

00:00:01 Welcome back. I'm so grateful to be here with Aditya again. And did thank you for being here for another episode of our podcast. You're welcome, Lisa. It's a lot of fun so far. Oh, good. Well, we'll, we'll keep on going. So if you're just tuning in right now, make sure you go back and listen to the last episode where I need,

00:00:20 ya broke down for us. The difference between a flow and presence. We talked about how having flow can help you access your intuition, help you to access more creativity, productivity, joy, calm, creativity, all these wonderful things. And we also talked about how our nervous systems in the modern world right now are really, for lack of a better way to say it are really taking a beating.

00:00:44 They're really struggling to keep up and we need to rebalance that in order to really truly thrive as humans, no matter what your definition of success is when no matter what your goal, no matter what is it you want, we believe that you deserve to thrive. So go back and listen to that episode first. And in this episode, we're breaking down some of the different modalities on how we can actually create more flow on how we can create more presence, 00:01:10 playfulness, calm, and calm our nervous system. And we're gonna wrap it up with a couple of spiritual questions as well. So let's go right to your, I believe this is your kind of biggest area of expertise, but please correct me if I'm, if I'm wrong, but breath work. And is that right? Is that kind of your biggest piece here,

00:01:29 Aditya? Yeah. So one of the things I really love about you and, and your podcast, my seven chakras, and we're going to link to that to make sure you'll listen to that is that you really do look at how do we bring Eastern wisdom and methods to the modern world. I probably just butchered your slogan, but breath work is one of the ways that you do that.

00:01:49 So talk to me, talk to us about breathwork what's the science behind it. What I mean, is it just breathing? Cause like, I feel like when we do that anyways, but what's the difference between the breathing we're doing, I'm doing right now versus conscious breath work that you teach and this healing modality. Yeah. I mean like you rightly port you're breathing right now and if we don't read,

00:02:09 we don't live. Right. You know, we can go for, I don't know how many days, I think maybe 20 days without food, we can go for, for a number of days without water, even we're still going to be good. But if we are, if an average person, somebody pinches your nose and doesn't allow you to breathe for at least even 60 seconds,

00:02:33 65, you're going to have really difficulty, right. And that's speaks to how important and significant breathing is for us. Right. And breathing is connected to our nervous system. And to literally every thing that we do, like if you look at the Latin language in speed, our means to breathe in, in spider and inspiration is connected to breathing in the right breath,

00:03:02 right? When we, when we're inspired breathing changes, Ah, Inspired when we are in all, when we're, you know, in a state of wonder, and these are all connected to being in float as well from our previous conversation and expedite means to breathe out, but expire, it means also to die, right? And so it just speaks to that if you expire,

00:03:29 breathe out too much, and if you hold your breath too long beyond everything possible, then that means that you die. Because that is how important breathing is for us as well. Right? And so we can live life in either of two ways. We can let our surroundings and the situation and other people in our emotions determine how we breathe. And that can be erratic,

00:03:57 confusing without any structure or pattern, or we can use breathing to influence our surroundings, our situations, our interactions, and everything that we do. Right. So breath work to me is understanding this connection between breathing and our life, and then adding a sense of structure, a balance to influence our nervous system, to influence our heart rate, to influence our brain,

00:04:26 to influence the quality and amount of oxygen that reaches our mitochondria so that we can have the energy to really thrive and, and go beyond just survival. And that's exactly what it is. There are different breathing techniques. There are different mechanisms, there are different methods and there are different practices that allow us to influence our life in a meaningful and impactful way.

00:04:50 So that for me is breath work. And obviously there are different types of retro. There are different techniques within breath work, but broadly speaking, that's what the umbrella of breath work is all about, is about influencing the energy of us using these, these practices. Amazing. And this just this little spoiler alert here, make sure you stay until the end because IDT has going to lead us through a mini breathwork session and he has a special gift for you guys as well.

00:05:18 So make sure you stick around to the end, to, to learn more. So where do you find and how do you find breathwork actually helps, you know, in that, in that moment and then also beyond how is it, how, how does it impact your life and the other people you, you teach and empower to practice it on their own.

00:05:36 Yeah. So breath work, you know, like you've implied as a spectrum, different techniques and there are different types of sessions as well. So for example, in my group, we do a Sunday morning breathwork awakening journey. That's like a 90 minute session, which includes breath work and some monthlies and beautiful guided visualizations. You're relaxing your whole body, right?

00:05:58 But in that 90 minute session, you get a reset for the whole week. You feel much better, but you can't do a 90 minute session everyday. Maybe not at least for, you know, people who are homeowners, like, you know, people who are like bad ends or, you know, mothers or fathers might not be that practical. So Thank you for acknowledging that.

00:06:16 Exactly. So then you might do like a 15 minute session. You can do a 10 minute, you can do a five minute session and you can do a two minutes session as well. And that is more like a reset, you know, like for example, in the morning, and I know some people have coffee and some people have given up coffee,

00:06:31 but then how do you get your brain and your body into a state of alertness, a state of focus. And that is opposite from, you know, what maybe traditionally people think about breath, breath work is to relax. Sometimes you need to get your body to be alert. Sometimes you need to be in a more sympathetic, dominant state, maybe you're rebelling for work,

00:06:51 or maybe you're preparing for a brainstorming session. So then you were, you're taking in more because when you breathe in your body goes into sympathetic dominance. When you breathe out, your body goes into parasympathetic. So you can balance it in such a way, right? So that you, so then your body will go to either sympathetic or parasympathetic. So like I said,

00:07:21 so you're breathing in more, a little bit more sympathetic, but if you breathe in and then really nice and elongated exhales You're bad as sympathetic, right. But if you balance your breath in and out, so you're doing a two by two or a four by four that's when a beautiful state is triggered, which is called heart coherence. Right? So what it is is,

00:07:50 and there's a lot of research done by the heart math Institute. Usually the brain is at the center, right? The brain is giving instructions, you know, in terms of what we need to do, or we don't need to do some of it as voluntary. Some of it is involuntary, but basically the brain is considered the seat of, you know,

00:08:08 decision-making and then functioning. But if you look at it, the heart is very similar to the brain. The heart does have a, I think it's neurons if I'm not mistaken, but it's similar to the brain in terms of its structure, right? So when you are able to stimulate heart coherence, the seat, the center becomes the heart and not the brain.

