THE MODEL HEALTH SHOW

EPISODE 1044

Scientists Prove You Can See Without Your Eyes, Regrow Damaged Body Parts, & Many More Superhuman Abilities

With Guest Caroline Cory

You are now listening to The Model Health Show with Shawn Stevenson. For more, visit themodelhealthshow.com. Welcome to The Model Health Show.

I don't say this lightly, but buckle your seatbelt because we are taking a ride into the extraordinary. What you're going to learn today is absolutely going to change your paradigm.

It's gonna change the way that you look at reality. In fact, you're gonna see reality in a much more clear way, dare I say, in a much more real way. You're about to discover some cutting-edge science, documented science, on restoring vision, but without the use of one's eyes. We're talking about blind test subjects being able to see again without functional, what we deem to be the only way of seeing through the very mechanistic view of how our eyes work.

On top of that, you're gonna discover how over 300 women have regrown fully formed and functional breasts after having a mastectomy And you're gonna learn how we are able to communicate and connect with people, especially those that we love, not through cellular devices, but through our consciousness.

This episode is revealing things that were once deemed to be science fiction, and today you're going to know firmly that it's science fact. And so without further ado, let's get to our special guest and topic of the day. Caroline Cory is an award-winning filmmaker, author, and researcher whose work explores the extraordinary potential of the human mind and the nature of reality.

Caroline has collaborated with and worked alongside scientists from Harvard Medical School, the Institute of Noetic Sciences, Stanford University, and other leading institutions, conducting experiments on the relationship between consciousness, mind and matter, health, and the physical body. She's here to share her latest film, Superhuman Two: A Rebirth, revealing controlled experiments on individuals with extraordinary cognitive and perceptual abilities, and how we can tap into our own superhuman capabilities.

Let's dive into this conversation with the incredible Caroline Cory. I'm so excited to talk to you today. Oh, Caroline Cory, good to see you.

CAROLINE CORY: Thanks for having me. This is awesome.

SHAWN STEVENSON: Of course, of course. So two of your recent films, Superhuman and Superhuman Two, I had the honor and privilege to see a screening of this incredible film.

Superhuman is the title. What is it about us that we are unaware of? Like, we have these incredible capacities, and that's part of what your work is really revealing. Superhuman. Why superhuman?

CAROLINE CORY: Superhuman because we are superhuman, and we don't know how to tap into this potential. Mm. And so the idea behind the film is not just to be a motivational vehicle, like, hey, you could do this and you can do that, and, uh, which we hear a lot, which is amazing, but it's...

more importantly, it's to understand how we're really made. Because when we think about, uh, and we understand that we are pretty much energy before we are matter, before we are this body, then the perspective starts to change. And if we are energy, then why are we not clearing ourselves? Why are we not repairing our body with energy?

Einstein told us energy and matter are different manifestations of the same thing. In other words, you are matter, but you are also energy. You appear as matter, as a physical form because you're vibrating at a certain rate, but that does not mean that you're not also made of energy. And so that's really the premise of the film.

And, uh, I think what's also different about this material is that I bring the science, I bring the facts, I bring the footage , you know, that shows that literally every cell in your body is made of light, emits and absorbs light. At a nanoscale level, you're able to see that your cell is literally looking for natural light.

It can detect the difference between fake light and natural light. We did these experiments, and it goes, and it literally grabs on the light and absorbs it. It's mind-blowing. So when you think about it this way, your body's made of 30 trillion to 50 trillion cells. Every cell is doing that, absorbing the light and emitting light.

So just that, you know, you start to think of yourself, wait a minute, I'm walking around, and I'm light, you know? So your perspective changes. That's what I'm attempting to do with this movie.

SHAWN STEVENSON: Yeah. It's so exciting because if you can see yourself as you really are, you start to see the potential for...

Everything isn't so solid and so non-changeable, you know? As a matter of fact, change can happen very swiftly and gracefully. And the capacity... And I'm so grateful to be able to have seen the film already, and everybody's gonna get access to be able to see this film. But to see certain things that I'm aware of documented, right?

And one of those truly extraordinary things that I'm so grateful that more people are going to be aware of is our capacity to see without our eyes, you know? And you documenting this using blind test subjects, you know? G- because again, you can start to what about, what about, what about all day if people have the capacity to see.

But what about if they're blind? And to see firsthand what they were able to do just blew my mind. Um, can you talk a little bit about that? Like, w- what made you want to construct the study the way that you did?

CAROLINE CORY: So in the first Superhuman, uh, that I released in 2020, we had, um, sighted individuals who were putting these blindfolds on and trying to see.

So the first people that I saw were kids in the UK. And, you know, I'm a skeptic, actually. I like validation. I don't want just, like, empty words, you know what I mean? Um, or just whatever is on the internet, you know? And so I wanted to see for myself how is that possible that you are completely blindfolded, and then you can actually see.

I mean, these kids were running around, you know, on a bicycle, like playing ball, um, reading books. And so I went to the UK, and I saw it for myself. Um, not only that, because I like to bring science behind it. I saw other groups as well in Utah, in Germany. There are different people doing the same thing. And I thought, "Okay, o- like, how does it work?"

And so we had a team of scientists in Italy, and, uh, we put cameras inside the mask to make sure that there was no light, therefore no cheating. I mean, they're not doing it on purpose to cheat, but if there's a little bit of light- Mm ... then you're still able to see. So not only that there was no light whatsoever, but also their brain, um, functioned, you know, we did an EEG kinda thing, showed that, um, that as if there was light and that, as if they were reading, like, normal.

So, so that was fascinating. Then I was very intrigued. And also, when I put this movie out, uh, in 2020, that particular segment went viral.

SHAWN STEVENSON: Mm-hmm.

CAROLINE CORY: Everybody on the internet was like, "Oh, I wanna do blindfold." And you know, I was teaching the class also at the time. I had so many requests. So there was something about human perception that was very intriguing.

And so of course, this is Superhuman 2, it's the sequel. I had to go to the next level, and I thought, "Okay, well, if sighted individuals can see blindfolded, what about blind people?" So we recruited these three blind individuals, and the journey was fascinating. Uh, we started with the same training as we do with sighted individuals, and, uh, after three days they could see Uh, and so this is where I brought in, again, my scientist colleague, uh, Dr.

