



Michael Senoff's

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Expert Interviews On Mind Body & Spirit

# University

INTERVIEW SERIES

***How To Turn Suffering  
Into Insight And Use It To  
Propel Your Life Into  
Something Amazing***



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HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of [HardToFindSeminars.com](http://HardToFindSeminars.com).

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

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Now, let's get going.

Michael Senoff

*Michael Senoff*

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# ***How To Turn Suffering Into Insight And Use It To Propel Your Life Into Something Amazing***

As a cardiologist, Dr. Terry Gordon has seen some of life's most tragic events, and has always lived by the principle that it's not what happens to us that matters, but how we deal with it. His philosophy was put to a personal test when he got the phone call that changed his life. His son was in a terrible accident and, although he was alive, he would be a quadriplegic.

Dr. Gordon says it felt like being in a tornado – his thoughts were a chaotic whirlwind rushing around him. He says he prayed harder than he's ever prayed before, and that's when it hit him. Peace. And the knowledge that his family did have the strength to face this.

In this audio, you'll hear all about his amazing story of courage, love, and the power of positive thinking, along with the book that resulted from it all: *No Storm Lasts Forever: Transforming Suffering into Insight*.

## **You'll Also Hear...**

- Examples of how to use the falls in life as a way to propel yourself to a new level
- The crazy way Dr. Gordon got Kenny Loggins to write an endorsement for his book – and two other stories that may have you rethinking the "coincidences" that happen in your life
- The hard lesson Dr. Gordon says he learned as a physician about how (and where) true healing occurs
- The real reason bad things happen to us in life (believe it or not, we're not being punished – these are actually tools)
- Why Dr. Gordon says spiritual growth is the most important thing in life and why he says everything else "doesn't mean squat"
- The two main reasons heart failure happens to children, the signs to look for, and why Dr. Gordon has fought so hard to get AEDs (Automated External Defibrillators) in every school

Dr. Gordon says crap happens to everyone, and although it's hard to see tragic events as "life gifts," that's really what they are. It's not only possible

to transform suffering into insight, but you can also use it to propel your life into something amazing. And in this audio, you'll hear how.

*Hi Chris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).*

Chris Today we're talking with Doctor Terry Gordon, a Cleveland clinic trained cardiologist practicing within mainstream medicine for over two decades. Name the American Heart Association 's national position of the year in 2002, Doctor Gordon is nationally recognized in matters of the heart he is the author of the new book, No Storm Lasts Forever: Transforming Suffering into Insight published by Hay House, and you can find out more about this amazing new book at [DoctorCaryGordon.com](http://DoctorCaryGordon.com). Doctor Gordon, thank you so much for joining us.

Dr. Gordon Chris, it's marvelous to be here, thanks for having me.

Chris So your new book, no storm last forever transforming suffering into insight shares a very personal tragedy that occurred in your life. I'm wondering if you can share what happened to you and your family and how it inspired no storm last forever

Dr. Gordon Well, Chris. This was about 3 years ago, I was up in my office doing some work and my daughter Maddy-Rose had just driven home from Chicago, we live in Ohio. She's been working up here as a teacher and you know a parent's sixth sense when you feel something 's not quite right with the child, and she had had this heavy sadness dripping from her, and I said "what's up sweetie", and she came around my desk and She plopped down at my feet and put her arms up on my knees and she said "you know Dadda" mind you She's twenty seven years old, and still calls me Dadda. She says "upi know Dadda. I always thought that the older I got more control I assumed over my life the easier life would become", and with a single tear trickling down her cheek and a deep sigh. She said "You know, it's not working out that way" I pulled her up into my arms and I rocked her as I had for twenty seven years and I knew that what I was about to say to her would be important and I said, "you know darling you don't think that's the way life is supposed to be. I think that if we are to progress in this thing we