00:08:30 So a heart is then sending signals to the brain as opposed to the brain sending signals to the heart. And then the heart sends signals to our different body parts as well. And both you and me know that if we let our heart make decisions, we're going to be in a more symbiotic, mutually beneficial heart-based, you know, life and community. And that's where I think where at our society needs to move towards is to use these practices and techniques so that we're making decisions,

00:08:58 not just based on our brain and logic, and what's going to happen in the next one month or two months. That's great. I think data is useful to make great decisions or also we need to include our heart in a decision-making procedure. And I feel breathwork heart coherence, breath work is able to help us get that. Okay. Very cool. Yeah.

00:09:18 Yeah. I mean, if you didn't already listen to the last episode, now, this is your second reminder, just go back and listen to it because of what you just said there about the parasympathetic and the sympathetic nervous system about how breath work is like literally the activation and potential to rebalance that like that's so powerful. And also, I am very curious to get off this and Google heart math Institute.

00:09:41 Like, I love that. What a, what a combination. So good. And it was really interesting to see how your different breaths, like, I could literally feel the energy shift even in the room, as you did more of the exhaling and really fascinating. One of the things I noticed, I mean, even just as I'm speaking right now,

00:09:58 I can feel my body like wanting to yawn more probably cause I'm like so relaxed. So does that mean that I need to do, if I need more energy, I need to inhale more. Is that what that means? Or actually one of my mentors, Dan Brolin, wait, wait, wait, intelligent. We ways breathwork a teacher. He speaks highly about Yance Yon is actually a good thing,

00:10:23 right? Want can happen automatically, but you can induce a yarn as well that really, You know, You know, yawn and say also, you know, just letting go and then shaking, including some shaking, shaking your hands, right. It has a way of boosting circulation, stimulating your lymphatic system. And then you're like, you know, very intuitively using all these different triggers,

00:10:48 like shaking and yawning and sighing and breathing, you don't get deep breaths. And all of a sudden, within two minutes you feel much more relaxed and you feel reset as well.

It was so interesting. So interesting. Cause I'm like sitting here like, oh, I feel so Rudy yawning. And then the girl society has taught us to like see it as a rude thing and,

00:11:05 or like to really like cover it up. But that's really interesting, you know, my, I have an incredible therapist too, that I work with. Okay. And same thing. She always, when she sees me, yawning is really interesting because when we do some somatic work as well, and we can always tell that we've kind of broken through a certain point when I start to yawn.

00:11:25 Yeah. And it's just so fascinating because I feel like I grew up, most of my life being told to stifle my yawns and being told, like cover your mouth. Don't let people see like that. I mean, that's just really cool. Really an interesting shift there. Yeah. Just to add, I think so my theory and we can sort Of<inaudible>,

00:11:47 I won't take that personally. So there, you know, the human spectrum, right. You have extremely young children and then you have extremely old people. For some reason, I feel that we've lost on the knowledge and wisdom that comes from these extreme spectrums. Right. And so like you pointed out when we were in school, when beyond the teacher tells us,

00:12:09 right. Don't you on this? It's it's rude. Or maybe when we shake, when you play in shake, they said, don't shake so much. Right. It's rude guests. Your family members will not take it so seriously. And also like even when it comes to food preferences, right? Like sometimes the child doesn't want to have breakfast and maybe like,

00:12:28 you have to have breakfast. Oh, that was just Alexa popping in there. Or are we talking about Always listening? We didn't even say anything controversial there, But yeah, this was the breakfast piece. Right. And sometimes children don't like milk, but then milk was forced down their throats. And now you come to know that, you know, some people might actually be allergic to milk,

00:12:53 intolerant milk. Right. And I think maybe when a child is saying something, maybe there's a, there's a glimpse of crude into it. And maybe we need to research some more and then find out more information. Right. So we're finding out all these, I don't know, truisms and, and, and, and things that people said were good for us.

00:13:12 Maybe it's not so good for us. Maybe we need to listen to our body some more. Oh, I, I agree. 100%. Yeah. Yes. That's, you know, we talked about that on the episode with Danielle about relationship to food and like listening to ourselves and so true. And I believe that so much with children. I mean,

00:13:28 I, if I think about my work as a coach and even my own journey, and maybe you can relate to this, like it it's been unlearning and relearning myself, like on learning societal expectations, including how the it's okay to yawn and early learning who I am. And we're getting to know myself. And I look at my, this opportunity to raise my daughter and I'm doing it imperfectly.

00:13:48 She'll probably listen to this and be like, mom, you mess all these things up. But just really, I do try to think about that because I believe we are born with more intuition and more knowing than we give ourselves credit for, you know? And, and yes, it's such a, such a gift. So what is the science behind breath work say?

00:14:05 Because there's some pretty, I mean, and you probably, I'm assuming to work in some of the organizations that you've gotten to work in or like, it's not just, and I don't even

mean to discredit, but I feel like in our society, sometimes we almost like need that science to like, to believe, hopefully we're changing it. Molly, for example,

00:14:21 Wim Hoff has some, I've seen some of the stuff that's come out from him. He's probably one of the most well-known and kind of modern, modern breathwork world. Like some of his research is absolutely incredible around what they've been able to do with breathwork. W w is there anything, you know, any particular pieces of science or data that you find really fascinating or that you find really impressive that you want to share?

