

00:00:00 Let's talk. I think the last couple of things we've got here, plant medicine, plant medicine. Vedanta yeah, I read it. You say ironic. It's a higher Stage. I made it. Okay. I always thought it was Ayurvedic. So I'm going to have to correct me if I'm wrong. I innovated. Yeah. So talk to me a little bit about plant medicine.

00:00:16 Cause we know that that's another way to get altered state of consciousness. I believe it was episode 45. We had Jennifer pariah, which is amazing. All the magic mushrooms. Yeah. What are your, what are your thoughts on plant medicine and how this fits into, you know, flow presence, vitality? Yeah, I think, I think black medicine has its place where I think breathwork is a more sustainable way to access those places.

00:00:42 I think bland medicine provides you the map with breathwork helps, you know, oh, that's what I need to reach. That's what I need to go on a day-to-day basis. Without any stigma. You don't need that much time. Cause some plant medicine needs six to 12 hours to sit there. You can't do it in the city. You need to go somewhere out in the farms or maybe in a different country as well.

00:01:00 And I think perhaps the most challenging thing with plant medicine right now is that it's not, it's not approved by the government. There's a lot of stigma associated with that. And because of that, people have to do it in secrecy and because you're doing it in secrecy, you're not able to find the right person to work with because there's such a limitation of supply.

00:01:20 If you, if you know what I mean. Yeah. You would have to know the person trust the person. And there was yeah, yeah, absolutely. I mean, yeah. That's why alcohol has been legalized. That's why marijuana has been legalized as why actually I wish I knew more about this. I don't know exactly where the sex industry is,

00:01:38 but the same thing, like it's still, these things happen it's whether it happens in a safe way or not. Yeah, exactly. And so, because there's so much of limited supply and people are getting to know about the peop the, you know, the shamans are places where you can experience things like mushroom medicine in secrecy, through WhatsApp messages. You're not,

00:02:00 there's a quality control issue. I feel that happens over there. Whereas if the government openly supported it right, then you could pick and choose and see the experience level of one person and see what type of clients they worked with. I think that would be such a different state altogether. Right? Cause then you can wall internally go and have a level of control there.

00:02:20 So I think that's the biggest challenge right now. I do feel that it has its place, but I feel one of the most important things coming back to the same team set and setting, right? You need to be in the right frame of mind and it has to be the right time in your life to experience a type of plant medicine. You need to know what you're getting into in the first place.

00:02:39 Cause it can get wild. It's not always a good, good, good experience. It can be a lot of trauma. That's wanting to come out, purging vomiting, crying, shouting is all part of the experiences. And also maybe you're not in the right group because you're in a very vulnerable position when you're adding plant medicine, you're zonked in a different place altogether.

00:03:01 So God forbid that you are taken advantage of when you're in that stage, right? So it's such a difficult thing to choose and bless the souls who are in the right community and know exactly where to go if that works for you. Great. But if not, and breathwork is here to save the day because you know, you can, you can do it anywhere.

00:03:20 You want breath or you can do it in your home. You can do it in our friend's home. There's no stigma in ward and the recovery is immediate. You can just walk up and go do your groceries. So that's what I'm coming from. Yeah. I have tried a magic mushrooms and I, I feel that it was an experience that I needed at that point.

00:03:40 And it did show me a lot and a lot of profound lessons that I learned from it. And I noted it down. The good thing about things like magic mushrooms is that you're not creating another one, you know, immediately next month or things like that. You can go like for a years together, as long as at a soul level, you received the medicine that you need.

00:04:00 The medicine is not just physiological, right? The medicine is, is the message a lot of times. So A lot of people that I've spoken with that are advocates of plant medicine, also speak of the integration piece, being really important. And I would, I would actually think, you know, I'd argue that that probably goes with everything that we're talking about,

00:04:17 right? Like, you know, you don't just go into a flotation tank and then as soon as you leave, you know, forget about everything, you just experienced everything you learned. Right. Same thing with even breath work. Like I was able to sh I still remember some of the profound, for lack of a better word, you know, downloads that I had while in that.

00:04:32 And then it's my practice to continue to integrate it. And I would imagine the same thing for, for plant medicine. It's one thing to see the map to follow your analogy. It's another thing then to actually start to use the map in your day-to-day life. Yeah. And I think that's the part that we kind of, that's really, really important that we don't want to lose sight of integration of whatever you are,

00:04:51 whatever healing is happening, whatever, you know, mantras or affirmations that come to you or awakenings that we actually then can pull that into our everyday life. Yeah. Yeah, exactly. That's very, very sure. Or like some people would say like, you can either bring your meditation to everyday life or your everyday life can be a meditation. Yeah.

00:05:16 Yep. Yep. I think the, I think the sages and the mystics for that everyday life is a meditation. It's it's like, there's no disconnection between life and meditation being on the mat versus being off the mat. Your interaction can be a yoga. Your work can be a yoga, right. It's called karma yoga in India because your work, your actions is a yoga hot yoga is just one part of yoga.

00:05:42 Right? Cause there are so many different Ghana. Yoga is a knowledge of yoga. Karma. Yoga is the action of yoga. Your every action becomes the yogic in a sense. Yeah. So it's like a lot of philosophy also. Amazing. I think that will also resonate because I think most of us have probably been to a yoga class. You've heard the phrase of like the yoga doesn't end when you get off your mat and the yoga begins when you leave the room or when you have a hard conversation or when you have to go home and you have 50 million things pulling you or work is really stressful.

00:06:14 Like that's where the yoga begins, right? Yes. I think. Yeah. So good. Okay. How about Vedanta, which is something I've never heard about? What is Vedanta Oh, we done the also is a huge topic with Dante. All these are usually Yeah. The other yeah. To go deeper. Like maybe just like, if there's a way to kind of Coles notes at just to like share a little bit.

