CHAPTER 9

The Chemistry Code: The Alchemy of Embodiment	233
---	-----

## CHAPTER 10

The Spirit Code: Where the Many Become One	263
--	-----

## Part III

### **A NEW WAY OF LIVING—THE EMBODIED LIFE**

## CHAPTER 11

Making the Quantum Flip, One Day at a Time	293
--	-----

## CHAPTER 12

Life on the Front Side: Living as the Soulful Self	313
--	-----

References	321
------------	-----

Resources	325
-----------	-----

Acknowledgments	331
-----------------	-----

## FOREWORD

Every once in a great while, I happen upon another life traveler whose experiences and beliefs resonate so boldly with my own that I literally jump up and down and burst into song. My first meeting with Dr. Sue left me not only singing, but vigorously dancing my happy dance. It's truly a pleasure to gaze into the eyes of another who perceives life, and our relationship with our brain, in a similar way.

In 2008, my TED talk "My Stroke of Insight" became the first TED talk ever to go viral on the Internet. That presentation struck a chord with millions of people all around the world, not simply because I was a brain scientist at Harvard who experienced and recovered completely from a severe brain hemorrhage, but because of the lessons we gleaned about the relationship between science and spirituality at a neurological level.

As stated by Louis Pasteur, *fortune favors the prepared mind*, and just as I was the right person with the right background and education to gain maximum insight into the brain from my experience with stroke, Dr. Sue is exactly the right person to garner wisdom from her extraordinary experiences with energy medicine, meditation, illumination, and embodiment.

Dr. Sue's father, Dr. M. T. Morter Jr., was a highly respected chiropractic physician who explored and defined many of the cutting-edge principles underlying the scientific field of bioenergetics. He developed the BioEnergetic Synchronization Technique (B.E.S.T.), which functions by stimulating the body's natural healing capacities. For him, this pursuit of bioenergetic training was cognitive, clinical, and intuitive.

Dr. Sue grew up immersed in the developing conversation, and for her, bioenergetics became a way of living, an awakening, and a *deep knowing*. Armed with a traditional chiropractic education, supported by tens of

thousands of hours of clinical practice, Dr. Sue has emerged as a true leader in the unfolding field of quantum medicine. I know this firsthand, because she helped me rebalance my own wounded brain so I could complete my recovery. After receiving sessions with Dr. Sue, I felt like I'd come home for the first time in the seventeen years since the stroke.

Thank goodness our society requires that any evolving science must be both challenged and appropriately tested by the status quo. However, while traditional science demands the application of the scientific method—which by its own definition requires that results be both linearly tested as well as replicated—unexplained miracles of healing are happening on a regular basis because *the world around us does not obey the laws of linearity*.

It is truly exciting to exist in a time when established neuroscientists are utilizing innovative methods to help us better understand the biology underlying the success of the nonlinear healing modalities.

Near the end of my TED talk, I shared that I was motivated to recover from that devastating stroke because I pictured a world that was filled with beautiful, peaceful, compassionate, and loving people—people who knew that they had the power to choose, moment by moment, whom and how they wanted to be in the world. Dr. Sue is one of those people, and her life's mission has become helping others embody the same.

In my language, peace is just a thought away. By consciously choosing to run the circuitry of our whole brain, we have the power to experience deep inner peace. Within the following text, Dr. Sue presents techniques that will train you to do exactly that—and for this gift to humanity, I am forever grateful.

Enjoy the ride of your life!

*Jill Bolte Taylor, PhD*

# THE ENERGY CODES



# INTRODUCTION

I was sitting with my eyes closed in a darkened ballroom with hundreds of fellow meditators surrounding me, when suddenly I found myself weightless, suspended high above Earth, engulfed in a radiance so intense that it was as if I were on fire with light. I could feel my absolute vastness. I could see 360 degrees—in every direction—in a light so bright it was ten times brighter than the brightest day in the desert that I had ever seen. Gone was my sense of having a body; instead I was a crystalline ray of light. And, seeing the vastness with my mind's eye, I knew that I *was* that. I was the universe itself and all that it entailed. The brilliant, all-encompassing radiance permeating my being *was* me. I could see the Earth beneath me, about the size of a marble, and every breath I took allowed light to become a loving presence that flowed through my system and into the Earth. I was immense and at one with all of creation.

Yes, this experience totally rocked my world!