00:14:41 Yeah, for sure. One of the things is, I mean, there are so much a science to breathing for sure. But if you look at, you know, people living in high altitudes, generally, they tend to be more healthy. They tend to live longer. And what they found is that they have much more red blood cells, right.

00:15:04 And there was a lot of research that was conducted by Russian scientists. It was back, I think, in the 1960s, maybe when there was a cold war going on and what, what happened then is the USA and Russia were an adversarial position. So each one w you know, we're getting their best doctors, best scientists to research and find out how they can have an upper edge or hand,

00:15:26 or an ended up happening was doctors in Russia. And Ukraine did a lot of research, but unfortunately, because of the language barrier, it was not passed on to USA and maybe other parts of the world. Right. And so what did was they did was they realized this thing that people high up high in high altitudes do have that biological advantage for one reason or the other.

00:15:47 And they did a lot of testing and they found out, yes, that confirms it. They also noticed that when they're fighter pilots spent a lot of time at high altitudes in the fighter jets, they did have those biological advantages, right? In terms of higher red blood cells, when you have higher red blood cells, you're able to carry more oxygen,

00:16:07 we're able to carry more oxygen. Your mitochondria is able to get more oxygen, more energy. And this has like ripple effects on all aspects of your life. So they used to that. So they were the ones who started oxygen, training, oxygen, deprivation training, where they used to create like machines or compartments, which for a short period of time used to limit the amount of oxygen available.

00:16:28 And they used to wear those masks back in those days as well. So you see like elite athletes and stuff like that, they wear those masks and they do sprints. Right. That's because to restrict the amount of oxygen, because fascinating. Yeah. So they want to induce what is called brief intermitted hypoxia. And it's a brief intermittent hypoxia. What it is basically is,

00:16:52 so when we breathe in oxygen, right, just because we're taking in oxygen, it doesn't mean that the oxygen is actually getting into the mitochondria at the cellular level. Right? So what tends to happen is when you breathe in the, at a certain concentration, the oxygen binds with the hemoglobin, it sticks to the hemoglobin. And then that means if you breathe in too much,

00:17:18 if you're all breathing, you're actually not getting energy. That's why, when people hyperventilate, they feel very tired and drained and they feel scared in a way, because they're all breathing and the oxygen is sticking to the hemoglobin. So how do you ensure that the oxygen

actually reaches when it needs to, which is the mitochondria that is by reducing the concentration between oxygen and carbon dioxide.

00:17:42 Well, how do you do that by holding your breath? All right. So that's one of the ways, right? So what happens is when you hold your breath, your carbon dioxide waloo, or concentration increases that reverses what happens, which is the oxygen unbinds from the hemoglobin, and then goes to the mitochondria producing energy. So that, so that's one of the core competence of breath work is at least yogic breath work at a certain point,

00:18:10 you hold your breath for a defined amount of time, and then you feel so energized. You feel so recharged because that's what's happening physiologically. Okay. So interesting. Right. I forgot the name of the, oh, that's, that's called the Bohr's law, the Boris principle. So that's one thing that's happening, but there are so many other things that are happening.

00:18:30 For example, this is very interesting. Also when the baby's in the womb, the amount of oxygen that is there in the room is a same level. There is there at the peak of Mount Everest. Okay. So very low oxygen. And we all know that the baby has access to stem cells in the womb. Now there's a relationship between the proliferation of stem cells and the oxygen levels,

00:19:02 right? Stem cells do not love high volumes of oxygen. So when the baby comes out of the body, the oxygen level automatically is very high. And so what ends up happening is will that people say that that is one of the most dramatic experiences. One can experience is being barked. You guys, it's like, you're in a way, a peaceful Plasser perfect environment.

00:19:24 And all of a sudden you're pulled out of somewhere. And there are people all around you laughing or making loud noises. You're not used to the high levels of you're, you're adjusting the lights, right? And so, in a way, in many ways, it's traumatic for the baby. But also what tends to happen is that the stem cells, which were enjoying their time,

00:19:44 they don't like the high levels of oxygen. So then they go into the crevices of your body, into the, into the, into the bones, the big bones. And they hide inside with a layer of RBC, red blood cells covering them. Cause they don't like oxygen. And so your ability to miraculously heal yourself using these stem cells, because as your listeners might or might not know,

00:20:08 stem cells are very unique because they have the ability to multiply and replicate to farm any types of cells. Your body needs, Neal's stem cells, your body needs some, you know, tissue to be rebuilt and repaired stem cells. If you have a high level of stem cells. And now the doctors are also trying to, you know, take out stem cells when the baby is born.

00:20:29 So that later on in life, they can inject stem cells, but that's a very artificial way of doing it, right? What if you could add, will induce the proliferation of stem cells naturally so that you can heal and you can repair your body, or if you, well, breathwork allows you to do that. And by holding your breath, you're for a short period of time,

00:20:50 inducing a low oxygen level in your blood. So then your stem cells automatically realize wow, lockdown is, or, and so they're able to go all across the board. Now this is not me sharing this. You can actually see the reports and peer reviewed research by doctors to show the connectivity between stem cell proliferation. And it's called brief intermittent hypoxia. Now hypoxia is not good because that means a low oxygen for a long period of time.

00:21:21 Brief intermittent hypoxia is like 45, 60 seconds. Maybe, maybe even two minutes as well. Like this deep divers are able to hold your breath for elongated periods of time. So when you stimulate brief intermittent hypoxia, that's the other thing that happens, stem cell proliferation, and which means healing. Wow. So cool. I don't know if anybody else is listening and wishing they'd paid more detention in biology class,

00:21:45 but very, very, very cool. I feel so lucky to get, to have this conversation with you right now, because I just recently started getting into breathwork in like November. So I'm very new to it, but I've learned the part I'm blurring the power of it. And I just, yeah, I just, it's so cool to actually get to hear these things and,

00:22:02 and yeah. Learn. So do you, do you find, and I feel like I could probably ask you a million questions and I'll try not to. Yeah. But like it D it doesn't matter whether you hold the breath on the inhale or the exhale and what, like, cause I'm assuming there's many, like you said, there's many different styles of breathwork different reasons we would do it.