00:06:39 Cause I, I think that anybody listening is probably going to have some intuitive intuition around like, oh, this calls me, I'm interested in learning more or this is something, you

know, you know, I think that, yeah, No 100% Vedanta is, is made of two words, Sanskrit words, Veda and enter onto means in the end and Veda is,

00:07:00 are these very wisdom books basically. And you had the four waders in India, you had the rig wither. Yeah. The<inaudible> and you had the beta and this was an antiquity many thousands of years back. These were basically high level of wisdom that the sages wrote after deep contemplation breath work and you know, all the different things that they went through.

00:07:28 The wrote it right now with Vedanta is the ultimate culmination, the nectar of all these books. It's like, if you have to forget everything else, the data is the ultimate philosophy. So we done those also called<inaudible> open, open means to sit in front of initial, sorry. Nisha means to, I think, sit in front of the guru.

00:07:55 So basically opening up this, you know, it like, let's say you and me did not have time, but I had to communicate you the essence of life within like five minutes. That's the<inaudible> so that's so, you know, and so, and, and a lot of Vedanta is like, if you want a shorter version of the Vedanta, it is there in the Bhagavad Gita,

00:08:19 which is the, the, the sacred book of India of Indians. So, so that, so that's what it is. So basically long story short, it's a summary of the ultimate nectar of wisdom of India is way down there. So, so basically it is a philosophy for life it's of understanding who we truly are. Not through a belief not to fit,

00:08:46 but through self-inquiry. Exactly. Yep. That's what it is. If wondering, I always pull a Daniella port truth bomb card right before when you hit record. And it always has some moment in here at EGL what does the card say? Freedom, worships inquiry. Alright, so knock through worship, but Vedanta encourages you to worship yourself because without that teaches you or encourages you to discover who yourself is.

00:09:21 And the lack of knowledge of self is ultimately why you feel sad, right? Because if you Julie knew who the self is, then we will not have all the sadness. We will not have this reviewed relation, that relationship we have with deaths. Right. I feel that we don't spend enough time thinking about death. And then ultimately when we experienced the net or like a closed one,

00:09:43 then we have that outburst of drama and sadness Barclay, because we've lost that person. But also partly because we don't know what it's going to happen to that person in the afterlife is that person just introduced, do a bones and flesh, or is the person something else? Does the life continue and transcend beyond this physical life? Right? So that's what<inaudible> is all about.

00:10:08 So Vedanta is very scientific in its approach or the science do it as a certain hypothesis. And there are a lot of experiments that are conducted until you figure out what the truth is. And then if you're able to replicate that experience or that result, that is science, we had done that has a very similar approach. It's like various various questions that you're going to ask yourself to say no,

00:10:33 no, no, no. And then come to a conclusion. So for example, it says, are you a tarts? No, you can't be a tart because sometimes I'm happy. Sometimes I'm sad. Sometimes I'm Julian. So because that is, that is fluctuating. That cannot be me. So then you go, are you emotions? Are you your body?

00:10:49 No. Well, I cannot be my Marty because like 30 years back, I was much smaller. We're not bigger. Maybe when I'm 60, my, my body addiction is going to change. So I'm not my body. Right? So then you come to a conclusion of you are not your body. You are not your thoughts. You're not your emotions.

00:11:06 You are the witness that is observing all of this transpire. And that puts you in a place of more power because he realized that no matter what happens to you, even if you're dying, you will still be that observer. Who's going to witness everything that is unfolding. So it's like, it's very a beautiful journey to go through, especially for somebody who was grieving,

00:11:31 because they realize that through these experiments, that the person who was with them all their life is still with them. Does that, does that make sense? So it can be incredibly healing also. Wow. Amazing. That, and you said this I've you said a lot of modern neuroscientists also really love and appreciate Vedanta. Yeah. Why is that? Well,

00:12:01 because traditional science is very reductionist in nature, right? Because we are always trying to deduce big from small. This is made of this. This is made of this, right, right. Molecules are made of items, correct. Atoms are made of something smaller and something smaller, something, but at a certain point, they're not able to identify how small it goes.

00:12:24 Right. And at what point do you arrive at consciousness in order to understand the consciousness like in your body, that is consciousness stored. All right. And like, what is this consciousness that creates these emotions that are so nuanced? And we give words to emotions, but at the end of the day, it's, it's like, it's like, so it's good.

00:12:47 It's not a black and white. Your happiness might be different from my version of happiness because it's a mixed, right? So they're not able to fathom or even calculate or even quantify emotions. It's very difficult. We're not able to quantify a subjective experience. Me objectively can make an attempt to understand what you're going through, but only you will truly know what you are subjectively going through.

00:13:13 All right. So, so that's why the night is called the conundrum or the hard problem of consciousness, because they're not able to identify where is consciousness located and they're not able to replicate like Elon Musk is using NeuroLink to try to install some chip into a human being. And his hypothesis is that he will be able to keep you alive forever, even though your physical body dies.

00:13:39 But then the question becomes, the ultimate question is what is consciousness, right? I guess if consciousness is never objective that he'll never be able to be successful because consciousness is a very subjective experience. And so that is invite they're so fascinated with Vedanta is because Vedanta says that consciousness is a fundamental aspect of life before the buildings, before creation itself, there was consciousness.

00:14:06 And then that consciousness somehow maybe divided it replicated, created multiple different, smaller consciousnesses. And that's how things emerged. That's how life emerged that. So that is why it's very fascinating because it goes against the traditional viewpoint of science, which is very reductionist in nature. And then we emerge into a very quantum based approach to science. So amazing. I Know I'm not using the right lexicon or maybe scientists would be doing a much better job at me,

00:14:41 but I'm just making an attempt. No, you're doing a great job. It's such a good job. Super interesting. And like, it is expands even just you sharing, like, I feel your consciousness

expanding and like the, yeah. The inquiry and the curiosity and the mystique that still is in our world. That's I think really exciting. I think if we understood everything,

00:15:02 it was yeah. If yeah, what would we do then? No more inquiry, no more curiosity. Would I, I think that was part of what gives us life. Right. Exactly. And that has worked, you know, even in Hinduism is all about a lot of people think Hinduism is what faith, but it's actually what inquiry, that's the ultimate foundational piece about,

00:15:22 about Hinduism, if you might even put it that way, because the first hymn of the rig way that, which is the first way that is it's called an<inaudible> and that him is all about questions. Imagine people like 7,000, 6,000 years back, I think the same about what is the sky? Where does the earth w you know, what is this tree who is guard?