From the time I was a little girl, I'd heard my parents talk at the dinner table about energy: everything is energy, and energy is what we humans are really made of. My father was a pioneer in "energy medicine," a brilliant chiropractic doctor with an internationally renowned body of work, a legend in his field. As a child growing up in his shadow, I always wanted to be around him and continually looked for his approval. As a young adult, I worked alongside him in his health-care practice and attended his popular seminars. I went from being an observer of my father's work to being an active partner, and after I became a licensed chiropractor, I spent many hours of meaningful time with him. We shared a deep devotion to humanity and a continual excitement about the new energy practices we were discovering to help the people we served.

But even with all my exposure to the concept of energy, I'd never known this infinite vastness of energy. After this personal experience of it, my reality changed. The concept of energy suddenly took on a much deeper meaning. Instantly, I knew that this was *who I really was*: this pure, intelligent energy—blazing and alive. Peaceful. Eternal. Outside of time and space. I was wise and absolute. My existence was effortless. There was nothing I lacked or wanted for; I was totally, utterly whole and complete. It was a state of exquisite perfection, which I knew was my home. More real than any reality I'd ever known, it was the only place I ever wanted to be.

And what a stark contrast it was to my life experiences to date, which had felt downright torturous at times, and at best like a steep uphill climb. Everything took so much effort. Every day, at some deep level, I felt like I was being sent to the battlefield in a fight for my life. As a child, dealing with these feelings, I developed a debilitating shyness, which at every turn caused me to feel terrified and insecure. I watched softball from the sidelines for two summers because I was afraid of “doing it wrong” on the field. When I finally did step up to bat, I hit home runs. I took this to mean that I should always watch and learn as much as I could before stepping in, because otherwise I might fail. In junior high and high school, I played it safe by becoming an overachiever, always doing things “right” as a way to feel safe and to get approval from others for being a “good person.” I was a cheerleader, played sports, got great grades, won “best actress” in state drama competitions, and was voted “most popular” and “most likely to succeed.” But despite all my efforts, and even the considerable validation I received, my fear of not being good enough never decreased. In fact, most of the time I was downright terrified.

By my midthirties, having become my best version of a good doctor, citizen, and friend driven by perfectionism and overgiving, I felt exhausted. Though I had attained professional and financial success, I lacked joy, love, fulfillment, and a true sense of self. I was suffering physically, too, especially from almost daily migraine headaches that left me unable to lift my head off the pillow, let alone go to work. More and more often, I found myself wondering, *Is this really all there is?*

Then one day, something inside me snapped. While God had never been a part of my worldview, I was now desperate enough to be willing to let go



of doing things my way and to reach out for help. That evening, I walked out onto my balcony, looked up to the heavens, and almost demanded: “You show me, as I am clearly not getting this life thing very well!”

In that very moment of surrender, something shifted. I felt lighter, and right away my life began to improve. A series of serendipitous events took place—people started inviting me to meditation retreats and to have conversations about consciousness and the study of enlightenment and offering books and instructions on how to engage in life in an entirely different way. As I went to the meditation classes, awakenings began immediately shifting my perspective of what was real. Not long after, I was in that ballroom having the profound experience that would forever bring me out of the suffering and struggle that my life had too often been up to that point.

I suspect that you have also had your fair share of struggle and troubles that brought you to the brink of exhaustion and that you can relate to that part of my experience. Perhaps you’ve had a broken heart or have not found lasting love. Maybe you’ve suffered from physical illness or pain, financial struggle or stress, disappointment or disillusionment. There are so many ways we can suffer: from low self-esteem, anger, sadness, resentment, or regret; from the inability to let go of the past and live in the present; from guilt, shame, or the inability to create what we would most truly love to have in our lives; from anxiety, depression, loss, or abuse; from the loss of our true sense of self.

The reason I know with certainty that you’ve experienced some of these feelings and conditions is that we all have. They *are* the human condition . . . that is, *until they’re not!* The wonderful truth is that, as a species, we’re evolving beyond this. Collectively, we’re sitting at the edge of a pivotal breakthrough in human consciousness. Living from the perspective of the painful, small, insecure self we’ve always known is not our only choice. Another option is built into us—we’re actually wired for another perspective for living in which we are equipped with full awareness of our true greatness.

How you can systematically switch over to that far more rewarding perspective is what I’ll be sharing with you in *The Energy Codes*. I’ll show you that there’s a happier, more successful version of yourself that’s available to you right here and now—the same as the version of myself that I

experienced that day in the ballroom. That version I know with every ounce of my being is the true reality of who I am . . . and who you are too. Because it's not just my truth; it's also yours. It's who we *all* truly are.