Alex Gomez-Marin. He's a neuroscientist and a physicist, and he has been investigating, uh, the blind phenomena. So we created a whole protocol, and we trained these guys for four months, and then we tested them. We brought them to LA, and we filmed that scene. And Shawn, I mean, don't forget, you know, I'm making the movie, but it's real life, and we have a crew.

You know, it's a very big crew 'cause we film with, like, seven cameras all around to show that there is no cheating or... I mean, with blind people, you're not gonna be cheating, you know? But, but still, to do it right. So w- we were all v- I mean, mind-blown. We were like, "What is happening here?" One of the, the k- the, the individuals was literally seeing correctly, like 25 correct answers in a row.

So scientifically, like, that's 100% accuracy. Like, that's... You c- there's no random whatsoever, you know? There is no chance whatsoever. And then we started giving him things that he hadn't practiced before, like the letters were much smaller, sentences. We would split the screen two different colors. He had never practiced that.

We covered one eye, and he just... I mean, he knew... I mean, he could see. The guy could see. And so, so then, of course, for credibility, um, we knew, we were convinced that there was zero chance... Because when you do it scientifically, you know, you want them to repeat the same thing- Right ... 10 times over and over, over a period of time.

So we did it very rigorously, you know, scientifically. And so we take him to the top neuro-ophthalmologist, you know, Cedars-Sinai, Beverly Hills, you know, very well-known, so can't go wrong. You know what I mean? Mm-hmm. And so we say, "Hey, can you, you know-" examine him again. Maybe something happened. So of course, they have all the most advanced, you know, technology and devices to, to make sure, you know, to measure your eyes and everything else.

He comes out and he said he can't see. His optic nerve is atrophied, meaning it's dead. Dead. The guy cannot see. And we were just showing the footage where he was literally reading. Right. He was seeing color, and we... I didn't show everything in the, the, the, uh, the version that you saw. Mm-hmm. But he could see, like, I would hold a bottle of water-

SHAWN STEVENSON: Mm-hmm

CAROLINE CORY: uh, across the room, and he could see it. So what was that? The medical doctor could not explain it, and I kept kind of probing. I kept saying, "Well, what if, um, is it

possible that his consciousness, you know, could maybe reactivate the optic fibers?" And he's looking at me like, "Dude- ... I've been doing this for 40 years.

You know, stop asking me this question." I was really, like, annoying him. Um, so that was like a proof that our consciousness, it had to be. Plus Justin, Justin is his name. Plus Justin's personality, he used to compete. Right. He used to lift weights and stuff like that. It's kinda, he has that personality that when he focuses on something, he wants to succeed.

SHAWN STEVENSON: Yeah.

CAROLINE CORY: And that is about intention.

SHAWN STEVENSON: Right.

CAROLINE CORY: So to me, that was the most extraordinary thing we've done in the movie. Um-

SHAWN STEVENSON: Can we, can you specify the different types of not being able to see? Because there were three different test subjects in three different kind of domains of blindness.

CAROLINE CORY: Yeah, so, so that was amazing, and, uh, but then what was extraordinary as well is another individual.

His name is Sean. So Sean, from the beginning, he had, uh... Well, first of all, his eyes were taken out. He just doesn't even have eyeballs, and so because he had, uh, cancer of the retina. And so he- they took out his eyeballs, I think, at the age of five, and so, um, from the beginning, as we were training him, he, uh, had a problem with depth.

It's almost like he could see 360. Like, he couldn't necessarily see in front of him, and sometimes when we would do a Zoom call, uh, he would see what was behind me, but he couldn't see me. So we started to discover how, actually, vision really works, of course, when you don't have the regular vision, um, visual cortex working.

And so, so, so, so we realized that when the object was hidden, was behind an obstacle- Mm ... or was behind him, he could see better. Right. So we discovered another phenomenon, like what is happening here? So we showed... In the movie, people will see that. It's pretty incredible. We would show on the screen colors, shapes, letters, and he wasn't sure.

He couldn't see. But then-

SHAWN STEVENSON: When they were in front of him ...

CAROLINE CORY: when he was in front of him.

SHAWN STEVENSON: Right.

CAROLINE CORY: But then when I stood behind him-

SHAWN STEVENSON: Mm-hmm ...

CAROLINE CORY: and I would show the f- shape or the color behind him, and he would nail it every single time.

SHAWN STEVENSON: Yeah, yeah.

CAROLINE CORY: So that was another phenomenon. Also, his brain mapping was very different than Justin.

SHAWN STEVENSON: Right.

CAROLINE CORY: His alpha waves, which is... The alpha waves is, uh, usually your brain are, uh, in the alpha, uh, spectrum when, when you are, uh... Basically, it's when you're connecting with what's in front of you, reality, and his alpha waves were completely shut down. You usually have this when you're sleep- uh, not sleeping, but I mean, like, when you're meditation or, um, maybe you're high on something.

You know, it's that sort of, um, result that, that you get, and his was completely shut down. So that was very interesting because this meant that he wasn't focused on what was exactly in front of him, but he was tapping into an entire field of information, and it didn't matter where it was, behind him, underneath the table.

So that was another thing that we learned from this whole experiment.

SHAWN STEVENSON: Right.

CAROLINE CORY: And, uh, we think Justin was actually reactivating his fibers, the, his, um, the optic nerve fibers because of his intention.

SHAWN STEVENSON: And the other test subject, he was actually born blind.

CAROLINE CORY: Yes. Correct? Mm-hmm. So John, who was born blind, um- And now he had trouble even learning the letters, uh, because, you know- Right

for him, they- He's never seen Yeah, he's never seen letters. He's never seen- Colors ... color. So that was, uh, a different type of challenge. And so his way, we believe, after examining how, you know, how he progressed, we think it's a combination of intuition, you know, um, sensing what the information is, uh, rather than...

A- and, and his intention, obviously. Always the intention consciousness has something to do with this. Because, and your belief system, 'cause if you don't believe that's possible, it's just not gonna happen. So that's why for him, it's a different, completely different process. We learned so much about how we are actually programmed to see through our visual eyes.

SHAWN STEVENSON: Mm-hmm.

CAROLINE CORY: And when you don't have your eyes, for one reason or another, uh, you can retrain your brain to do what you want it to do. I mean, literally these examples were like a miracle.

