

Caspar ([00:00:00](#)):

Do you ever feel that you're repeating the same harmful patterns in your life, or that you're unable to fulfill your dreams and goals? What if it's a disconnect from our intuition that keeps us from reaching our full potential? Our guest today is a globally recognized artist, inner work for the field of intuition, and is sought after for insights into medicine, science, technology, sports, and many other highly competitive areas. This is the story of intuitive intelligence with JK Dickinson. Jk, great to have you on.

JK Dickinson ([00:00:32](#)):

Thank you so much. Thank you for inviting me.

Caspar ([00:00:35](#)):

You know, before I get into the book, which I really, really did love the Invisible Anatomy, I wanted to kind of set the tone here a little bit and give you a platform to share your story, how you got into basically cultivating this you know, this artistry of your own intuition, which I feel so many people are lacking these days. So maybe if we heard a little bit about how you were able to understand that you were such an intuitive being as we all are, that would set the tone for the rest of the show.

JK Dickinson ([00:01:08](#)):

Okay, thank you. I think it started I think I feel that it started when I was a young girl growing up in a family with my mother, using her intuition as a professional. And there was a bit of a conflict there because I was raised in a Baptist Christian environment, and at that time in the seventies that world of psychic intuition mediums, it wasn't a kind word it wasn't a kind phrase. It wasn't a, a really respectable or credible industry. It was more looked upon as charism or, you know, things that weren't real. And so I didn't embrace what intuition is. Until much later in my life, I ended up in a corporate environment. I ended up opening a, a personnel company, and I fought very hard against whatever that was that my mom was into, whatever it was that she ended up in newspapers and fantastic findings.

JK Dickinson ([00:02:21](#)):

It wasn't anything that I was keen on exploring or understanding. I really kind of shut the door. It wasn't of interest to me at all. It seemed to be so farfetched, even though I knew that my mother was a very sincere integrity driven person, I wasn't interested. And so as I went along in my own corporate career, one thing that I did start to notice, which I really didn't wanna notice, is the interviewing process. I always felt or, or heard, this is where the person would be placed and they would be permanent as opposed to temporary. I would go into bidding situations with other corporations, very large corporations in the employment industry, recruiting industry. And I knew the number. I knew that Bank of America had a 2.7 million contract, that the rates were this amount. And after a few years, and I know it took me a little while for it to sink in because I was actually enjoying my success, was having a great time.

JK Dickinson ([00:03:22](#)):

I knew that somewhere inside myself that it couldn't be my intelligence. It couldn't just be that I was just a fantastic person and I was just so super smart, intelligent that I could, you know, know this. And so I started to, I really started to think that I might have a gift of some sort, that I was able to access my intuition much quicker or much deeper than the average person. And so I was at dinner with a friend, and he was explaining to me something about his health. And all of a sudden I just saw the entire situation, meaning I understood why he was sick. I understood where it placed itself within his body. I

understood why it happened, and I really thought I needed either more alcohol, or I needed to really sit back and say, you need to be serious about what's happening, because you obviously have some sort of connection to intuition, so you may wanna explore it.

JK Dickinson ([00:04:23](#)):

Fast forward, I was at a clinic and I was explaining to one of the physicians that I knew personally, that I may have a gift, that I may have an idea of how I could support her, because she was overworked. She had 20 patients a day. And so we set up a time to sit down together. And she said, well, how, how should we see? Like, how should we see what your gift is or how you can explore? You know, what you know? And I said, well, just grab 10 files. And she said, really? And I said, just grab 'em. Who knows? Like, I don't know, but let's try. And so she grabbed the files, we were sitting across from each other, and she said, okay, I'm just gonna pick up one file. I said, okay, just say the person's name. And she said, okay.

JK Dickinson ([00:05:08](#)):

So she said the person's name. And then all of a sudden I just started to, okay, she's this age. This is what she looks like, this is what you're treating her for. And we both just stared at each other. Like, what? And then I thought, okay, it's a fluke. It can't be real. Give me another one. Give me another one. So that 10 set of files ended up being 40, and it was just truly amazing to sit with her and allow myself to be very vulnerable to making any mistake. But fortunately, or unfortunately, I didn't make one mistake, not one. And so I wasn't proud of myself. I just knew that I probably needed to take a different direction in my life because I was able to access information that the average person might not have been able to access. And so it changed my life.

JK Dickinson ([00:06:00](#)):

I was in my mid thirties, and I, I kicked, screamed, fought the whole way, but I knew in medicine, this was the key for me. I wasn't going to be 1-800-PSYCHIC. I knew that in medicine, if I could prove myself that I would be doing a service and I would be able to help other people understand that it's not, yes, I have intuition. Yes, I understand how to grow intuition. I understand how to shut the brain off. I understand how to only access feelings, thoughts, but I wanted to share with other people that first we all have it. And that's a part of my book, the Invisible Anatomy. It's a sensory system that we're born with. Second, if I could help doctors and I really did have information, then it would also help them understand how to explore a deeper understanding of what the patient illness is. And so, as a corporate person, then I was able to kind of access that part of my own self into making it a brand of a business in an industry that was credible. And that was really the bottom line for me, is that I was able to grow other professional individuals understanding and learning about their own intuition in helping with patient care. And so that's, that was 25, 28, 30 years ago. And that's,

JK Dickinson ([00:07:29](#)):

You, you just wake up and you just say, listen, if you have it, you may as well use it.