The best part is that, not only can we perceive this reality from time to time through a spontaneous breakthrough while meditating, we can actually *live as that reality*, reliably and consistently, throughout our daily, waking, walking lives. That's the promise of what I call the Energy Codes. What you're going to learn as you begin to use the Energy Codes isn't how to reach the occasional exalted state. As exciting as that may sound, the power of the Energy Codes is far more compelling and much farther-reaching than that. No, as you do this work, you'll be making the one change that transforms everything in your world for the better. You'll be implementing the one solution that makes every problem you ever had go away.

Hard to believe? Sound too good to be true? I assure you it's real. When you live from the perspective achieved through the Energy Codes, your life becomes meaningful, and, even more than that, it becomes fulfilling. Every day is fueled by a powerful sense of purpose and passion. Your health improves dramatically: symptoms resolve; you feel energized, vital, and alive. You have simple and effective tools for dealing with any pain or illness that arises. You feel clear, positive, empowered, and deeply connected to yourself and to the rest of life. Feeling self-love and self-worth is your constant inner state. Living as your whole self, rather than just as your rational, conditioned mind, you make choices according to your deep inner wisdom, which is readily accessible to you. Every endeavor is an exciting adventure in which you are the predominant creative force. You are your life's creator, consciously manifesting what you would truly love. Life is magical, filled with wonder, awe, and trust.

I know this to be the case because I live it every day, and I've helped thousands of others learn to live it too. I began experiencing profound results like these immediately after my exalted experience in the ballroom, an awakening of consciousness, in 2001. I was suddenly able to solve long-standing problems in my life. In fact, I didn't even see problems *as* problems anymore. I could easily understand how any challenge was serving my evolution and awakening—my highest good. My life became happier and healthier, far surpassing anything I'd previously known. I

had spontaneous healings: my migraine headaches simply disappeared, and within a few months, the painful scoliosis I'd had since birth began to correct—today it's totally gone. During the next few years, injuries such as two compression fractures, one in each of my arms, and a horrible ankle sprain mended quickly and without traditional treatment methods of immobilization. Instead of being held back by perfectionism, I began to flow in collaboration with life, feeling a profound sense of ease. I was no longer in a hurry. I trusted the timing of circumstances unfolding. I no longer felt the need to prove myself by improving upon all I came in contact with; instead, I noticed the perfect beauty that existed inherently within everything. Fulfillment, rather than success, was my objective; yet success seemed to happen naturally as a by-product.

My patient base grew without efforts to generate new business, and the challenges of difficult cases resolved. People healed and referred their families and friends. Amazing new staff members came to the clinic without my having to search for them. An invitation from the governor's office to fill a position on the licensing board (Indiana Board of Chiropractic Examiners) came, as well as invitations to speak at professional conferences. Life was expanding on every level with grace and ease.

I was so excited by the positive changes that I wanted to be able to return to my exalted experience again and again. More, I wanted to learn how to *reside* there. It became my mission to figure out how to do that—not only for myself, but so that others could also experience the truth of who they are and reap the astounding benefits. For the next several years, I turned my life into a living laboratory, made many discoveries, and began sharing those discoveries with others. Before long, everyone involved started seeing amazing results. I knew I was onto something significant. Something huge. Revolutionary even. In fact, for me, it was the fulfillment of the whole purpose of human life!

Since the beginning of our days on earth, we humans have looked for ways to engage with our true, limitless nature as spiritual beings (our soul, or Soulful Self) and transcend the small, limited, fearful, and pain-riddled identity (our ego, or Protective Personality) where we spend so much of our lives. As I started to work with others (using early versions of the methods you will learn in this book), and they began to find their own

renditions of the breakthrough I'd achieved, I knew I was on the path to finding the keys that would unlock that potential in all of us. People began to share that their meditations were progressing beyond simply a relaxing of the mind and a centering within a peaceful state; they were now beginning to experience expanded realities, "seeing" with their inner eye and having access to deeper wisdom than they had previously known. They were reporting that they were not as inclined to engage in arguments, but rather would see from a higher perspective new solutions that benefited everyone involved. They found it easier to love, have compassion, and forgive. And, emotionally and physically, they, too, began to heal.

And while I'd stumbled upon a profound version of who we are that I was aware is usually reached only by devout yogic meditators, I knew that we were *all* meant to live from this place—that it's there for *all* of us to discover, if only we know how.

## Developing the Energy Codes

Fortunately, my exalted experience left an indelible impression on my mind and my body. When I came back into my body in the ballroom that day, I could still recall in intricate detail what it had felt like inside of me, and I knew that the way to return to it was to re-create its characteristics there—in my body and in my consciousness. The particular way of focusing my mind; a slowed and intentional breath; an immense feeling of being centered in my core; a devotional disposition; and an intimate, tender, loving presence were all integral pieces of the puzzle. I replayed and scrutinized every nuance of my experience, then would practice re-creating those nuances and observe what might reveal itself in my awareness as I did so.

