



How to create loving unconditional stability to help your child heal

Laura Lane's interview with Dr. Sue Morter, Part 3

Episode #13, Hope, Strength and Courage Podcast – Full Transcript

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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.

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Today's Episode features Part 3 of my interview with international Speaker and Transformational workshop leader Dr Sue Morter. In the last 2 episodes, Dr Sue introduced us to her work, taught us a belly breathing technique to help us get grounded into our core, our wisdom centre, to learn how to pull away from the fears and back into the core of our being, and a meditation technique to help us to tap into Spirit Essence to know that all will be okay. She then explained her Bus Stop conversation that gives families a deeper, bigger perspective on life which leads to spiritual healing and a sense of wholeness. This episode is the conclusion of that conversation where Dr Sue shares how we can create loving unconditional stability to help our children heal. I hope you will enjoy Dr Sue's final bits of wisdom and advice as much as 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.

Dr. Sue: Our culture, just this last point. Our culture thinks that of course I worry, I love you. And if we can step into this soulful bus stop conversation and know that there's less reason to worry because this divine plan is unfolding through these circumstances too, then I'm not going to be so fearful. And then my true love can flood the environment.

And when I am flooding my child's environment with unconditional love that doesn't have a wobble to it, but that is rather steady and flowing and present, their wobble slows down and they can come into steadiness. And they can heal.

It happens every time. I travel the world and I'm in the presence of great healers and I'm in the presence that people travel around the world to fall to the feet of these healers that that emit immense stable presence. And in their presence, people heal.

And I have been training myself for the last 16 years since this experience happened in my own life to bring my mind into the state of such healing, divine stillness.

And so, I invite you to flood your child with the unconditionality of I love you and therefore I do not worry about you. Because ultimately, I know there is a divine plan happening here. I am breathing that breathing this stability into my home. And because of that stability that I'm bringing into my home, you will heal to your greatest capacity.

It's my job to create loving, unconditional stability. And if I equate in my mind, of course I worry about you, I love you, I'm going to create a wobble and if I can instead learn how to bring myself into this deep core presence within my own being and understand this perspective of there's a divine plan unfolding here, and big beings take on really big projects and my child has taken on a project that is immense.

Therefore, my child is a very big being and I am here to walk this path in knowing that there is a divine unfoldment happening. And we both evolve when we come to this this context together. And as we go through that and share that evolution with deep gratitude every step of the way, the love vibration of gratitude is a healing vibration itself.

So, as we bring those things together in our own bodies, anchoring that energy, and in our minds anchoring to this idea that there is a divine plan here that is allowing my child to find



their spiritual power, to find their spirit being, to find that with their own mind, and I'm doing the same as I'm walking this path with them.

As those things come together, we create the environment that the whole world needs to know, not just those that are suffering, but when we're in this intense situation we actually have the opportunity to not only heal ourselves, but to heal the planet.

Because we're stabilizing one of the biggest wobbles one of the biggest fast-moving fear-based experiences, we're in it and when we can stabilize that, we bring the rest of humanity with us as we go. So, it is a great service to the whole world that we lean into this circumstance that we are in and stabilizing.

My small experience of healing scoliosis and migraine headaches led me to something that allowed me to find something that has allowed so many people to heal deep, serious intense circumstances such as cancer, chronic degenerative diseases that are life threatening.

And I know that it is to stabilize our consciousness in the presence of a divine plan. When we can do that while we're in these bodies on this planet, we are in great service to our own soulful self, the souls of our children, and the souls of the individuals in our communities as far as we can imagine.

Laura: I know that in my own life I saw that happen, that when I was able to see the perspective of the things that I had gone through into my life up to the point where my daughter was sick, and before she passed away, when I was nine years old, my mother my sister and I we were in a car accident. And both my mother and my sister were killed in that accident. And when I look at my life and realize that was something that I needed, so that I could learn about death, that death is not a punishment. It's not a punishment to those who leave, and it's not a punishment to those of us who stay behind. So, when it came to the day when I needed to help my daughter to make her transition. I had the resources I needed to do that, that I had the love for her, just to be able to guide her through this process that she was about to take and realize that everyone's life plan is not 80 years. That there are incredible souls who do what they need to do in 7 years, or 14 years or 38 years or 66 years, we each have a different plan.

Dr. Sue: So, what we begin to do is unattach from this Hollywood perception of how life is supposed to look, and we become really present with, and really capable of knowing this flow that is happening.

The soul is on a flowing journey. It comes into this life for whatever amount of time it's supposed to be here, to do what it's here to do, and it moves on to its next journey to do what it's to do there and to do it its next destination, and its next destination, perhaps returning here and then to its next into its next again.