Caspar ([00:07:33](#)):

It's a great story of tapping into your gifts, tapping into what you, we were given. And in, you know, I do believe we all have that ability for intuition, just like we all have the ability to possibly, you know, move our body. And some are very good at playing sports through their body and others aren't as good. But we all have that, that kind of core ability. But in the book, you, you talk about it a bit more. It's not just

that gut feeling, you know, that so many go into you, you describe it much better as five components of this invisible anatomy, the name of the book. Can you go into those and how you went about kind of formulating this idea of the invisible anatomy?

JK Dickinson ([00:08:12](#)):

Okay. yes. I guess, I guess how I was able to develop this theory of what I see, feel, and hear is over a course of 20 years of patient identification of imbalances. What I recognized in the first 10 years is a certain type of experience a person was exposed to would gather the energy of that experience in a certain part of the body. Whether it's the brain, whether it's the the visual area, the eyes, the heart, the stomach, the vagus nerve travels with neurons. Okay? So the first thing that I learned with my intuition is that there are, there are cells in the body that travel with information. It's a, it's really hard to understand if you don't have an ideology of what the inner working of the physical body is in terms of cells and what they're capable of. So it took me a long time to realize how it's gathered in certain sections of the body, and then how certain diseases are associated with that.

JK Dickinson ([00:09:35](#)):

And so I just sat down after a few decades and I thought, I have to write it down. I have to, I have to formulate what it is that I see intuitively so that people can understand why some people are able to overcome challenges. And some people aren't. People don't, I don't believe that unless you're extremely educated in the field of medicine or science. I don't think you think every morning, well, I'm not gonna think that thought because my neurons are gonna be transferring information and that I'm gonna feel really bad. Right? But there's some people that are able to recognize that when they have that feeling in their body of those four areas in the vagus nerve traveling, they're able to recognize that they need to focus on that and move that energy or move that experience or that moment away from them. Okay?

JK Dickinson ([00:10:26](#)):

And so that's why if you line 10 people up that may or may not have cancer, or they're going to be susceptible to cancer, you would realize with your intuition who's going to get better and who's not, right? So you recognize that a certain part of your body is weak. And so the invisible anatomy is areas of your body that have accumulated that energy, and then you're recycling it on a daily basis without knowing it through those neurons transmitting that same energy. So let's say for instance, you had an experience 10 years ago, and you definitely wanted to get over it, and you definitely wanted to go to therapy, and you definitely wanted to move past it, but you didn't recognize that every time you think about it, you've just engaged with those neurons, billions that are traveling through your body. The minute you recognize that, that thought, that needs to be understood, recognized, and then not let go, but reduce the amount of time you spend thinking about it, or feeling what the experience is, that that's how you're going to rejuvenate your body.

JK Dickinson ([00:11:40](#)):

And so after I realized that the invisible anatomy was a structure that could definitely change the patterns of how medicine work for certain individuals medical doctors, naturopaths, acupuncturists, then I was able to have a research test study for a couple of years before I published the book, so that I knew for sure that what I saw was actually true. And so, the pattern, 26 to 32 days is the timeframe that if you recognize what the neurons are, if you recognize what your pattern of thought is, if you choose to not continue to think about it on an ongoing basis through your awareness and your consciousness,

right? Being very aware that I just don't wanna think about it anymore, then that's a road for you that you can move to that you haven't thought of before. Does that make sense?

Caspar ([00:12:41](#)):

Absolutely. Yeah. I, I think you know what, a lot of people I believe and maybe listening say, well, I, I don't think I have those thoughts, and yet I'm still kind of finding roadblocks. And what I've seen quite a bit is that it's true. A lot of people in their conscious state use affirmations, speak to themselves in positive ways and, and do a lot of work. But then there's this hidden subconscious pattern, possibly from childhood or possibly, you know, trauma that's sitting there, that is just running in the background, negating everything. You're not truly believing that affirmation deep down, even though you say in your mind, yes, I will do this. I am so, and somehow what I've even seen with patients sometime is that subconscious part overrides the conscious, which is saying everything. And that is what's ingrained in that information highway that's going to the cells that's shooting off on the neurons. How do we address that if you don't even realize it consciously?

JK Dickinson ([00:13:46](#)):

Right? So what you just said is very important to understand how this works. Your brain is what you're feeding that information to. When you use those affirmations, your brain, there are many books which I adore about affirmations. We'd all, and I say this with sincerity, we'd all love to know that we're gonna wake up, it's gonna be different. We're all want to know that we're gonna wake up, we're gonna be loved, we're gonna be understood, blah, blah, blah. Which I'm not minimizing. But what I'm saying is, if we feed information to our brain, our brain does not have an emotion.

JK Dickinson ([00:14:23](#)):

It just doesn't. So we have to feed that information to the part of ourselves that has been damaged, the part of ourselves that is mourning or angry, or any other emotion that goes along with it, because the brain is not making us sick unless the emotional component is feeding the brain. Because when the brain is fed, that's when the repetition happens, right and let's just say that our brain, let's put our brain on pause, because this is something that I had to do when I started to use my intuition full-time, which was over 20 years ago. I don't access any information in my brain any longer. I can't, it doesn't help me. It doesn't help the person that's trying to get services or information from me. So let's just say that we only dealt with our emotions,

JK Dickinson ([00:15:14](#)):

Let's say that hidden pattern that's rotating, because we really don't wanna think about it. We really don't wanna talk about it. We don't wanna acknowledge it. We're in a conversation and something similar happens. We can start to believe that that is a pattern that is just in our life. I can't find love. I can't get over this illness. I cannot find the job I want. Right? So we're not really saying what happened, let's say as a career, we're not really saying, you know what, I'm reminding myself of the fact that I got fired. I wasn't trusted, blah, blah, blah. Right? We're not saying that. What we're saying is, I'm gonna loop this around and say, I just can't find that job. I'm not respected in my field. Right? But that's really only coming from that emotional experience in life that you haven't really addressed in a way that it's affecting you physically.