I spent my evenings in lengthy, sometimes all-night meditations, and my days in consultations with my patients and clients, implementing what I had learned on the previous night's journey within. With each experiment I did, I made careful notes about what seemed to bring my body and mind into, or close to, that expanded state, until I could re-create it at will.

Little by little, workshop by workshop and patient by patient, I decoded what worked for me and for others to tap into our true nature. And, in

the process, a series of life-changing principles and practices emerged. Keeping only the most effective and efficient of what worked, I codified the steps that allow us to live as our Soulful Self. Because these all had to do with sensing, anchoring, and increasing the presence of our essential energy within the body, I named these steps the Energy Codes. Since then, I've found through my research that both ancient texts and modern science verify what I've discovered. The Codes are comprehensive and holistic, and best of all, anyone can easily use them.

We are all capable of awakening to this higher dimension of ourselves—and of living to our true potential, enjoying optimal wellness as the constant condition of our lives. In fact, it's part of our life's purpose to do exactly this. *Knowing, experiencing, and most importantly, living* as our divinity—not secluded in meditative silence, but in our everyday life—is Heaven on Earth, now ours for the taking.

The knowledge you need is in your hands. Those steps, the Energy Codes, are spelled out for you in simple terms in the pages of this book. Just as they've changed my life and the lives of thousands of others, I know with certainty that they will change yours too.

## Discovering Your Magnificence

As you will see, what I wish to share with you is more about what is *right* with you—what is good and true—than it is about anything I learned in school about diagnosing problems and fixing them. Whether focusing on pathology or prevention, our culture has been preoccupied with what's wrong and how to fix it. Mine is a different message. It has to do with the truth of who you really are, and what you're made of. Yes, it will show you how you can heal—physically, mentally, and emotionally—but, better yet, it will also show you how to embrace your own magnificence and the profound truth that there was actually nothing wrong with you in the first place. I want you to experience this on a very deep level and learn how to express it and live it every day.

This is far more important than any accomplishment in your outer life, including winning any trophy or award, breaking any record, acquiring

more things, losing weight, or asking for the promotion—or even getting it! The one simple inner achievement that matters more than anything else is this: *to awaken to your true nature*. Seems amazing, perhaps, but this undertaking is at the forefront of our consciousness as a species. It is truly on the cutting edge!

It's also not new. It's foundational to the Bible, the Quran, the Torah, the Upanishads, and many more ancient texts. People from cultures all across the globe have turned to this line of questioning for thousands of years. Many of us become interested, at some point, in who we are and why we are here.

The use of energy as medicine also goes back to the earliest recorded history. Ancient Egyptian hieroglyphs depicted the use of energy for toning and healing the physical body. Ancient Christians used the “laying on of hands” to create miraculous healings. More than five thousand years ago, in ancient India, the Vedas, the oldest recorded commentary on human potential and development, described moving energy in the body and raising our vibrational frequency to facilitate healing and to awaken the consciousness to higher realms. These practices were not imaginary “magic”; rather, they were (and are) based on the truth that *we are beings of energy*!

Today, scientific research is revealing what ancient practitioners knew long ago. Science is proving the existence of the human energy field; this field is as real and as sensitive as our physical skin—and it affects our physical reality in dramatic ways. We are discovering, for example, that it is through our energy field that our very DNA gets its instructions about how to act. We see this in the findings of Dr. Bruce Lipton, for instance, who, working at Stanford University's School of Medicine, revealed evidence that changes in organisms are caused by gene activation from a stimulus coming from the *surface of the cell wall* rather than in the genetic code within the cell nucleus, as was widely believed. This shows us that messages from our cells' environment, including our thoughts and emotional states, generate energy flow of a particular nature at the surface of the cell that determines what the cell will “do.” This discovery made a significant contribution to a new branch of science called epigenetics, which basically states that our environment is more important than our genetic inheritance when it comes to our experience and expression of health and

well-being. That environment is generated by the energy of our individual thoughts and actions, which lead to the production and movement of molecules of chemistry, which in turn lead to the activation of our DNA and overall cellular function. In other words, by what we think and do that affects our energy, we create our own possibilities for healing!

With these new breakthroughs, the importance of restoring and maintaining our energy flow has become ever clearer. If we want to claim our true potential, we need to build the circuitry in our brains and bodies so that we can live as conscious energy beings. When we do this, we can heal every part of ourselves and begin to masterfully create a life experience of magnificence.

