



HOW TO ALIGN
YOUR ENERGY

Nisha Jackson, PhD

The Dr. Nisha Jackson Show: How To Align Your Energy

Rusty Humphries: So, how you doing? Welcome to *The Nisha Jackson Show*. I'm Rusty Humphries. Nisha just did one of the silliest things I've ever seen. She got a bottle of Pellegrino and poured some — what is this stuff that you poured in there?

Dr. Nisha Jackson: This is the new product and the new company that we have. It's called Brand X, and this right here is going to set you free. This is a berry stick, and we put the stick, which is an energy powder, into a bottle of water. I just happened to be not paying attention, and I put it in the Pellegrino.

Rusty Humphries: Do not do the Pellegrino. Do regular water.

Dr. Nisha Jackson: But you could use Pellegrino or champagne, whatever you want. But no, not champagne. I'm just kidding. You can put it in Pellegrino, just don't shake it up. I shook it up; now I can't drink it because it's going to blow.

Rusty Humphries: But that would be entertaining.

Dr. Nisha Jackson: But this product —

Rusty Humphries: And might be fun for later in the program.

Dr. Nisha Jackson: This product you can get on brandx.com. It is the natural rival to 5-hour Energy and much better for you.

Rusty Humphries: By the way, we have a spokesmodel back there. If you would please, Vanna, if you'd please just point at the bottle of water and do a Vanna White kind of thing, that'd be great. Thank you. Very, very nice. Excellent. Who is that? She looks familiar. She's been on the show before, right?

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Dr. Nisha Jackson: She has. We got a big response when she was on the show last time. I know she's in this room and we're talking about her, but that's okay.

Rusty Humphries: Just ignore her.

Dr. Nisha Jackson: It's all good stuff. It's good stuff.

Rusty Humphries: So what's her name?

Dr. Nisha Jackson: That's Jennifer, and she's going to be joining us today. We talked about vibration last time she was here, and — [opens the bottle of Pellegrino]

Rusty Humphries: You opened it! What are you thinking? What are you doing?

Dr. Nisha Jackson: This is not working out so well.

Rusty Humphries: No.

Dr. Nisha Jackson: It's my birthday. It looks like bubbly.

Rusty Humphries: Don't do that. Okay, well drink it now and then it'll be okay if you guzzle it.

Dr. Nisha Jackson: We're good, we're good. Anyway, we did a show on vibration when Jennifer was here last time and it was an amazing show. It was very impromptu as today is kind of impromptu. We just drug her off the street and asked her to come in and do a show on meditation and what 2020 really means, energetically.

Rusty Humphries: Yeah, she came in —

Dr. Nisha Jackson: It's going to be very interesting.

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Rusty Humphries: ... and she said hi, and I said, "Guess what? You're going to be on the show today."

Rusty Humphries: "What?"

Rusty Humphries: "Yeah, you're going to be on the show." And so, she's doing great.

Dr. Nisha Jackson: I'm super happy about this.

Rusty Humphries: I know, she's going to be awesome. Okay, any kind of set up we need? Anything else you wanted to get to before we got to our spokesmodel?

Dr. Nisha Jackson: No, no. I think I've done enough damage today. I've got my berry Pellegrino going.

Rusty Humphries: In keeping with the theme of power and energy, she's going to switch places with me in three, two —

Jennifer Ammann: Magically.

Rusty Humphries: ... one. Okay, I'm back here. You're going to be at the start of the show. Nisha, you're interviewing, I'm just going to get out of the way. So, you guys have fun and be all energetically awesome.

Dr. Nisha Jackson: All right.

Rusty Humphries: There you go.

Dr. Nisha Jackson: Thanks, Rusty.

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Rusty Humphries: All right.

Jennifer Ammann: You got it, Rusty.

Dr. Nisha Jackson: So, today we have Jennifer Ammann here. She's going to be talking to us about what does 2020 mean, energetically speaking. I love talking about that kind of stuff because I think it's relevant to our lives.

Dr. Nisha Jackson: Some people are more into it than others. I happen to be very much into it because I find it super interesting, but I also wanted to have Jennifer talk to us just for a little bit about how we can quiet our minds this year to not only improve our health, especially our emotional and mental health, but also to move us along the path that we're supposed to be going down in our lives.

We've got to turn the mechanism off and be able to let new ideas and new energy come into our minds so that we're not always just so cluttered up.

— Dr. Nisha Jackson

Dr. Nisha Jackson: And one of the ways that we figure out what that path is, is we've got to get quiet. We've got to turn the mechanism off and be able to let new ideas and new energy come into our minds so that we're not always just so cluttered up. So, I want to talk about those two things today. So, welcome.