JK Dickinson ([00:16:07](#)):

It's affecting you mentally. Right? And so we don't have to address everything that's happened in our life. That's another thing that I find very interesting. Really, most people only have two or three unfortunate holding onto, oh my God, I can't move past it moments. But we somehow start to use a tornado into everything in our life is not working, where it's really one or two things that we can look at differently. And is it hard? Of course, it's hard. It's hard to be sick. It's hard, hard to be in balance. It's hard to not have a wonderful life. It's hard to not enjoy life, have passion. I've had that happen in my own life. I'm actually using this book myself because our patterns are, sometimes, this is on a spiritual perspective. Our patterns are sometimes things that we need to learn in life. We need to learn. We have come here to experience certain things. And so if that weakness happened early on in life, then we're going to address one of those hardships that are making us who we are. They have driven us to make certain choices in our life, right? And so, yeah,

Caspar ([00:17:31](#)):

Yeah, A lot of what I took when I was, you know, reading the book and learning about, you know, the, the five components, is it, it really is the, it it seems that you're connecting a lot of that intuitive capability to the nervous system in general. And, you know, one of the things you bring up, of course, is the importance of the vagus nerve, which right now is getting a lot of attention. The last three medical conventions I was at really honed in on this, Hey, information superhigh way. That's wow. You know? And I was like, oh, wow. This is cool. Because, you know, it's important. We've been talking about the vagus nerve and how it's so critical to health overall, and understanding that yes, a lot of information is in your body, but if it's not running correctly and not, you know sending the right information, the right parts of the body, or something's stopping that, then you're going to have dysfunction in the body and disease. But talk about how the vagus nerve is really so important and critical for intuition.

JK Dickinson ([00:18:32](#)):

Well, okay, the three main areas that I feel, based upon my experience, seeing, feeling, hearing, right? So the vagus nerve will transfer information, but also feelings. If you hear something, if someone's talking and you somehow sense that what you're hearing is not correct, then you're going to be identifying with the fact that you can hear through your intuition. Your intuition has a strength of hearing, feeling, right? Where do we feel in our body,

Caspar ([00:19:08](#)):

The heart.

JK Dickinson ([00:19:09](#)):

Our heart? And where do we sense in our body?

Caspar ([00:19:15](#)):

All over skin, right?

JK Dickinson ([00:19:17](#)):

Skin and our stomach.

Caspar ([00:19:18](#)):

Stomach too,

JK Dickinson ([00:19:20](#)):

Right?

Caspar ([00:19:22](#)):

The gut feeling.

JK Dickinson ([00:19:23](#)):

The gut feeling. The stomach has so many neurons that are attached to the entire vagus nerve running up to the brain, running back down, running up to the brain. And our stomach is our center of self-confident self-esteem. That's why when we're talking to someone and they become uncomfortable, they're going to put their arms over their stomach or their heart. They don't do it intentionally. It's something that they're trying to protect, whatever the conversation is with their feelings about it, right? And so, seeing, feeling and hearing, those are the areas of the body that are going to accumulate the senses of the intuition. And most often, the heart and the stomach are the weakest areas of what we feel and what is connected to our ability to have self-confidence, self-awareness, self-esteem, right? And so when you, when you look at the vagus nerve and your stomach's constantly in turmoil or imbalanced inability to accept nutrition, and it could be in various ways, we know that that's our weak part, part of our body, which, if it's a weak part of our body, it's a weak part of us as a human being, our self-esteem, self-assurance, self-awareness, how we see ourselves in life, how we think other people see us, which is not always the truth, then we're going to have the vagus nerve working overtime because the stomach has so many impulses, right?

JK Dickinson ([00:20:56](#)):

Does that make sense?

Caspar ([00:20:58](#)):

Absolutely.

JK Dickinson ([00:21:00](#)):

And so the importance is more, yes, having an understanding of the vagus nerve. First, the industry now in medicine and science, I've heard that they are now paying closer attention so that they can also explore some of those avenues to be a benefit to humanity. Understanding the vagus nerve and understanding that there are neurons in the body. We need to understand that just because we have a thought and then we don't have it anymore, that doesn't really matter because you've just injected that thought that's now running through the vagus nerve that basically controls the organs, everything about the human body. Right? One thing that I want to talk about, if I may, is a lot of times people feel that anxiety is a weakness or an illness. I'm not saying it's not, but what I've learned in my practice is that anxiety can sometimes be an indication of your body's sensory system telling you, you are in danger.

JK Dickinson ([00:22:03](#)):

You need to be aware. Is this a pattern you're repeating? You need to pause. Right? Whereas anxiety became such a monumental illness of mental health that I feel in the next five or 10 years, medicine is going to understand that at times, people need to have their, their anxiety explored. Why do you have anxiety during certain situations? Why does your anxiety perhaps help you as opposed to hinder how

you, how you operate in life? I wanted to bring that up because I'm actually writing a book about anxiety and the sensory system. I think people need to realize that it's not always a weakness.

JK Dickinson ([00:22:50](#)):

It's your connection and you're feeling it differently because there's already a weakness in your body, and it's going to send that adrenaline, which when you take a step back, it's better to look at the environment that you're operating in.

Caspar ([00:23:05](#)):

Yeah. It's interesting because, you know, some could make the, the kind of connection anxiety sometimes could be like a spidey sense, right? It's, it's almost showing you that's what Spiderman would have, almost an anxiety ridden and flashed at something, bad's coming. And yeah, it come and, you know, but we try and shut that down. We don't want to be anxious. We wanna, you know, we subdue it. We get on medication very easily. And it seems that now you're hearing a lot more children, of course, are ending up in the ER basically for mental health and, and terrible anxiety. How, how do we how do we also, you know, cultivate that idea of, hey, maybe that there's usefulness to it, but also not the crippling type that is chronic.

