

EPISODE 221

[INTRODUCTION]

[0:00:02.8] PF: Welcome to episode 221 of Live Happy Now. I'm your host, Paula Felps, thanking you for joining us. There's a lot of concern about hacking these days, but what if you could learn to hack your brain for happiness?

Today's guest, Dr. Patrick Porter is a neuroscientist who has dedicated his career to learning how brainwave training can improve our emotional health, make us feel happier and can even improve our relationships.

As the creator of BrainTap Technology, Patrick is helping others use digital tools to gain better balance for their brainwaves. He sat down to talk about why that's important and what role our brainwaves have on every aspect of our lives. Patrick, welcome to Live Happy Now and thank you so much for joining us today.

[0:00:48.1] PP: Hey, it's great to be here. Thank you.

[0:00:50.2] PF: This is an interesting topic and not one that we've ever discussed on Live Happy Now before, which is not something we can usually say. You get a gold star right off the bat for that. Biohacking. Can you start by first of all, explaining to us what biohacking means?

[0:01:08.1] PP: Well, in this sense, what we're saying is that your biology can be shortcut, if you will, through technology, which most people wait for the environment to change, or for doing some certain thing that gets the body to trigger these events. You can actually predict them by using technology, like in our case, braintap.

[0:01:27.9] PF: Okay. You brought up braintap. I'll ask you, can you explain what brain tap is and then maybe give me a couple of other ways that you can biohack your brain?

[0:01:36.1] PP: Okay. Braintap is a technology that's an app, a digital app and also a hardware solution, so people can do it with the app. What it does, it uses – it hacks by sound, light and

vibration. We're going to get the brain to trigger a cortical response, which means a response in the brain without the person consciously having to do anything.

The way you do this without the braintap is very easy. If you want to go to 10 Hertz frequency, which is a frequency that causes you to feel good, become more creative, then you go sit by the ocean. That's 10 Hertz frequency.

Or if you can't do that, get running water in your home, or in your office. That's why people have waterfalls. They call them isochronic tone generators, is the scientific term for that. Your body thinks it's in nature, but it's really just sitting in your office, but because the running water does that. You could also take a trip to a mountaintop, which is theta, or they also sell what they call human resonant generators that people put in their office as well.

You can also do what they call grounding, which means take your shoes off, walk on the earth and there's a lot of science that shows that by grounding your body, you get rid of these free electrons, if you will, that can sometimes cause inflammation and stress.

[0:02:51.7] PF: It's really interesting that you're studying this, because we're getting so far away from nature. It's interesting that all these solutions that you're recommending such as earthing or grounding, being in nature, listening to water, it all goes back to nature. Why is that so healing for us?

[0:03:11.9] PP: Well, nature functions anywhere between 7 Hertz frequency and 12 Hertz frequency. Those happen to be the alpha-theta brainwave that most of us are unfortunately, because of technology, we're in to a higher state called beta, which is the stress brain, or the survival brain. That causes us to have the fight or flight syndrome. These are frequencies that the body uses literally to heal us. If we don't have that alpha-theta balance, then our body's ability or capability to heal doesn't improve.

[0:03:43.5] PF: In terms of nature, how do you know what source of nature provides you with the frequency that you need?

[0:03:51.1] PP: Well, if you're away from power lines and basically, if you can't see or feel the insides of walls and you're barking on cement, then you're out in nature. The key thing here is

that when you're walking along the sand, let's say, of a beach, or you're walking at a mountain, if you can take your shoes off, because we don't have really leather shoes anymore, but we need to really contact with the earth that you really want to get this effect. I think that it's pretty obvious if you're out there. Now they do sell technology, even the grounding therapy that does this, if you need to do it in your own home.

[0:04:28.0] PF: Yeah, because one thing that's happening is even outside we're not necessarily getting in nature. I moved into a new place and they're like, you overlook the Zen garden. I'm like, "Awesome." It's made out of astroturf. I can't even go down there for a little earthing, because it's not real. We are getting farther and farther away from nature, so you're giving us some ways to get back to it.

[0:04:52.9] PP: Yeah. One of the key things is that when you get into a high sympathetic state, which means you're in fight-or-flight and you're not getting that grounding, then we call it sympathetic survival syndrome, which means that you can't break that pattern.