I don't *need* science to tell me that this is so; yet, having grown up in a household where it mattered if an understanding had scientific backing, the conditioned scientist in me delights with each piece of scientific evidence that pours in to validate my experience. It helps my mind catch up with what my heart, gut, and deeper wisdom innately already know. Fortunately, science is now advancing so wonderfully in bridging the gap between the visible, material world and the invisible world of intuition, intention, and spirituality that each of us has the opportunity to experience this "knowing" before we know, and trust it!

The question before us now is: How long will it take us to make this inquiry into our true nature a priority and begin to answer it for ourselves? When will it actually become apparent that knowing and living from that true nature is what matters most? The answer is that it usually takes until the day our pain becomes so unbearable that we begin to look around and ask if life doesn't have more to offer. But I say, why not get interested in living from your truest self now rather than later, so that you can spend the rest of your life in celebration of the greatest accomplishment ever known? This book will walk you step-by-step along the path to achieving that goal.

## What's in This Book

In part 1, "A New Way of Seeing—The Quantum Flip," you'll build the foundation you need to successfully shift from living confined by your

fear-based self to living as the boundless, whole, creative being you actually are. This section lays the groundwork for how to engage with yourself and your external world so you can tap into your limitless potential and create the life you truly want. With the understanding you'll gain in part 1, you'll be ready to begin doing the work that will move you into your Soulful Self in part 2.

In part 2, "A New Way of Being—The Energy Codes Program," you'll learn the seven Energy Codes that turn on the needed wiring or circuitry inside you that will enable you to live as your Soulful Self. The Codes offer a complete system for healing your imbalances, awakening to your own true magnificence, and—most importantly—living a magical life. In a simple and straightforward way, they'll show you how to embody the truth of who you are and create a life you'll truly love.

Whether this is your first exploration with using energy as medicine or you're well versed in the subject, the Energy Codes' revolutionary methods offer unique insights and protocols that will be life-changing for you and for those whose lives you touch.

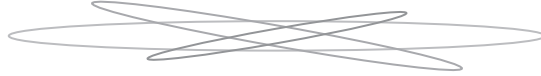
In part 3, "A New Way of Living—The Embodied Life," we'll look at how you can integrate the Energy Codes into your daily life, as well as how this new way of living will ultimately amplify your presence in, and contribution to, the world.

Though this book is a powerful transformational tool that draws from the sciences of quantum physics, neurobiology, and energy healing, I've worked hard to make it accessible so that you will *use it*. From the results I've seen, you could be a whole new version of yourself—healthier, happier, more empowered—just a few months, or even weeks, from now. But only if you apply what you learn! The time will pass regardless. Therefore I invite you to truly embrace this work—and I promise that you'll be grateful you did.

Ready to get started? Great, let's go!



## Part I



# A New Way of Seeing— The Quantum Flip



## PROJECT AWAKENING: SHIFTING FROM PAIN TO BLISS

“Everything is energy . . . including this lectern,” I often say in my talks, and then tap my pen on the wooden surface beside me. With the clicking sound that resounds when the two solid objects connect, I see something click in my audience members’ minds.

The most important (and, to many of the attendees, startling) insight offered in these sessions is the fact that, underneath the tangible, physical form of our body, we humans are pure, intelligent, conscious energy—as is everything else in the universe.

We don’t tend to think of the floors we walk on, the equipment we use, or the people we meet and interact with as made of energy. But they are. And, more importantly, *we* are. The physical world we perceive with our five senses is actually just energy that is compressed and made dense enough to touch. We label this compressed energy *matter*, but in reality it’s no different from other types of energy—light waves, sound waves, or thoughts.

I grew up as the daughter of a pioneer in energy medicine, and I heard and saw many things that validated the energetic reality of our nature. In his long career, my father, Dr. M. T. Morter Jr., served as president of two chiropractic colleges and, as a researcher and educator, worked with hundreds of thousands of patients and practitioners worldwide, always at the cutting edge of advancements. But as mind-blowing as the discoveries I was privy to often were, nothing I saw or heard in my years of working with my father prepared me to know and experience the full reality and

implication of what being an *energy being* means. It wasn't until my own profound experience of feeling I was a being of energy that I learned, in the deepest way, what and who I truly am—who we *all* are.

We are *energy*. Our matter, mind, and thoughts are energy. Our flesh and bones are energy. We are integrated, multidimensional beings made of pure energy. And the degree to which we know this truth about ourselves is the degree to which we live either in pain or in bliss.