SHAWN STEVENSON: Yeah. This, for, for these incredible, um, test subjects, participants, the awareness was really, like, the catalyst, just them being able to know and also go through the discomfort of trying to apply these things, but over time, starting to see the results and the buy-in that they had, and the excitement, you know, when you start to...

Now, you said this earlier And, uh, this is such an important takeaway for everybody. We're, we're talking about this subject of something that is far more complex than we are even remotely understanding. We're talking about consciousness itself, and consciousness being tethered to our bodies, but not solely in our bodies, right?

And so we have these capacities to see beyond just our, through our physical eyes. Like you said, we're programmed to think that's the only way you can see. As a matter of fact, you can see without eyes, and you can see things that are much, much further away in distance, like across the city, for example, with some of the stuff that you were demonstrating, you know?

And it's so exciting because quantum physics, this is, this is where science is now, but all these other domains are still just lagging far behind, and because it's, it's complicated. It's v- you know, Einstein called it spooky action at a distance, right, when we're talking about entanglement.

CAROLINE CORY: Right.

SHAWN STEVENSON: Right?

And so you, you shared a recent study. This was just done at CERN. They just did it again actually this year in 2026. But 2023, with the particle collider and that kind of thing, and sending them off miles away from each other. Can you talk about that study and this entanglement? Because once this entanglement happens, it's like these particles that are separated by now, I think it was 14 miles of distance- Right

because they sent them in two different directions. It wasn't like you stimulate one particle and the other is responding after some time. It's like simultaneously, it's instantly, because

they are entangled. They're almost the same. But we're all in this matrix together, and we're all connected. We're all entangled, but it's degrees of this.

CAROLINE CORY: Yeah, absolutely. You have to think of your consciousness as being fundamental, meaning it's fundamental, if there's a before and after, it would be before anything existed. And from that consciousness, that energy, it is, um, you create the physical world. So your physical body comes out of that larger consciousness that you are.

So the fact that you are in this body right now doesn't mean that you are not also in this larger consciousness, which is non-local, like what you're saying. It means it's everywhere, all the time, all at once. And so if you think about it this way, it means that there are two aspects of you simultaneously, the one that is operating through this 3D world, which is your brain looking at, you know, seeing th- the primary colors and hearing just a certain spectrum of sounds, and so on and so forth.

But you continue to exist as this larger consciousness that is pretty much merged with the fabric of space time and all that is. So if you think about it that way, this means that you are here and there. And so if you're trying to do remote viewing, for example, you are picking up information across town through your own consciousness that is there.

You see what I mean? And when you look at it this way, for example, everything starts to make sense. Telepathy starts to make sense because I'm everywhere, you're everywhere, she's everywhere, and so we are connected through this field of information through our higher consciousness, and then that information comes through our human brain, and we're like, "Oh, I just thought about this person.

I haven't thought about them for 20 years, and they just called." How did you get that information? Because the aspect of you that is everywhere all at once got that information from them, who is also everywhere all at once. That is the entanglement. But we're talking about consciousness and mind. Yeah. But from a physics standpoint, we talk about, um, the experiment you're talking about, they're talking about atoms.

Atoms, when you split two atoms and, you know, put them in two different directions, I think... Yeah, I think they were 14 miles away or something. Mm-hmm, mm-hmm.

SHAWN STEVENSON: Seven each direction. Yeah. Seven miles each way.

CAROLINE CORY: Yeah. So because they started out as the same particle, it doesn't matter how far of a distance they are, they are still communicating and exchanging properties at a distance instantaneously.

That is entanglement.

SHAWN STEVENSON: Yeah.

CAROLINE CORY: And so that has been proven scientifically and shown scientifically. So why not our mind? Why not our consciousness? The principle is the same, you know? This recent study tells us that protein can entangle. Wait a minute, this is... Proteins are very large particles, and so for them to show that these are entangled at a distance, it means that the proteins in my body are entangled with proteins in your body, and so on and so forth.

So when you are a family and the, the, the connection that you feel is not just a mental thing.

SHAWN STEVENSON: Right.

CAROLINE CORY: It's literally an energetic thing that is actually happening. And so that's what I find fascinating, where you look at the science that is ch- it explains how you're made and all the mechanics of that.

You know, we're very good at treating, um, the body chemically, you know. So we have vitamins, we have minerals, we have... It's still chemistry that's trying to help and heal the body chemically. But we don't think about repairing it electrically, meaning how the mechanism, the cellular communication, uh, happens.

And this is what we're doing, becoming a frequency-based technology for healing.

SHAWN STEVENSON: Oh, come on. This is awesome. This is awesome.

What if we could not only reduce pain, but restore function? That's what was seen in a meta-analysis published in the BMJ analyzing if red light therapy could reduce pain in people with osteoarthritis versus a placebo.

The study included 1,063 people and found that red light therapy significantly reduced knee pain in study participants. And not only that, the results appeared to have semi-lasting effects, with benefits seen up to three months after the treatment. The researchers stated, quote, "The positive effect from red light therapy seems to last longer than those of widely recommended painkiller drugs," unquote.

And the icing on the cake? The red light therapy was also found to not only reduce pain, but to improve function of the participants' knees. I think one of the most powerful takeaways from this incredible analysis is the researchers are pointing to this seems to work better than painkiller drugs.

Painkiller drugs are trying to target this with chemistry, and chemistry absolutely makes a huge impact. Our bodies are a conglomeration of chemistry, but our bodies are also a conglomeration even more so of energy, of light, of frequency, and that's why red light therapy and other light therapies impact our tissues and our function so deeply.

We need to know that all of these things are available to us so that we have more ways to stack conditions in our favor to heal, to perform at our best, and to live the lives that we truly want

. Now, obviously, these results are incredible, and red light therapy is one of those things that we can utilize from the comfort of our own homes.

But you need to make sure you do your due diligence and get your red light therapy devices from the most reputable source. And for me and my family, that source is Bon Charge. Their devices are FDA registered, and they provide wavelengths and irradiance that have been

verified in third-party labs, and they meet key IEC safety standards for electrical and EMF safety.

And their red light therapy devices are something that I utilize personally on a regular basis. Right now, if you go to boncharge.com/model, use the code model at checkout, and you're gonna get 15% off storewide. All of their incredible red light therapy devices, their blue light blocking glasses, and all the incredible technology that they have, 15% off, again, storewide.