00:22:21 Yeah. You know, I, my very limited understanding is that kind of what you said, like the amount that you inhale versus you, exhale might be different. Yeah. I've seen like the intention of going with it, I guess, would be different. I would guess if you hold the breath, when you're on the inhale, when you still have air in your lungs,

00:22:42 that will be different than after you exhale everything and then to hold, is that accurate? Yeah. It's different because the thing is, if you're trying to induce brief intimidate and hypoxia, you want to be in a state where there is little or no oxygen in your body Does that means you've exhaled, everything, and then you're holding. Okay. Okay.

00:22:59 That's what I've been doing. And I do find it magical. Xcel hold is actually, hell is more safe. Now, when it comes to breath work, it's the most important thing is set and setting just like when you do plant medicine set and setting a set is basically what you bring into the situation. You're bagging on your history, your allergies,

00:23:18 your challenges, your block, your triggers, right? That's what you bring setting is what you come into. So that is the room, the energy, the ambience, the people that you're meditating with, the person who's holding space for you. Now, if you're missing out on each, any of these things, if you've got a history of health issues,

00:23:38 schizophrenia, or something like that, it might affect your breathwork journey as well. So that's why safety is super important. And we always announced contraindications, you know, before we begin each journey, because there are so many different medical conditions. For example, if you're pregnant, it's not recommended to hold your breath. If you have heart conditions, if you've got a pacemaker and start,

00:23:59 if you are full stomach, if you're, if you're coming from a, all, you can eat sushi, the red is not recommended, right? So there are so many different things to keep in mind that the person who is getting into the journey is fully safe. For example, if you're doing breath work and somebody, your roommate shouts, it can,

00:24:16 it can retraumatize you, because you're in a relaxed state, you don't know, right. You're on a different wave and a different place to all together. Yeah. So just to answer your question, when your exhale hoard, it's safer, you can hold your breath for 45 seconds, 66. That's good. But inhale, hold. I would only recommend they live like 10 seconds,

00:24:38 15 seconds. That's it? This release because you don't want the thing to get your head. In fact, even when you're doing breath work, we recommend certain energetic locks to ensure that the, you know, your, it doesn't go to your head because especially with people with tinnitus. So one of the energetic logs we recommend is the neck lock. So you exhale,

00:25:01 hold, hold your breath. And you gently tilt your head, touching your chin, almost in your sternum. This ensures that at least from the yogic standpoint, the energy is locked into this container of your torso. Then you do it, the root lock as well. So basically you're clenching and squeezing your pelvic floor muscles to ensure that the energy that you're trying to cultivate does not escape into the ground.

00:25:28 And then there's a third log, which is the Adiana Bunda, which is the root of the solar plexus lock. So what you're doing is you're gradually trying to visualize the energy. And also you're bringing the energy up and up, up, up, up, then it goes to goes to the brain. And then you release because if you look at it from a yoga extend point,

00:25:50 there's something called Kundalini energy, Kundalini energy is the dormant life force that resides at the base of everyone's spine. We understand that this energy is very powerful. That's why, if you look at mainstream media pushing sex, sex narrative is so strong, right? It's a vape and sexes can be used to create, and it can be used to procreate and it can be,

00:26:13 it can be destructive force also, right? Sexual addiction, pornography, those kinds of things. But the yoga is new that this energy is very powerful. And so what they're trying to do is they're trying to transmute this very raw sexual energy into something that's more sublime into a work of art, into a business, into something that's highly visionary, right?

00:26:34 So that is what you're doing here. Taking the energy from the road, using these energetic blocks, using breath work, using breath, whores in bringing it up into your brain. So that is sort of like a long way of explaining, you know, what happens during a breathwork session. But to answer your question, safety is, is totally number one priority and these energetic blocks in a way ensure that you're safe.

00:26:59 Very cool. Yeah. I love that. I mean, I don't know. I'm very excited to get to the breathwork portion already. I'm super excited to actually try it out with you and I, yeah. So beautiful. So powerful. I think I want to touch on one more thing before we talk about some of the other, other pieces and other modalities,

00:27:17 but you've kind of talked about the journey and sentence setting and even compared breathwork to plant medicine, which, you know, if you'd said this to me a couple months ago, and I said it to a girlfriend, you know, that this can actually create a different like state of consciousness and that it can literally transform your mind just like alcohol or drugs.

00:27:38 Can I would have been like, nah, no, I can't. It's just breathing, but like, I'm a believer, but like, what do you have to say about that in terms of like the journey and the altered state of consciousness? Like, what are you, what do you say to me, if I, or anybody else listening? That's like,

00:27:54 how do you create an altered state of consciousness? Like how do you do that without alcohol or drugs Without all? That's true For anyone else it's a skeptic like I was, or just didn't really didn't really understand it. I didn't really understand what the, what that all meant to

an altered state of consciousness and how you can do that without altering something with a substance.

00:28:16 If that makes sense. Yeah. Well, first of all, you know, our ancient yogis and sages have experimented with a lot of things, right? They've experimented of the plant medicine and they've experimented with drugs and things. This is like thousands of years back when you had different types of plant medicine, especially in India, you had Soma, Soma was a concoction,

00:28:41 just like Alaska, where you mix different plants and you, you mix things and you drink it and you get high, you know? And so these were actually used at a certain point in order to connect with the guards and connect with the earth and the nature. Right. But at a certain point, according to tradition, what had happened was they realized that plant medicine is not a very sustainable method.

00:29:09 And so that's when they devised things like breathwork brown, I am, and Don Tara in order to access this higher states of consciousness naturally. Right. And so, yeah, I mean, when you're breathing in, in this way, you are affecting your physiology, right? When you're, you know, during your cyclical breaths, what's happening literally is that you are inducing the oxygen to stick to your hemoglobin.