JK Dickinson ([00:23:50](#)):

I think as anything, awareness, having more people give an explanation of how it might be different than what you've interpreted originally, or what you've been told or what you've read. One thing that I want to address when you're talking about children and anxiety I've worked with many families with children with anxiety. Now, when I say this, I wanna make it very clear that I'm just talking about some families, okay? There are children that are so sensitive and so sensory driven that, let's say they're in a house with two parents that scream all the time. The parents aren't screaming at them. The parents aren't screaming because they're fighting. It's just a way that they operate, my, my ex-husband's Italian. And I can tell you, oh my gosh. So it's not good. It's not bad. But there are children that can pick up that level of strength through those conversations that then are going to start to ignite their vagus nerve.

JK Dickinson ([00:25:09](#)):

That vagus nerve is going to go haywire. Their stomach's gonna hurt, their heart's gonna palpitate, their brain's gonna think something's wrong. And they could go right down that path if they weren't understood in the, in the sensitivity of their body relating to the environment they live. Or, for instance, kids at school, I work with so many kids in school, they get anxious because their brain is so overworked with testing, especially in the high end areas where they depend on that money from the testing scores. They go into the classroom and they can hardly operate. They can hardly move. They can hardly think because they're so scared. that can be looked at as you have ADD, you have ADHD. I'm not saying that they don't, and sometimes people get a little frustrated with me. But the truth is, in my opinion, based on my work, there are so many different types of individuals, especially children that are sensory operational, that it's a different idea of how they're feeling inside that their sensory system, the invisible anatomy, is somewhat overstimulated.

JK Dickinson ([00:26:24](#)):

And so each person in their development, their study of moving forward with how they want to imprint with their family or their friends their colleagues, is that we identify with each person as a whole, and we identify with what their sensitivities are. Because you could line up 20 kids, which I have, and you can

give them a volume a volume test, really loud music. And there's some of 'em that just want to jam. And some of them that just, they cringe and wanna run in the corner, right? So it's the same thing in their environment. So as we grow up as adults, we can look back and see where some of the anxiety came that may not be really directed towards what we thought all along. It could be something very different because our sensory system is always on. But not everyone has a, has a conversation or a challenge with their self-esteem, self-assurance. Not everyone is so emotionally driven that their heart is always sad, right? So it's very individual, and as you know, with your clinic, it's very individual how people move forward with whatever it is that they're feeling with their anxiety or their illness or their imbalance.

Caspar ([00:27:39](#)):

Yeah. A lot of the book, I think honors the authenticity and the truth of each individual not trying to group everyone. And I truly appreciate that. Cause I think that's what medicine needs to do more of as a whole. It's not just lump us together by diagnosis and treat us all the same, but truly appreciate each person's unique individual characteristic traits and what led them either to disease or what lead 'em back to health. But if we're talking about children and, and, you know, you're talking about the, the wrong environment, let's say a very stressful yelling environment, one with tons of technology that takes over the brain rather than stimulation of natural things, let's say a a, a child in the right environment. Do you find them to be very intuitive?

JK Dickinson ([00:28:25](#)):

I actually find both in the very aggressive, energetic, okay. High, high stress environment and a more varied environment. I find that, I find that children that have the sensory system that is relating to the stomach and the heart are very intuitive, they sense it all.

JK Dickinson ([00:28:51](#)):

And so their imbalance isn't necessarily coming from an illness. Their imbalance is coming from the vagus nerve, feeding those neurons into certain parts of their body that are collapsing their ability to stay balanced, right? Yeah. I do notice that in environments that are more aggressive than a, a, a nervous system or a sensory system can take, which can sometimes be overloaded, I find that a lot of those kids later in life find that they are highly intuitive and that they actually have a lot of answers. Whereas the other type of child or teenager, they may have been able to develop their, their senses in a more calm environment, but it doesn't mean that they're necessarily ahead of the game. Intuition is a feeling that, and now I'm gonna come into one part. Our spirit has to, in my opinion, live in this physical body.

JK Dickinson ([00:29:47](#)):

The strength of our spirit is going to pick up on the sensory system and either help the human being, help the individual balance itself out by hearing, seeing feeling, or it's not. And that comes in with the strength of the human spirit. We are all different. We're driven differently. We're driven, we're driven with our superpower, if you will, of where we're going in life. There are kids and teenagers and young adults, they don't care. They don't care if they're living in a trashcan. They're going, and that's where they're going and that's it. Right? And so that's a very individual topic. And that is that the human spirit is inside this physical body addressing the sensory system.

Caspar ([00:30:35](#)):

Knowing that we all have intuition, but knowing that we all also are driven by ego, by desire, by other things. And I think we're living in a world now more than ever, where we have social media technology in our hand that makes us a little bit more ego-driven, jealous of other things we see wanting more materialistic things. How do we decipher intuition from the ego that is more mind talk and shatter that I want this, I want to go, you know, live on an island and take pretty pictures all the time, versus something more of an intuition that may be more purpose driven. But I do feel people get mixed up and then they get confused by what is truth and what is falsehood?