Go to boncharge.com/model. That's B-O-N-C-H-A-R-G-E.com/model right now to take advantage. Now, back to the show. These are things that are being simultaneously... Like, you're, you're delivering a big picture- ... reveal of this. But little bits and pieces are coming out in, quote, "conventional science." You know, some recent data has emerged, for example, that mothers carry their children's DNA in them for the rest of their lives, right?

Again, we think that it's there's, you know, obviously there's a connection. You know, you have the placenta, you have the umbilical cord, but it's like a separate in- separate DNA, right? DNA, you know, c- this combination is created with the child, but the mother retains that.

CAROLINE CORY: Yeah.

SHAWN STEVENSON: Right? And so it's like integrating with her own code.

And so when we're talking about entanglement and this phenomenon that has been seen for centuries with mothers and their children, right? Things happening at a distance or that certain feeling, and not full on us investigating this and studying this, because this is re- this is the realest stuff ever.

We've been hyper-focused on the chemical part.

CAROLINE CORY: Exactly.

SHAWN STEVENSON: Right? And what if there was a way to nourish that relationship, right? To support each other because we're so connected, especially our families, you know? And

also that responsibility that comes with that, you know? But today, we're more separate than we've ever been.

Like, as, um, a- as a concept even, you know? Like, the family structure is so separate. We're separate in our own households. We're all kind of just on these devices But, and so we've kinda turned down the volume on that, but it's still there. You can't unseparate yourself. You're a part of it. You're a part of them, they're a part of you.

And so it's super exciting, like where is our attention focused? Because simultaneously, even with the benefits of artificial intelligence, this could, you know, this transhuman movement, right, can pull us further away from the things that m- make us superhuman, right? They're trying- some of these things are kind of replicating what we can already do, but we just don't know that we can do.

CAROLINE CORY: Right, exactly. It's all about cellular communication. You know, even the DNA can be transferred horizontally. You, you know this? Uh, instead of the DNA, uh, or the genetic code being transferred from mother or parents to daughter and so on so forth, to, to the children, it could transfer from species to species horizontally.

So there's so much that we don't know, um, about cellular communication that happens not necessarily the way, again, chemically, the way we've been focused. And so there's this study that was done, um, where... on tadpoles, where they took their eyes out or they were blind, and they put, uh, the eyeball, basically the retina, on the back of the tadpole.

And they, of course, they observed through m- machines and devices and stuff like that, and they saw that the retina on the back started to create a network of information back to the brain, and it's like, "Hey, I'm supposed to be there," you know? And the cellular communication was teaching basically the cells of the brain that you can still see even though I'm, I'm, I'm on your back, and the tadpole started to see again.

And that is because the c- the cells communicate with each other a- at a nano scale level. I was talking earlier about how we showed in the movie this clip where the cell is literally

absorbing the light and, and emitting the light, photonic light. Um- But they're also communicating with each other and transferring information.

And this is crucial to understand. It's crucial to understand how the mechanics, the electrical conductivity that's going through the body is more the way that we should be healing and repairing rather than just the chemistry. Because chemistry is only changing the material, the matter, if you will.

But the, the, the mechanism that ma- is making this matter, this chemistry function- Yeah ... is completely ignored.

SHAWN STEVENSON: Yeah.

CAROLINE CORY: So that's why ... And it's all focusing back on energy, focusing back on that we are energy. So and when you start to look at it, this, then you start to look at the bigger picture, you know?

SHAWN STEVENSON: Yeah.

The consciousness is demanding to find a way.

CAROLINE CORY: Yes.

SHAWN STEVENSON: Right? And, you know, mentioning telepathy, for example, which again- ... my tendency is to be very skeptical as well, but I think that makes me a good scientist, you know? Exactly. And so you've got a really mind-blowing example of, um, a young girl who's autistic.

And, you know, one of the theories around autism to the degree that she's expressing is, you know, she's not non-verbal, but she's communicating mainly through spelling things out.

CAROLINE CORY: Right.

SHAWN STEVENSON: Is that the consciousness isn't as tethered to her body, right? And so her mom started to notice that basically her child was seeing through her eyes And so there's this great scene where, again, you're just proving it.

You're sh- she, she gets shown a certain word and also a symbol, and the girl is not looking, right? And she's able to spell it out. And she needs something, and this is also what's kind of been observed, is something, uh, kinesthetic, to touch, to feel more physically grounded in the body for her to communicate.

So she had to touch those letters, right? So they had, like, the cutouts for tracing and spelling. So I'm, I'm a, I'm a- aware of a little bit more as I'm watching this, like, oh, I s- I understand why she needs to touch to spell it out. And so her mom looks at a thing. She doesn't see it, but she's able to see what her mom sees-

CAROLINE CORY: Yeah

SHAWN STEVENSON: and spell it out for everybody. Now, again, this would seem impossible, but, you know, the truth is, and I know you've got a little bit of information, the more expanded version on even what our government knows and what they're doing. This stuff has been documented and studied for decades, but so often they're seen as these kind of unique phenomena and not...

What you're doing is kind of revealing what we all have the potential to do, right? And, you know, with this being said, and even just this awareness that we're all connected like this in this matrix, as Gregg Braden, who's in the film as well, this divine matrix, we have such an expansive capability. Like, and we have the ability to contract and to go to that very minuscule minute, and the potential here for healing, for connection, for communication It's just so exciting.

So can you talk a little bit about that experience and the little experiment that you did with that girl and her mother?

CAROLINE CORY: Yeah, so we had, uh, Lidu, who is nonverbal autistic, um, kid, who, uh, who is actually telepathic, and there's, uh, other children actually that we found, uh, that were telepathic. And the mother discovered that one day because, uh, she was humming a song.

She couldn't remember the title of the song, and all of a sudden, the kid, uh, says, uh, "Mommy, mommy, give me the phone." And she types in the name of the song that the mother was thinking about. And so that was the first time where she thought, "Wait, like, how did she know?" And more examples like that. And so, so, so we realized that she was tapping into the thought form of the mother, and so we noticed this a lot between kids and their parents because they're very close to each other, which is another proof again or validation that we are interconnected in ways we don't necessarily see.

Yeah. And so it's an energetic connection. And so, um, so then they started kind of testing her, if you will, and she would think of something, and then the girl would spell it out. So in the movie, we, uh, decided to feature that because, um, again, it's an extraordinary, uh, validation and proof that we are connected to a larger field that connects us all.