call life. If we are to become more enlightened. We must face greater and greater obstacles and in fact, there's an expression from the Kabbalah, which is ancient, mystical text of Judaism that says, the falls of our life provides the energy to propel us onto a higher path. It is the falls of our life" and I said "You know, Maddy. You really should be grateful for the crap that happens to you and I kissed her on the forehead and left it at that. The next morning at 6:40 I received one of the worst phone calls a parent could get; the grave voice on the other end of the line shared with me that our son Tyler was out in Durango, Colorado going to school had been involved in a near fatal car and he had shattered his neck and then came the dreaded words Chris. This guy says "your son is quadrapalegic", but you know as a parent, you worry about those phone calls you hope and pray they'll never happened, but when it comes you just can't imagine the impact of those words. Well, I had about twenty seconds of denial and immediately the doctor in me kicked in and I knew what needed to be done. He was going to have to be life flighted to Denver for emergency surgery to stabilize his neck and within an hour I hastily packed a bag and bolted up to the Cleveland, Ohio airport trying to get on over booked nonstop flight to Denver so that I could get there before they took him into surgery and somehow I got on the flight. I don't know how they were five or six people in front of me but, I got on this flight and seated next to a window and I was like a caged cat. My thoughts were so chaotic. It just was terrible. The thoughts were banging around inside my head so loudly that it hurt and I felt like hours in this tornado, and it was loud and it was whooshing and it was cold and wet and I looked down the funnel and just pure blackness, darkness. It was so scary. I remember praying harder than I've ever prayed in my life. I didn't pray for me, I prayed for those I loved; for my son, to be able to help my wife and my children and I remember saying over and over again in my mind. I can't do this. I can't do this and gradually that loud wooshing darkness and coldness started to abate as I was being enveloped in this cocoon of white noise, and it was this place of unfathomable peaks and I kept saying "I can't do this, I can't do this" and I can't tell you, Chris, that I heard the voice of God, but the words were clear when God said "yes you can" I said "but how, I can't do this". Then God said, "understand that everything is in perfect order. Even this, it was just yesterday that you gave your daughter wise counsel. You shared with her eager truth. You can talk the talk but now you must live it." and now I reiterated again "How do I do this?" Then the most profound thing came to me that said "treat this as if it was something you had

chosen". Now why would I choose something like this; that was my first response. What possible good can come from such a life altering calamity what kind of lesson could possibly be hidden within this turmoil and why are we as a family being asked to endure this anguish what is the purpose of this negative experience? What I came to understand was, as I navigated this storm, the challenge for me became adjusting my perception of these events enough to recognize the presence of God in the experience, and in order to do that; I had to look beyond what my mind wanted to judge as good or bad, and I came to appreciate first-hand what I had shared with my daughter, that the gifts from the divine may not come involved in beautiful wrapping paper, in fact the gift may be so disgustingly hideous that nearly impossible to comprehend how it could ever be of benefit, but a gift is what it is and it's only by, again, overcoming those obstacles that you grow, mature and get propelled to a higher path toward enlightenment

Chris

That is such a powerful story Dr. Gordon and one of the things that fascinates me with your story; here you'd spent much of your life working in these very critical cardiac situations as a physician and life or death moments. I'm sure all the time. And now here you are as a parent going through this experience of life or death, and recovery, and you know, often referred to as the wounded healer, I'd like to hear like what that means to you and then also what was it like to have those two roles to be a physician and a parent, and how did it help you and how did it hinder you with this experience with you son, Tyler?

Dr. Gordon

Well, you know, first of all I will say I always strove to sympathize with my patients: to feel their pain, I could empathize, because I didn't have heart disease myself, but I always felt a strong urge to do that. When I graduated from medical school, my wife Angela, she crafted me this embroidery with the following words on it, it was: "treat each of your patients as a lover; feel his pain, his loneliness, his fear. You will suspect everything and miss nothing like, it or not, you will be loved as you love" and that was in my office from the first day of practice and Greek mythology Keron was the wisest of the centaurs and he was in battle and was wounded by an arrow that had been dipped in a hydra's blood. and he became very ill and the resultant lifelong anguish that he experienced set him out on a journey of discovery in search of his own cure and along the way he discovered how to heal others. He found that by teaching others the art of healing he himself found a