After my awakening, I realized that there were aspects of my new understanding of who and what we actually are that were not addressed within my father's work. Learning to master myself at the level of pure consciousness and explore life from the inside out at this invisible "spirit" energy level was new to me. So I sought answers from ancient Eastern traditions and the masters of consciousness who practiced there. Eventually I left the family business and went off on my own to teach the profound truths I was living and experiencing. I thought my father understood. He said he did; after all, he'd done the same thing when he'd started his career in health care and branched off from his own family's work. He was disappointed that I'd moved away from the family, and he disagreed with some of my choices, but on the whole, we were two sides of the same coin, both working to heal and empower people around the world.

When Dad passed, I was fifty-one. I was by his side, holding his hand, at the moment of his transition. I didn't want him to go: he was my idol, my hero, my mentor. He developed some of the foundational techniques I use in my practice today. We shared so much, even if we were no longer working side by side. I just couldn't imagine life without him.

Dad's last words to me were, "I love you from the bottom of my heart."

"I love you, too, Dad," I whispered.

Two weeks after he passed, I was in Colorado, leading a three-day women's retreat. Twenty minutes before I had to walk onstage to begin the retreat's first session, I got an e-mail from my brother Ted that read simply, "Here's Dad's will." Since my mother had passed several years before, his will would dictate the distribution of all of their belongings.

As I read through it, I gasped. Aside from my portion of the proceeds from the sale of my parents' home, my two brothers would be the sole recipients of the entire estate.

*Did he stop loving me?* I wondered. *What did I do to deserve this kind of rejection?* Tears flooded my eyes as I groped for the nearest chair. For several minutes, I just sat there, shaking my head. *How can this be?* I felt shattered. How was I going to go onstage and lead this program in just a few short moments?

It wasn't that I wanted or even needed the money or material things, although to be barred from receiving my mother's teacups and her paintings was a blow. No, it was that being cut out of my father's will felt like the biggest withdrawal of love I could imagine. We'd worked together, discovered together, accomplished so much together. I'd spent my whole young life desiring his approval and attention, and had later devoted many years and thousands of miles of travel to teach his work for him, even though it always meant leaving my own practice. Now, in this moment, it felt as if he had rescinded his support from everything I was and everything I was doing. The pain was deep. It was unbearable.

"Ready, Dr. Sue?" A voice pulled me back into the room, reminding me that I had to go onstage in a moment. *How can I possibly be a facilitator and teacher for others right now?* I questioned again. Then I remembered the very work that I do, and the truths that I teach. I had to pull myself together—mentally, emotionally, and, most importantly, energetically. I had to realign and reintegrate my "shattered" energy so I could feel whole and continue to do the work that is my mission in the world. So I immediately did what I'd spent the last fifteen years discovering and teaching to others.

I applied the Energy Codes.

My body calmed down first, as feelings of safety and peace washed through me. My mind followed, landing gently on the solid sense of self that was like a warm ball of light growing bigger and brighter inside me. Suddenly I knew that I was unharmed by this turn of events. Everything was going to be okay. I knew from experience that what had seemed so devastating a moment ago would ultimately be beneficial to me in a larger, more complete context.

Most of all, I could once again feel the truth of my father's love. I could see that, ultimately, leaving me out of his will wasn't a betrayal. I could experience it as a gift of love, one that would be revealed to me at exactly the perfect time.

As this new perspective took over, a smile broke across my face. From within my core, I felt empowered, energized. I couldn't wait to go onstage and do what I do some 250-plus days a year: share the awe-inspiring discovery of *who we really are* and how we can miraculously transform every aspect of our lives by more consciously living as *that* version of ourselves.

As the weekend progressed, I continued to apply the Energy Codes and remained calm, loving, and fully present. In the weeks and months that followed, if negative thoughts or emotions about my dad's will came up, I again used the Energy Codes to not only work through them, but also benefit from them. I deepened my compassion and understanding for everyone involved in the situation, and ultimately even got a glimpse of the higher purpose behind why it had happened in the first place. (I'll share that with you a little later in the book.)

Now, I have to say, if the news about Dad's will had come to me earlier in my life—before my spiritual breakthrough, and before I developed the Energy Codes—it all would have gone very, very differently. I'd have translated my dad's choice into "What's wrong with me?" or "What did I do to deserve this?" and spiraled into self-doubt. Feeling angry and hurt, I might have withdrawn from my family, possibly ruining our relationships. And because my career was so closely tied to my dad's, I might even have abandoned my life's work. I know for sure it would have been a path of suffering and pain for me.

How do I know this? Because until any of us have had the experience of a greater reality about ourselves, we can only come at life's challenging situations from the perception that we are inadequate, that there is something missing, wrong, or broken about us. Without knowing a version of ourselves that is indeed perfect, whole, and complete—the version I call the Soulful Self—we have no reference point outside of that old story of inadequacy.