00:15:42 And, you know, how it ends, even, even God might not know who is God. So then it's like this ultimate rebel, the ultimate, right. At Renegade about not believing anything, but just asking questions because of the assumption that nobody has, the ultimate knowledge or truth, we're all, you know, trying to figure out life. Right?

00:16:03 Yeah. So I think that's a good, good state to believe in, because then you're not depending on authorities and somebody who has the ultimate truth, you're like, sure, you have some truth. I have some truth and maybe we can share and come to a close version of truth. Yes. I mean, that's so needed in the world so needed in every aspect of the world.

00:16:23 I think, especially right now is yeah. Being able to recognize that we all have pieces of the truth and that it's yeah. It's shared, shared open dialogue conversation, connection that really helps us to, to, to move. Yeah. Yeah. We talked about that all day. Okay. Well, let's talk about cold exposure, which I know you're a big fan of,

00:16:44 and I just showed a DJ. I literally like 20 minutes before he came, maybe not even finished putting together my cold tub on the patio. So I haven't even been in it. My body feels chill, just looking at it, but I am a huge advocate of cold showers. Yeah. I mean, you can look on my Instagram stories for more on that.

00:17:03 There's lots of great resources, but I I'm a believer in cold therapy. What about you? Like, what are you like, what do you find really powerful about cold therapy? Is there anything that's helped you get into it? Oh yeah. So for me also, you know, when it comes to cold exposure, I think a key influential figure was beam off.

00:17:25 I mean, who doesn't right. Nicole Wim Hoff is And A starting point. Yeah, exactly. I think Gord does a lot of things for me at a physiological and a philosophy level. Also I was inspired by his journey of, I think losing as a wife at a certain point, and having to take care of his children all by himself and somewhere down the line,

00:17:50 I feel that I might, I might need that information in the future. I just had an intuitive hit, you know? And so for me, core what gore does is like VIM, Hoff says, right, you can live your life either. In two ways, either you can wait for problems to come into your life. You can wait for trauma to come into your life,

00:18:07 or you can traumatize yourself every morning, a little bit so that you have a whole body readiness to confront that fear, to confirm that trauma, to confirm that difficulty. And I personally would like to have it the second way around. I'd like to be prepared. It's better to be a warrior in the garden than to be a gardener in the right.

00:18:31 And so that for me, does it, you know, because every morning is sort of like, I love to go into the core water, but it's like this process of getting myself ready and then experiencing the reward of these endorphins and these feel-good hormones, adrenaline rush coming out of it. That's addictive. And that's a good addiction. So that's for me is,

00:18:53 is, is what the core does. But also not sure if you notice, but cold water, cold exposure changes the type of fat that is in your body. Right. So we normally have, I think, white fat, but then when you expose yourself to more cold, you're training your body to create what is called brown fat and brown fat is brown because it has a concentration of iron.

00:19:19 If I'm not mistaken, one of these things, but it's good for you. Yes. I know. I'm like, all I know is brown fat, good cold water. Yeah. That's all. That's what I, that's my extent of knowledge on this. Exactly. And so what it does is because you have brown fat in, because your body's protein is producing brown,

00:19:33 fat, you're shooting less. That's one of the characteristics of brown fat. So when I come out of the core shower, I'm not shooting as much as I used to before. Like, that's your body's regenerative heat. Right. But then it's like, it's a different type of fat and you, and you're also so much more prepared at a physiological level that you don't share that much.

00:19:55 So that's what it does for me also being in the cold, it's like this huge rush of blood as well. So you're boosting your blood circulation and your lymphatic system also it's flushing all that stuff that is no longer needed to be in the body. So all of that is happening just through a cold shower. And I find that it does wonders for me,

00:20:19 but also I'm sensing that if I were to do it, it w you know, with a larger group, it's a good community event, right. It's like a sense of togetherness. If you look at it from the standpoint of the hero's journey. Right. Tell me more. Exactly. So he knows journey is something that I'm thinking. I think a lot of people are familiar with because everyone goes to the movies,

00:20:42 but there's a set narrative that is there in each and every movie, which is why on a psychological level, we are drawn to it. Each of us feels, we sort of know that there's a hero within us, but maybe that hero is sort of dormant, or maybe not ready to experience that encounter. But every once in a while, when we go to a challenge,

00:21:02 a difficult situation, a frustrating situation, or maybe a traumatic situation as well, when we come out of it, we feel like we've accomplished something huge. And so for me, it's like when I go into the core shower, or maybe when I go into the cold ocean, for example, when I come out, I feel like I won a little battle,

00:21:22 a small battle, but I feel great. I feel, and also, I think it builds itself level. So because you start respecting herself a bit more. Yeah. I agree with all of that. Absolutely. Yes. Every time I do it, I like the psychological and the physiological. Both of those are so key. Like, it feels incredible afterwards,

00:21:40 but also I just feel taller. I feel stronger. I feel more like, I, I agree with the love piece or like, I'm, I'm doing this to thrive for myself. It just feels empowering and incredible and such like the opposite, you know, the float tank is like remove all stimulation. Whereas I find for cold, it's just like the sudden rush of like,

00:22:01 holy F-bombs, like it is like so intense. And so they're just two very different experiences, but both incredible in their own way. That's true. Yeah. Yeah. Okay. So before we

wrap up on this, these pieces, let's talk about Irv. Ironic is that my Vedic oil bats, I've never heard of them, but I'm very curious.