00:29:40 If you remember that I shared earlier. So you are in a way restricting the oxygen, going to your brain as well, but for a sharp Pieter of time, not for him. Right? And so what tends to happen also when you restrict the oxygen, going to your very logical, you know, the most recent part of our human brain, you are shutting off,

00:30:01 shutting off the part of your brain. That is critical. That is yes and no, that is, you're supposed to be doing this. You're not supposed to be. So when you're cutting off your supply to that part, you access higher states of consciousness automatically because you're connected with the world around you also. And your body is also because the body is the ultimate pharmacy.

00:30:23 It is creating certain endocannabinoids. It is creating certain endorphins. It is creating this rush of adrenaline. And so that's why at a chemical level as well, you're able to access this beautiful states of consciousness. Now, a lot of people say as well, and I think for the most part, it's true that when you breathe in this way, when you're using this very powerful mantras,

00:30:47 when you are holding your breath, your brain does secrete DMT in silent, maybe like a very small amount in your third eye. And that also helps you access these non-ordinary states of consciousness. Incredible. Yeah. So cool to hear. I just love how it all comes together. You know, like I think it's really the way I think we should be looking at it is that so many of these ancient tools we are now just validating them with science.

00:31:18 It's not like science made them true. They were true. Yeah. Incredible. Okay. Last thing I want to ask you, just if, is there a certain style of breathwork that you personally, you know, teach or prefer? Do you, do you mix it up? Like how does that, how does that work? I think for me these days,

00:31:36 I am open to experimenting with different breathing techniques and styles. I don't think there's one style that's made for any one person. It depends on where you're at in your life and what you crave. So I would encourage everyone to try different things out, right? I don't like

to be too prescriptive, but for me, I like the yoga style because it has been there for thousands of years.

00:31:57 It's tried and tested, right? And so for my breath work journey is usually there are a couple of components. One is, you know, you start breathing in cycles. And since I must hold my breath instructor, so Mar talks a lot about breathing in beats. So then there's a beat. There's a brainwave music and you're breathing synchronized to those beats.

00:32:26 What happens when you breathe in beats is once again, you stimulate the heart coherence, your heart becomes the center of your body. It's not your brain. Your heart is sending these very beautiful, relaxing responses across to your beat. It's almost as if your heart is listening to a fill our morning orchestra. That's what happens. So you're breathing and beats very nicely inhale through the nose,

00:32:47 exhale through the mouth. Okay. And then at a certain point, you are holding your breath. You get into the breath, horse breathing, breathe out, hold the breath, see how long you can hold then breathing or 15, 20 seconds. Let go. Then you do some monthlies. When you do monthlies, you're wide operating your whole body.

00:33:14 You're stimulating parasympathetic. You're toning your vagus nerve. That's one round. You do the second round third round, and you mix different breathing styles four by four, four by eight, two by two, you know, things like that. So that depends on who's hosting who's hoarding space and what he feels intuitively he or she feels is required by the group.

00:33:39 Like in my case, a lot of times I don't breathe. Right. The, a guided journey. I'd be like, you know, this is what I sense. The group needs right now. And this is an innovative lead. The group also says, you know, this is what I needed. This is, this is the word that you said at this point,

00:33:55 and this is what triggered a state of deep or, you know, resonance our, our bliss within me. And so, yeah, that's, that's what I'd like to share. Amazing. Okay. And we're all going to get a sample of it, a little bit of it at the end. So stay tuned. Okay. Let's talk about flotation tanks for those that don't know flotation tanks,

00:34:17 there's some in Vancouver, we both go to float house. So shout out to them. Flotation tanks. I CA I should have looked at the stats on this. Like, I don't know if you know how many, it's like a lot of salt. It's a whole lot of salt in a tank and you float and I'm curious, you know, why,

00:34:34 why do you flow? What got you into it? And what do you, what do you find the benefits of it are? Oh yeah, totally. I think all of these things, whether it's breath work or even floating are connected to the consciousness emergence or this revolution that happened in the west. I think it happened happening sometime in the sixties where there was,

00:34:59 I think there was a cord war, right. There was the Vietnam war and there was a general distrust in the government, like what's happening right now. People didn't want, you know, you know, countries spending so much money on wars and things like that. Right. So there was a general distrust and people are looking for something different. And I think that's when,

00:35:18 you know, the Beatles came to India, they learned about yoga meditation, right. And Jimmy Hendrix and all the other musicians were also experimenting with LSD because some of these scientists discovered LSD and they were like, wow, what's happening? They

were studying, what are the effects of LSD? Like the conscious of expansion, profound states of being all wonder serendipity synchronicity and what that,

00:35:44 you know, if, if you do this, what's going to know what are the gifts that are there to unlock. And so, ah, I think at a certain point, the government as usual Mandela's mandolin, right? Cause they don't want people to expand their minds. They don't want people to be free and, and, and, and full of Liberty.

00:36:04 I think there was this one guy who Phil struck with LSD. Do you know what that, No, There was one crazy guy. So he, he had his wagon, you know, he colored the van like psychedelic, you know, flowers and stuff like that. And you fill his, his van with LSD. And he went from city to city town to town distributing free LSD so people could get high.

00:36:27 Right. So This is in America. Yeah. I mean, in the seventies, Not so I think maybe sixties or feminine or mistaken, but that fit that period. So there was a lot of consciousness development, a lot of people getting interested in meditation, yoga from, and all these Indian gurus coming from, coming from India and, and sh and shedding their wisdom as well.