Our problem as humans isn't that we are inadequate, wrong, or broken; our problem is that we *believe* we are. This fundamental misconception underlies every other problem, dysfunction, and pain we have. It can turn gifts into burdens, love into unrequited need, and a few challenging moments into lifelong dis-ease.

The good news is, we don't have to live with this untruth anymore. We

don't have to keep telling ourselves the same old stories about who we are and what is "real" in our lives. We can realize and reclaim our magnificence and embrace ourselves as the powerful energy beings we are—and create from that place.

We can do this by remembering that we are *energy beings*, and that energy is the key to everything.

### Living in Pain or in Bliss

My transformative "ray of light" experience, my spontaneous breakthrough while in meditation, showed me the truth of my essence as an energy being in a way that I couldn't ignore or deny. Suspended above Earth as a radiant being of light, I was in another reality altogether. I had awakened to a different version of perceiving life—and myself in it. It was as if I were scuba diving, looking out from behind a face mask, aware that the underwater world I was now experiencing was more real, and truer, than life on shore. It felt like I'd been in this place forever and was never going to leave it. I was more at home here than in any concept of "home" I ever could have conceived with my mind. Instead of being completely afraid, as I'd been for much of my life, I suddenly experienced myself as completely *complete*. There was nowhere to go, nothing to do; I could simply *be* in my absoluteness, my oneness with everything.

This all-encompassing sense of completeness was a total contrast to how I'd experienced myself to date. As an adult working with my father in his seminars, I found meaning and purpose, but I also suffered from debilitating migraines and a persistent fatigue; for years I napped during my lunch breaks. I was always ready to please, fix, and prevent conflict in any form. Relationships were often arduous, yet I set out to "make them work" even if that meant I wasn't true to myself. After graduating from chiropractic college, I set up a clinical practice and had great success in the outer world, but lacked deep internal joy and real fulfillment. In short, I was suffering. Not because I was doing anything "wrong," but because I was operating according to a set of rules that were not based upon my true nature.

When we struggle, it is not because we are flawed or unworthy, but because we are trying to solve problems, pain, and challenges using the very forces that generated them: the mind and the Protective Personality.

### THE PAINFUL PERSPECTIVE OF THE PROTECTIVE PERSONALITY

Until we know ourselves to be energy, or spirit, we believe that we are the body and/or the mind. This single misperception about our identity causes us untold suffering and is at the heart of every problem we have in life. Why? Because so much of our true nature is excluded with this view. Something feels missing, so we perceive that something is missing, or wrong, or broken about us. We then spend all our time and effort trying to compensate for feeling inadequate, as I did growing up and for years into my career. Stress, dysfunction, and disease are all by-products of this misperception. We feel like something is missing; we try to prove ourselves right or worthy; we try to fix what's broken. When we don't identify with the energy that we actually are, we can't feel our inherent wholeness and well-being. To gain some sense of orientation for navigating life, the mind then starts to write stories about how something *is* missing, or wrong, or broken about us.

These stories and thoughts, in turn, affect us at an energetic level (because we *are* energy). The power of thought affects our reality; these internal stories are no different. When the mind, instead of seeing how we are integrated with the fabric of the universe and inherently connected to All That Is, writes stories about how we are separate and alone, we perceive ourselves as separate and alone. Thus isolated, we don't feel safe. We think we need protection to exist in the world. We're constantly on guard against threats and scan the external world for all of the places where we aren't getting the approval, acceptance, and love we believe we need to be safe. Rather than creating from our own heart's desire and actively pursuing a life we love, we continually jockey for survival.

This fear-based, survival-centric identity is sometimes referred to as the ego or the false self, but I call it the Protective Personality. Whatever you call it, though, this protective approach to life tends to limit what we



are willing to try, because “safety” is its first priority. This makes our relationships with others very conditional, keeps us off-balance, and creates continual stress that eventually takes a major toll, mentally, emotionally, and physically.

On top of this, the battle we fight as the Protective Personality is hopeless, because it’s based in that single, destructive belief that *we* are the problem. Although we each have our own tools for coping with this belief, and even circumnavigating it to some extent, none of us is exempt from living from this painful perspective (at least in part). It’s simply an aspect of the human condition . . . again, until it’s not!

Fortunately, the Energy Codes’ most profound purpose is the integration of the Protective Personality with our true nature—the Soulful Self; this integration offers nearly limitless potential for healing at every level of our lives. We are changing the game. We are disregarding the notion that living from the Protective Personality is the only option. We are evolving as a species into a new and more complete way of living, loving, and being.