00:22:23 I Arvida is something I've heard of over the years and kind of similar to how I was saying about breathwork never could find it lining up. All of a sudden I looked up my IRA to type a few months ago, maybe even like six weeks ago or something very recently in the past, it never resonated. I was, I was like, okay,

00:22:40 maybe for somebody else. And this time I read it and it was spot on. And so fascinating. So, yeah. And then here you are telling me about ayervetic web bath. So let's tell, tell us what you, Well, I always think I'll have bats as the name suggests involves oil, but in our shouting and oil, right, you're giving yourself even massage with the oil because the truth is, especially for people living in the Northern hemisphere where it tends to get cold and dry, a lot of times our body and our skin creatives, this oil, and maybe you put cream and things like that, which is great. But sometimes oil is a very direct way to provide more nourishment and texture to our skin. Right. And so that's exactly what it is.

00:23:22 It's called a Bianca. That's the actual name for Ayurvedic oil bats. Bianca Bianca literally means self-love. And so what you're doing essentially is you're not just putting, you're putting the oil, but also you're massaging herself, right? And maybe not everyone can afford to get a misuse, massage them out and RMT massage every week. And for that, I feel that oil bats is of eight affordable way do express self-love,

00:23:54 but also to give some stimulation to your muscles, do your joints, do your ligaments and improving blood circulation, improving the lymphatic system. Right? And so you do these strokes, both circular and straight as well. And so the way it works is generally you choose what oil you want to get. There are different types of oils, depending on the type of the year,

00:24:18 time of the year, Depending on if it's a summer season, you were to start an oil winter season, you use a certain night, or if you prefer for me, I prefer coconut oil and a little bit Sesame oil. I mix it up a heated up a bit. So it's a little bit warm, not hard, but warmer. And then you apply the oil on your body,

00:24:36 right. All the way of already air. Right. Maybe a little bit on a years old. Yeah. Depending If you can manage it. I don't know. Yeah. And, and, and, and I would suggest all the test, the oil first, if you have a history of sensitivity to skin, but yeah. Just really, you know,

00:24:57 apply the oil massage yourself. And also you can use some affirmations and words of love while you're doing the oil massage. You can play some nice music, right? You can make it a whole ritual if you want, can be as fast or as slow as you want. But basically after you apply the oil spend about 15, 20 minutes allowing the oil to sink in,

00:25:19 allowing it to seep in. And then after that, you can have a hot shower. And then if you want to take it to the next level, then you can use an Ayurvedic powder. That's called Shikha Chi. And what that does is it's really good. Like a, what do you call lubricant? But also it helps get the oil off your skin surface.

00:25:45 Yeah. So you put a Chicago guy, it's a powder butter on your body or on your hair for the body. Just double check if it, if it's good for you. So yes, certain a small part of your skin for me, it's good. So I put it in the body and then you have the warm shower and that's it. You just relax after that.

00:26:01 It feels sorta like This sounds so good, so good. Okay. Incredible. So I hope that like all these things, you know, we're sharing as ideas and it doesn't mean you have to do all of them every day or all of them every week or anything like that. And like, I think a big part of what we're, what the overarching purpose of this episode,

00:26:21 these episodes are, is to really guide you with some suggestions and ultimately trusting in yourself to figure out what what's right for you. So thank you so much for sharing so many different ideas and, you know, giving us a bit of a buffet to intuitively pro this is a great piece of practice intuition and say, which one speaks to me? Where do I want to start?

00:26:40 What do I want to try? Can I quickly to the washroom? Yeah, of course. Yeah. Oh, you got your bathroom. Yeah, yeah, yeah. Is it cold or is it just me? Okay. My hands are freezing. Go ahead. Well, where's the other one that you already in.

Okay.<inaudible><inaudible>,<inaudible> Sorry.

00:29:13 I feel like I'm taking up so much of your time is so interesting, so interesting. Okay. So I will get us to the last couple of questions then. Yeah. Grab some water, Water. Okay, perfect. Oh, I'm like, I want to go oil by eight, so Good. Definitely like, Oh yeah. Let's see how the Hello?

00:29:44 Hello? Hello? Yeah. Okay. Okay. So obviously this conversation's been really deep and profound and spiritual, and I've got a few last questions that I just want to open up some discussion on around spirituality. First one, curious about what you've, what you, I guess your belief sending, give some stories on this around guides, ancestors, and you know,

00:30:17 how that shows up in your life. You know, like I said before, the feasible feasible wizard will a word that we live in is just a small sliver of the entire existence. And I think the more you do breath work and maybe some plant medicine, we sort of get a fragment or in our list, standing of firstly how little we know,

00:30:45 but also how little we see, because what we see is a visible spectrum, right? And based on what we are seeing and based on what we are sensing, we assume that that is reality. But the truth is, and the more we get into Vedanta or maybe quantum physics, we realize that existence happens not just on this plane, but there are different planes of existence,

00:31:14 different dimensions. Like I like the work of Michio Kaku have you heard of him? No. Well, he's a scientist, he's a physicist, but he delves into all these different aspects of what is possible. He did an interview on Tim Ferriss podcast, recipes. He spoke about alternate timelines, alternate realities, alternate dimensions, battle realities. There are so many different things that we,

00:31:40 for some reason have not considered, but deep down, we know that maybe that's possible, you know, and you know, there is a spirituality attached to it, but we all know that any advanced technology, any advanced technology can be seen as America, if that makes sense. So they're basically saying there's a lot of things that we don't quite understand.