haven of healing himself. Now, Keron came to understand what his patients were experiencing, because he himself had felt the same pain. When I first went into practice I used to think that I shouldn't get emotionally involved with my patients, in fact, my mother even suggest that I should become a physician because I would be able to handle losing a patient, I was a very sensitive person. But I also learned that although objectivating the experience makes one perhaps more efficient. It also removed the humanity from service to others and Karl Young I think best explained it when he said the doctor's effective only when he himself is affected only the wounded physician feels and that's where this wounded healer when someone first described me as that, you know, I felt little uncomfortable but what I found is that is through surviving the personal pain and turmoil challenging stuff that one acquires great wisdom and your skills in these tools can't be learned from reading the book can't be learned in classes. It's achieved only by living life that these special skills can be learned is only for experienced yourself and what I've found is that I used to think I had a lot to say until this and this experience has propelled me so past on this path, probably shouldn't share this with you, but my wife said to me that perhaps, I get a little emotional here, my son had his accident was so that this book could be written. It's a book that shares with people that even in the midst of what you call a tragedy and a tragedy is only a tragedy if you decide to make it one. The real tragedy is experiencing something like this and not learning from it. So the story behind the story is that there's really no such thing as a negative experience. Every experience is beneficial. May not be such pretty one, may not be a lot of fun. But it's a gift

Chris

For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com). So what actually happened. You got that call that Tyler had been in an accident and you went to the hospital and the other thing I want to ask you about was the HIPPA because at one point in the story and no storm last forever, there's an account and we went through this ourselves. I feel for you Tyler had sent to the people in the emergency room don't bother my parents.

Dr. Gordon

And guess what they didn't and I asked to talk to the doctors and you know what they wouldn't talk to me, but that's gonna be the topic of another book. But you know what that shows the independence of my son. I mean, he wanted to do this by himself. Well it would have been pretty difficult to do it by himself. That

independence, when it comes out, you just going to soar. Well, he's quadriplegic and I'm really not going to get into the specifics of what he can and can't do because that's his request, but we were out in Denver for four months in Rehab at Craig Hospital, which is a phenomenal facility and you know, moving along, but it's a tough row to hoe difficult thing you know he's now twenty four and everything that defined who he was is no longer. My dear friend, Wayne Dyer, we talk at least once a week or two and he 's always saying that tell Tyler that he's so much more body and that's one of the lessons in this book. You know, our ego tells us we were very important; the way we look, our stature, the clothes we wear and how many ripped muscles we have and they're unimportant and the most important thing is that Tyler still has his marvelous mind. Sometimes it does take time. actually the first trip I took home from Colorado and I hadn't thought about home at all up until the moment I got ready to get on the airplane I got very emotional because I didn't want to leave Tyler in Denver. I was in line getting ready to check in and there was a gentlemen in front of me who was an wheelchair. He was paraplegic and he was kidding with the agent about how he's always been enamored with taller women. Well, she wasn't that tall, but from his perspective, looking up she was. You know. They were just laugh and have a good time and he got out of the line, I took care of my stuff and went over to him and said "you know, I wish my son could see your smile" and he said "why?" and I just broke down in tears. It was this total stranger and he's just there patting my shoulder, consoling me and he said "well, tell me about Tyler and his injury" and I told him what had happened. What he couldn't do it. What used to do and this guy was just shaken his head and he shared with me that he had been involved in an altercation and was shot in the back when he was 19 and he said "I knew immediately I was going to be paralyzed for life" and he said "I'm not going to tell you the first couple of years were easy. They weren't, they were pure hell" and then he made the most profound statement; and yet the most simple statement, when he said "But you know at some point. Tyler's just gonna have to get over it." And it's so true at some point in time, a nanosecond, there will be a change in the way my son thinks. Wayne often says "when you change the way you look at things that the things you look at change." And it's so true. That's what happened to be on an airplane. It set me off on a totally different path and that's what will happen, but sure at some point , he will get to the point and say "okay this is it, make most of it, and off we go." And it'll happen in

his bullheadedness and independence and brilliant mind will take him there.

Chris                    So Dr. Gordon, the other thing that you talk about is when someone has had a life altering experience through injury or disease; something that changes their entire life, their family's life. What kind of things do you suggest, what can make things a little easier? We talked a little bit about some ideas but, what else can you offer?