[0:05:07.4] PF: Now you also look at this in terms of the role that brainwaves play our relationships. First, what made you decide to start looking at brain waves and relationships? Because to me, that's really interesting approach to this.

[0:05:20.8] PP: Well, there's so many relationships that end and they don't have to end, but people don't realize that their stress is actually preventing them from having that communication. If you think about when you're in love and you're just meeting somebody for the first time, time seems to slow down and you have a lot of forgiveness when you're in love.

The more you're together, the more you start to focus on maybe those things that bug you, instead of the things that you love about that individual. That has to do with having the right neural chemistry. If you don't have the right brain wave state, you can't have the right neural chemistry.

For instance, if you – most people have a dopamine addiction really, that's their cellphones. They're looking for text messages and all of that. If they're not getting the responses they want from that, they're going to get very unhappy and they're going to be like anybody else who's addicted to anything. If you have a lot of this, when we talked earlier about alpha and theta, and

let's say your partner also has alpha and theta, you're going to have a lot of these feel-good hormones and there's going to be that natural transference that happens.

Love isn't just looking into each other's eyes all the time either, it's looking in the same direction. It's about creating goals for each other and basically, setting a path of action that you're working together to achieve. It's not one against the other, in other words.

[0:06:38.0] PF: How do you do that? How do you get that so your brainwaves are in a great state? How do we shape up our brain waves? Send them to boot camp? What do we do here?

[0:06:48.7] PP: We do it of course, through the braintap app where we have technology that actually trains the brain to do these things, if you don't do it out in nature, that's why people do vacations. Most people when they go on vacation, typically they go to nature, because we know inherently that we need to get back to nature, we need to get back into these healthy rhythms, in these healthy cadences. That has to do with that alpha-theta brainwave that we're talking about.

When people get into counseling, or they do these other things, when they don't have that fear going and they're willing to communicate, when you're talking to your best friend in other words, or someone you're just in love with, it's easy to communicate, conversations flow, time flies. That's why Einstein said if you're around a beautiful woman for an hour, it seems like a minute. You're sitting on a hot stove for a minute, it seems like an hour, because these brainwaves also control time and how we're perceiving things.

If you're in your reactionary mind, which is your beta brain, then you're not going to give that person the time to – you're not going to be able to listen to them, you're not going to be able to respond to them appropriately, because you're simply reacting to information. A reactive mind is not as loving, let's say as an interactive mind, which happens when you're an alpha and theta.

[0:08:00.1] PF: Do you think in your research, have you found that maybe all this technology is affecting our relationships, because it's changing our brain state? Because we attribute it to I'm not paying attention to my partner. Therefore, we're creating this chasm and it starts falling apart. You introduce a really interesting aspect of that.

[0:08:22.5] PP: Well, if you don't get – I mean, I of course work in a technology company but there the technology is causing the problem, so we have to have technology to create the solution, because people aren't just going to do it on their own. The problem is when you get into this high sympathetic system, like using your phone too much. It's not just the blue light that people talk about which they call is messy light that happens before you go to sleep that causes the stress. It's the dopamine response and the addiction to texting, or to checking on your Facebook post, or check – whatever it is, those are things that become addictive in nature and of course, that takes first priority.

In a relationship, nobody wants to be second fiddle. You ought to be that person's main priority. Sometimes technology is given too much space, if you will, because we only have so much mind space. If it's given up by technology, then there's not going to be anything left for the relationship.

[0:09:18.7] PF: What happens if you've got one person who really is like, “Put the phone down, come on let's just have us,” and the other person can't do it, because you've – that's a real problem I see with couples right now. They joke about, “Oh, he's addicted, or she's got this problem,” but underneath it is a genuine problem. It's not a laughing matter. What's that one person to do to start changing the balance?

[0:09:44.3] PP: Yeah, I think the best thing people can do is lead by example. There's a saying you get what you rehearse in life, not what you intend.

[0:09:50.6] PF: Oh, I like that.

[0:09:51.9] PP: People have to rehearse this program. That's why the visualizations are so important in our program. Most people don't have what we call long-view thinking. They're used to immediate gratification and that's what the gaming created and the text messaging world, the instant news, 24-hour news cycle, all of this is just instant gratification and it's going against the principles of long-term relationships. Because people want to know what have you done for me lately? What's my what's my dopamine hit for this moment?