00:32:07 Right. And, and, and my theory is that when somebody departs from the physical world, they still exist, but they exist on different planes and different levels. And if there's a resonance or if there is an energetic connection still between us and them, let's say, for example, our ancestors are maybe our spirit guides. Then they were able to transmit some information from doers and back and forth,



00:32:36 things like that. All right. And I, that, that transmission becomes easier. The more activated our energy is if that makes sense, the more subtle our energy becomes because our body, especially different parts of our body and our third eye, they're like transistors. We're just tuning from one radio station to the other. And most of the time it's noise,

00:33:00 then we pick up on a radio station, right? So that's what it is. And even our spirit guides consensus, right. And when this sense that we are, our energies are not purified, and we are able to sense a lot of different things. Then they are more encouraged to pass on a message, a synchronicity assign. It doesn't happen always to just words,

00:33:26 maybe, right. You know, you just, you just going, doing your work and you see 11, 11, and you see any Lego get fine, but then you see 11 them again and maybe the second day. And you keep seeing it. That is when maybe there's some type of message that they're trying to pass on to you. So to me,

00:33:43 you know, the patterns that you're born with and our brothers and sisters and relatives, even because souls are timeless, or there's no age for souls, but we have decided consciously to manifest here on earth. And we've decided the roles that we're going to play also, where like, you know, you're going to be my mother in this lifetime next left,

00:34:04 and I'm going to be a mom. So that interchange is also depending on what lessons that we crave to learn. Not the lessons are not always positive because from the place where there's no time and space, that James found a place where there's no time and space, you know, there's no good and bad. They're just lessons. Sometimes we want to learn the lesson behind failing and winning,

00:34:32 like seeing huge success. Sometimes we want to learn the experience of having a breakup or divorce. That's also, lesson is only here that we make, give meaning to, you know, what happens or that's a bad experience, but at a soul level, we're always creating experiences no matter what the experience is. And so, so then we decided, okay,

00:34:50 you're going to be my mom. You're going to be my dad. And that all of that is written, I believe in the, in the Akashic records. And some people can read them all extensively. Right. So, so that's what happens. And so we manifest here on earth, we pray play our roles. And we do have, I believe freedom of free will,

00:35:09 so we can decide this is a situation. But then ultimately the decision is up to us, whether we say yes or no, and what decision we take at every interjection. Right? So that, so that is, that is, I feel how we're connected if we are really connected to somebody during this life, and then they pass away somehow some way,

00:35:30 we still have some connection with them and they pass on messages to us. Also, you Guys, some in a flotation tank from your mother, Not in Florida, No, not in the flu season. Okay. So basically for, you know, your, your listeners who don't know. So I am, so my mom departed from her physical self last year and I save,

00:35:54 I make it specific. I don't say die or something like that. I say it C D Firefall physical self, because we have a understanding, right. People who are deeply spiritual, they understand that that's not how it works. A person just doesn't die. And that's the physical body. No, the physical body is like a car. It's a vehicle.

00:36:12 And we use for a limited period of time. And then we would be moved from one vehicle to the other. So anyway, so that happened. But then, and, and, and I was deep into my

understanding of Vedanta also know that that really helps put things into perspective. Well, basically when I was coming back from home one evening, it was,

00:36:34 it was, you know, it was dark and this was an a month off. I think maybe me, it was me. And so at that time, I communicated to my mom and I said that if you can hear me, or if you can hear this message, if you can sense my intentions and emotions and send me a sign, you know,

00:36:54 and I felt that the message had gone through way clearly, but I was not attached to receiving the message immediately. And so then I crossed the road and the first thing I look at, I look her. Right. All right. And so on the board, across the street, what I see is the board, the word stewards, mother and India says mother India.

00:37:19 You know? And so that for me was not just a sign, but it was a conclusive sign. And she was communicating with me because it's not just mother, mother can be anywhere, but it says mother India, which for me, was a definite sign that she was starting to pass on the message to me, that everything is good. Everything is fine.

00:37:37 Oh my gosh. So powerful. Yeah. So, so amazing. Yeah. I think this is I don't, I come from like the very like Western model of what death looks like. So I'm always so open and love to hear these stories of connection and, and that, and I've, I don't know a lot, but I have witnessed two people where their physical body,

00:38:05 it was sorry. How did you say it? Their spiritual, how do you, how do you describe that? When they, when I would say they, they passed away, what was the phrase that you used Physically to barter Physically of our, okay. I've been there when two people have physically departed. Yeah. And in both situations, and I,

00:38:23 let me say, this is also, I was, they were people that were older in life. They were people that had, you know, it was not a traumatic situation. So there is, I, I recognize some blessing and in that experience, but it was really interesting because the one that passed away, as soon as she passed away, before we could even,

00:38:42 or her, she physically departed her, we didn't even, hadn't even realized that she stopped breathing, but her dog had left from right beside her side and went running and barking to the door and the window lit. And that after once that happened, we then looked back and realized she had physically departed. And it was so incredible, like really, just really special moment.

00:39:06 And then another, another person that I've seen physically to part, it was really interesting because for days leading up to, they'd asked about the sunshine liquid, and this was in January, in, on Vancouver island. So not a lot of sun, you know, and every day they were like, is it sunny that sunny? And we're like, no,

00:39:22 it's not sunny. And everyday they would ask that question. And one morning the sun started to come out and we got the call from the hospital saying, this is, you know, going a turn is going, coming. And we're driving to the hospital's a four-minute drive. And the Beatles song here comes, the sun comes on and we go into the hospital room and the sun is shining and we're there.

00:39:42 And within moments, you know, she had physically departed. And so I've always just had like this curiosity and reverence and a lot of like, respect for what I do see, and also like

awareness and reverence for what I, what I don't seem to, I don't know what it's still kind of mystery. And yes, I just, I don't have,

00:40:09 I don't have anything else to contribute besides that, but I really appreciate like hearing that, and I've never tried sending messages, but I think I wouldn't try now because yeah. You just inspired me on that. So thank you. Oh yeah. I think, you know, every soul has a journey and the journey does not stop. You know, it keeps skips going.