Dr. Gordon            Well I think the important thing is finding the peace in the mist of quagmire when adversity comes our way. How we respond to the difficulties much more important than what has happened to us. Now in the midst of it, what has happened to us is the most important thing but in truth it's what we do with it, how we distill it, how we respond it that determines the outcome. Who we're gonna become and, you know, when faced with these overwhelming challenges usually it's doubt that enters one's mind. Confidence is replaced and suffering itself that people feel can be absolutely paralyzed and, you know, it's easy to become discouraged by the loss of independence; having to rely on others, especially in my son's case. The loneliness that's created by that, the feelings of loss; but whether it's loss of use of part of your body, loss of your autonomy, Loss of your portfolio, or of a job, or of a spouse or relationship, those same feelings of fear are what further paralyze us and then cause what's left in our life to be even worse so, that, I think the message would be: search for the meaning of your life. And I fervently believe that bad things don't happen to us because we deserve it. I don't embrace, at all, that we've done something in a previous life, or that we're bad people and we're being punished. My outlook is life isn't unfair. It's always there and the gift, just as I mentioned before, each of these seemingly negative experiences is a tool that helps propel us onto a higher path and having accepted that premise regarding Tyler's injury; I look at it as a loving magnanimous gift from God. I personally would never have grown the way I've grown, Tyler would never have grown the way he's grown. Not having faced something like this. You know, cushy is fine but it never promotes growth. You've got to go through the turmoil in order to grow.

Chris                    And you're certainly someone that walks the talk. You have retired pretty much from your cardiology practice to help care for your son. As I understand.

Dr. Gordon Well, I actually fell off a ladder and injured my neck, which is an interesting thing that I haven't put into enough thought to write about, but it was at the same level of Tyler's injury and somewhere there's a message in there. But I learned an interesting lesson from it. I have a good friend who is a practitioner of Chinese medicine. The first time I ever met him he said "I understand that you have a close head injury and neck injury, did you learn the lesson?" I said "what lesson?" he said "you probably went back to work the next day, didn't you?" I said "yea, I did. I went back and work with a concussion and neck column" and I shared with him, I said "I haven't told you about my first close head injury I had about six years before that. I fell off of a horse, hit my head and developed double vision and went back to work the next day" and then he said the most profound thing to me "It's obvious you haven't learned the lesson. Your next closed head injury is going to be a doozy, and it will get your attention."

Chris And, I'm wondering, how much does faith or a spiritual foundation contributes to your current outlook on life?

Dr. Gordon Life has a way of preparing you for what's about to happen and my preparation started probably ten or twelve years before that, if not longer. I just didn't recognize it. My guru Wayne Gyre had written a couple books that I had read them and I had tried to call and thank him for helping me and never got in touch with him; and then about two years later I took my wife out to Maui and she developed shingles right before we left, and she was just a sick and she could be. So she was in bed on this first trip of a lifetime for us and I was out on the beach, trying to meditate and couldn't. I was kind of walking back to the room kicking the sand and guess who I bumped into; Wayne Dyre. Now, that doesn't just happen. There's no such thing as coincidences what that experience did for me was it opened up my eyes. I mean, I was a scientist, you prove it to me then I'll believe it. I always walked around saying I'll believe it when I see it. I changed the thought to I'll see when I believe it, and it's a totally different paradigm. A totally different way of looking at things; and when you open your mind to the possibilities that are out there that exist everywhere, it changes everything in your life, and that extrapolates into every aspect of your life. In this book, one of the first chapters, I quote the lyrics from a Kenny Loggins song. I love Kenny Loggins and its 'Cody's Song' it was a song that he composed and sang to his young son. Basically, I'll be there to sing

to you, don't be afraid. Those lyrics were always in my mind as I was writing this book. About a year and half ago, I had already written that chapter, I'm at a small airport in Louisiana, a delayed flight for about three hours we get ready to get on airplanes, and this guy behind me says "hey man, sure hope this doesn't mess up our connections in Houston." and I turned around and I looked at this guy and said "Man, you look an awful lot like Kenny Loggins" and he goes "I'm Kenny Loggins." Now that doesn't just happen. I said to him "I haven't asked you yet but I'm thinking about using your lyrics." And we got to talking and he ended up writing an endorsement for the book. So when you open your mind to possibilities, miraculous things happen and there is a quote from A Course in Miracles, I'm going to paraphrase, basically it says "miracles are always around us, it's when they don't occur that something is terribly wrong". It's all in opening your mind to possibility and raising those antennae off the top of your head, to pickup, to receive so for me this spiritual journey has been a marvelous one, continues to be, and it's an intricate one. Faith and higher being; yielding to that higher power has offered me the strength to endure this often ravaging storm

Chris

And one of the things, Dr. Gordon, that you mentioned is Doctor Wayne Gyre is a very big mentor and is now of course a friend to you. Were you interested in reading his work before this tragedy occurred or was this kind of afterwards? How did this fit into the picture in your inspiration for No Storm Lasts Forever?