If we start changing that and one has to be the leader. Very rarely do both agree at the same time, but if one sees the other is getting in shape, they're either going to grow together or they're going to grow apart, so we need to get them to grow together.

[0:10:37.3] PF: This is a pretty big mountain to climb, because it's not like there's one or two couples facing this challenge. It seems pretty universal right now. How do you start going about spreading this message and how do we become more aware of what we need to do?

[0:10:54.4] PP: Well, I think the main thing, when people talk about mindfulness and how that works, we use the term performance mindfulness. People have to have light focus goals and outcomes. If they don't make their relationship a priority, then it's already lost, because we're too busy anymore. We're being bombarded every day.

The first step is sit down and say, "Hey, my wife and I who we've been married over 30 years, when we go to our anniversary trip, we'd spend at least one afternoon just reviewing over our goals from the last year, in viewing over our goals for the next – for the following year. One big part of that is our relationship goals." You have to set goals. If the brain doesn't know where it's going, it can go anywhere and think it's a ride. If we set a real plan in motion, then we can follow those steps and get to that destination.

[0:11:44.0] PF: That's fantastic, because we tend to set goals personally, whether it's for fitness, or for our work, things like that. To really set a relationship goal, I think is not something that's very common. How do you go about teaching your brain, like this is what we're going to do. You set the goal and then how do you reinforce that?

[0:12:03.6] PP: Well, the main thing that we do and of course with the brain technology is we have a whole series that they go through. It's a training process. First they've got to realize there's a problem and then make changes. The brain doesn't like change. It likes the way things are, even if they're bad, because it takes up 25% of the energy of the body.

We need to start getting that neuroplasticity to work for us in relationships, which means starting to picture and experience the outcomes we want in our life, then the subconscious will follow through and provide us the means to get us that outcome.

[0:12:38.1] PF: Very interesting. You also talked about how sleep affects our relationships. I found this very interesting, because there's so much information about how sleep-deprived America is. Then you say that couples are actually ending their relationships, partly because they're sleep-deprived.

[0:12:56.2] PP: Yeah. The amount of time in bed is not as important as the depth of your sleep. The reason for that is that you only detox your brain during level 4 sleep, which is delta sleep. If you don't train the brain to get rid of all that stress during the day, then you're not going to sleep deep at night, because the brain is going to stay active and alert. It's not just because of all the blue light we're exposed to, it's just our lifestyles now.

Teaching somebody and we do that. We have what we call digital coffee to wake people up in the morning, which gets the brainwaves that get you motivated and going, but there's also brainwave training that can calm down your brain and teach you to return back to that natural sleep cycle. When you detox your brain and you're distressed, you're going to get more out of your life and you're going to have more to give to your partner, then not having any reserves. Because people are stressed out, just don't have any reserves.

[0:13:49.9] PF: How did you get involved in brainwave entrainment, to begin with? Because it's a fascinating area.

[0:13:56.1] PP: Yeah. As a young man, actually I created my very first visualization process for myself at age 12. My dad was a Silva instructor, which meant he trained –

[0:14:05.5] PF: Oh, wow. Great.

[0:14:06.9] PP: Yeah. He trained people to go to alpha, and so I grew up using these machines they called galvanic skin response systems with sound. In the 80s, there was the invention of the microprocessor and we could include light into that same scenario. We can use lights out and now we four years, ago included vibrational frequency.

We're always evolving light, sound and vibration to get the brain to that proper state. Because not just Americans, but all over the world, we want things now. We can actually give people the

same experience as meditating for 20 years, by just putting on equipment and doing it for 15 minutes. You don't have to have any training. The brain follows these frequencies.

[0:14:49.3] PF: I think that's what's difficult for people to even imagine that your brain can know what to do so quickly, if you just give it the right frequency.

[0:14:58.1] PP: Right. Well, one thing we do, they can go to braintap.pro. They can download for free, no credit card necessary and do it for 15 days, without any risk. There's a whole book on there that I wrote called *Thrive and Overdrive*, that they can learn. It's not about relationships specifically, but it will help them with their own understanding how their brain works. They can get that for free.

[0:15:20.7] PF: That was the next thing I was going to ask you about. This is a great way to approach relationships, but it's not just about relationships. This is something you can apply to every area of your life, correct?

[0:15:32.7] PF: Right. We have a 1,900 clinics in America right now that use it for a lot of different medical applications. You can use it for sports improvement as well; golf, football, track. I mean, we've had Olympic athletes to pro boxers using braintap.