00:40:33 Sometimes if you don't hear a message back, that's probably because it's the best for them. Maybe less distraction so that they can be in a state of flow in their other charity. Right. So I leave it up to the university to pass me any information that I might need along my own journey. Right. Yeah. So much trust. Yeah. So why do you,

00:40:54 why do you believe we're here on earth? Maybe like nice, easy question. Yeah. Well, the earth is a spiritual playground because you can only learn a certain lessons honored compared to where we are from, because where we are from, there is no time and there is no place. So if there's no time, you know, you can't, you can't really grow because for some reason I've learned and I've read that you need that,

00:41:28 that experience of elapsing of time in order to have these lessons of sadness and guilt and happiness and joy and bliss and all these wonderful variety we sent, we see someone, you know, good and bad, but found the place that we are. There's no good and bad. There's no yin and yang yin and yang was only created so that we can experience the polarity awful life,

00:41:55 because it is only when we experienced a deep darkness and the despair and the sadness can be appreciated. The true happiness and joy we can, we can estimate how good something is unless we know how bad something can get. I think for me, that is the, that is the purpose of life because we can experience such suspects from of life experiences that are not available in that place,

00:42:19 where we are from, because at that place, everything is joyful, blissful and underwrite. If everything is Ananda, it's good. It's very nice. But then there's no learning. There's no, there's no growth. I feel at a spiritual level. And that's why all these spiritual masters say that if you're going through suffering or challenged and despair, maybe that's a gift.

00:42:40 You know, some people do say that person is so unlucky, right? This has happened. That is actually a gift because these spiritual, vice masters on earth, a lot of times they find ways to experience difficulty penance. Like they put themselves through, you know, difficulties of not having food and walking bare feet and seeking arms from people because they're putting themselves through so much of difficulty because they want it.

00:43:07 They want the university desks themselves enough so that when the test comes in the future, they are ready. They're prepared. Does that make sense? So I think It does. It's almost like the ice bath, how the ice bath is preparing us right. For our day. You're saying our experience on earth, Hang Us for greater consciousness. Some, yeah,

00:43:33 just, just, yeah, exactly perspective. Because you know, death is following us around everywhere, whether we want it or not. Right. There are cells in our body that are dying all the time. We have cancer cells created every day, but then they're destroyed also because of our immune system, when we go onto a fast, the only reason why the fasting is good for us is because of autophagy and autophagy literally means auto is I think automating and I think for GE means to die.

00:44:01 So it's like the cellular debt and, and renewal. And so, so to speak is why fasting is so useful and important when we are holding our breath expedite. That means you're experiencing death for a short period of time. Right. And when we're, you know, going into cold water, that is in a way death, right? Cause not no normal sane human being would plunge themselves into the cold water unless they see some kind of benefit spiritual significance from it.

00:44:35 So I think, you know, all these practices are in a way giving us a glimpse of death so that when it does happen, we're ready for it. Mm. So good. So good. I feel like these practices are like pieces of the human experience that we're meant to go through, you know, like repair, the cold plunge is bringing you that strength and the holding your breath is bringing you closer to death.

00:45:01 And the, you know, the iron Vedic oil bath is bringing you closer to self love. Like it's kind of almost like a combination or like a way to distill down like life lessons into practices and into moments that we can continue to incorporate. Yeah. I think so, too, for sure. Okay. What is your, what's your theory of reality?

00:45:21 I know this is something you wanted to share that you've never shared before. So, Well, I've already shared some of the theories of my understanding of reality, but for me, you know, you know, the, some of the scientists and Elon Musk is also saying that we are living in a simulation. Right. But to be honest, that's not like a new theory that I,

00:45:45 that has been propounded for times times in Memorial, because the ancient wisdom, he's an NDA, you should say, everything is Maya, which is everything is an illusion. And so they knew at a deep down level that what we're living right now is, is sort of like a simulation is like a illusion, so to speak. And what I think,

00:46:06 and what I believe is that we are living this life from a different, maybe a different planet or maybe a different dimension, or maybe we're just children were playing video games, you know? And then the judge gets bored of that video game and, you know, the lights come on and we get in a different place, you know? So maybe that's a tart experiment.

00:46:30 Maybe that's a belief, or maybe that's something that I want to learn more off, but that is sort of, I think what is happening here, you know, because the visible spectrum or warfare the data that we're getting from our, from our sense census is very transient, is very transient. Yeah. So Yeah, I F I feel that that's so,

00:46:56 so cool. So let me just definitely to think on, reflect on, I picked up my phone at one point this morning and looked at Instagram and just had this moment and where I just felt like this is just not real. I do, like I have such an interesting hit, and I think that social media is a really easy one to kind of pick up on that.

00:47:15 Actually, let me say this. I think social media, isn't really hard to recognize, but once you see that it's not real, you can't unsee it. Yeah. And when you know what I mean, like once you can detach from both the reality of what you're putting there and what you're viewing and seeing once you can detach it and see, like,

00:47:33 that's not real. Yeah. I think that you can't unsee it. You can never go backwards and think like, this is a hundred when you never think, oh, I was wrong. It's actually is real life. You know what I mean? I think we're just like constantly looking at like, well, what else is not real? What else is not real?

00:47:48 Like, what else is when, what is real? Yeah. Or I think important questions to, to, to discern for ourselves and figure out what that, what the meaning is. Yeah. 100%. I would also say that this would be an invitation for people to detach, but don't escape, right? Because there are two ways of living life.