00:36:46 Right. And so when LSD was banned, so these people who are the scientists were like, how do we figure things out? How do we, how do we access these states of consciousness without LST? And so that is where the that's where, that's where the flotation concept came into being where they were like, what if, because they had heard about,

00:37:07 you know, these ancient monks and, and Satos, and that's one of my new episodes also. But I interviewed a Qigong master who spent a hundred days in darkness, a hundred days now in, in the flotation tank, we're like 75 minutes right. In the dark. And that has a profound effect. He was a hundred days in one of the cellars beneath the monastery with darkness,

00:37:31 but also no food, but for the most part water. Wow. And imagine when he came out, he was like, totally disoriented, but he had, he had a guru and he was working with who used to come in the evening every day. And you should give them three dates, three dates, you know, the small dates for the whole day.

00:37:48 And so that was a journey by itself. So it was really fascinating, but that was, that's what the flotation tank does is when we deprive our, our census of the darkness of sensation of smell. I think the body goes into a state of confusion sometimes. And that has the effect of maybe a stimulating DMT or maybe certain other chemicals that make us feel these profound states of lists.

00:38:17 And that's how I was drawn into it because I w I had heard about it a lot right. On my podcast. And I've been meaning to try it out. So I tried it out last year, maybe towards August. And I've been doing at least once a month, maybe twice so far. And it's, it's a great experience. You know,

00:38:37 you get better and better at it in terms of figuring out what position, what movement is best for you. And also like music with music without music, and what are you going to visualize it, there's no experimenting that you can do. And I find that it's, it's a good bonding session. Also, like for me, if I want to meet a guest,

00:38:56 or if I want to have a shared moment with a guest or somebody that I want to work with this, let's, let's do a flirt instead of the convention, let's have a beer, right. Let's Have a

Florida then go for a coffee Or a coffee. Right. Let's have a cold exposure, something like that. Yeah. Yeah. So good.

00:39:13 I agree. I really enjoy the floating. And I think it is something you get better and better at the first time I did it, I was pregnant, which was a really cool experience because it felt like I was experiencing what my daughter was, would have been experiencing in me. So it was a really, really, really cool. And it just,

00:39:26 yeah, it's definitely something, if you haven't had a chance to try it there and they were all over now. Yeah. We just happened to go to the one in, in gas town, in Vancouver float house, but there was lots of them and yeah, I would recommend it. You recommended, you also were talking about your problem solving methodology.

00:39:42 You've mentioned that. Do you, do you use floating for problem solving? Yeah. You know, there's this book, I mean, this is not a new concept. A lot of, you know, scientists and geniuses in the past would tap into their intuition. What happened to the collective mind in terms of solving problems? I know for a fact that Albert Einstein used to do that as well.

00:40:04 And also Leonardo da Vinci also used to do that as well. So they would like have a problem in their mind, define the problem, set the intention for solving it. They will go to sleep morning, boom, more often than not, they have the solution for, so for me, it is our, like our limited minds are here between our ears and that can solve a lot of problems,

00:40:27 but our higher mind, our collective intuition, that's where the real problem solving comes into play. Because if you're able to tap into so much more data, it's like small data was this big data, the cloud computing, it's the ones more powerful. Right. So I was reminded of this idea because I had done it in the boss, but I was reminded,

00:40:45 reminded off this idea by the recent book, by Steven Kotler, he's a proponent of flow as well. I forgot what the name of the book is for some reason, but somebody can search Stephen gardener and can come across it. But so he's sort of reading his book, reminded me of trying this out with floor. So set the intention. Right.

00:41:08 And I think the question that I asked was, you know, what is the highest and best use of myself? My, what is my actual purpose? Right. And so I went in just a really Casual problem solving question. Isn't It?<inaudible> Tuesday question. Yeah. Yeah, exactly. So I went in, I went into the float, came out and I got some really good ideas,

00:41:33 which I probably would not have a neighbor to come up with myself because I think when you tap into your unconscious, as well as, you know, these states, you're able to tap into your conscious self, but also your dream state, as well as what is in the eaters, so to speak. Oh, super cool. I hope that we wanted to get to the place where it's just,

00:41:58 so these kinds of things are really common, like so amazing. Cause that it just it's a different way of rather than just like brainstorming or going over metrics and data. Like it's just a, it's a different way of accessing information that I hope maybe one day instead of the beer kegs and the ping pong tables, there'll be flotation tanks at some of the coolest startups I mentioned.

00:42:18 We'll see that. I bet you will start to see that change. Yeah. Okay. So how about chigong and M movement? I don't know. I know a little tiny little bit about chigong. Tell me, tell me more, what is it ha like, do we literally just look up a YouTube video? How do you body practice it? Yeah.

00:42:39 Yeah. I think chigong is a, is, is a, is a practice slash way of life as well. It's a philosophy also, and this has influences multiple influences. One is you go and actually is influenced from India, a large part of Chicago. I didn't know what myself, as well as it has influenced some Taoism, which is Chinese based.

00:43:07 Right? So Qigong basically is a practice where you do these gentle movements and flows that help you tap into a state of flow artist's state of bliss and as numerous science backed benefits for your body. So what you're doing basically in Saigon is that you're blending your visualization with movement, with breathing. And when you do that, you're able to cultivate your inner energy,

00:43:36 right? And, and, and the implications are numerous from the physical karate TaeKwonDo, do the more to medical chigong there's medical Qigong as well. There is numerous benefits that a spiritual chigong also, which is more about the Dow and the universe and your sense of purpose. So there are so many different interpretations. Now she gone, it's such a big topic overall,

00:44:03 like some of the Dow is Mo monks and GIGO monsters are able to literally use their fingers to zap electricity into you. And that's true. It's crazy. And you can delegate elderly. People can use chigong to live longer as well. And you see in China, right? Like 10, 20 really, or people they might look over, but they're actually maybe over a hundred as well because they have tapped into chigong and they adapted to a sense of flow and flexibility,

00:44:31 because just because you're old, just because you managed to live to a hundred, it doesn't mean you're really healthy. Right. But these people are really flexible, really nimble. And I'm sure revise also. Yes, I can. I can visualize, I've spent quite a bit of time in China over the years and I can just, there's always like the village is the,

00:44:49 you know, the kind of hub where these communities come together and there's always the people playing Mahjong. And then there's always the people that are doing Xi gong. And I always, it's so beautiful. It's really cool. Getting chills, even just thinking about it. Cause it's such a, it's just a powerful community, right. Community and togetherness and practice,

00:45:10 like just, yeah, just really cool. I'm sure we could do like a whole other episode on chigong. What would you say if somebody wanted to get started? Like what would a starting place be for practicing chigong? Is it a certain, you know, resource or for somebody that you've started with? Or like, how did, how does someone wanna start with juggling with the example?

