

00:00:01 Hello there, golden girls. And welcome to this episode of golden girls podcast. I am so honored to be here at, with Aditya Jaykumar. Aditya, thank you so much for being here. Thanks Lisa. Okay. I'm going to read out your bio and it's pretty impressive. So just give me a minute here to get this out. Cause I,

00:00:17 I think you have, you have so many different modalities, so much different wisdom to share, and I want people to really understand who you are. So Aditya is a certified breathwork instructor and he helps individuals, groups and organizations reduce their stress and avoid burnout through breathing movement and meditation. And I know a lot of our listeners here struggle with these things,

00:00:38 stress, burnout, and you know, what your wisdom is going to be so helpful for them. I teach as goal is to help bring the numerous benefits of breathwork into the workplace, through evidence-based science, backed techniques and methods. He helps employees feel more connected and present resulting in increased productivity, enhance creativity and optimize wellbeing. Aditya has been invited to present workshops on breathwork at multiple organizations,

00:01:04 including the city of Burnaby, the project management Institute, UBC you Veda USA and coast capital credit union. So I mean that, that says something right there. The fact that organizations of this caliber are, are tuning into breathwork. So, you know, we're all gonna listen up. Real, real good here at EGA is also the host of my seven,

00:01:23 his podcast, where he chats with yoga instructors, mystics, healers, visionaries, and shamans about ancient wisdom for the modern mind to date, the show has garnered over 6 million downloads with listeners in over 150 countries. And his show is consistently ranked among the top 50 alternative health podcasts on iTunes, USA and Canada. I mean, super, super impressive. And thank you for being here.

00:01:47 Thank you, Lisa. That was one of the best intros I've listened to and my dad has made in made so far. Oh, oh, I think you congratulations. I mean, you know, hitting those kinds of downloads says a lot. It's a lot of work to have a podcast, but also says a lot about the impact you're making in people's lives.

00:02:03 And I can, I know that's really important to you. So thanks for, thanks for the work you're doing with my seven chakras and thanks for being here to share with us. So I also want to share really quickly the story of how Aditya and I met, because it was super, super unrelated to any of this, because I think his story shares a lot about you and your humility and your desire to add value.

00:02:23 So a couple of months ago, my husband, Troy and I, we were going to host a real estate meetup. And our intention with the meetup was to bring people together who had different things to offer. And we really wanted to attract people who wanted to add value more than just take. And when we put out the announcement, of course, we had a lot of people interested in joining because these things just don't really exist.

00:02:43 And somebody, a couple of people messaged me and they said they didn't have any real estate, but could they still come? And you know, we, we obviously, we kind of had to be a little bit discerning about how much space we could we had and how many people could come. And he just messaged really stood out to me because it needed Eddie to didn't just say,

00:02:58 Hey, I want to come and I want to learn and I want to soak up everyone's knowledge, but you actually said, Hey, I want to come. I don't know a lot, but I want to get started and how can I help? And how can I add value and your message right away stood out to us among, you know, the dozens that we got of a lot of people who just wanted to come,

00:03:18 but didn't realize that the other side of that is like, we just, we just wanted people that could add value to in whatever way that was. And so you were willing to come in whatever capacity you were like, I will come, I will like, and you were great. You, you actually helped us with the door. Cause if you live in an apartment building,

00:03:31 you know what I'm talking about with the buzzer and all of that, you know, you were so helpful in helping guide people in and knowing who is coming in. And I just think that says, speaks so much to who you are as a human and the humility, you know, they were, it says something when you're willing to do roles that other people are not willing to do.

00:03:50 So I, yeah, I was really always at very attracted to that as a, as a human, as, as someone who I think, you know, you see what it is to add value and it's not about necessarily knowing everything, but it's about being willing to step up and do do the thing and not being too proud to ever do what it takes.

00:04:07 So Yeah, 100%. I mean, there's a long story to that. So for your listeners might know that real estate or where you belong, your home is actually deeply connected to energetics. So the real estate or your home, or the country that you belong to is connected to your root chakra. So if you don't have a home or if you don't have real estate,

00:04:28 or if you don't have a place where you can belong to that can actually affect your sense of belonging. And that's why, you know, for example, refugees who are uprooted from their home, they, or the same generation, or even multiple generations have a sense of trauma. And so me on my personal journey, because I've been in Canada for about seven and a half years,

00:04:48 I recently got my citizenship as well. I was like, you don't want, I do want to, you know, Baird my home and maybe own a home as well as, and I've shared this with you as well. One of my visions is to have a nice home, a large home and then have, you know, in friends and family or have nice dinners,

00:05:08 right? Have court lunches and saunas and just connect, have connection. And that's one of my values through my journaling that I learned is I want to have an expedience connection. And so I, in my journey to realize that I want to get into real estate. And then I noticed that out in the east, in Toronto and in Ontario, they've got a large community that all get together as a meetups.

00:05:28 And I felt that that wasn't happening a lot over here. So I had that at the back of my mind. And so when you both said that, you know, that you're hosting, I was like, I'd love to be part of this experience. And I know that I don't have a lot to offer. And so I'm willing to be really,

00:05:44 to offer anything as long as I'm, you know, part of this experience. So I'm glad that you responded to that invitation. And that was, that was an amazing intimate event. I must say, you know, it was really well-prepared and you, it was not just like a meetup where I was just networking and you let the people decide who connects with whom,

00:06:01 but it was, it was, there was a lot of structure to it. And I loved the question that you asked. So it was a real sort of mastermind, well put together event that I hope, you know,

we have in the future as well. So thanks for hosting and thanks for inviting me as well. It was really nice, Our pleasure,

00:06:17 our pleasure. And I'm sure we will do it again. Yes. I have had some experience with masterminds and creating it, so that, that came up and we really just wanted to add value. Yeah. And I just, I thank you for, thank you for sharing that. And just, I think a great reminder for all of our listeners,

00:06:31 you know, we sometimes saying like, oh, I don't have anything to offer or who am I or to do this. And I think, you know, just being willing to help out in any way that that's what gets you in the door. That's what gets you into conversation with people that have done things that you may be haven't done. Yeah.