JK Dickinson ([00:31:21](#)):

Well, I've never been asked that question. Again, I think it really comes back to what drives us all as human beings. I think that there are people that are going to be driven by material living because that is a part of their human spirit. They want all that. And that's a human, that's a human spirit choice, right? His holiness the Dalai Lama chose to, I bring him up because he had a choice. He travels, he makes an enormous amount of money for his cause, and he could go back and fight for his country. Now, this is a controversial subject, and I understand that, but I'm going to make a point. He chose not to. He has the wherewithal to do that, but he's making a choice to, to speak on a global stage of what peace means, of what living with humanity means, of what, turning your back to controversy and then just enjoying this spirit life that you have been given in this lifetime.

JK Dickinson ([00:32:35](#)):

Right? I use him as an example because how he sees life is something that I've learned myself through him, because we can all be, especially A type personalities, we can all be driven to do it all. But what do we get at the end? What's our endgame? And after we've learned what that looks like to have all of those goodies, where are we inside? What are the memories we're gonna take with us after this lifetime? What are they? So his holiness the Dalai Lama teaches us that life can be a beautiful experience with pain, with hope, with disaster, with anything that comes around, because it's gonna happen anyway, regardless of what choice we're making in our life with our decisions. But why not have every moment in this lifetime matter to ourself, and those we love to ourself and those that we care about, and those that we can teach based upon our position in life. And so I use that as an example, because it's an extreme example, but he could have went either way. But why? Because the evolution of who we are as human beings, we're either going to be driven by certain things or we're not. And it's either way, humanity or materialistic living.

Caspar ([00:33:55](#)):

You feel like that's part of the problem? Why a lot of people are unhealthy right now? They're not finding purpose in their life. They're not finding meaning. Absolutely. And then they, they kind of disconnect, in a sense, disconnect or intuition of even, what do I want to do? And maybe don't even ask those questions. I find personally that way too many people don't sit with themselves and be introspective and ask questions. They, they reach for their phone to answer everything. Other people, they, you know, I get it all the time. Lots of people just reach out to me randomly. What should I do? I don't even know them. I've never seen them in my life. And that kind of a question comes across of, Hey, I'm dealing with this and this, what should I do? And it's like, what, what, what do you feel you should do? And they don't, they can't answer that somehow. Do you feel like that's it? A lot of people have to just sit there and kind of just get in touch with themselves more and just be silent and go into the woods and forest bathe and be alone? Is that part of the answer of what, you know, we face as a challenge as a society right now?

JK Dickinson ([00:34:58](#)):

I do. I feel that, I feel that whatever has happened, which I have a very strong opinion about, I feel that whatever's happened in the last five to 10 years with technology and access and exploitation of things that aren't as meaningful as a human spirit would be able to learn and enjoy. I feel like there are many people that run away from making choices and decisions, living the way that they may want to live, but they don't know how to live. And I don't know that the generations in the past 10 to 20 years, because they've been very busy running up that rat trap, I call it, running up to that hill, that there's nothing to see when you get there. I feel like it's not been the education isn't there. That there is something other than gaining things, running, not being emotionally present.

JK Dickinson ([00:36:05](#)):

I think that there is a, a, a way that we've decided that the humanity of life and the spirit that lives within us doesn't really matter. And that's a big problem. If you want to leave this life with a few memories that you, you, you know, will feel proud of or you'll feel honored that you had the opportunity to be engaged in that. But this is a very deep topic that we're talking about. And this means that people would have to have that consciousness, whether they can tap into it or not. But they would have that sense within themselves that they want more, right? I mean, I remember when, maybe 20 years ago when 30 year olds didn't, 30 and 40 year olds, they wanted to stay home. They wanted to work part-time, they wanted to be involved with their family. They wanted to be involved in, you know, what they were creating.

JK Dickinson ([00:37:01](#)):

They took a step back, like you're saying, you know, go into the forest, enjoy yourself, work a little, enjoy yourself. But I think that that was so short-lived, because today it's just balls to the wall. Let's go. I mean, what else can we get? What else can we get? What else can we see? What else is going on? This phone isn't good enough, let's get another one. So that really is a conscious choice. And, and whether you're born into a family that is aware, whether you're born into a family that educates you, that there's more to life as a young adult or an adult, you have that decision yourself. A lot of people say, well, you know, I didn't have that. I, I wasn't engaged in this. I didn't learn that. Well, okay, but as an adult, we can open our eyes and see what's going on around us. And so that idea that, you know, it's not something that you were engaged with or you know about. If you have a phone, you know about it. I mean, look how many apps there are now to go to sleep. Isn't Matthew McConaughey like his, isn't his app just like right. So we are definitely, billions of people are buying those apps. So whatever they're looking like on the outside, that's not what's happening when they're at home trying to go to sleep.

Caspar ([00:38:11](#)):

Right. No, it's, it's, it's a really, really deep discussion on all these things. And even the, the part you brought up about the parental influence and how that's happening now, because I was reading one of the cases, you give a lot of great cases throughout the book of people, real life experiences of people challenged with other things and how they've broken free through developing intuition and addressing some of those five components of the vis invisible anatomy. But one was the story of Isabella with her mother. And, you know, I believe she was anorexic and had a very hard time and was asking, you know, went to all the specialists and was asking, why am I not healing? What's wrong with me? And it turned out as very heart center, but it was also her mother was influencing her. And I remember you said she would kind of answer the questions for her, and you tried to get her alone.

Caspar ([00:39:01](#)):

And, and the mother didn't like that. We have the ability to break free from her parents, but somehow we don't, you know, and, and sometimes those influences aren't the best on us. What's your advice, cuz with your, in your work with Isabella, there was a little bit, you, she was able to detach from the mother's influence, the mother's kind of wanting her to be a certain way when she wasn't that way that was driving her. What would be your advice for, for, you know, okay, people, let's say you know, adults now, not children that are trying to break free and maybe have that feeling that, you know, their parents did have some influence or maybe had expectations of them that they didn't reach. How, how do you, how do you break free and, and kind of consolidate those ideas of, I'm not good enough, you know, in a parent's mind?