### HEAVENEARTH: OUR EVOLUTION TO LIVING AS THE SOULFUL SELF

When we start to see ourselves as the pure, magnificent energy beings we are, we automatically begin our journey to experiencing wholeness. It truly is that simple.

When we know we are energy beings, we begin to live away from the fear-based stories our minds create and start living from the *other* option that is available to us—the perspective of our true, eternal nature as the Soulful Self. Rather than focusing externally, always scanning the horizon for what may do us harm, we focus inward on the energy within and around our body and rely on it to show us what is true for us. When we do this, life flows effortlessly. Opportunities for love and expansion are revealed naturally; we only have to lean in, say yes, and let them unfold. We are powerfully loving, and lovingly powerful. We know and feel our oneness with everything and feel separate from nothing. Stress and worry don’t exist, because we know, unequivocally, that everything in our life ultimately serves our expansion and well-being.

I speak about this peaceful, magical state from direct experience. My journey into awakening as the Soulful Self followed a pivotal moment of surrender that left me irreversibly changed. My body felt as if it was glowing. My mind wanted only to revel in what it had been exposed to, rather than process it in any way. I'd gained a completely new perspective on who and what we truly are. Although I had not yet begun to integrate my experience (in fact, I initially felt rather disoriented and was taken to a nearby house to lie down), I knew that my reality would never be the same. That proved to be true, and the period that immediately followed the experience was interesting, to say the least!

When I got home that night, I fell into a state of bliss that I never wanted to leave. For many days, whenever I raised my head off the pillow I would be pulled from ecstasy and into a sense of standing under the thunderously whirring blades of a helicopter about to take off. It was as if I'd absorbed a super-high-frequency energy that neither my body nor my mind had a context for. Then, as I laid my head back down or when I would slip into a meditation, I was instantly immersed in the most exquisite state imaginable. Visions of electric and iridescent colors, shapes, and other realms would open up in my mind—the most beautiful sights I'd ever witnessed. These were followed by vignettes of images simultaneously bringing messages and perceptions of all kinds of truths. It was all so grand, brilliant, and pristine! I was in bliss, in a state of *ananda* or *samadhi*, as they call it in the yogic traditions, and I never wanted to move!

For days I remained in bed and simply experienced myself as a being of pure, divine energy. My Protective Personality began to merge with my Soulful Self. I had freedom in my mind and heart, a deep and beautiful relaxation in my body, and I spent many moments in the wonder and awe of pure awareness that we are truly cosmic beings. Still, this process wasn't instantaneous. My subtle-energy opening was only the beginning of my understanding of what it means to *be* the energy being that is the Soulful Self.

After about a week, I'd integrated the high-frequency energy enough that I could sit and stand and walk around. But even then, the world outside my bedroom seemed harsh and loud. I was extraordinarily sensitive to everyday sounds, such as the radio or television, and to fast-moving

activities—people hurrying past me, cars zipping by, even waiters bustling around a restaurant. At first my body felt so lightweight, I could barely sense it. Then, as time passed, I began to consciously anchor into my body more consistently, which generated a feeling of incredible strength.

Even so, returning to my everyday life was a challenge. I felt somehow “between worlds” and had no idea how to operate from this place. I was no longer able to just look at people’s faces, read their body language, and simply trust their words. I could now see the energy *beneath* the surface veneer they presented. Something else was revealing itself to me that felt more real and true. My attention was drawn to another level of reality that had been imperceptible to me before, except for during a short period of my early childhood.

When I was about six years old, I was playing in a creek bed while the sun shone on the rippling surface of the stream. Tadpoles were sprouting legs in the shallows, and the summer air was perfect and still. I looked at my hands above the water and saw golden light around them, radiating in every direction. At that age, I also frequently saw spheres of colored energy around people—around my dad, for example, when he was working with patients or teaching, or around my mom as she was painting, or around the other kids on the school playground. I thought it was normal and that everyone saw these things.

But after several painful experiences of talking about what I saw and hearing that others hadn’t seen the same things, I became afraid that people might think I was strange and reject me. So at around age eight, I simply shut down my connection with these sights. During my twenties and thirties, however, I remembered these beautiful experiences and longed to re-create them, but could not. I wondered if perhaps I’d simply “made it all up,” as children supposedly do.

After my opening to the energetic realm, though, not only could I *see* energy again as I had in my childhood, but I could also *sense* and *feel* it. It had been real all along. Only the stories I had told myself about the lights had made me stop seeing them!

Once again, I found myself able to perceive things that others didn’t—and once again, I felt uncomfortable about this ability, especially because often I had a hard time making sense of what I saw and felt. I’d ask patients