00:06:47 So I think that's a great lesson for everybody, so, okay. We are going to talk about a lot of things. We're even gonna probably break this into maybe two, maybe three podcasts. We'll see how it goes, but let's start with flow. Cause that's, that's what, that's what this is about. So can you describe in your words,

00:07:03 what you see as flow and what it means to you? Why is that the place to even start? Yeah. So flow, as you know, some of your listeners might already know this is a topic that a lot of research is being conducted each and every day. And one of the provenance of this concept of flow was Mihai. Chickson me. I spent a lot of time trying to pronounce his name correctly.

00:07:30 You nailed it. Can you spell it though? I feel like that's, We'll link it in the show notes. Well, yeah, so he was a prominent behind the concept of flow. And I think the more we research and study into it, the more we know, and as you alluded to through our conversations before, there's a lot of Eastern concepts and practices that help us access the state of flow,

00:07:55 but what really is it? And so from, from my understanding, and I don't myself, you know, not as a Mostro flow, because there's so much to learn and so much to educate oneself about it, but I'm, I consider myself as an adventurer in some, as an Inquirer and someone who, you know, goes about conducting experiments on his self.

00:08:15 So I can find more about what works for me so that I can share it with people and they can con you know, conduct their own experiments. So floor to me is when a person finds himself or herself in a state of deep absorption, someone is immersed in a particular activity. And in that process experiences, certain things that let the person know that he or she is in a state of flow.

00:08:48 For example, the person might be a chess player who is playing the game of chess. Whereas it might be somebody who was hiking. Like, for example, yesterday, I went to dog mountain and we hiked for about an hour and a half. And I was so immersed and so absorbed into the process of hiking. And then when we went up,

00:09:09 we saw the sun sort of almost setting, right. And it was a beautiful experience where you had snow on the mountain, but then it was like such a thick cloud cover. It felt as if you could actually walk on the clouds, the whole city was scoured by, you know, clouds. And so I was absorbed and I was immersed in that experience of enjoying nature.

00:09:29 And it could be any activity at all. It could be like a, a rock climber. It could be somebody who's doing breathwork. It could be like, for example, I love oil bats. And I do the

autobody when I'm just thinking about the sensory experience or somatic experience of touching my own body. So basically a flow is something when a person has really absorbed,

00:09:50 really immersed in that activity, that the person is doing Something that comes to my mind is like music, like creating music or literally listening to music 100%. What, how do you distinguish, I'm curious about like, you are in flow when we're watching Netflix or reading. Cause that, is that the same thing? Cause That's a great question. Let me put my Eye it's okay.

00:10:24 All good. We'll just, we'll just pause that. Yeah. So that's a great question. I can talk about what flow isn't. So that'll help us understand what flow is in a way, right? And so to really understand what happens during flow, it's helpful to understand our brain. So our brain has regions, our boxcar, the default mode network.

00:10:46 Now this is pretty interesting because the default mode network in a way forms our sense of self, right? And so when we are on and about during the day when we were shopping, when we were just driving in the car, that's when the default mode network tends to be highly active. I feel that to really understand what flow is, it will be helpful to understand what flow is it.

00:11:12 And so I'm just going to talk about what happens inside the body when we are experiencing a state of flow. So there's a part of the brain that's called the default mode network DMN. And what it is basically is a regions is the being regions of the brain that help us form our sense of self, right? So when we were on and about when we were shopping around the city,

00:11:39 when we were driving maybe, or when we were doing some task with it, not completely focused. And that is when the default mode network is really active. Right? So think about that. You know, when you're driving in the car, maybe when you were shopping in order to be focused on buying something, but you're just walking across the aisles.

00:11:57 You're looking around at what's available in the store. That's when the default mode more network is active. And at this time the brain is constantly thinking about the future. Maybe like, what are you going to make at night who you're going to meet at night? Whether or not you are with somebody at that point, or maybe thinking about the past, you know,

00:12:21 somebody that wronged you, somebody that heard you, somebody that did not behave according to your expectations, right? Or somebody that rejected you, that happens automatically. Because once again, the default mode network is responsible for creating our sense of self. And if we have a self, then we're not the future and we're not the boss. So we're always trying to think about the Bosch and the future.

00:12:45 And also this default mode network is always comparing ourselves from somebody else. I'm not good enough. I'm not smart enough. I'm not rich enough. I'm not a fluent or resourceful enough. And you know, so this, this constant narrative keeps going on and I'm sure people who are listening to this podcast are able to relate when, you know, they're experiencing these things,

00:13:09 right? And this is not reconstructive, especially if you're an entrepreneur. If you're a high performer, if you are a teacher, a mother who really wants to do well at their work or at their job, or actually wants to actualize their life's purpose. And so what happens is there a certain activity, certain practices, especially breath work that help us quieten our coun this default more network.

00:13:34 And so when our sense of self is quietened, what tends to happen is we feel much more connected with everything around the world. We feel much more connected with the past and the future because it all collapses in the present moment. We feel connected with people around us. We don't see them as adversarial. We see them as an aspect of ourselves. And then we realized that,

00:13:59 you know, aren't, our, our universe is actually formed to our thoughts, to our actions. And we have so much more of a sense of control. And if you're able to spend more time with the quiet and default more network, we realize that we are able to get into a state of flow much more effectively. So that is one of the characteristics of flow is the sense of time dilation when we are not worried so much about the outcome of that drawing that we are doing.

00:14:32 We're not worried about whether or not we are going to catch the sunset. We're just immersed in the work that we do. And we don't realize how time is escaping us because we become the work that we're doing. We're not the doer where the work and the person who's doing the work as well. If that makes sense, Does it does so, so resonates on many deep levels.

00:14:55 Number one, being that I feel like I said, like a type, a always, I've been really ambitious and quote busy for the vast majority of my life. And I think, I think parenting is like the next level of it, because there's not only yourself and all the things you are trying to manage, but there's also another human or maybe two or five humans that you also have to figure out.