We have to unattach from identifying as just this physical dimensional version of ourselves and, Laura, that's what you're describing, that you saw that happen with your mother and your sister and your daughter. And you get that. Through those experiences you've loosened



your stronghold of how it's supposed to look, how we think it's supposed to look and you've made yourself available for the beauty of flow. And that is our true nature. We are transient. We are flowing through many dimensions and many, many experiences. And the more we can anchor that reality, the more we can allow this to be grace filled and beautiful. Instead of fear filled and horrible.

Laura: It's that surrendering, right? Surrendering to what life is giving us, appreciating it. Yeah.

Dr. Sue: That's beautiful, you know. And it's painful, until we find it hard enough, you know, and it's like, oh, you know, thank you for breaking my heart. Because of what I found underneath that, you know, that protected version of how I thought it was supposed to be. It's so much more free and so much more beautiful underneath that story.

Laura: For me, now I can celebrate the greatness of my daughter, of my mother, my sister, I can celebrate that, and their lessons and bring healing to other people. It's healed my own life. There are so many gifts that can come from our difficulties. I think children who have cancer are so incredible. They have these incredible hearts. They are beautiful. They surrender so much more easily than us as adults. That we can learn so much for them.

Dr. Sue: So, if you think about that soul comes in and learns that at such a young age, if you get it done, quick study.

Laura: After my daughter was in the hospital and she finished her treatments and she went back to school. And the other kids, they would be complaining about petty little things. She's like: Mommy, why are they complaining about those things? She had faced her own mortality, she knew the bigger plan, the bigger picture. She's like: why are they fighting about that? She just had so much more – understood so much life, so much more, so much better. Because of what she'd been through.

Dr. Sue: Unattached, right? She wasn't caught up in that vibration. It was a vibrational frequency that her consciousness landed on because of what she had been experiencing and the quickening that was occurring in her life at an early age. She dialled into the vibrational frequency of what is true and what is real. So, when these other kids are tapped into this, you know, it's supposed to be like this, or fighting about - that she was seeing this other wave that was the point of life, she got there. So, I see it as a gift. Like the soul wants to come in here and have the experience of awakening from this to this to this. It wants that and I say if you can get it done in a decade, hallelujah. If it can get it done and then live it here, fabulous, that's the plan. If it gets it done and moves on to its next experience, wow, let's support that. Let's be in touch with that. As parents, you know, as parents even, so that we can come to the place that you have landed, Laura. That's the point. I landed in that by grace and have dedicated my life to sharing that with people. You got to it through grace of another kind and are dedicating your time and life to sharing that. And I know that the parents that are plugged into this are part of that plan too. They're the ones that are saying yes. Okay. I'm interested in getting to this vibration, slowing this down, letting soul, mind, breath, body



become united again, so that heaven on earth lands in the bandwidth of human consciousness. So that the trauma version of awakening can soften in its need.

Laura: Well, I know we only have a couple more minutes left with you. Where can we send our audience so that they can learn more about you, about your work, and your programs? What website can we send them to so that they can learn about you?

Dr. Sue: www.DrSueMorter.com So, it's D R S U E M O R T E R DOT COM. There many, many, many, many materials there to support the things that we're talking about. Something that comes to mind is the "bus stop conversation" is on that website. But there is a support package that is available for everyone as well.

Laura: We'll have a link as well at the end of this video. So, thank you so much, Sue, for taking this time. I truly appreciate it.

Dr. Sue: It is my pleasure. It is my purpose on the planet. So, it is a gift to me to be able to connect with you in this really deep and meaningful way. Thank you so much for bringing this information forward to families that are in need in the moment. I know there is a great blessing in it through this experience that they are in, but it certainly makes it easier to get to when people like you are making that possible. My pleasure.

Laura: Thank you

I am so grateful to Dr Sue for all the wisdom she shared with us. I love and appreciate the reminders of what this life is really about and how to refocus our thoughts, minds and hearts on the energies of love and gratitude to help us heal and help our children heal.

To learn more about Dr. Sue Morter and her programs, and upcoming workshops and retreats please visit her website DrSueMorter.com

I hope you will join me next week when I will be sharing my interview with Annie Pool as we discuss the lessons she learned when she was diagnosed with cancer and how turned her cancer treatment into an adventure.

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

Today's advice comes from Aline

Aline says "Work on your relationship with God. That's the only way I got through it and continue to get through all the emotional struggles."

Thanks, Aline for sharing that.



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 and I will be sharing your advice with our listeners on future shows.

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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 ww.lauralane.ca.