00:48:07 You can either escaped into the, into the mountains because you know that this is false. All of this is an illusion are, you can recognize that this is an illusion and enjoy this illusion. All right. So that would mean not being attached to social media, but doing really well on social media. Do you know what I mean? It doesn't mean you stop doing social media,

00:48:26 but you don't be attached to the desserts, the metrics, the likes and the comments, but you do really well in social media. Right? Because that ultimately is a tool and you can use social media to do good. Like we're doing right now. So this podcast, and you can use blogs and you can use media, you can use conscious media,

00:48:43 right. Media can actually be used to empower people and to put people into a state of pronoia pronoia paranoia as the opposite. Right. Okay. It's not, it does not just say something that I've never even heard of the opposite of paranoia. Yeah. It's a paranoia is like, you know, you always thinking something's wrong. Something's bad in the world.

00:48:59 Right. You're always paranoid about pronoia is the opposite thing where you are always wondering something good in the world is happening. You know, there's something amazing. There's some secret conspiracy for somebody to do good to me. That's like paranoia. So what I'm saying is this media outlets can actually use, use their resources platforms to do good for the world, but that's not profitable.

00:49:27 That's why, you know, it's, it's only when we stimulate our sympathetic nervous system and fear and paranoia and worry. And that's when, when you put people against people and you lead when you create divisiveness, that's when you that's, when unfortunately these people realize that there's only prophet. Yeah. Cause that's the state that gets us into, I mean,

00:49:48 that, and that's what this whole podcast is trying to get us out of is a state of burnout, state of anxiety, and to move us out of that, the heaviness of the world and, and out of it. So, yeah. Yeah. I appreciate that sort of mediums like this. We can hopefully shift that and change it. Nice.

00:50:09 Let's do, can we do the breath work? I feel like I'm very excited for this. I know you normally do it with music, so I'm making it improvise here. And I really appreciate that. Yeah. Yeah. I, you tell me what to do. How should I sit? Tell me all the things I'm very excited. Yeah. Oh,

00:50:25 we should probably say don't drive right now, right? Yeah. Don't drive and try to do this technique when you're you and you're at home or whether there's where there's no one to disturb you, but this is a very simple technique. This is not a very engaged or perhaps in ward technique, as you know, some of the breathwork sessions can be.

00:50:41 And in fact, this won't have any breath hold as well. Can I, I should, I can, can I take this snippet and also just add it as a separate audio into the show notes? That way people also just want to Have A two minute or three minute. I'm like I hit a breathwork. I don't think it's appropriate, but yeah.

00:50:58 Okay, great. Okay. So we'll have it as a separate resource too, if you want to come back and listen to it another time. Yeah. 100%. Yeah. So this is a very simple technique. It

is the own chanting technique. And so the mentor that we'll, we'll be using his own. And so basically what we'll be doing is we'll be dividing the mantra into three parts pu and the last part, 00:51:25 the M part. Mmm. Ah, Ooh. Hmm. And so what we'll be doing is we'll be visualizing our energy centers. So the first energy center is at the base of our spine. Right. So just you'll be visualizing a red color over there. Right. So basically the spine, the second area that we'll be focusing on is the heart.

00:51:58 Okay. So not the physical art, but the spiritual heart at literally the center of the chest green color. Okay. And the third area will be the third eye, which is the, which is between the eyebrows slightly above. So here. Yeah. And be visualizing an indigo color jewelry, visualizing a color, but also you'll be chanting a particular tone.

00:52:22 So when you visualize the root chakra, you'll be seeing, ah, when you visualize the heart chakra you'll will be, you'll be saying, Ooh, oh two. And when you visualize the third eye, you'll be saying, Hmm. All right. And so an invitation is for everyone doing this to actually project the sound into these areas, then you are when you're chanting the tones.

00:52:49 Right. And so usually I add counting, but since we're not counting here, we'll just go approximate, we'll be taking a deep breath in through the nose and then we'll be doing our Ooh. And then, Hmm. All right. And to make it even more effective, what I would recommend is that you touch, take your tongue and touch it to the roof of your pallet.

00:53:17 Does that make sense? I think so that we can do this And also to really enhance, I would suggest you using one of the mudras madrasa, basically you touching your fingertips, you're touching your thumb to your first index finger, right. Or you can, oh, you can touch your thumb to your index and middle finger. There are different models and you know,

00:53:44 each one of them is healing. So dumped your index finger. Okay. So wherever you are, find yourself in a comfortable position with your back straight, shortest, slightly relaxed, and just focus on your breathing as you breathe in and out, right in through your nose out mouth really relaxed. We're going to take a nice deep breath in now through the nose fully in and begin So Fully into the nose.

00:54:50 Once again at the root. So At the heart, Deep inhale fully in filling the belly. So I'm In it again. So One final time, nice deep breath in. So, And you can gently open your eyes and come back to the present moment. Wow. So amazing. Thank you. You're welcome. I decided to let your chanting be the guide is so powerful even just to sit and listen,

00:56:36 you know, there's a rehab might have a whole other podcast on like sound healing and all of that. We didn't even talk about that. There really is something about the frequency and the, yeah, really cool. Thank you. I'm going to definitely going to go do that by myself later. I love it. Now you have a super special offer for everybody that is listening as well.

00:56:59 Can you share that for us? Yeah. So basically I do these breadth work journeys on zooms so that people who are living in other areas, different parts of the world can attend as well. And so my invitation is for everyone who is listening to this podcast to join me for his zoom session on a Sunday morning, we meet at 8:30 AM Pacific that's 11:30 AM Eastern.

00:57:29 And so, you know, whether you've done breathwork in the boss, or maybe this is your first time, you're really excited. You liked what we spoke about and you want to join us for a breathwork session. And maybe Lisa and I will plan some in-person sessions as well in the

future in Vancouver for people living in Vancouver. But for now I'd love to provide you a free ticket for my next breath work journey online.

00:57:53 Yeah. I'd love to connect with all of you. And the link is, Yeah, we'll put the link in the show notes for you. It's my seven shock roz.com/breathwork experience. And in the promo code is heal 2022. So my seven chakras, which is a DJ podcast.com/breathwork experience, promo code heal 2022. And we'll make sure that's in the show notes.