00:15:17 And so I get like the DMN, you said default mode network. Like, I feel like my brain is in that zone a lot. And that's why I really wanted to, I'm very curious about breathwork and curious about more of this. And I know I want the first guided breathwork session that I did, let me be clear. I was the one being guided and it was just a magical cause to this day.

00:15:39 I could not tell you if it was 20 minutes or if it's three hours. Like, I, I have no concept of, it was almost like time bent and yeah, I think that's just so, so powerful. And I wa I, it made me, it was like addictive, but in like a peaceful way, it was like, I want more of this.

00:15:59 I want, I want to have more of this in my life. And so, yeah, like, I'm very curious to hear more about anything that can bring more flow to my life, because I know it being in that mode of like, constantly thinking about what's next, or what did I just do? Or what about this? What about that?

00:16:15 My body can no longer handle it. Literally. I, I know it's making me sick in some ways. I'm sure it's making other people too. I'm wondering how you distinguished between flow and presence. And if there is a difference. Cause I mean, I think about like<inaudible> and his teachings, a lot of which, you know, I, when I started reading it,

00:16:35 I don't know, 15 years ago when it first came out, I couldn't like, I, none of, I understood none of it. And now, you know, being 10, 15 years older, I get more of it, but he's makes a lot about presence. And I really enjoy listening to some of his, his audio books and, you know,

00:16:48 walking through nature and just seeing a flower and not, not thinking about it, not analyzing it, but just being in it. And I'm wondering, you know, how do you see, yeah, how do you see flow versus presence of the same? Are they different? And how, what are your thoughts? I think a presence is one of the skills that helps us trigger flow.

00:17:09 You know, because if you are distracted, that's going to make us make it very difficult to enter that state of flow in the first place. And so any type of practice like mindfulness

or meditation or breath work that helps us build a habit that to automatically trigger coming back to the present moment will help us, you know, trigger flow because flow also has certain other characteristics.

00:17:34 So the activity that you're doing has to have the light, the right level of challenge, if it's too easy and it's difficult to be in the flow because it's easy to be distracted, it's so easy. You might as well do something else. But if it's hard, then your, I think your sympathetic nervous system will trigger it because then you feel a level of anxiety or maybe a stress because the work,

00:18:00 the task is so hard. So if you choose a task that has the right level of challenge, where you feel a certain level of control at the same time, you're able to let go of control because you trust the process. That's, you know, when you are able to experience flow where it all starts with your being able to be present and tune off from the rest of the work,

00:18:23 I feel that's where, you know, like a practice of breath work or meditation can really help because you get better at better at being present. So to speak So good. I love that distinction. Yeah. Presence is a skill that you need to in order to get into flow and flow. It also has other characteristics. And makes me think too,

00:18:40 you know, like, oh, not that we would go into flow for this, but it's interesting to note that flow is about doing something that is challenging. Something that may be what we perceive in our Western world to be productive or to be creative, or to be an, some sort of an action or an, or an outcome. But I feel like it blends kind of like that,

00:19:02 that Western part of us that wants to do achieve creates, and also the Eastern kind of philosophy or Eastern spirituality or knowledge of like these two things can actually go hand in hand when we're present for it. And when we're open to the flow and we're not doing it just in the, I mean, just in default and we don't have to say the da da and like literally just the things that we do in default,

00:19:24 the difference is doing them in a state of flow versus just doing them by default 100%. And also I think when it comes to Eastern practices, I think for some reason, just the more passive practices have become popular in the west. But actually I think flow is very much resonant with the Eastern philosophy as well, because one of the books of, especially in India,

00:19:46 which is the most popular is the Bhagavad Gita and the Mav Arthur. And one of the things that Krishna said to original secretion as well, you know, one of the guards who has a conversation with Regina, and one thing he says is do your work without thinking about the outcome, which is kinda kinda, you know, if you're thinking about our flow,

00:20:08 right, because what he says in that conversation, very rightly can, that can be applied to territory as well. When you're doing any activity or project, there are so many things, so many factors that are out of your conscious control. And if you keep thinking about them, like what the government is going to do, or the group of people are going to do where they,

00:20:29 our customers are not going to buy or knock the preferences, keep changing technology keeps changing, then you're always going to be out of flow metaphorically. Whereas if you're just thinking about your work, right, your intelligence, your resources, your hard work and what you can put it, put into it, then I think you're going to have a better outcome.

00:20:47 So Yeah. Yeah. I hear that. And I'm going to have to get you to write down the names. I can put those, those books in the show notes as well for people who want to dive

more. I can relate to that so much, I think, in the last well, okay. I think maybe it's even just a question for anybody listening.

00:21:03 It's just to think about what are the, the, if as you're listening to Aditya talk, what are the things that get you in flow? And I know for myself, something that puts me in flow, I speaking, speaking, coaching, facilitating like that. Absolutely. For me, Ben's time. I can't always remember at the end of a live video or even at the end of a podcast,

00:21:22 like, what did I say? What did we say? Well, you know, and I, I always go in with intention, but I'll also say also, I, I guess the word is flow. So I think it's an interesting thing for everyone listening to really think about like one of the things that get you into flow that, that are challenging,

00:21:40 that do keep you engaged, but don't move you into too much stress. And that allow you to create something or to bring your gifts in, out, into existence, without attachment to the outcome. And it's so interesting because I've really struggled. I think in the last two years, especially when everything seems to keep, continue to keep changing. And even like,

00:22:01 if we think about the last five years since I, you know, I, since I started my business, like everything keeps changing. It feels like a lot of people are struggling with how do I respond to this? How do I respond to consumer needs and wants and desires and all these things. And it's just so interesting because I think I've, I've noticed,

00:22:15 and I'm still got some room to lean into this. So I'm, I'm a student here for sure. But every time I just come back to me and go into like, what w what, what feels right for me to speak about and create about and tap into that flow. It just releases so much of the pressure. And it's just so much more joyful.