[0:15:49.1] PF: How does it work in terms of things like depression and anxiety?

[0:15:53.7] PP: Okay. Partly, it's going to help – think of your body as electrical system, which it is. If you can't mitigate too much electricity, you're going to feel that overabundance of electricity shows up as anxiety in that. Depression typically is the lack of energy. You don't have the motivation, the drive, or the discernment. One thing is that they say the worst thing you can do to a person is take away hope.

If we can give somebody a glimmer of hope and I always liken it too, going on a cross-country trip with your family and your kid. If you didn't know where you're going and your father and mother and you ask, "Where are we going?" They say, "Down the road," you're going to get more and more frustrated and upset. If they give you a map and show you the mile markers and what you can look for and you're following along with the trail, you're going to enjoy that journey a lot more.

Most people are just along for the ride, instead of taking active role in plotting the path, in getting to the outcome they want in their life. That's the key here is to put together a plan of action to get you to where you want to be.

[0:16:55.9] PF: Once you start creating a plan of action in one area, do you get an understanding of how much control you have, like how much you can influence other areas of your life?

[0:17:05.8] PP: Oh, yeah. We tell people we're a gateway drug to the [inaudible 0:17:08.9]. Once somebody figures out that they can, let's say lose weight, or stop smoking, or get rid of stress, they said, "You mean, I have this 100 billion neuro-bit processor and it can do more than think negative thoughts?"

[0:17:23.5] PF: We talk a lot about the negativity bias here. How do you use brainwave entrainment to overcome that negativity bias?

[0:17:29.6] PP: Right. Well, the negativity bias can only exist in the beta state. That's why a lot of people who are over critical, they become more and more negative, because that's the brain they've been using. That brain just amplifies the negative, so the best thing you can do is become more mindful, become more relaxed and comfortable and that's that alpha-theta brainwave that we train to do primarily. I mean, we have over a thousand sessions, but most of them are to train the brain, to balance out the alpha and theta and give you more creativity and flexibility.

[0:18:03.5] PF: That's so interesting. If someone's listening, where can they get started? What's a great jumping-off point to go?

[0:18:13.3] PP: Yeah, if they go to braintap.pro, there's a free gift there for them. There's no credit card necessary, like I said. Go there, they can try out the application, they can get the book for free. That will give them the experience that they need, because it's one of those things, like what I'm talking about to most people is describing atmosphere to a fish.

You've got to jump in, try it on and see if it works for you. Most people will find a benefit right away, even by just using their own earphones on their smartphone. The smartphones have a lot of technology built right into them. They can do these things and broadcast it through earphones.

[0:18:49.3] PF: That is terrific. We are going to send them to our website here in just a second. There, we're going to have links so they can get to you, learn more about what you're doing and see it. Is there any parting words about what we need to do to take better care of our brains and better care of our relationships?

[0:19:08.3] PP: I think the biggest thing when you hit it on sleep is don't sleep so quickly. Take a moment, between being awake and asleep there's some powerful time there. That's when you go through alpha and theta naturally. That can unlock your body's neural chemistry. We have the most powerful pharmacy on earth between our ears and we can start to feel good.

When we feel good, we treat other people better, we respond to stresses differently and we just have an overall better life. That's my one thing is to get better sleep, start tonight and download the app if you're having trouble and listen to the sleep programs and start sleeping.

[0:19:44.0] PF: I like it. We can all do that. Patrick, thank you again for coming on here. This is like I said, a very interesting topic. I hope we explore it more in the future.

[0:19:52.6] PP: Okay. I'm available. Thank you.

[END OF EPISODE]

[0:19:58.6] PF: That was Dr. Patrick Porter, talking to us about how we can benefit from brainwave training. If you'd like to learn more about Patrick and his braintap technology, please visit us at livehappynow.com and we'll tell you where you can learn more about his digital tools and how they can help you achieve greater balance.

We hope you're already a subscriber to Live Happy Now. If you're not, you can find us on the Pandora Podcast Network, Spotify, SoundCloud, Stitcher, iTunes and Google Play. Just look for us on your favorite platform and then hit subscribe so you'll never miss an episode.

That is all we have time for this week. We'll meet you back here again next week for an all-new episode. Until then, this is Paula Felps reminding you to make every day a happy one.

[END]