Dr. Gordon

Well again. I first met him in 2002, after I had already read a couple of his books that inspired me; Real Magic and a book called Inspiration: Living in Spirit, so I had read a couple of his books. I actually read one of his first books back in the seventies Your Erroneous Zones. I was one of those schnooks that thought it was your erogenous zones, so I bought his book for the wrong reason, you know, crazy, but I read it, I read the book. It was a very very good book. He's been there for thirty, forty years in my life. I just didn't open my eyes until ten years ago, so it's never to late; but the earlier you get started on their spiritual journey. I used to think Chris that I would wait to do this spiritual stuff once everything else was in perfect order, and who was it John Lennon that said "life is what happens to you when you're busy making other plans". You can't wait to do that. You shouldn't wait to do that. That is the most important thing for us to do on this Earth and that is to nurture that spiritual growth and the busyness of every day of material things

that we think are so important don't mean squat. It's that spiritual enrichment, that nurturing, that is so important

Chris You are listening to an interview on Michael Senoff's [hardtofindseminars.com](http://www.hardtofindseminars.com) So, Dr. Gordon, do you believe that we need these challenges in life, to spiritually awaken?

Dr. Gordon Unequivocally. Now, can you do it without it? I would imagine you can. But, you know, crap happens to everybody; none of us are immune to that. Now, who was it? Ernest Hemingway I think that said "Life breaks us all but, for some, we become stronger in the broken places" and that's really the way I believe it is, you know. It's like in weight training, you know, you're lifting weights; you gotta break down muscle, you got to tear it down to the core, and then be patient to allow it to regenerate and become even stronger than it was before you started working out, so I believe all of these obstacles are so important: Carl Perkins I think once said " if it weren't for the rocks in it's bed, the stream would have no song" and I think it's the same thing with us. The gifts that God gives us, and we may not ever understand them completely, those are those stones in the water that make the sound of life so beautiful.

Chris In No Storm Lasts Forever there's a very moving account of what your family goes through, and what you go through as a father and as a physician, and your wife during your son Tyler 's accident, I noticed people out there listening, that may be going through this, and they may be wanting to try and prepare for, if it ever happens to them. What are some of the most important things parents can do if the loved one is in some kind of situation like this; an accident?

Dr. Gordon Hope. Once you lose that hope then you're lost, I can tell you that, and my wife was marvelous with this. She ignored it entirely, she did not want to hear the word quadrapalegic, don't mention that word. In fact, Wayne implored it, don't listen to anybody that tells you that your son is quadrapalegic. That doesn't mean that you bury your head in the sand, but it's that power of positive thinking. You know what my posture was, I prayed for healing. I didn't ask God or qualify what kind of healing I wanted. I just prayed for healing, with the understanding that we are so much more than our body. So whatever happens to our body is really, I don't want to say inconsequential, but in the overall scheme of things, we are spiritual beings having just a temporary human experience; and on either

side of that human experience that spiritual aspect of us not only survived but thrives, and it drives for eternity before we were put into this body and I believe that thrives for eternity after that spirit leaves this body. The body is just a vessel, that vessel is going to breakdown, somethings going to happen to it and my firm belief is that it's not what happens to us. It's what we do with it.

Chris And also, in awareness of, I would imagine, that we tend to put doctors and hospitals and whole medical establishments on a pedestal; as if they know all the answers and it would seem, to me, important that one maintains that feeling of hope and also questioning

Dr. Gordon Well I had an interesting experience. There was a patient that died during an operation, and when it happened, the strangest thought crossed my mind. I was not the surgeon but I was in the operating room shortly thereafter and the strangest thought crossed my mind. Do you remember that movie The City of Angels?. There was a female cardiovascular surgeon and she lost the patient and, you know, she's mad at everybody just throwing instruments around. She storms out of the room blaming everybody else for this man's death and she ends up in a stairwell sobbing and she saying "but I've done this the same way a thousand times, why did I lose this patient?" and at that Nicolas Cage, who was her guardian angel, touches her forehead touches her forehead; she doesn't see it, can't feel it, but she comes to the realization that she's not in control, and, I learned that I wasn't in control. I was a vehicle; I was a tool being used by the divine to help in the healing of patients, but what I found was that healing didn't occur where I thought it did. It occurs in a totally different space. And that is in the spiritual realm, not in the physical realm. Maybe curing a disease might occur in the physical realm, but the healing occurs in the spiritual realm.