00:22:31 And I believe I see that it actually creates better outcomes in what I'm creating and business and life and all those things. So, yeah, I love it. What gets you into flow Are many triggers. Like I said, I'm an experiment. So I'm always trying to find an experiment with things that can potentially bring me into flow. And for me,

00:22:52 it's like breath work, right? Whereas work just has a way of using things like the breath itself, or also certain mantras. When you hum along a mantra or an affirmation, you trigger the vagus nerve, which is the longest nerve in our body extending from the brainstem. And so just sort of toning that vagus nerves helps you tap into Patterson pathetic.

00:23:23 And that for me, takes me into a state of flow because I'm not stressed out and I can really connect with my creative, my intuition and my digestion and relax. So, you know, just breathwork and monthlies can take me into flow. But the other thing that I really love and I feel not enough people are practicing this is I really all.

00:23:46 Yeah. Okay. So you mentioned this to me. I haven't even looked it up yet. I know we're definitely going to dive into it because I'm very curious about this, but so stay tuned. We're going to talk about Ayurvedic oil baths, but this is one of the things that gets you into flow. Yeah. I w I already got a bias as well as cold exposure cord showers.

00:24:03 Right? Because once again, when I am getting into a core shower, I can not worry about the past. I can not worry about what's going to happen in the, in the future. I'm just worried about, well, physiologically, am I going to survive? My body's like, this is not normal. It's still going, right. So I'm in the moment.

00:24:22 What about my breath? What about the sensation of the coal droplets on my skin? That's it not worry about anything else? And it got out of the core shower and that's when the body rewards me with endorphins and endocannabinoids and these feel-good sensations. And I'm feeling like this surge of energy and vibrance, and that also in a way it's flow, because I'm just in the present moment,

00:24:46 not really worried about what's going to happen in the future or what happened in the bus. So that also I feel cold shower, and I think you're also a fan of it. I have, I have, I know I'm holding back my excitement on it, and I'm sure everybody listening is like, okay, okay. We get it cold showers, but seriously,

00:25:01 we come, we come here am almost evangelical about cold cold therapy, for sure. So I've heard you say a couple of things in terms of like the benefits of flow. And I, I just wanted to just see if there's anything else, but I've heard you say, you know, definitely more calm, more in tune with yourself. What else would you say are some of the benefits of being in flow?

00:25:23 Well, individually, obviously there are benefits of flow, which is being able to get your work done, being able to get more quality work done, because you know where to tap into both hemispheres of your brain, not just the logical to do, do, do, do, do, do you know, you get work done, but then what about your higher self,

00:25:40 your, your collective consciousness that a lot of entrepreneurs and successful people draw from, right? You're drawing from your intuition. And when you're in a flow, you're able to, you're able to do a lot of that when you're in your flow. I think I'm a very positive person because you just worked. What about your task, your future. You're not really bothered about,

00:26:00 you know, into somebody else's life and triggering other people. But think about what if, you know, your whole family is into flow, you'll have less triggers and as relationship issues let's fight or all right. Or if your whole community's into flow, you'll have less people getting angry. It's more about open communication, open dialogue, and thinking about the whole,

00:26:24 or if your whole city isn't a flow, or if you're all countries in the flow, right? So there are so many overlapping benefits of us individually getting into a state of flow, but then helping other people also tap into what I like to call peak states of consciousness, big states, right? I think as human beings, we are meant to be more in these big states because they remind us of where we are from.

00:26:46 We are part of, we are not just individual beings. We're here to live our own separate solar journeys. We are part of the whole, we are part of the forests and the trees and the mountains, and this, we are part of this beautiful, you know, the word. And I think the more we remind ourselves, not just mentally,

00:27:09 but whole body remembrance, it's good for us and good for our health also because we don't have, we're not putting our heart into so much of stress. We're not, you know, wedding and debting down our body. Yeah. This might be a good time to talk about, you know, the body, the impact on the body and the nervous system piece,

00:27:29 because this is something I am just starting to learn about. So tell me all the things, but what I, what I do know is I, I know this, which is going to sound kind of weird if you're not used to having these kinds of conversations, but I know I've recently realized in the last, like, even just a couple of weeks,



00:27:48 like how much my nervous system is very sensitive and very stressed and how much power and how much everything changes when I can bring my nervous system back in.

And I say that, and like, I literally have no idea what that even like, I have no idea what that means. I have a couple of things that I've noticed that helped me, but I'm wondering if you could,

00:28:05 could you like help fill out what I just said there? Like what, you know, w I, you know, I heard you talk about the Vegas system then parasympathetic nervous system. Like, can you kind of give us an overview on that and help bring some actual science and an explanation to what I just said? Yeah. And I, you know,

00:28:22 I, myself am educating myself each and every day and experimenting and finding out, right. And part of what we do is logical, you know, abstract reading, reviewed reports and what the doctor are saying, what the researchers are saying. But part of it is also intuitive. If I feel it, if I sense it, then it is true.

00:28:39 And I think we discount the judo part sometimes, which is why, as we were talking earlier this spot, because I've bought myself a, <inaudible> a bit of mud, which I keep in my pocket all the time. I also have a Shanghai necklace, which has the flower of life, sacred geometry on my chest all the time, because intuitively I have sense that the,

00:29:04 the EMF level, not just at my home, but collectively has increased. And that is true as well, Phi with 5g coming on board with people, having old more devices that you're wearing Bluetooth headset and a phone and the laptop, maybe two laptops, if you have a larger family and nowadays you have electronics in the car as well. So we can never escape being with these electronics.