JK Dickinson ([00:39:55](#)):

I'm going to address the parent and then I'll address the child. And even though we're adults now, and I also wanna address that Isabella passed away.

Caspar ([00:40:04](#)):

Oh.

JK Dickinson ([00:40:04](#)):

She was not. She could not recover. And her mother actually never left her side with the drilling.

JK Dickinson ([00:40:13](#)):

And I actually worked with another young woman a few years ago with a similar situation, and she was 21 years old and she passed away. So this is a very serious subject matter for me because I'm a very heart-centered person, and these are very emotional things that I go through with the individuals that I've worked with and what I've discovered in my opinion. Because you never, you can never say that it's just the god's truth, you know, that. So in my opinion, if you could see your parents as a human spirit that came into this world, without that label, without that title, mom, dad, you would be able to see if it's a healthy environment or it's not. You would be able to see the truth about what your participation actually should be. Because if you take and disconnect that label, that name, that ideology of what we feel those two people should be, or that person should be, if we had come from a single parent.

JK Dickinson ([00:41:29](#)):

If we separate that and take it away, then we know instinctively what that relationship should look like. We know. And so I recommend to people that I work with, and even though it could be painful, which is more painful illness from it, or awareness from it, is that person healthy in your life? If the person is not healthy in your life, then slowly disconnecting the ongoing dialogue, whatever that may be, once a week, once a year disconnect, and then start to break through and break away from the thoughts involved and all of the things that you believe you haven't done right. Or you're not good enough, or you should do all of that pattern of thinking that has been drilled into you going through your vagus nerve, going through and living inside your neurons. Take the step to say, I'm gonna look at these two people.

JK Dickinson ([00:42:27](#)):

I'm gonna look at this person as a human spirit. What is their pattern of life? And what is their true connection to you? Right? It's an, it's not an easy, it's not an easy undertaking because we sympathize

with our parents. We sympathize with their behavior, even if it's poor and aggressive and affects our health, we sympathize because the word, it's my mother, it's my father, it's my sister. I know she abused me, but it's my sister. Wait a minute, my sister's name is X, y, Z. Now I'm gonna say, the person in my life's name is X, Y, Z. Cut the sister out. How are you doing? You wouldn't talk to that person. Right? So we give so much strength and so much expectation to our parent because we want that loving parent. We want the loving parent. And we wait around and we wait around.

JK Dickinson ([00:43:32](#)):

And we want that person to be better. So as young children, we're helping, we're helping, we're doing it. You can do it. We're helping. Whether we're saying that or not, we're doing it because we want to put that family unit together to make it look right, feel right, be right. But you can't, that human spirit is on their own destiny. They're making their own choices and decisions and whatever they're doing, it's all about them. And that's the thing that I think people don't understand is we cannot force someone to be better. They're who they are. And who is the person that makes a choice or decision on how to interact in that environment? It's us. Yes, exactly. Did that help with the answer?

Caspar ([00:44:19](#)):

Oh, absolutely. And I think you intuitively felt my next question on it because it was about expectation. You know, so many of us have these expectations of what our parents should be and not the realistic outcome or understanding that our parents are people who have their own challenges, are not perfect. Also had parents that probably were, you know, did things that that may have screwed them up a bit, you know, and they're trying their best. But you know, what I appreciated in the book is, is talking about the expectation energy as something that can destroy hope, happiness, health. Can you go into that? Because I feel like that is a big part of why so many of us are unhappy. We have expectations in life and outcomes and people around us that don't, we don't meet those expectations. And then we become dejected. We fall, you know, below we get depressed. So talk about expectation energy as one of these kind of three negative energies in a sense. And what we can do to turn that around or release our expectations altogether.

JK Dickinson ([00:45:28](#)):

Okay. And, and I'm also going to separate it out to where we have expectations and we have expectations made for us and to us.

Caspar ([00:45:37](#)):

Yeah. Right. On us.

JK Dickinson ([00:45:37](#)):

But we have two separate things that we're working with. Well, I've had to learn this the hard way, if I can be honest with you. I've had to learn this the hard way, especially with my first child, because I had expectations of what I wanted that to look like, meaning what her life should look like. Now, I said, should, I shouldn't have said that. But that's a very natural thing for me. So when I talk about these things, I, I am in my own life working through it even today. And this is what I'm talking about with awareness. Even though we know that we shouldn't have expectations, we may, and it may take years to stay in awareness every day with that person that we love or that we want to have a relationship with, right? So the expectation of what I, I'll use my daughter as an example.

JK Dickinson ([00:46:30](#)):

The expectation that I had of her growing up, I want you to speak three languages. I want you to be at the best school. I want you right now. Why is that? I don't know. Because I think it's important. She didn't wanna learn Japanese, she didn't wanna learn French. She, she did go to the lessons. She did go to the tutor. She did have a tutor. She did, she did it. But the, but the engagement that we had together over it was, wasn't happy. It wasn't happy. And so what I learned with my second child is you don't wanna learn Italian, that's fine.

JK Dickinson ([00:47:09](#)):

Cause, right. So expectation from my perspective is when we expect something outta someone that we care for, or love or respect or admire, we have just knocked them down because we are not staying in what they want. We are not appreciating and enjoying and loving and honoring, and I don't use that word lightly. I mean, truly honoring what that human spirit is here to do. Maybe she didn't wanna learn those languages, right? She wanted to focus on something else. Well, not in my house. It wasn't actually like that. But, you know, that's how sometimes we can act, right? And so as time went by, it took me a very long time until I finally, I said, okay, just forget it. Well, wait a minute. Was that loving? It was, I was tired and I just didn't wanna give any more energy to it. How did that make her feel?