00:45:30 Because since we're not able to go to China and just join showing the wise elders in the square. Yup. Yeah. Well, I'll tell you how I got challenged and my practice has been on and off. You know, I don't practice young everyday. It's more of an intuitive thing for me. I got, I got, I got into chigong.

00:45:50 I think I would say, well, I started my fascination somewhere in 2010, 2011, sometime in 2000, maybe 14, 14 ish. Like with juggling, I feel even with yoga, it's just not about the practice. You need to have a connection with the master or guru, somebody who come across and something about that energy really speaks to you.

00:46:13 And then you start practicing. Right? If that makes sense. I think, I think here's where the court, when the student is ready, the master will appear really makes sense. Like you might come across meditation all your life. You're not interested. It doesn't speak to you. You come to come across one person and like, boom, this is it.

00:46:34 I'm ready. Right. Yeah. I think that can translate to anything in life, like real estate wisdom as well. Right. You might be like, sure, you're living in Vancouver, which is the best place for I listed. But then you come across as one mentor or person that makes sense. I'm ready. Right. So in the same way,

00:46:52 I came across this individual called Gaddy Guetta, Polly Robert Gallipoli, his name is, and he he's an American, but he spent a lot of years starting with Chinese masters, Dallas master Xi, gong, masters. And for some reason or the other, he and his wife, I'm not sure if they're still husband and wife, but they used to do these beautiful chigong moves.

00:47:16 Right. And I used to just follow them. And I, I loved every single practice that I used to do. And then for me, it was a great compliment to yoga and breath work, because it does something different to you when you're using movement and breathing and visualization and you feel so relaxed and blessed after that. And so I ended up doing a lot of these practices,

00:47:37 but somewhere down the line, I think, you know, Gadi, Gadi, poly, he just disappeared off the internet. And that tends to happen with a lot of these masters, a lot of these practitioners. All right. And then recently I, I, I came across this video again and I was like, so amazed, right. That he's back on the internet into webs.

00:47:57 And I contacted him and Eddie started him. But yeah, you would find like, especially with or yoga, sometimes you have people in the dis disappeared off the face of the planet. You don't know where they are and then they come back again. It's almost mystical, like Gandalf from the Lord of the rings. So fascinating because I can, so I,

00:48:15 I want to pull out, I'll tell you my story, that I want to pull out. One other thing that you said there. So I have been really interested in breathwork for a long time. Yeah. And I'd heard about when Hoff and I would look up, I would Google, I would go to YouTube and I'd look up Wim, Hof breathing.

00:48:30 And I, you know, I probably did it. I don't know. I've been doing cold call. I've been doing cold exposure for probably three years. So maybe even, almost for like a while. Yeah. And every time I looked it up, I go find nothing. And I was like, I just want to find like, where is the guidance?

00:48:45 Like, how do I do this? I never could find it in November. I had a, we were about to have a cold ocean, some me and a couple of friends. And my friend had mentioned the day before, he was like, I'm going to do the Wim Hof breathing. And I was like, I was like, oh great.

00:49:00 Like I, another thing I don't know how to do, you know, and I looked it up and it appeared for the first time in YouTube. And it's like the weirdest thing, because I've looked it up numerous times over the years and always wondered, like, how do people know the Wim Hof method? Because it never comes up for me. It never showed up as like a,

00:49:21 and it was just so interesting. Like just that, that like things disappear and then like, Yeah, it's like, I think it's, it's, it's a fundamental nature of consciousness. I don't know how it works, but it's sort of like a dial, you know, like things disappear and appear in consciousness. It's very mystical also. And through my interview with this chigong master I've,

00:49:41 I found a lot of mystical things like a normal person would listen to that interview and totally dismiss it because there's a magic that is in world with certain, you know, a masters and, and practitioners. It's crazy how they are able to tap into the unseen realm, so to speak through their practice, to breathwork, to chigong. Right. It's fascinating.

00:50:00 But to answer your previous question, how did they get started? I would definitely ask them to search for Gaddy Guetta, poli Robert Garibaldi, our Robert Payne. Who's, who's the guy who I interviewed in my recent interview. Wonderful. Okay. Thank you so much. Thanks.

And I also, what I wanted to pull out was just the part around,

00:50:20 like listening to your intuition around it too, and, and seeing what comes up. I think that's a valuable, probably valuable piece of wisdom for that we're talking about. And how do you wash them? We Dr. Strange. No, what's it called Dr. Strange? No, no. Well, he he's one of the characters in the Avengers.

00:50:36 Right. Okay. I'm not cool. I don't know a lot of movies and TV shows. Yeah. Well watch that, Dr. Strange it's I think it was released in 2017, 2018, but a lot of what Hollywood is showing they're drawing from traditions that already exist. If that makes sense. Yeah, it does. So, Okay. That brings up a question that we did not talk about ahead of time.