00:29:26 And I feel that that is putting an undue pressure on our nervous system at the cellular level as well. Right. And the way that we survive, the way we create energies and our mitochondria and the mitochondria need two things in order to produce the energy that is needed for us to survive and thrive, which is glucose and oxygen, right? So the oxygen part is the breath work,

00:29:56 the glucose part. And I see you have so many books on the importance of having good nutrition, right. And then, but then if to EMF and all these different radiations, if our mitochondria itself is getting damaged, then our ability to produce energy is also being limited. Right. I love how you bring yeah. Intuition and law and logic and science,

00:30:20 like all these things together. I think that's, what's really vital for all of us. Like really? Yes. I just want to, I really appreciate that in you, how you're able to ground those two things. And I think we, like we lose when we only talk about one side, we lose the perspective. We lose out. We miss out on so much beautiful,

00:30:41 like, gain that we can have from it. So I so appreciate that. Yeah. So tell me more about the nervous system. So talk, cause I'm like, I've got to like you, like, I'm like, I know that this is a problem for me, but I don't even know what it means. Yeah. Do you know, to put it simply,

00:30:59 we've got the sympathetic branch of the nervous system and we've got the Patterson<inaudible> systems. Each one of them plays a role in our evolution and development overall. Right? So the sympathetic nervous system is our fight or flight and awakened alert state. And the parasympathetic is the rest and digest the more relaxed state. So for example, when our ancestors were maybe in the jungle,

00:31:25 or maybe in the Savannah, or maybe the grasslands, when we were walking around enjoying our day, suddenly we hear like a brush and the words are, we know something is wrong. Maybe there's a predator or a saber tooth tiger, maybe a lion that is there. That's when our instinctive sympathetic dominant branch would take over. And then we would either fight that predator,

00:31:51 maybe kill that orangutan are maybe scared from that place. Hopefully if we did some wave and we were alive, then automatically the sympathetic would calm down, go to sleep. And the spatter sympathetic would come on because guess what? Yes, we did. We do need to survive, but also we need to digest our food. We need to think intuitively and we need to relax.

00:32:13 But these days what's happening is we don't have that metaphorical bed in front of us unless you live in north Vancouver, but we're constantly getting these notifications and reminders that our bills are due, or maybe, you know, emails from the work that you need to come to work, or maybe deadlines in terms of projects, or maybe we're working on a business and an entrepreneurial project.

00:32:37 And maybe we don't get the permits from the government on time. Right. And so our whole project we're getting on the mortgage is getting delayed. So we have so much stressors that are not necessarily physical. And what that means is our body is constantly in a state of sympathetic dominance, which we just sort of like putting your gas pedal on the accelerator all the time.

00:32:57 It's good. You drive fast, but then your body is taking a toll in terms of your health. And that affects your longevity. You, you know, we start looking older much more earlier. So what is the solution then? Well, we need to go in there and take our foot off of that pedal using these practices so that we spend more time on better sympathetic because the body is a true healer.

00:33:22 As you might agree, the body knows how to heal. We don't need to intervene and put all these different bills and, you know, injections all the time. There's a diamond place for that. But for the most part, the body knows how to heal. And if we give the right food and the right oxygen and the right conditions that are conducive to healing,

00:33:42 the body will miraculously and as appropriate and heal. So that is, that is where the, you know, parasympathetic and sympathetic branches, you know, come into play. Amazing. Thank you for that. So good. So good. I mean, I can, yeah, I can resonate with that so deeply. And I think modern life, I mean the amount of notice,

00:34:04 I don't even have notifications on my phone, but imagine if you know that all the text messages, all the emails, all of the notifications on social media, I mean that in itself is a lot. And if we then, you know, as a parent, like, oh my gosh, my kid is like, constantly like, mom, I need this mom.

00:34:23 I need that. And I, I don't know what the science actually says on it. I mean, either must be signed on this cause like biologically we're hardwired for our children. Right. Or we're hardwired for, I remember actually when my daughter was young and she would scream, like I could physiologically feel it in certain areas, like my body would hurt when she would scream at a certain level of when she was really when she was very angry baby and the,

00:34:45 in those moments. And you know, now too, like when she's upset or where she's tantruming, like it feels like a, I could feel a physiological response to that. And that is what I, yeah. That's kind of what I've picked up on as being like, oh yeah. My nervous system literally is like, I can't handle it Quick observation to them.

00:35:05 And I totally agree. You know, I think right now maybe like five years back, more so sometimes what tends to happen is the whole responsibility and the stress of parenting is put on the mother. Whereas in the past, when we used to live in, in villages and collectives, sometimes the grandfather would take over. Sometimes the grandmother would take him or sometimes the father would take him.

00:35:26 Sometimes the younger, older brother or older sister would take over where the mother would go and spend some time out in nature and recuperate and heal. But because we are living in nuclear families these days, maybe there's more of a stress around the moment. Like you put it, it's like a whole body stress. Right. And I think one good trend is nowadays there's a paternity leave concept where the father can also take leave for that period.

00:35:50 So that at least the stress will be distributed between two parents rather than, you know, just on the mom. Right. It's a good trend. Absolutely. Yeah. I haven't, I can't tell you how much I've realized, you know, the, there's a lot of freedom that comes from having a nuclear family, you know, like not living in multi-generational households and having all those people,

00:36:10 those, and I think that, that, you know, that's, that's great too, but also it's really hard. And I know myself and lots of other friends and moms like we've, especially in the last couple of years have really been talking more and more about how great would it be to have a community to have to actually have a village because I don't think,

00:36:29 I don't think we're meant to do it all alone. I really don't believe that we're meant to do it alone. And as I'm someone who you may or may not know, my husband works away for at least two weeks a month. And so I'm on my own a lot. And I, I don't for this, I call myself a solo parent,

00:36:46 but for the people that are single parents and having to do that all the time, especially when you don't have those support systems, like I just, I don't know how you do it because I know I'm, I really struggled to do it. And I can really feel my nervous system literally like unable to, unable to handle all of it. And so,

00:37:05 you know, we had, we had a guest to resell the Nuba via Cameron, what episode number boat about grief. And we talked a little bit about somatic work in terms of grief. And one of the things that she shared, and I've worked with her quite a few of the times over the last couple of years, but like shaking, you know,

00:37:21 like literally sometimes I just have to shake it out and like let it out. And sometimes I just, I've just recently started screaming, which is actually amazing. And I highly recommend it, but yeah, like I just, I can relate to what you're saying is so interesting because I think also, probably maybe the CA last generation and even, you know,

00:37:42 a few, several generations back, probably like we didn't even hold the space for our children to have the tantrums. We just told our kids to, you know, stop it or go in the bedroom if you're going to be like that, or it's not okay to cry or tell him you're okay. Or stop, you know, you don't, you don't,

00:37:59 you don't deserve. Or like, I'm not gonna, you don't get to get to watch TV. If you don't stop crying now or stop screaming or bribing and shaming and guilt and all those, you know, kind of, I don't know, how do I say, like, you know, all of our parents were doing the best, but that's kind of what a lot of us were raised with was these kinds of parenting techniques,

00:38:14 where there wasn't even a space for those kinds of experiences for our children. And I think we're what I love is that a lot of the parents are moving more into conscious parenting and moving more into giving the space for our kids to, to be themselves, to, to tantrum, not to like, you know, be destructive or hurt people or anything like that,

00:38:34 but to move through their emotions. But I think piece that's been missing for me. And I wonder if this resonates with anybody else listening. And I think this is maybe a place for like future episodes, maybe future workshops, we'll see Aditya, but like, I think the other part that's missing that is, you know, we hope we know how to hold that space for our children or we're learning how to do that.