JK Dickinson ([00:48:05](#)):

That she wasn't capable, that she wasn't good enough? Right. And I'm using my own family as an example because it's so often that we wanna make it seem as though we're perfect or that we've done everything right. And that's why we can talk about it, you know, in a, in a book or in an environment or a workshop. The fact is, the minute that I decided that she was okay, the joy that she had in her face, the fun that we had, the humor we had, the love that was different because it was from my heart to her heart and she was okay. It changed the dynamic. It also changed the way she lives her life with her child. It changed the dynamic with how I raised my son. And it also changed the way I see myself in the expectation that my children have of me.

JK Dickinson ([00:48:57](#)):

Now, that's hard. Do you have children? I don't. No. That's very hard because children have expectation. We just talked about with their parents, you need to be this, you should be dressing like this. What about this? What about this? Are you gonna do this? I was so overwhelmed with trying to jump through all those hoops to be whatever that was with their imagination of what it was going to be like to be perfect. And so I had the double-edged sword. And until I stopped my expectation, now I didn't say, just do whatever the hell you want. Oh, no, no, no. But I did loosen the reins to understand what they are like as human beings so that I could then support them in a loving way, in an openness that they felt like, oh my god, my mom's on board. Right. I had to say the same to them, but it took years.

JK Dickinson ([00:49:50](#)):

Please don't say that to me. Please don't make it seem as though I'm not doing the right job, or I'm not capable. I mean, that's the worst thing you can feel is that your child thinks that you're not capable. Right? And so, hope, health, happiness, the expectation, this is the part that's very important. The expectation for us is that we lose out on seeing that person for who they really are and enjoying those memories in life. No one is going to do everything and have the living up to the expectation that we believe no one. It's not gonna happen. Not even ourself. Cuz we fall down. So the the sooner that we

realize that the expectation should be reduced and then relieved altogether, we will then not have imbalances in our own self and we will not create imbalances within their selves.

Caspar ([00:50:51](#)):

Yeah.

JK Dickinson ([00:50:52](#)):

It sounds like it's dangerous.

Caspar ([00:50:54](#)):

Oh, it is. And I feel like many of us live with such high, not even hopes, I say, but these expectations. Yes. Of what life will be. Well, you know, and it seems that that comes from a state and a conscious level of desire of something a little bit lower, where if we elevated that to just unconditional love to this openness of whatever happens, happens, say lovey lovey, you know, and, and just living that way will be much happier. And anything that comes to us will be more in alignment with us and will be very gracious with it, with our lives. And it won't feel so I think abrupt and kind of against the strain, like you're all swimming uphill with this. And the expectation was this, I'm not here yet. Oh, no. As opposed to, I think it's a wonderful thing to just live your life kind of free. You know, sometimes we say people like that are just lost and don't have, you know, a plan for themselves. I mean, everyone, even with a plan usually doesn't go according to it. You could have goals. Right. That's different than expectations, I believe.

JK Dickinson ([00:51:56](#)):

Absolutely. Exactly. And, and you can see, you can see the look on someone's face when, when we've let them down or they've let us down. It's, it's painful. And it causes illness. It causes us to not want to go down whatever road that was because we're in fear now that we're not going to be accepted. We're not going to be loved, we're not going to be cared for. And what are we hurrying for? I mean, we talked about that earlier with the technology. It's like insta, it's a, it's a way of life that you choose or you reject. You live in consciousness, you live in awareness. You live in a way that you can enjoy your environment without the expectation. Or you don't. Yeah. And those, it, the ones that don't, I think are much more prevalent than the ones that do because illness wouldn't be in the billions if it were the other way.

Caspar ([00:53:10](#)):

This is true. And trending in the wrong way still.

JK Dickinson ([00:53:13](#)):

Yeah. And the expectation is the stomach. It's the stomach in the heart. Right. Because we're not good enough. And in your business, I'm sure, you know, just the level of what degree, and this I'll just touch on and we, we don't need to discuss it. The level of medication in the United States for blood pressure, anxiety, bipolar is astronomical. And then the, the medication for ADD and ADHD for young children. It's just unheard of. Right? So for some reason, whether it's family, career, illness, whatever it might be, there is a magnitude of imbalance that is not being addressed with awareness and consciousness and understanding your sensory system so that you can navigate on your own and try to break free from whatever is causing you high blood pressure, causing you anxiety, causing your mind the bipolar. From what I understood with my practice of 20 years, I could see a, a person that had so much emotional charge that the mental capacity to handle the emotions collapsed. So let's just say the vagus nerve was running and all of a sudden one more thing happened emotionally to that person. It's almost like those

neurons popped. They just, hundreds of thousands just disintegrated. And so then the brain was not able to keep up with the emotions, right? So if we're able to access our sensory system and understand what, what it is, what we're capable of, how we were brought into this, this lifetime, we're able then to have control of how the sensory system is working when we start to feel uneasy.

Caspar ([00:55:15](#)):

And that brings us back to our more authentic and truthful self. And I have to say, beyond the expectations that are given to us by ourselves, our parents and peers, there's societal expectations. And I think part of that, you, you, you kind of, at the end of the book, you gave a very good case of that, of a, a young boy who fought authority, who challenged the status quo and and really pushed you know, a lot of buttons in some people. And a person turned out to be Albert Einstein, you know, one of the greatest minds. And he truly sought the truth and was his authentic self kind of wild, eccentric guy as we've seen posters and this and that with the hair and

JK Dickinson ([00:55:58](#)):

Always wearing the same jacket.