And of course, it makes sense when you are in close proximity to a parent and you're also emotionally attached, physically attached, y- you know, so it's... That connection is even stronger, especially also if there's a heart connection. So that's why, um, we were able to demonstrate that. So I would write down a, a word, random word.

Sometimes it was random generated by the computer. I would show it to the mother without Lidu seeing, and the mother would just think about the word, and, uh, the girl would spell it out perfectly. Not only that, she could also spell out the, the, uh... There was, like, a flower or something next to the word, and she would also pick that up.

So it's pretty extraordinary because you start to think so it's not even words that she hears, it's thought form, which is energy. It's energy. She picked up on the energy and the frequency of the words that you're thinking.

SHAWN STEVENSON: Yeah. This is so exciting. Yeah. You just said it. You just said it again. We see... We might read something, and we think that we're seeing the thing.

It's all energy. Exactly. This is all code, you know? And, you know, these are electrical signals. That's how we're experiencing it, but we think it's so solid and so real. And so we're talking in the domain of energy, and this is what reality really is.

CAROLINE CORY: Exactly.

SHAWN STEVENSON: And, again, we're up here, you know, infighting about, like, you know, these tangible-

things, and in reality, like, we don't even... We're not even playing the same game, you know? Exactly. And so one of the great things that we have to look forward to in life itself, but also, you know, what you're demonstrating in the film, when we see these extraordinary people that are able to... You know, we call them prodigies, right?

They just get... Like, how does this kid at five years old know how to play the piano so well? Or why is this, you know, uh, 12-year-old graduating college or whatever the case might be? And you're demonstrating these cases. What we tend to think is, oh, there's something with their wiring, with their brain.

They just have this extraordinary brain. And Michael Beckwith says something along the lines of, like, "We don't hear because we have ears. We have ears because we hear." It's like an... It's a development of consciousness to be able to express the thing, right? And so our brain, same thing. It's an expression of consciousness and potential, but we're far, far more than that.

One of the most extraordinary things, and I keep saying this about this film, but to see this firsthand, you know, our capacity to heal, our capacity for, again, our bodies to find a way to, to have the information to be able to heal things that were once deemed to be unhealable and also to regrow tissue And this to, again, this, this part, you need to see this film even to see this, because truly seeing is believing.

And you had this incredible, uh, physician and scientist, and at the time of when you made the film, every woman that he'd worked with had these results. And can you talk about this incredible data that you collected?

CAROLINE CORY: Yeah, this was really extraordinary. We keep saying that about this film- I know. It is ... but, but this, this is so special.

Well, uh, this, it's Carlo Ventura. He's an Italian, uh, doctor actually, physician and microbiologist, and they've been working on stem cell research and cellular communication. And they found, uh, that if you take the embryonic cells from your own adipose tissue, 'cause that's where you have the most embryonic cells, um, they're called MUSE cells.

If you are able to isolate these cells that are capable of differentiating and becoming whatever you want them to become... So they're v- so they're young, pure, and they can do whatever you want them to do basically. They were able to isolate these cells and combine them with, uh, older cells basically of a breast tissue, and, uh, it turns out that the, the, the older cell of the breast tissue teaches, they literally communicate.

I mean, they were able to observe how that works. Communicates with the MUSE cell, the embryonic cell, tells it what it's supposed to become and how it's supposed to behave, and before you know it, they put it back into the woman's breast, and they're able to regrow the breast if, if for the women who have had a mastectomy after, you know, um, breast cancer.

So what's mind-blowing about this is that the breast regrows to its original shape, form, and function, meaning, in fact, uh, I mean, you saw it in the movie. You could see the before and after. Um, uh, no scarring, which is a insane, uh, how the body knows how to regrow something, uh, to, to its original shape. And in fact, the younger women, um, got pregnant again, and they were able to lactate.

So this means that the breast wasn't just a f- a shape. It's not a filler. It was an actual o- organ, uh, that was functioning perfectly. So, you know, obviously they've been working under the European, you know, FDA and the governmental regulations in, in Europe. Um, but they've

done at least 500 women so far, and, uh, they're working on other tissue regrowth and o- organ...

tissue regrowth and, um, organs as well. And to me, that's the future of medicine. I mean... And what's in- extraordinary, it's using the intelligence of your own body. You're not taking something from outside, implanting it in you. Your own body is saying, "Hey, I remember. I remember how you were made. I know, I know how to do this."

Uh, so that's what, what's, what I think is extraordinary

SHAWN STEVENSON: And again, 100% success rate in that, um, in the particular case when you capture this on film, it's unbelievable. But we need to change that to this is believable, this is real, this is accessible. And I'm so grateful, again, like this information, the capacity to heal is there, it's present, and more people are gonna learn about that because of you.

CAROLINE CORY: Thank you so much. I'm trying... That's exactly what I'm trying to do. And again, going back to the idea that understanding how we're really made. We are a temple, a, a golden temple of, of huge potential, of superhuman potential, and we haven't even scratched the surface. We keep focusing on the material, and the chemical, and what we see, and what we can touch, and, and, and it's so not that.

We are so much more. So that's what I'm trying to do with my films.

SHAWN STEVENSON: And so you're demonstrating more of the energy capacity that these kids are demonstrating. You know, using certain technology you can see, like, there's something growing and glowing about them that is extraordinary. And sometimes just because they're a child, they're not told that this isn't real or it's not possible, or maybe they get around somebody who sees that in them.

But it's so easy to suppress. Like, all children are brilliant. Like, they have this incredible capacity, we all do. And it's not just because we get older, you know? Like, we have these extraordinary abilities.

CAROLINE CORY: Yeah, you know the children that you're mentioning, uh, some people would say, "Oh, you know, their parents," or, "It's somewhere in their genes that the parent is...

has some musical background, or even a grandparent." And so, uh, just so you know, the little girl who's a violinist who's extraordinary in the movie, both her parents are lawyers No musical background, like none. And so that was an example to show that, uh, her ability came somewhere else, from somewhere else.

And, um, just hearing her talk and watching her play, like, if you're at least sensitive, you know, have a little bit of sensitivity, you just feel. I mean, we all had goosebumps. You know, again- Yeah ... we're filming with a crew who... Like, the crew doesn't know anything. You know, they don't know what we're filming necessarily because they're only working on this one scene.