Jennifer Ammann: Hi, thank you Nisha.

Dr. Nisha Jackson: Happy New Year.

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Jennifer Ammann: Happy New Year. Correct, we're about three weeks into the new year as this is being broadcasted?

Dr. Nisha Jackson: Yes.

Jennifer Ammann: This is actually a perfect time to talk about new year energy even though you in the audience might be seeing this a few weeks after the first of the year. But energetically, the Gregorian calendar that was made up by the Romans — and it's not actually at the first of what we consider this year, January 1st — is not actually the end of the energetic cycle of the year. That actually comes in around January 21st, 22nd every year. It's a little bit different like a couple of days or whatever, but around the three weeks into the new year is when the new cycle begins for our creative process, in which we have four quarters of the year.

Jennifer Ammann: It correlates with the seasons. It's very much like the natural cycle of planting seeds in the winter, knowing that they're underground and that they are actually sprouting, and then in the spring we start to see them come up. We tend them, we pluck out the ones that aren't so healthy, and we let the very fertile ones grow. The summertime is when we get to tend them and make sure that the bugs aren't coming in and things aren't eating away our new sprouts. And then in the fall, we get to reap the harvest, so that's really the creative cycle.

Jennifer Ammann: I use the idea of planting our seeds, but what I'm actually, metaphorically, talking about is planting intentions of what we want to create for the year. And so, in January, February, we talk about ... Well, we talk about it in January, really. We talk about New Year's resolutions, and so these are really the seeds that we're setting, but because we're not actually in the new initiating cycle until the third week of January, this is a big reason why people fail at the New Year's resolutions. Because we're not in the place, January 1st, to actually start new things.

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Dr. Nisha Jackson: Wow.

We talk about New Year's resolutions, and so these are really the seeds that we're setting, but because we're not actually in the new initiating cycle until the third week of January, this is a big reason why people fail at the New Year's resolutions.

—Jennifer Ammann

Jennifer Ammann: We're still ending.

Dr. Nisha Jackson: I didn't know that.

Jennifer Ammann: Yes, we're still ending the cycle of the year. We're not in initiating energy.

Dr. Nisha Jackson: That's why people take a little bit longer to kind of get in a groove.

Jennifer Ammann: Absolutely, yep.

Dr. Nisha Jackson: I don't feel so bad now.

Jennifer Ammann: No one should. We all kind of need to understand that this cycle is a natural cycle and we're a part of it. So, the idea that we're supposed to initiate something when the energy is still finishing the previous year is very confusing. A lot of people feel like they've failed, and after three weeks they're like, "I didn't do it. I failed at my resolutions." It's such a common thing, and it's actually because it's just the timing is much better to start right now at about three weeks in.

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Dr. Nisha Jackson: Very interesting. So, what would you say that you feel ... In my last show, we talked about how 2019 was such a great year for sort of weeding out things that weren't serving us well. And people — I know a lot of people, myself personally, and a lot of people around me — spent a lot of the year identifying things that were not serving them well, whether it be internal beliefs or people around them or their career path. They identified things that weren't working for them very well, and they had the courage to get rid of them and change their course. So energetically, 2019 was a bit like that, but —

Jennifer Ammann: Definitely.

Dr. Nisha Jackson: ... 2020, for those who took that seriously, they're ready to launch. I mean, they're ready to go, and we still have time to keep ... We always should be weeding out things that aren't working for us and serving us well. Maybe you could talk just a little bit about what 2020 means, energetically speaking, as far as giving us a lot of movement toward success and reaching our goals.

Jennifer Ammann: Yes, 2020 is supposed to be a very powerful, momentous year in terms of being able to do exactly what you're talking about: moving toward the direction of our dreams and being able to see more of that come to manifest. Versus, the last few years have been a lot of kind of sticky energy. It's that two steps forward, almost feeling like you're taking more than one step back. It's almost like stepping a half back and you're like, "Why can't I get to where I'm intending to get?"

Jennifer Ammann: I feel like there's been a lot of that energy, even though people have been doing a lot of work around getting clear on what they want and putting the right efforts into getting rid of the old fear states and things that are holding them back or limiting them, and then feeling kind of frustrated that they don't have enough forward momentum to see the results. So, I think this year we'll see a lot more results.

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Dr. Nisha Jackson: That's awesome.

One of the big lessons this year is to really cultivate faith in your process and trust the process, trust that, again, the universe has your back, or higher power has your back.