Chris Now, Dr. Gordon, aside from writing this incredible book about your experience with your son; you are quite a active health advocate. One of the things you are working on is getting AED's: automated external defibrillators (pronounces incorrectly) placed in Ohio schools and police cars, and you've gotten honored as physician of the year by the American Heart Association for your work and that. What propelled you into that work?

Dr. Gordon Well, this is around the same time that the spiritual development started in me. Josh Miller, a fifteen -year-old high school football

player from our community ran out off the field one Friday night and he collapsed in front of the bleachers and in front of his teammates, in front of his friends, and sadly, in front of his parents, Josh Miller died of cardiac arrest; and that's when the heart just suddenly starts to quiver like a bowl of Jell-O. I had the unfortunate experience of watching the videotape of Josh's death and Chris, I've seen a lot in my career, this was the most sickening thing I've ever seen in my life. In that normally boisterous stadium you could have heard a pin drop, except for the wail of his mother, and for the first three or four minutes, they thought it was a neck injury. They didn't even think of it as being a heart related problem, but he died of a cardiac arrest and kids aren't supposed to do that. So shortly thereafter, I met with his father Ken, and I was president of our local chapter of the American Heart Association. I vowed this wasn't going to happen again, we were going to do something about it and we had a conference. And there were radio, and news station TV reporters there and after the conference our goal was to put AED's and every junior high school and high school in our community and raise the money to do that. A TV reporter shoved a camera, microphone in his face and, this is to Josh 's dad, she said "you know Mr. Miller, these AED's usually cost \$3000 apiece. Don't you think that's a lot of money?" and he looked down and as he looked back up, he looked at me as he responded to her question. And he said "You know, doesn't seem like a lot of money to me." And it was just like a bolt of lightning that went through me. I was being told: Here's the ball, run with it. So, we did. We succeeded in putting them in the junior high schools; and then I thought, why does that need to stop in our community? How about the state? And I approached the state of Ohio. We convinced them to grant five million dollars. We became the first comprehensive program in the country to place an AED and we offered it in every school K-12 public, private, parochial, chart, not every school by the way, accepted one, but four thousand four hundred seventy eight AEDs went into the schools throughout the state of Ohio, so we filled most of the need. We trained five individuals at each school in CPR; total of fifteen thousand people trained in CPR and use of the AED. We aligned them with her local paramedics and 911 service; and I'm pleased to report that we had these fifteen saves as a result of that very day we completed that program. Our US Congresswoman, Bettie Sutton, called to congratulate us on the initiative, and she said "You know, Terry. Do you think we could do this on a national level?" and I said "No Ma'am. I don't think we can" and I remember her disappointment. She said "Why?" and I said "Because I know we

can” and Chris, I wasn't being cocky when I said that. It's called the power of intention. I could see that program as already being. All I had to do was make it happen, but I already saw it as complete and within six months. She grabbed the baton from me and bolted with it and put forth the Josh Miller Hearts Act for the US House of Representatives. In June of 2008 it passed unanimously; didn't make it through the senate. Next year it was proposed again; didn't make it through the Senate and it's back down on the floor of the house and our US Senator proposed it on the Senate side. This is a bill that would put AED at every single school in the United States and the reason this is important: first of all, every minute that someone's in a cardiac arrest their chance of survival drops by ten percent and nationwide the average response time of the paramedics is about eight to twelve minutes. You do the math, three to five percent of people that have a cardiac arrest survive. If you do CPR, it doubles the chance of survival; if you do CPR and shock early with an AED up to 50% survive. So, this bill will place an AED in every school. The tragedy and the travesty of this is, since the bill first passed the US House of Representatives in 2008-206 children have died of a cardiac arrest in our schools as a direct result of there not being an AED there, and the thing that will absolutely nauseate you: If you walk through the halls of Congress, you walk through the offices of the House of Representatives and Senate, guess what's hanging on their walls: AEDs, everywhere. So they're protected, our most precious resources. You know, when this outrage- I don't know- three, four, five, six years ago. We were sending our troops into Afghanistan and Iraq with inadequate equipment and there was this uproar. We're doing the same thing to our kids, we're putting them in harm's way out on the football field, soccer fields, basketball courts, track; without an AED, without the proper equipment to save their lives. It's a no-brainer. And yet, there is resistance, but we'll keep persevering