They don't know the whole movie necessarily. So they're witnessing this person just express their talent, and we're all getting goosebumps. We can feel some big energy, like, going through her. And she's talking, she's like, "Oh, and then when I'm playing Beethoven, I feel I am Beethoven. And what would Beethoven feel and do if he was playing this piece?"

Who talks like that- ... at age eight? You know what I mean?

SHAWN STEVENSON: It's incredible.

CAROLINE CORY: So it's like... So there's d- they're definitely tapping into something. And, um, and the pianist, he's autistic. So, uh, at age seven, he picks up, um... He plays on the little, you know, they had giving him a toy, you know, this little piano thing.

And he teaches himself, he picks up this software, and he teaches himself notes and keys and everything else at age seven. How do you do that? And of course, both parents, one is a teacher and one, I don't remember, but, like, no musical talents, nothing. So you know, it's... You have to think. That's why I brought all these different examples.

Same with the kid who, uh, when he was in third grade, uh, his, uh, they would take him to a psychologist because he couldn't fit in and he was so advanced. Uh, I didn't show a lot, but when he was three years old, he would, uh, he was like... So, no, not, I think kindergarten, sorry. He would go to the teacher and tell her, "Why are we talking about this?

We should be talking about the war in Syria."

SHAWN STEVENSON: Hmm. Wow.

CAROLINE CORY: Uh, who talks like that in kindergarten? You know what I mean? Hmm. So, so of course, uh, when he was in, uh, third grade, they took him to a psychologist 'cause he was way advanced and he couldn't fit in. And he said, um, "You have to start college." If you hear me, in the movie I say, "In third grade?"

He said, "Yes, third grade." So he starts college in third grade. So I mean, just watching these kids, uh, you can't help but think they're tapping into something bigger than them. It's just you feel it, you sense it, you see it. It's extraordinary.

SHAWN STEVENSON: Yeah. Here are four specific ways that electrolytes impact your exercise and athletic performance.

Number one, optimal muscle function. Electrolytes like sodium and magnesium are essential for nerve signaling, allowing your muscles to contract and relax properly, which prevents cramping and fatigue. Number two, fluid balance and hydration. Sodium helps your body and your brain to retain proper fluid balance.

Inadequate hydration can lead to cardiovascular strain and decreased strength and power. Number three, energy and endurance. Replacing your lost sodium improves blood flow and helps transport nutrients into your cells, sustaining energy levels during long duration and high-intensity workouts in particular.

Number four, mental sharpness. Good electrolyte balance helps to maintain cognitive function and reaction time during competition. And scientists at McGill University found that

sodium functions as a, quote, "on/off switch in the brain for specific neurotransmitters that support optimal function." Now, here's the problem.

We know that this is all true when it comes to electrolytes and our performance. But for decades, the Gatorades and Powerades of the world have been dousing our bodies with crazy amounts of sugars and artificial colors and all these different shady ingredients. And LMNT stepped in and said, "No more. No más.

We're gonna deliver science-backed ratios of these key electrolytes without the added sugar, without the artificial colors and the dodgy ingredients, and we're gonna do this in a way that today LMNT is fueling some of the greatest athletes and high performers in the world," including Team USA weightlifting, NBA and NFL teams, Navy SEALs.

The list goes on and on. And right now you get to take advantage of the world's number one electrolyte supplement when you go to drinkLMNT.com/model. That's drink L-M-N-T.com/model. And not only that, with every electrolyte purchase, you're going to get a free sample pack of their most popular electrolyte flavors.

And to top it off, you get to try all this risk-free with their no questions asked refunds if you don't absolutely love the way that it makes you feel. Again, head over to drinkLMNT.com/model right now to take advantage. My favorite flavors right now, grapefruit is popping. Lemonade. The lemonade salt is incredible, especially if you're doing anything where you're sweating a lot, that lemonade salt hits different.

So again, head over there, check them out. DrinkLMNT.com/model.

And now back to the show. With this, you know, just bringing up the topic of music-

CAROLINE CORY: Yeah ...

SHAWN STEVENSON: you know, we experience it or part of our experience is a frequency to it all. And e- everything is frequency. Everything has a frequency. You know, when we, even in this conversation about atoms earlier, right?

They're vibrating at a certain frequency. And I want to ask you about frequency, like the frequency of healing.

CAROLINE CORY: Hmm.

SHAWN STEVENSON: You know, the frequency of the opposite of healing- Okay ... of degradation and disease. Is there something in our, in our world or even with our thoughts that can influence our frequency?

CAROLINE CORY: So first of all, uh, the fact that we, we've been saying this whole time that we are made of energy.

Energy by definition has a vibration. It's something that moves. It's energy. So this spin, this movement is frequency. So everything is spinning right now, and in fact, when you look under a microscope, you see your cell is spinning. In fact, sometimes it's not spinning, which is a problem, but it's supposed to be spinning.

So the fact that even that what appears to be solid is actually spinning is energy, therefore it has a frequency. It's how many cycles per second. That's what frequency is. So of course, we don't have one frequency. Within our body, even with- within one organ, let's take the liver, there's trillions of cells or, in the whole body, and then in this one organ, you also don't have one cell at one frequency.

So all the cells are vibrating within a range of frequency. So there's a range of frequency where the body is healthy. This means that the spin of every cell keeps spinning perfectly at the perfect rate. So let's say a virus jumps in. It doesn't matter because it knows how to spin and destroy it, uh, you know, a- and attract cellular communication, attract the immune cells and so on and so forth, and it's gone, and it continues to spin perfectly.

But when you put in a lot more information, for example, junk food, junk food, you're putting in more information into the cell. This spin, this frequency, it's like it has more stuff in it, so it's gonna slow down. It's just, it's heavy because it, it's, it's too much information. You're putting in also especially chemical information that it doesn't understand.

That's why eating organic, it's, it's the same frequency or it's the same matter as the organic material of your body. So it absorbs it better. It goes, "I know what this is. It's organic carrots," or whatever. You know, "I know how to process it." But when you put in information like, um- Processed food or things that the body doesn't understand because it's too foreign to it, then it's gonna take time to absorb it.