Caspar ([00:56:00](#)):

Yes. Yes. How do we step into our truth and still live within a society that doesn't maybe reject us, especially I'm saying for younger people, you know, we wanna be accepted so badly, but in doing so, we give up a lot of our authenticity. How do we kind of bridge the gap and not saying, Hey, I'm just gonna go live off in the woods by myself to be authentic. Cuz everyone here in society is thinking I'm crazy. And, and still find balance and, and build relationships when, when I have to say the societal pressures are so strong of what we are expected to do.

JK Dickinson ([00:56:44](#)):

Something that I talk about with some of my colleagues is that we must find the environment that fits for us. Mm-Hmm. We, as you said, swimming up the stream. We have to stop pushing so hard to fit in. We have to find the environment with our purpose, with our friends, with our hopes and dreams, our passion. We have to find that. Mm-Hmm. We have to find that environment. We don't push other people to live within our reality. And that's where some people have a conflict with what I think are what I feel. And that is because they wanna push it. They've gotta do it this way. People need to respect them. Oh God. Why? Why? Because if you go right over here, they might have like minds, they might be more open. Right. A friend of mine just took a job with a different company.

JK Dickinson ([00:57:45](#)):

She works for a very large organization globally. And the prestige of working at that company is just, it's just, you've arrived. And she had cancer twice. Okay? So I don't know where she arrived to. It's that hill that I was talking about where you looked down and you can't see anything. She finally, after the second bout of cancer said, I understand I have to go. And I said, well, either that or die. And it wasn't a flippant comment, it was the reality. You've already had it twice, you know, it's up to you now you're over 50. Make up your own mind. When you're in an environment where you think you cannot escape it, for many reasons, money, prestige, whatever it is, lack of self-confidence and you're dying. I'd want to take a look at it. She went to work for another company that is exactly her, her music.

JK Dickinson ([00:58:49](#)):

When she stepped in, she, her whole body, and when I say her whole body, her whole body changed within the first week, her blood tests changed, her oxygen level changed. It's like she, it's not just leaving that environment behind. It's that she was in an environment where she could actually be herself. She could actually bring the gifts that she has, bring the talent that she has. She's been there now seven months, and her whole chemistry is different. And so I say, fit in where you fit in and don't try to swim upstream. Why? Right? Because you are the only one that's affected by it.

Caspar ([00:59:34](#)):

And I think once you start to really fall in line with your authentic self, with that heart-centered kind of purpose, what you are, you're going to attract the people, the, the, you know, experiences, everything else. That's just the law of attraction there. So, jk, what's the one thing you'd want people that are reading this book to, to leave with?

JK Dickinson ([01:00:00](#)):

That you have the power. That you have the power that your spirit that lives within your physical body has the power to maneuver and go wherever you want it to go. You don't need to apologize for removing yourself from situations that aren't, that aren't good for you. You don't need to be afraid to make choices and decisions that are gonna make you happy that you own it all. It's not going to be one small key or a large key that you pick up along the way you have it. So listen to yourself.

Caspar ([01:00:34](#)):

Incredibly empowering message. And I, I truly believe everyone that reads this book will walk away with that as well and see how powerful they are. So thank you for that. Where can people learn more about you and pick up the book?

JK Dickinson ([01:00:49](#)):

My website is jkdickinson.com. And I, I think Barnes and Noble, I mean, I think if you just go online and I don't promote Amazon

Caspar ([01:01:09](#)):

I think I got mine on that place that Jeff Bezo owns. But you don't have to promote it. I, I agree. They, they get, they get enough, you know, they don't need anymore

JK Dickinson ([01:01:17](#)):

And, you know, Jeff's up here in this area, so Yeah. No,

Caspar ([01:01:20](#)):

Yeah. Up in the Washington.

JK Dickinson ([01:01:21](#)):

I don't want, I don't wanna be an Amazon superstar. No.

Caspar ([01:01:26](#)):

I mean, there, there's something beautiful also in just, you know, going locally and doing things like that and not doing the, the, you know, mega corporation kind of a thing that's been going on and

consolidating to just this Goliath that, that kind of takes advantage of everyone. So, and I'm behind that too.

JK Dickinson ([01:01:45](#)):

Yeah. The Barnes and Noble, they're still trying to hold out, you know, it's a place that people can go and my, the bulk of my books are actually used as teaching tools. They're used various university medical clinics, things like that. But Barnes and Noble.

Caspar ([01:02:02](#)):

Yeah. Brick and mortar, they're still alive. Go in. That's right. Actually feel the book you know, take it for a test drive first, and then purchase it, reread it, gift it to others.

JK Dickinson ([01:02:12](#)):

Yes.

Caspar ([01:02:12](#)):

Well, JK, thank you so much for coming on, sharing and then hopefully bringing us to a next level of intuition and health.

JK Dickinson ([01:02:21](#)):

Thank you. Thank you for having me. It's such a pleasure to meet you. You

Caspar ([01:02:24](#)):

Too. You too.

JK Dickinson ([01:02:25](#)):

I'm excited about all the things that your clinic's doing in New York. As I said, I, I really, really thoughtfully read through your website and I think that you're doing incredible stuff and I'm really honored to have the opportunity to talk on your podcast, but also to learn more about your family and the commitment to to humanitarian ideology of what medicine and, and, and wellness is.

Caspar ([01:02:49](#)):

I truly appreciate that, JK. Thank you so much. As you heard here, we're all born with innate power of intuition, whether we listen to it or not, but we can do all, do better to improve that intuitive capability. It's the most intelligent language we have. Be sure to check out J K's book The Invisible Anatomy. Until next time, continue writing your own healing story.