Chris But I'm interested to hear though, Dr. Gordon, because I hadn't heard that this is a problem for children. Now, what causes heart failure in children?

Dr. Gordon There are different things that could happen to the heart. When a person goes into a cardiac arrest; it's a heart rhythm disturbance. It's where their heart electrically just starts to quiver like a bowl of JELL-O rather than pumping efficiently. Usually, it's a congenital heart defect that hasn't been diagnosed, and that was the case with Josh. But, it also can occur from being struck in the chest; which is

called primordia cordace, and if the heart, the chest, is struck by a football, by a baseball, by a soccer ball, lacrosse ball at just the right moment and there's a 2% area where it has to happen within that 2% in order to manifest into a cardiac arrest. Then the same heart rhythm disturbance happens and cardiac arrest occurs. The vast majority of youngsters that have cardiac arrest from a congenital, a structural, abnormality it is usually not diagnosed. Josh was a perfect example: this kid played football through grade school and junior high and it just so happened one night was when it hit. And again, had there been an AED there and he had been shocked right away, good possibility he would have survived.

Chris                    So, parents want to see these machines in their schools, who do they contact? The Josh Miller Hearts Act, how do they get involved?

Dr. Gordon            Their Congressman or woman, their Senators for their states. You know, the Good Samaritan Law applies to this, so even if you haven't been trained in use of an AED anybody can use it. You know, we have federal law mandating smoke detectors be in every building. Smoke detectors save about six thousand lives a year. AEDs could save 50-100 thousand lives. They're mandated be in federal buildings, they're mandated to be on our airliners, the Jets. There's a twenty five times greater chance of having a cardiac arrest in a school that there is on a jetliner, and yet they're federally mandated there. We need to have them federally mandated everywhere; shopping malls, high rise buildings, golf courses and as you mentioned, we put them in police cars; eighty percent of law enforcement responds to medical emergencies and sixty percent of the time they get there before the paramedics-delivering the shock three and half minutes earlier than if you wait for the paramedics-and that extrapolates in to a...The person who shocked by a cop, has a 10 times greater chance of walking out of the hospital unscathed. So AEDs should be everywhere, especially in our schools

Chris                    So, Dr. Gordon, where can people go if they want to find out more about your work and your book and then before you go I also want to ask you that you have a new TV show coming out. Pilot called Renewal, but let's give them a place to go if they want to find out more out more about you

Dr. Gordon Well, my website is [www.DrTerryGordon.com](http://www.DrTerryGordon.com). Doctor is just D.R. no period behind it. Terry is just T-E-R-R-Y and Gordon is G-O-R-D-O-N DOT com. And on the website you can order the book, there's lots of interesting things in there that I believe could be very helpful for anyone who's dealing with loss or has a loved one is dealing with loss or is just learning how to be accepting and appreciative of every single that happens to you. The new show that we're about to begin production on is called Renewal and this is a show where we're going to be describing probably three different stories for each show and the first third of each of the shows will be an introduction of life, just lollygag along just peachy keen, just having a good time to enjoy everything and then the middle segment will be when the bottom drops out. When something supposedly tragic happens and in the last third of it is the most important. This is the renewal part. This is what is it that enables people in the midst of a calamity to come out of it, to pull themselves out of it. So, the sweetest part of the story will be how people going through the trials and tribulations that many of us will have to face at some point, how they pull themselves out of it, in hopes that it can help others to do the same.

Chris That sounds very inspiring and Doctor Gordon we want to thank you so much for sharing No Storm Lasts Forever: Transforming Suffering Into Insight with us and we wish the best to Tyler and his recovery and look forward to hearing more about your work. Thank you so much.

Dr. Gordon Thank you

Chris That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [www.hardtfindseminars.com](http://www.hardtfindseminars.com)