That's why we gain weight. Make sense? S- all this information is now... The cell has to move slower and slower and slower, and sometimes it stops, and when it stops, the information, the flow of energy is obstructed. It's... stops, and that's how we get sick. That's how we have pain because the, the, the flow of energy is not going through your neck and your shoulders and, and, and the blood and everything else.

It's clogged, and then that's where the pain comes in. You see what I mean? So that's why understanding frequency, that everything has frequency, and everything... And the frequency of food, the frequency of people, the frequency of thought, your thought has a frequency. So if I am bombarded with negative energy and that information, people think that, oh, you know, this person, uh, makes me depressed or whatever, but how are they making you depressed?

How are they making you angry? Is they're vibrating in this frequency, and you are absorbing the frequency, and the cells go, "Oops, what is that that I just feel?" It starts to change the hormone, the cortisol. Everything starts to fire, like, "Wait, I don't like this. I don't like this," and you start to react in this way.

So that's why there's not one frequency that is the frequency of healing. There's not one frequency that is the frequency, you know. Everything has frequency that interacts with everything else. So the trick is to look at your body through meditation or what have you, and now, of course, now we have scanning devices, that you sense where your frequencies are low, and you simply bring on the higher frequency in that part of your body, and then you balance it out, and then your cells are happy again and start spinning again.

So it's that sort of thing. It's not... Sometimes people say, "Use the 432 hertz for that." It doesn't make sense. Your brain alone has all these different frequency. Mm. This part of the brain is different than this part of the brain, which is different than this part of the brain. So one frequency cannot fix everything.

So it's very precise. You have to focus on what part of... is not functioning properly and then bring the, uh, relevant frequency to that part of the body.

SHAWN STEVENSON: This is fascinating stuff. You just gave another higher understanding of a study I've been sharing for years. I first mentioned this study in my book Eat Smarter in 2020, and this was...

The study was published in the journal Food and Nutrition Research, which we'll put up for everybody to see, and they basically had test subjects to consume, uh, two different sandwiches, one of ultra-processed foods, same amount of calories, and one made of unprocessed or minimally processed sandwich. And so one of them was like white bread and a cheese product, which is like Kraft Singles.

You know, it's not enough cheese in the product to call it cheese. Right. So it's Kraft cheese slices.

CAROLINE CORY: Yeah.

SHAWN STEVENSON: And then you have the, you know, more whole grain bread and cheddar cheese. And so the test subjects consumed the sandwiches, and they tracked the calorie expenditure, which most of the calories that we expend from our bodies is through our breathing.

It's through our breath, right? We think we're burning a lot of calories when we're sweating. We are a little bit. But most of the calories that we're- that are leaving our bodies is through our breathing. So they're tracking the outflow of this caloric energy that they just consumed. When the people ate the ultra-processed version of that sandwich, they had a 50% reduction in calorie burn- Yeah after eating that meal.

CAROLINE CORY: Yeah.

SHAWN STEVENSON: So when you talked about like things slowing down-

CAROLINE CORY: Yeah ...

SHAWN STEVENSON: and you talked about this kind of being like a clog in this energy, right? We see this show up in clinical data, but we're, again, looking at it through the lens of chemistry.

CAROLINE CORY: Chemistry.

SHAWN STEVENSON: Right? And not looking at the more real, the deepest level of understanding.

This is an energy thing. Exactly. And your body's like, "What the hell is this?" Yeah. "I'm gonna do my best to try to figure it out," but it's causing chaos. This disruptive frequency with these newly invented things coming in, it's just... You know, our bodies are very good at figuring stuff out, but what if you do this day after day after day after day?

At some point, enough is enough.

CAROLINE CORY: Exactly, and on top of that, add the mental stress. So, uh, you're not processing the food. That's why we a- ha- all have gut problems. That's the biggest thing, 'cause we can't process the information. It's too much, and then, uh, the mental stress, you know, which is, again, it's energy.

We do a job that we hate, but we need it to pay the rent. We think it's okay, I'll just do that for a year, and then I'll quit. That is creating a lot of negative information in your body. The fact that you say, "Okay, I just need it for a year, and then I'll..." You know, it's, it's a, it, it... You're still kind of forcing yourself, yourself every day to be in an environment that's toxic to you, and this is information because it's frequency.

The boss who's a, who's a, a narcissist or whatever, or the relationship you're in or what have you, it's constant bombardment to your cells And the cells are ho- it's all information, so it's, it's retaining new information that it doesn't like. It's, it, it... You weren't born, um, y- wh- when you, when you're born, all you're asking for is love and food.

You wanna thrive. That's all, that's all you want. You don't, you don't tell your cells, uh, "I'm a bad person. I'm a failure." You know, "Okay, I'll just hang out till, you know, until I'm..." You, you, you, you self-love, and you want to thrive, and you only want the good stuff, right? And so that's what we are not aware of.

We don't realize how much stress and negative frequency, toxic frequencies we're putting in our body through the environment, through people, through... Also, you know, the air is polluted. The water's polluted. You know, so it's very hard. So that's why, you know, you have to be as conscious as you can and do the best you can, and then the body will support you.

SHAWN STEVENSON: Yes. Yeah. That's what we're doing. That's, that's the mission behind this work as well, is just stack conditions in your favor because it is very difficult in this world today, but your ability to change your frequency is infinite. It's always there, always available. And I wanna ask you about some things that kinda stack conditions for a frequency of healing.

You don't know this, but when you came in today, I was playing an album called The Frequency of Love.

CAROLINE CORY: Ooh.

SHAWN STEVENSON: All right? That's the name of this album. It just came out, I think, maybe, like, a week ago, and it's from Victoria Monét, a recording artist. And a little fun fact, um, I had this video from our show, and I think we maybe filmed it with, um, Kelly McGonigal, maybe it was, like, 2020 maybe, 20- 2019.

But a clip from it went viral, like, probably hundreds of millions of views, you know, people was taking it and, like, whatever, and Victoria reposted that, you know, back in the day. And

so... And then I, you know, I was already listening to her music, and it just like, "Oh, that's my show," you know? She reposted.

And, you know, just, I could tell she was on a certain frequency. Yeah. And so this new album, Frequency of Love, knowing I was gonna talk to you- Yeah ... I just put that on, it's in the background. Very intentional. But us bringing more intention and stacking conditions, so w- what are some of those things... You know, you mentioned some things that can cause disruption or disruptive frequencies, you know, ultra-processed food, you know, negative people in our lives.