— *Jennifer Ammann*

Jennifer Ammann: There is still going to be a little bit of push and pull, and so we have to — I think one of the big lessons this year is to really cultivate faith in your process and trust the process, trust that, again, the universe has your back, or higher power has your back.

Whatever your belief system, energetically, your way of thinking about it in terms of higher power or universe, it is supporting you.

Dr. Nisha Jackson: I love that: Trust the process. I have a shirt, a little workout shirt, that says, "trust the process," and it's such a great, simple, little sentence. It's just such a great affirmation to say trust the process because so many times we stay in our head. We're on a path and we know in our heart, we know intuitively that we're on the right path, we're doing the right thing, but then our head gets involved and we start questioning, "No, maybe this isn't right. This could end really badly. This might not be the best thing for everybody else even though it's the best thing for me." Then you question yourself. But I love just telling yourself, "Stop and just trust the process." That's such a cool thing to say.

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Jennifer Ammann: It's huge, it's huge. I think our heads do get in the way because our minds are very set on trying to control everything. And so, we want to know exactly how things are going to work, and that's what the mind is good at actually, is saying like, "Okay, this is how I get from A to B." But sometimes it doesn't go the way you think it's going to go. And then we think we're doing it wrong, or that we're not being supported, or life is just too challenging, and it's not working. It's very defeating for the mind when that happens, and then we can go into fear and or feelings of failure or all these kinds of things that feel terrible.

Dr. Nisha Jackson: I'm so glad you actually just said that because one of the things that I think helps us, as I talked about in the beginning part of the show, is to get out of our head a little bit so that new thoughts and ideas and wonderful, lovely things can come into us so that we're not all clogged up. One of the ways we get clear and we get open is we get quiet, right? So, I want to talk about — You're a huge advocate of meditation and quieting your mind, which I think is a very great spiritual practice for people.

Dr. Nisha Jackson: But a lot of people think, traditionally, you have to be sitting on the floor in a very uncomfortable position for 20 straight minutes, or 30 if you're lucky, or an hour. I can't even imagine. And then if you don't do that, if you fail at that, then you really can't meditate. You're so good at encouraging people to get quiet, so just maybe talk about that for a minute.

Jennifer Ammann: Thank you for bringing that up. You're absolutely right. There's this kind of dogmatic idea that we're supposed to sit in stillness and quiet the mind, and if we don't get the mind quiet then we're failing at meditating or we're not doing it right or it's not working, or it just sucks because it's really uncomfortable. I don't meditate that way, and that idea is out. There are a million ways to meditate and it's really about quieting the mind.

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Jennifer Ammann: A lot of people that are runners are in a meditative state. There are all these apps now. I mean, I think all of that is really valuable and valid, and there are so many approaches. I actually have a really active mind, so I need to lay down when I meditate and it puts me in the prone position. It actually gets my head to quiet in a stronger way than if I'm sitting upright.

There are a million ways to meditate and it's really about quieting the mind.

— *Jennifer Ammann*

Dr. Nisha Jackson: Maybe I should lay upside down since I can't turn my brain off, and then maybe that would be even more impactful.

Jennifer Ammann: And, I don't meditate without listening to something. I always listen to something, and so I think guided meditation is great, especially for people that have a problem just sitting in quiet and have racing thoughts. And also, don't judge yourself for having your mind going back into thinking whatever about life and about what your day-to-day is when you're trying to meditate because that's what the mind does, and so it's just to notice.

Jennifer Ammann: And as you practice — meditation is a practice — and it takes time, and you get better at it, and you get more and more relaxed in the mind, and you can get into higher frequency states and gamma brainwave states and all of that. But usually, it takes some time, and you've got to find what works for you. Everyone's different, but there are so many different options in terms of meditation. That whole idea that you have to just sit there and be totally uncomfortable, I mean it works for some people, but it works for I would say a much fewer percentage than —

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Dr. Nisha Jackson: Than what you would think.

Jennifer Ammann: Yeah. And one of the big things I like is there are sound healers that do vibrational, sound healing work, where they're using a lot of different frequencies and tones.

Dr. Nisha Jackson: There's so much great —

Jennifer Ammann: And it actually does the work for you. You just have to sit there and listen.

We've trained our bodies and our minds to be constantly stimulated. Whether it be our phone, our computer, our TV, our work, whatever, constantly having input coming into our brain ... our brain wasn't wired to withstand that constant overstimulation.