00:50:59 And I also recognize it's a sensitive question. So if this never makes it to air it's because we've decided not to go there and that's totally okay. I want to know what your thoughts and perspective are around the cultural appropriation of these practices and about the idea that these have been philosophies for a very long time. And I like, I'm a white woman asking these questions,

00:51:26 and I want to be respectful of the fact that there's other cultures that created this and for so long, and even continuing still to this day, there are still egregious. These methodologies are still not being necessarily respected or honored or credited. There's been, there's so much history of racism, of war, of, of othering people for these practices. And then now there's a shift,

00:51:54 which I think collectively, we need to have a shift, but also like the other side of that is that it can also be potentially what's the word, like extorting or exploiting, the very people who have had this wisdom who have had these practices and were perhaps excluded from society because of it, or were looked down upon for it. And now that it's cool,

00:52:19 you know, oh, we're taking it. And I just want to know where you're at. What's your, what's your feeling on that? Where, where do you, how do we, yeah. What do you think? And also like, how do we consciously step into this without further exploitation or othering or a separation? Yeah, I think that's a great question.

00:52:41 And to be honest, I've, I've I heard and data a lot about it as well. Cultural appropriation, right. I think a lot has been appropriate in the past and that's something we cannot really control. Right? Sometimes people set up narratives that are very us versus them. For me, it is not about where you're from, because you can be an American and still be really respectful and,

00:53:12 you know, just supportive of the tradition of yoga and made Anta and tantra. And you can be Indian and still like largely, largely reject. So it's not about us, them at the end of the day. What I like to see more of is more diversity, basically, you know, like more inclusiveness so that whether the event is taking place in New York or for that matter India,

00:53:38 or even Vancouver, you include people of all spectrums of society, whether the person is Indian or, you know, Canadian or American, or whether it wasn't as young or old, if you're able to go toward that place, that will be for me a win rather than saying, you know, this is appropriation. That is because I'm wearing trousers right now.

00:53:58 I'm going to get shirt that is right. Largely European, if you think about it. And so I think that if you go down, down that route for me is, you know, then it's all, all, all about playing the blame game right here. Well, how come you're ringing or Sheridan ban, how come you're having it diet, right.

00:54:16 And somebody says, you're not supposed to wear a dreadlock. Then it's like, oh, you're always pointing blame on the other person. Cause it never ends. I think at the end of the day, if you're not hurting sentiments, that's a good start. And also taking time to understand the origins while at the same time, really sensing into what the ultimate goal for this is and how we can support each other.

00:54:41 Do you know what I mean? I do. Yeah. Yeah. I feel that really deeply. Yeah, I do. And also like I, yeah. Yes. I mean, it's such a hard, however you want to say heart, it's just like a space that I'm just trying to lean into and listen and understand more than speak. Yeah.

00:55:00 And so I really appreciate you throwing me with me, just throwing that question at you and, and you're, and you're just graciousness around it. And that's a lot of this similar sentiment that I've heard that I feel as well, that I've experienced that if there's, if it can be done in a really open, respectful, curious way that pays homage to where this came from,

00:55:27 that understands the tradition and the purpose and the intention and that we're doing it in a way that doesn't like, then exclude those people all over again. But we're actually bringing people together that we are, because I believe like that's the future, right? It's not the us versus them. It was, it never, it never was us versus them. It's still not us versus them,

00:55:48 whatever that even means, whatever, whoever us is, whoever them is. But it's, it's about bringing us together and to do that, I do think there's probably also some healing that needs to happen on all levels. I believe that there's also just like, we have to be willing and, and curious. And I think most people are like, most people want to know where like,

00:56:09 what is this? Where did this come from? And like, what is the history of it? And, and, and bring respect to that. So yeah. Yeah. 100%. And also just to add, there are a lot of really notable, experienced heart-based people based out of America. Like you pointed out taking the intention, taking the time,

00:56:29 taking the respect to really learn about yoga and Irv and tantra. Like for example, Dr. David Frawley is one person. Have you heard of him? No, I haven't. Yeah, he's an American. Okay. What did he change his name? And he's been, I think he's living in America, but he spent a lot of time in India also.

00:56:47 And he's one of the strongest proponents off of yoga. Vedanta tantra, like the way it was taught Dr. David Frawley, highly respected. And there are a lot of other people also that are championing the cause of spreading yoga and meditation. The wage was supposed to be in a way that is diverse, inclusive, and heart-based at the end of the day,

00:57:11 it's, it's not very verbal, right? This is heart-based and people can sense into it. So that is, you know, that is where I'm coming from. But sometimes, you know, when corporates are just exploiting it for the sake of it, just to, I mean, there's nothing wrong in profit and loss, but just for the sake of it at the expense of the traditions,

00:57:29 that's when people, I think have problems, but very few can, you know, come together and look at the intention for, you know, for the practice. I think like what us also, just to add, like a lot of Indians are also very disconnected with our own roots because of what

happened due to colonialism colonization, right? There were like a lot of practices and systemic right techniques that were used to disassociate Indians itself from things like yoga, meditation, and religion also. And over the years we had not right now, but we had developed at resentment towards our own indigenous practices. And I think there have been in Canada as well. Right. So I think there's a, there's a collective healing that's going on as we realize, oh wow. You know, we had a treasured all the while and we had some amazing people as well.

00:58:29 Right. So I think while that is happening, the over word is healing in one way or the other. Right. So that's why this can be such a complex topic to navigate. And I totally appreciate you for sharing this. So I think the more, you know, we, we, we share the practice together. That's when we can draw upon this collective wisdom,

00:58:50 right? Yeah. Yeah. Thank you so much. I feel that and appreciate that. And they, I think most people really want to be inclusive and respectful and it's really, you know, can be challenging to navigate because of the history and all things that are really valid hurts that that deserve to be healed. So yeah. I appreciate your openness and really deeply appreciate you sharing your perspective and also like sharing the magic that you have with us.

00:59:24 You know, your culture, your practice, everything it's, we're so blessed to get to be a part of it. So thank you. Thank you. Likewise. It was really nice to, you know, judge with you and I'm just saying every time I chatted with you, I learned something new. So it's really been nice to get to know you and know you even more now.

00:59:44 Thank you. Thank you right back at you. I'm like, wait, you can't go yet. I promise. We'll keep the woman.