What are some things for us to focus on to really hone in on that frequency for healing?

CAROLINE CORY: Yeah, and you have to remember, we're talking about all the hard stuff, you know, the, all the, the toxic environment and the toxic food and everything else, but it doesn't matter where you are on your journey, there is always the frequency of source that you came with that's always there, always there, and that frequency, it's basically unconditional love, and you are made from that frequency, so it's can never go away.

It's been maybe dormant because you're not paying attention, but it's who you really are. And so that's why through meditation, through also frequency devices that I've created as well, and they are out there, I'm not the only one, you know, it helps you kind of let go or shut down all the toxic stuff that's talking at you and just go back to that place of centeredness, and it's the frequency, I call it, of source.

Source is your creator. It's your pure essence, who you really are, and your pure essence is pure, pure. And when you go to that place through meditation, I can share a couple things, you kind of realize, first of all, you're in this space of, the best way to describe it is not needing anything. There's no need- And if you, if you pay attention to this one sentence I just said, there is no need, because we live our lives in constant need.

I need to go to work. I need to eat. I need to go do this. I need... We're constant. So this is also a frequency that's pushing you to do things. And so when you go back to this place, it's only

about beingness. You just are, you feel perfect, you feel complete, you feel whole. Y- you just are, and that's the place to be.

That's the place to be, and that's the place to heal. It's kinda like a reset button. And then from that place, you can then, first of all, have more clarity, detachment from everything that's bombarding you, and then continue your journey with clarity, with a new sort of guidance. You look at your imbalances, your physical imbalances differently.

You look at yourself differently. You look at the environment differently. And I feel unless we go back to this place, this inner place of who we really are, which is pure unconditional love, we will not be able to get over and heal ourselves

SHAWN STEVENSON: I'm gonna go out on a limb and say that the frequency of your films is very healing.

Yes. And you could... It was apparent at the screening, which I, again, I'm very grateful to be there. There was this energy in the room, you know, that everybody, we were on the same accord, and it just was so enlivening and deeper than motivation. You know? It was a deep inspiration. It was familiar.

CAROLINE CORY: Yes.

SHAWN STEVENSON: It was like a reminder of who we are- Yes ... and what's possible. And so what if we proactively surround ourselves, as much as we can, 'cause we, again, be in the world but not of the world, with frequencies like that, with reminders like that, you know, with films like this, with, you know, uh, certain music that we listen to, you know, the people that we're around, the conversations we're having with ourselves, most importantly, and you're redirecting us to us.

Yeah. And so Superhuman Two, as of this recording, people have time to be there for the premiere, and you're doing an online premiere, very exclusive, you know. And so we're really working hard to make this possible, give people some time to participate. Can you let people know where they're gonna be able to watch?

CAROLINE CORY: Yeah. We're doing a limited release right now. It's gonna be online October 30th, and people can just go to superhumantwo.com and just, uh, sign up to watch it.

SHAWN STEVENSON: And so the Superhuman, the number two-

CAROLINE CORY: Yes ...

SHAWN STEVENSON: dot com. All right, the number two, superhuman, number two, all together, dot com. Do this now. Be there for the premiere.

You also, along with the premiere of the film, you've got some other wonderful things. You're gonna have some of the people who are my mentors fro- some of them from afar for years, but some of them have been here on The Model Health Show. You know, Dr. Bruce Lipton is in the film, just again, riveting and sharing some of the science behind this.

And, you know, he's well, well known for the Biology of Belief. Uh, Gregg Braden is in the film as well. Of course, Dr. Michael Beckwith is there, you know, my really good friend who was there sitting next to me at the premiere, right next to you as well. Which we haven't met yet. Yeah. And, you know, just all of these incredible, um, teachers who've been doing this work, like the fact that they admire you so much, that says something really special about you as well.

You know? So please, we've got time to be there for the premiere, Superhuman2.com and is there anything else you wanna share?

CAROLINE CORY: Yeah, and Gregg Braden, Bruce Lipton, Lynne McTaggart, they will also be live on that day. So it's gonna be fun to hear from them also at the same time. It's a little bit of an event, so I really encourage people to watch it, as you're saying.

Um, yeah, and, uh, maybe if I can share, um, if that's okay, I have this meditation that I call Connecting to Source, and it's free for anybody to use. Um, it's that frequency that, speaking of frequency, that brings you back to that place which is source within you. Um, and it's called Connecting to Source, and it's on my website.

People can just, uh, you know, log in and listen to it any time. And I feel it's helpful, again, during the day, there's so much going on, and I made it so simple. It's only seven minutes long. They can just, you know, play it and, uh, let the energy just help them recenter and reset. Uh, I felt that would be very helpful.

SHAWN STEVENSON: Yes, please. So where, where can people get access?

CAROLINE CORY: So on my website, carolinecory.com, or on my YouTube channel as well, it's free of charge. Uh, and it's called Connecting to Source.

SHAWN STEVENSON: Wonderful. Thank you so much. I'm so grateful for you and the work that you're doing. I know it takes so much to put these films together, and so just the love and the dedication and, you know...

But the impact, it makes it all worth it, I'm sure. You know? So I appreciate you so much for sharing your incredible experience and your insights with us today.

CAROLINE CORY: Thank you so much for having me. This is awesome. I appreciate you.

SHAWN STEVENSON: Of course. The one and only Caroline Cory, everybody. Thank you so much for tuning into this episode today.

I hope that you enjoyed it thoroughly. Take part in this exclusive online premiere. Go to superhuman2.com right now so that you can take part in this incredible film experience. So again, it's superhuman, and use the number two, not spelled out, so the number 2.com. superhuman2.com. Take advantage. It's absolutely extraordinary.

So much of our reality, the way that we have come up in this society is seeing is believing, and I was not even prepared for what I saw. Changed my paradigm. Again, I have a very expansive domain of thinking, way of thinking, but I mean, some of this stuff just blew me away. And these are the things that we need to know.

We have so much potential. We have so much access right now to healing modalities. And the more that we can get this information out there, the more that we can get educated ourselves, the faster we can make this normalized. So again, I appreciate you so much. We've got some epic, epic masterclasses and world-leading experts coming your way very, very soon, so make sure to stay tuned.

Take care, have an amazing day, and I'll talk with you soon