00:58:16 That's very generous. Thank you so much. And I know there'll be information on there too, learning more. Cause you have a whole course burnout to Bullis that I know you go even deeper into all of this, so, but thank you for that generous offer. Yeah. Okay. I got the last couple of golden girls. We call them the rapid fire questions.

00:58:34 So like really nice, quick, easy questions. Not like, you know what, what's our purpose here on earth. What is a goal that you're working on right now? Real estate. I got to get my first home, you know, that I love it. So good. And I meant just, I loved what you said about the root chakra too.

00:58:53 Yeah. Very, very cool. Really good. What's the best lesson that you learned in the last year And the last year is to spend as much time in parasympathetic dominance. So cold showers, fluoridation therapy. That's my lesson, you know, do as much as I can so I can show up in a better way. Cool. What's something in your life that you've changed your mind about.

00:59:23 That's a tough one. Maybe that one wasn't easy. I swear. The next one is What have I changed my mind about? Oh yeah. You know, initially I had very strong opinions about the mandate in terms of, you know, the, the customer, doesn't honestly not doing the right thing and there's so much divisiveness. So I had really formed opinions,

00:59:48 you know, about, about things and that I feel sort of affected my, what, what do you call that mental wellness? I mean, in terms of my thought process, in terms of us versus them in terms of all this wrong, that's going on and there's a lot of truth to that, but then I realize, you know what, everyone's trying to do their best with what they have.

01:00:10 That's what that was my realization, you know, you know, interact with people based on where they're at and the, and the conscious level that they have and the challenges that they have. We don't even know what challenges people are going to. Right. So, you know, there's a lot of divisiveness right now. So for me, it's like,

01:00:25 you know, just try to understand where the person is coming from and see where you can agree. And if you don't agree, then that's fine. Also, you don't have to not be friends with somebody if you don't agree with them. Right. Because otherwise you will not have any friends at all. I know. Right. I know. I thank you for saying,

01:00:41 yeah, I totally agree. I think it's so interesting that we, it feels like we can't disagree on anything. I'm not even, I don't even agree with everything on with my child or my husband or my, my parents and that doesn't yeah. We definitely need to learn relearn to be able to disagree. I love, and I love thank you for bringing that.

01:01:00 A sentiment that I also share on both of those like, journey that I've had to go on as well. Thank you. Okay. Do you, do you eat poutine? Protein, protein? Yeah. President of Russia.<inaudible> oh, you do? Okay. All right. Are you, do you prefer the cheese curds or the shredded cheese? Honestly not tried the shredded cheese.

01:01:28 Oh, good. It's a waste of your time. Okay, good. This is also very good. I know he's got better in Montreal, the actual reporting, the best words. And you get him out of jail.

Yeah. That's yeah. That's what I hear. I had it once when I was 17. I'd like to go back, but,  
01:01:41 but yeah. Okay. All right. The Kurds are my favorite. I was like to find out what people like, if you could travel anywhere in the world for a meal to eat something. Yeah. Where would you travel to and what would you eat Northern China? Have you ever tried? It turned the cuisine of Northern China. Beijing, I guess Beijing.

01:02:00 Yeah. But the other parts as well. I love Northern Chinese cuisine. I like Chinese cuisine also, but I love Northern Chinese cuisine because a little bit more spicier, most saltier, more wheat based, lot of, you know, like barbecue going on. It's beautiful. So I'd love to go there and spend some time there, you know, traveling,

01:02:22 having good food. Yeah. That's where I'd go. Oh, Very cool. I love That you spent your time in China, right? Oh, I have been to, I spend a lot of time, just about an hour outside of Shanghai. And this was 15 years ago. The first time I went and so look vastly different than, you know,

01:02:40 I went on to be honest, it's been nine years since I've been back again. But between 2008, the first time I went in 2012 or 13, the second or the third or fourth time, I was there. Huge difference. But when I was there, I spent quite a bit of time Shanghai, all that surrounding area in Shanghai. Bindu Beijing,

01:02:58 Qingdao, Shianne, Guang, Jo, and then like a lot of smaller places in there. I have, I've been lucky enough to meet a lot of friends over the years and I get to go back and spend time with their families. And I, yeah, I really love the people in China and the culture and the cuisine. Like I think it's so underrated.

01:03:17 Yeah. Oh, cause you're like the, yeah, the, the Beijing hotpot versus the Shanghai pot, hot pot and like the Cantonese cuisine and Sichuan flavor. Oh, I love to try and do it. Yeah. Yeah. That's a great, yeah. Now I'm starving. So good. That's great. If you had a magic wand, what would you use your magic for?

01:03:42 I would, I know. I mean, I would bring my mom back. Right. That's that's the only thing for me, but I would do that and I would build a nice big home so that my whole family could live there. Yeah. Very cool. Very cool. So where can people find you where's the best place that they can stay in touch with you?

01:04:04 Yeah, Well, they can find me on [instagram@mysevenchakras](https://www.instagram.com/mysevenchakras) or they can write me an email at [mysevenchakras.com](mailto:mysevenchakras.com) or they can visit my website again. My seven chakras.com super simple. It can listen to podcasts. All of them are free and they can join me for breathwork. I'd love to see everyone in-person well, not in person. At least your video camera might be on when you're on zoom, but it'd be good to connect with everyone who's interested and experiencing breath work.

01:04:38 Wonderful. Oh my gosh. Thank you. Thank you So much. There's nothing else. Just, just thank you. Have so much gratitude for everything you've shared. Thank you for an open conversation and for all of us, I know we're going to take, if we can just take away one or two little things from this conversation, each person's life is going to be infinitely better for that,

01:05:00 That I think this was the longest interview that I've been part of. I think we've gone past Joe Rogan as well. Jordan is like, wait, how come you guys are going to be on me?



We're going to break it into lots of episodes. I promise I loved it. I loved every minute of it. Thank You. Thank you.