00:38:51 But then we also need to make sure that we have the support and that we have the, the tools, the resources, the time and the consistency with our own practices to heal our nervous systems that we can also hold space for them and ourselves. Oh yeah. 100%. I think, you know, like that court goes right. The healer needs the healing the most and right.

00:39:16 Let the doctor, like where does the doctor go to the doctor? The healer needs to heal themselves perhaps more so that you can take on the, the, the pressure, maybe the stressors of holding space for somebody else. Cause you're, you're just, you're not just hoarding space, right? You're also taking on some of that energy when you're doing a breath work session,

00:39:40 if the person is angry or sad or resenting something, you can't help because it's all energy to take on some of them. And some people, especially like, maybe like if you're doing a massage, right, you feel like a beat in your stomach, or maybe you feel, they feel a pain in the shoulders. Why? Because that being that was there in that person is now coming on to them,

00:40:03 energy cannot be destroyed and asked to move from one body to the other. And it's true. So that's why you have to your point, everyone needs to find a way or a technique or a community that can help them unload some of that stress On Our episode. Yeah. I feel that as a parent, I feel that also as a coach, do you,

00:40:23 do you notice that as a, in the work that you do that you also need to be extra conscious on your healing? Oh yeah. 100%. I don't, I don't do a lot of like body work minus motor work, but even with remote, because energy is quantum in nature. Right. I just feel the need to, you know, just disconnect,

00:40:42 like in an ideal scenario. And that was one of the general journals that I did, or maybe a exploration of my vision. My ideal vision is to do my breath work sessions. Cause I do work sessions on zoom every Sunday morning. So do that. Right. And then just go to the mountains like I did yesterday, snowshoeing. Right. Cause that's the ideal way to offer space and then heal yourself.

00:41:06 Right? Nature is the ultimate healer. It's a very passive form of healing because you know, you're just walking up the mountain, but it does, it does heal you, it helps you to relax and it helps you experience a deacon more of what nature has to offer, like a sunset or sunrise. Yeah. Yeah. I agree with that. So good.

00:41:24 Well, I wanted to just say one more thing too. One of the things that you spoke to is like being as being able to heal ourselves and you know, I, I appreciate what you said there. I appreciate, you know, we're not saying that it's never okay to get any kind of treatment or like that you never need to see a doctor or have a team of,

00:41:43 you know, naturopath dentists who are chiropractor or whatever that looks like. That's not what we're saying at all, but it was really interesting that you said that because one of the messages that came through when I did my breathwork session, what I really felt it was so out of super cool was my own power and being able to heal myself and recognizing like when I could notice my body and when I knew it,

00:42:06 I could actually move breath and move energy and just like, and like feel myself feeling better. And it's really cool. Cause then I'm able to take that, that knowledge, that wasn't for myself. And then I'm able to like give that information to my physiotherapist when we're all working on healing, a few things with my, with my feet and I'm able to take that to my chiropractor,

00:42:26 helps me with headaches. And like, I just, it's just so interesting, like how I think we've outsourced. And I know I talked about this on a couple of episodes with Danielle Dame about our healing, our relationship with food, but we've outsourced so much of our wisdom to the experts. And I think there's so much power in bringing this back.

00:42:44 And I wonder if I feel like for me, you know, having my nervous system, having these red flags is a great reminder for me to stop outsourcing that power and to bring it back to me and to remind me that I can heal some, not everything, but I can heal a lot of things in myself and that I, I need to stop outsourcing it all and start insourcing some of that healing.

00:43:07 Yeah. 100%. I think it's a board statement for me to make as well, is that it's time, you know, we've come to a time in our human consciousness where we need to take control of our own health. You know, we cannot really fully depend on the doctor or whatever, whoever we're working with. Why? Because yes, they are here to help.

00:43:26 But at the end of the day, we're in full control of the journey. Right now we have access to peer review reports. We have YouTube and people dismiss YouTube, but the truth is YouTube is just a medium, there's good content there. There's not so good content there, right? It's it's this just like consciousness, but you have reports. You have,

00:43:42 you have articles, you have really good quality stuff online, which means that when the patient steps into the doctor's clinic, he or she knows what questions to ask. And when the person might not be providing instructions and advice that in their interest and this for me, a sign of a good doctor is someone that says, that's amazing. I'm so glad that you're empowered.

00:44:05 And you know what, you're getting into a sign of a not so good doctor is someone who is not impacted. And you see that a lot. Right? I know exactly what I'm doing. I know better than you, who has a stethoscope around their neck, right? Someone who dismisses questions and does not allow for the patients to explore and to at least Weiss their concerns.