— Dr. Nisha Jackson

Dr. Nisha Jackson: Right. There's so much good research to show that that is healing on just a whole, completely different level. It's wonderful. And you're right, there are apps. I just downloaded an app recently called Insight and it's such a great app. There are thousands of different meditations, different categories of meditations, but the goal is to turn your brain off because we don't really get a chance if you think about it. We've trained our bodies and our minds to be constantly stimulated. Whether it be our phone, our computer, our TV, our work, whatever, constantly having input coming into our brain ... our brain wasn't wired to withstand that constant overstimulation. And so I love that.

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Dr. Nisha Jackson: I meditate every day when I exercise because when I'm out, I love being in nature. I love being outside. I try to be outside every day. That's my time to just open up my mind and really think. How do I want my day to be? What is my best self that I can put forward today? And just thinking about how to respond and what kind of person, what kind of loveliness do I want to put forward today? And for me, exercise is a really good time for me to do that. I don't really listen to anything else; I'm kind of just quiet.

Dr. Nisha Jackson: But you can do it 10 minutes before you go to sleep at night. I mean, you could do it at 3 o'clock in the afternoon, when your head's about ready to blow off your shoulders from stress. You could go just put your shoes on and walk outside for 15, 10, 5 minutes. And so, there are just so many different ways to do it, but the key is just doing it, right?

Jennifer Ammann: The key is doing it and finding what works for you, and yeah, making a regular practice out of it. You're right, it doesn't have to be a set amount of time. You can take 5 minutes here and 10 minutes there. I mean, that's really important stuff. I mean, it's good to just take a little bit, if that's what works for you, and then do a little bit later, or whatever. Find your way and there's no one way.

Jennifer Ammann: But if you want to find this sound healing stuff that I'm talking about, Jonathan Goldman at healingsounds.com has a lot of great stuff. You can download MP3s or order CDs if that's your deal. And you literally can just listen, and it's doing energy work for you through the sound vibrations.

Jennifer Ammann: That's a really good one because it can balance your chakra system. It can increase your brainwave state and you're just sitting there passive. But believe me, you're meditating because you're getting your energy into a space in which your mind is not controlling the show, and you can be in your body and it's doing the kind of energy healing work for you.

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Dr. Nisha Jackson: And the name of that was again-

Jennifer Ammann: Healingsounds.com.

Dr. Nisha Jackson: Healingsounds.com, that's awesome. So, we have, as a company, have taken this whole thing very seriously because I have realized, in the last 30 years that I've run a business, that it's getting more difficult for people today. It's getting more difficult for people to stay balanced, for people to stay happy, for people to be able to manage all of the stress that's in their life, whether it be their family, their job, their relatives, financially, I mean everything. And so, Jennifer's done several retreats for our company, where she has come in and done special meditations and teachings that have been really helpful to our employees and practitioners within our organization.

Dr. Nisha Jackson: And so, this next year we have hired Jennifer to come in, from a corporate standpoint, and work with our company on doing meditations and teaching so that we can keep people supported and really give them some downtime and some encouragement throughout the year. I love that about you, and I love that you said yes to that.

Jennifer Ammann: My pleasure.

Dr. Nisha Jackson: I'm really looking forward to how that's going to support our employees and our practitioners within our clinics. So, I'm excited for 2020.

Jennifer Ammann: Me too. I think it's awesome. I love that we're doing that as a group and as a collective, and in terms of group energy dynamics, it's very helpful in a group to collectively support each other. And so, you cultivating that for your team is great, and I'm happy to be a part of it.

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Dr. Nisha Jackson: That's awesome. Well, thank you for joining us today. We will have Jennifer back again in the future and tackle some other topics about energy and quieting your mind. And, looking also at manifesting some of the things that we really want to move toward in our lives, whether it be financially, emotionally, mentally, the kind of friendships, soulmates, and so many of the things we can achieve that we just need to believe it. We need to believe that we can move toward that.

Dr. Nisha Jackson: And most of what we want, we want to be focusing on. We talked about that on our last show, about really feeling what you want, really having the emotion like this is what I really desire, this is what I really want, and then feeling all of those emotions connected to that because what it does is it puts you on almost like a fast pass to get it. It sounds too good to be true, but it really is. Wherever your mind goes, there your body goes also. Your whole life goes that way. Happy New Year.

Jennifer Ammann: Happy New Year.

Dr. Nisha Jackson: Thanks for joining us, and we'll see you next time.

Rusty Humphries: Go to nishajackson.com.

Dr. Nisha Jackson: Oh, nishajackson.com. Rusty's so good at that. Have a great day.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.