00:44:27 And that's the sign of a North. You come across that a lot, right. It's just not about the knowledge that the doctor has, but it's all about the questions that they ask and the care that they provide. I mean, right now we're seeing this definitely like the health is we see that. We see that huge. I just think that's so true that with everything like that,

00:44:46 like think about leaders, you know, think about the, you know, the managers that you have, which ones listened to you and which ones don't right. Which ones like who attaches to titles and degrees who attaches to status, who attaches to their own ego of knowing everything versus who doesn't. I mean, even like, I, you know, by a bunch of there's certain podcast hosts,

00:45:04 that would be like, this is what you're going to say. This is what you're not going to say. I control that. You know what I mean? Like it, I think that exists in, in every realm. I think we're seeing it on a really interesting scale. And it's been, it's been there for a long time in the healthcare industry,

00:45:18 for sure. I think there's some room for us to a lot of room for us to move back to co-creating with, with patients and empowered being empowered decisions, all those things for sure. But I think it's, it's all around us. Right. Even just like what I said about the parent, like the parent, the idea that the parent always knows best when that's not true,

00:45:37 like the child has their own experiences, their own truth and their own journey that they're here on. And we're not just there to tell them everything. But like, I think it's a, it's a paradigm shift. And I think, I think we're, we're making the turn as a collective it's, you know, it's painful, it's slow it's we want it to have investor,

00:45:55 but I think it's happening. Oh yeah. I think change is happening so quickly. Right? I think it is really exponentially driven because of the, because of technology because of the internet, because of the speed at which we are receiving information changes just exponentially, like one day we're talking about a new browser, then you have NSDs and then you've got blockchain,

00:46:18 you've got defy and all these technologies that are affecting everything that we do including real estate. So it's crazy that I think as human beings, we're not designed to experience so quick changes, our nervous system is not designed to go through so much of information. And that's why I think we're or loaded is that at the end of the day, we're still give men and give women or we're still video,

00:46:42 so to speak it. Right. And so if we take some time and intention to see whether our food is designed for our, you know, what do you call that bio or our bodies or whatever, Like our, our, my own microbiome, our own biology. Yeah. There's Yeah. Yeah. So good. So good. Okay. Before we wrap up this kind of,

00:47:05 part of the episode, you I've seen, heard you speak about bliss and about playfulness, how does that tie into, you know what we're talking here around flow and nervous system, where did, where do you, where did bliss and playfulness fit in? Well, I think that's something that I've tried to practice and some of them, I forget it all.

00:47:27 So, but I try to practice it from time to time. Right? If you see some of the more ascended masters, they're always in a state of lists, they're always laughing, always smiling. They don't take life too seriously. Right. And is actually a compound that you, I think that your body produces when you smoke weed, that's called an undermined and under means bliss.

00:47:53 And in yoga, there is a, there's a scene called such a town under set. The means truth to means aren't justness on under means bliss or joy. And what it's trying to say is that the true nature of the universe is joy is bliss. And we are images of nature. So the true nature of others also bliss, because what's the point of being sad and depressed and grieved.

00:48:22 And, you know, because we live short lives and it is for the best of us to be in a blister state all the time. I know that's not easy, but if we train our nervous system and our consciousness and our, and our body to being that blitz listed, what we'll notice through the law of attraction will start attracting more bliss into our own lives.

00:48:42 Right. And so to answer your question, what was the other word you said, listen, where does it live on us yet? And so I think where playfulness comes in is if you see a giant blank BS five years for right, they're always on, they love it so much. They love the game and they play the game. And then,

00:49:03 then, and then the game gets, or, or maybe their character dies, but then they're like, let me restart. Let me try again. Let me play the game once again. Right. And so, because so many things in our lives are out of our control. If we add a little bit of playfulness and focus on the process, rather than getting too attached to the results,

00:49:26 maybe we'll have better results. In the first place we enjoy the process. We enjoy the challenges and the struggles and the difficulties that come with entrepreneurship and with bad incurred and with life in general. And we don't take it so seriously. We're like, okay, sure. We ended up the desktop, our shortages. And we start again, I wrote an article the other day and I,

00:49:47 and I, and I came up with the concept of the opportunity to fail or the gift of feeling. A lot of, I think a lot of countries you're not even allowed maybe as an immigrant to start a business. Like, I don't think I can just go into America and start a business, but at least Canada, you can. And so in doing so I get the gift of feeling,

00:50:11 you know, it's like, sure, I failed. Maybe, maybe the, the offer was not right. Maybe the, the market was not right. Maybe my approach was not right. Maybe this. So in feeling, I think you, you get to know the data, you see what went wrong, what went right. And the good part is that you can wake another day and try again.

00:50:31 And I think that's where playfulness comes into play. And that is one of the competence of being in flow is playfulness. So that you look at life as a game and rather than taking it so seriously. And if you have a failure, you know, dispressed inside and thing that prevents you from starting once again. And the truth is if you look at all the successful entrepreneurs or millionaires,

00:50:53 right, they've tried so many times that they've lost count of how many times they failed, but they forgot about that because the audience are, you know, the city or whoever you're working with, they don't care how many times you failed, as long as you've succeeded in the end, that's it? Right. So that's, I think that's where the perspective comes into play of being in a blissful state all the time through these practices,

00:51:14 to these activities. And also not being too serious about the thing that you're doing. I mean, you know, you need to be professional, you need to do a good job, which is, don't be so serious about the end outcome. That's what I take from it. Yeah. No, that's, that's great. I, as you were speaking,

00:51:32 it just spoke right to me because that's one of the reasons why I'm so passionate, you know, with this podcast and the coaching that I do. And, and is that I just see so many people so hard on themselves about failure and, you know, I can call myself a goal setting expert, but within that, it's like, it's not about smart goals.

00:51:51 It's like the hardest parts are, first of all, even having the, like, even having the wisdom to tap into what you actually want, because so often we see like what everybody else wants as an or what other people think we should do, or even what we, well, we genuinely thought we should do three years ago, maybe different than what we need today.

00:52:10 So like first part is like that tapping into what you actually want and being in integrity with that. And then having the courage to put yourself out there when you might, might really fail. And then all of these pieces along the way where you might fail and you might, you get in your own way. Like I, and I love, you know,

00:52:27 I think it's, there's so many different ways to access this, you know, there's, you know, some people will respond really well to listening to inspiring stories or to reading biographies or, you know, working with these mentors or, or podcasts or whatever that is. And that's why I w I really, really appreciate having these kinds of conversation around the spiritual pieces as well,

00:52:47 because this is another, these are other access points or other ways that we can, that we can other modalities that we can try and integrate into our lives to allow us to really listen to what we really want and allow us to have the confidence to have that playfulness when it comes to a goal or dream or something we want to create or achieve in our lives and allows us to continue,

00:53:10 even when it's hard. And even when our brain might be saying, but what about this? And what about that? And what about this person? What does this person thinking? And, you know, how do we handle 50,000 comments or messages or people, you know, like whatever that is like the stresses that will innovate and the challenges that will inevitably come from whatever,

00:53:29 from, from a life and be, especially when you're trying to do something exceptional or extraordinary. So I just, I really, I see this like such a correlation with everything that you're saying, and, you know, there's both like kind of the, more like a left brain, logical tool you can kind of do. Right. But then also like the right brain intuitive piece,

00:53:51 and also like the Western, you know, Gantt charts. And you can see my, you know, I've got like lists of like, I gotta fail a hundred times and I I've got Gantt charts and opportunity radars in my office. I've got these tools too, but I also feel like it's important to learn about these Eastern traditionally Eastern tools that are also really powerful and really helpful to help us move through those blocks that come when it is when we are trying to live a life that is joyful,

00:54:15 that is purposeful, that is meaningful and successful, whatever your definition is. Yeah. One representative. And if I may say this, you know, you know, you see these, you know, 30, under 30, or maybe 2,028 off of, you know, young people, or maybe as a, you know, young professionals who have for done this and done that and seen success,

00:54:40 Dashed my hopes for a 40 under 40. So you see all these things, right. And that's inspiring. But I think what is more inspiring is when somebody who is 40 or 50, or even 60 or 70, right. Go through all the struggles and all the societal expectations, and even then persist and succeed. I feel that's not spoken about enough,

00:55:05 right? Because the thing is that the older you grow, this is the more obstacles you've come in. Your bot. And most of the obstacles are in your mind itself, right? About our own



self creative narratives or expectations of when we should be successful or not. And I think success could be money, or it could be like, when you are getting mad at our way,  
00:55:26 you know, like we have our own definitions largely through evolution. And then a lot of these rules are not, it doesn't make, it don't make sense in our modern world, but we have those rules self-created narratives, right? And so they're sort of in a way, hold us back from even trying in the first place. So I get very excited and made inspired when I see people who are,

00:55:46 you know, 40, or maybe 50, or even 60, 70 as well, who sees success, because that means that they've not given up. And that means that they've seen way more failures than somebody who is 30, because the truth is maybe a 30 and I'm not trying to dismiss their success at all. When it's 30, maybe, maybe people,

00:56:05 you know, give you a support me to get some Grimes. You have some uncle R and D who's helped you. You get some mentorship from somebody who's elderly, who is a mentor. Who's seen so many arrows in their backs. They know all the challenges and maybe you'll see success. Right. And obviously their success is very justified, but sometimes when you're 40 or 50,

00:56:24 you don't get those guns. You don't get that support. There's no mentor was here to help you. There are limited resources of people who are competitively order because society expects you to be already successful by them. I, I do. And like, I, I have a post. I'm not going to pull it up right now. Cause I want to just be in this moment.

00:56:42 But like I have a, I had this. Yeah. I so agree with this. I created a post. It must've been like a couple of years ago, but it's a trend that I've absolutely seen. And it is the fact that like, that people's excuses of, of being, or I call it, I'm using the word excuses here, slightly facetiously here to,

00:57:01 to get the point across here can also be mindset, limiting beliefs, lack of like a lot of pieces here. But I just, I see this trend where so many people at 20 are like, well, I'll start the business. Like when, after I have some money saved up for hiring, I'm too young, but like too young, then later becomes too old.

00:57:18 It's like, well, now, now I have, you know, five, 10 years of my career under my belt, or now I have some money and I don't want to risk and I don't want to lose it. And so I like literally have seen this of people. So many, like so many people that I know. And I'm, I'm 35 right now.

00:57:31 So many friends that I know that have kept, they, you know, right after university, they were like, oh, I do want to travel, but I'm going to work for a couple years. And then now, you know, 35, 40, 45, and they still haven't traveled because now they have a mortgage and now they have kids. And now they've actually,

00:57:45 it's really hard to like leave the workforce and come back to it. And so I think it is really important to be conscious of that. Like are, we can always find the excuse and our excuses of being not knowing enough, then become our excuses of like, we almost know too much, or our excuses of not having enough experience then become, we'll have too much experience in this other avenue for me to go back on it.

00:58:06 And we almost like our own, I use the word of like, we create, we have some success in terms of like, I've already got some success and we become attached to that. Like, I

don't want to lose this status that I have, or, or earn less money than I have, or, or I have now have dependents and I have a mortgage,

00:58:20 or I have two mortgages or having this, this business that I, that I responsible for these people's or food on their table. And now I don't want to shift gears and do something different because I don't want to back to them. So yeah. I agree. I believe, I think there's, we need to healthily appreciate both of those situations, which I think our society does a good job of like the under the 30,

00:58:40 under 30 or 20 under 20. Yeah. And I think we can do a better job of looking at the other side too, because I think the excuses are real, the limiting beliefs that we have, we can have reasons to not pursue what we want to do at any agent in life. Yeah. And it's not, when you do it, it's that you did it,

00:58:55 that we should be celebrating and honoring and respecting. Yep. Cool. Okay. So we just talked about flow. We talked about presence, the nervous system, what it feels like, why, why it matters, how it makes such a difference, you know, creating bliss, creating calm, being more present, accessing our intuition, being able to be more creative,

00:59:15 more productive in the end and being joyful, aligned, you know, crushing our goals, all the things we're going to hit pause right here. And we're going to create an, a, another episode all about the different modalities to actually do this. So Aditya, I'm going to share some of your best practices. I'm going to ask some really great naive newbie questions on them.

00:59:36 We're gonna talk about breathwork flotation tanks, Xi gong Vedanta, which is like, I know nothing. It, wasn't very excited about that one. We're talking to talk about cold and more. So thank you so much job for, you know, sharing all of this with us, getting us started, getting us hooked on this and thank you everyone for listening and get ready for the next episode to find out how to actually dive into all these modalities.

