

DESTROY NEGATIVE THOUGHTS

*We
develop a passion
for Teaching!*



Most people lose their free will to those programs and it's that uncompromising will where you keep training the animal to stay to get beyond all the Cravings the feelings the habits of the body and catch yourself the best-selling author and host the number one Health and Wellness podcast on purpose with Jay Shetty I think the most beautiful and powerful thing in the world is a repetitive thought but sometimes the most dangerous thing in the world is a repetitive thought absolutely and we think about

the most beautiful things we
create is because we're
obsessed with this new idea
and this new thought that we
want to build something but at
the same time we know
countless people who they
Have a thought every day that
says I'm unlovable I'm
unworthy I don't deserve love
in my life if someone's having
a negative repetitive thought
specifically around self-worth
what they believe they
deserve in love where do they
start with that thought well we
think primarily uh 90 of the
time we think the same

thoughts as we thought the day before the challenge with that is the thought that you keep thinking over and over again becomes a belief and nerve cells that fire together wire together so the more nerve cells fire the more they develop long-term relationships and the more hardwired they become the more hardwired they become the more automatic they are the more

Automatic they are the more unconscious they become so the process of change really requires becoming conscious

of your unconscious thoughts
which means just because you
have that thought doesn't
necessarily mean it's the truth
if you have that thought and
you accept it you believe it
you surrender to it without
analyzing it that thought will
lead to the same Choice
which will lead to the same
behavior which will create the
same experience which then
will produce the same
emotion same emotions then
drive our very same thoughts
in time our biology our
circuitry our chemistry our
hormones and even our gene

expression stays the same
because we're the same so in
the process of
Change when you come up
against that unconscious
belief and you make it
conscious most people get
uncomfortable uh when they
confront that thought and
they're stopping an automatic
process and the body which
has been conditioned to be the
mind because it's doing
something over and over
again that's a habit is craving
the experience because it
wants the emotion associated
with it right so the thought of

being unworthy produces the feeling of being unworthy that feeling that when the person feels unworthy tends to cause the person to think more unworthy thoughts it only takes a thought and a Feeling an image of yourself and an emotion a stimulus in response you can condition the

Body to memorize that behavior and that emotional state better than the conscious mind so the moment we inhibit that thought or the moment become conscious of and we no longer accept it

there's a biological craving
that takes place in the body
because the body has been
conditioned to be the mind so
the body starts influencing the
mind to think more
corresponding thoughts equal
to that feeling so here comes
the assault then you're not
only unworthy you're you're
everything else that goes
along with that feeling and
this is where uh people have
to make up their mind if they
truly want to change because
if you decide to confront that
thought and make a different
Choice get ready because

you're

Going to feel uncomfortable
it's going to feel unfamiliar
and it's going there's going to
be some uncertainty because
you're stepping out of familiar
territory now you're stepping
out of the known and you're
stepping into the unknown
now this is really when you
leave the bleachers and you
get on the playing field
because the brain immediately
looks around in its
environment to see if
anything's changing because
you're changing and you see
that nothing in your world is

changing because you
actually haven't fully changed
yet so the moment we look
for evidence in our life and
we don't see it sooner or later
most people accept that
thought which leads to the
same Choice which creates
the

Same behavior which creates
the same experience that
produces the same feeling
then they say oh this feels
right to me you know that
feels familiar because you've
just returned back to the
known self I think that when
people truly want to make up

their mind to change and they become so conscious of those unconscious thoughts they would never go unconscious to them again that's the moment the body is being reconditioned to a new mind if you inhibit that choice that leads to that habit or that behavior a habit is when you've done something so many times the body knows how to do it better than the brain now you're stopping the body from being on its automation on autopilot and if the
Body's craving the feeling of

unworthiness and you're
stopping the body from
feeling that way and you're
aware in your life how you
speak you're aware in your
life how you're feeling and
you're checking in you're
saying do I really want to feel
this way this is that River of
change where you're going
from the old self to the new
cell so it makes sense then if
those principles and biology
work in that way they could
actually work in our favor so
if you said okay I'm going to
sit down for a few minutes
I'm going to come so

conscious of my unconscious
self my unconscious
personality that Victory today
would not be going
unconscious to those thoughts
behaviors and emotions okay
let

Me get so familiar with them
that I don't go unconscious
okay I got that down I know
what what thoughts do I want
to fire and wire in my brain
and if a belief is a thought that
you keep thinking over and
over again with intention and
with attention you'll switch on
that prefrontal cortex and
assign meaning to the ACT

and start installing new
circuits in your brain if you
keep doing it over and over
again it becomes more
hardwired it becomes more
automatic and now you're
installing a new belief that
you are worthy of love you
are worthy of abundance you
are worthy to heal whatever
that is that's the thought you
do want to believe in and
when it matters the most is
when it's the hardest
Because if you don't have the
circuitry in place you'll
default back to the old
programs right so then if you

said how am I going to be in
my zoom calls today how am
I going to be in traffic today
how am I going to be with my
ex my co-workers and you
started thinking about and
rehearsing how you were
going to act in certain
situations the brain actually
doesn't know the difference
between the real life
experience and what you're
Imagining the research on
mental rehearsal shows that
the brain will look like in time
that it's already had the
experience and it's vacant of
the experience now keep

firing and wiring those
circuits and you're going to
begin to behave that way so
now you're installing
Circuitry now to use in your
life to get your behaviors to
match your intentions if you
said how would it feel to feel
worthy of love how would it
feel to be grateful for Life
how would it feel to be
worthy of abundance and you
said I'm going to teach my
body emotionally what this
feels like before the
manifestation of the event
you're not waiting for your
life to change to feel worthy

you're actually changing your
life by becoming worthy
you're generating abundance
you're generating love you're
creating an elevated emotion
now our data is so compelling
because when you truly begin
to elevate your emotional
state and you could really
lock in you know to those
elevated emotions your
Body is so objective that it
actually believes that it's
living in a whole new
environment before the
environment changes in other
words the body's believing it's
in that new future and if the

environment signals the Gene
and it does and the end
product of an experience in
the environment is an emotion
you're actually signaling
genes ahead of the
environment and your body
will begin to become
conditioned to a new mind
now think about this if you
did that every day the word
meditation literally means
become familiar with you
become familiar with your old
self you become familiar with
your new self and you say I'm
not getting up until I feel this
feeling and then you'd say I

want

To be able to bring this
feeling up whenever I want

I'm going to keep
remembering this feeling over
and over again it only takes a
thought and a Feeling an
image of the future under
motion is stimulus in response
you can condition your body
to believe it's living in a
whole new life and when you
feel the emotions of your
future something amazing
happens you're no longer in
lack or separation so you're no
longer looking for the event to
take away that feeling of lack

or separation your body's actually believing it's in the event and so then you're not looking for it you feel like it's already happened get ready because that's when your life begins to change and so we've discovered that if

You're actually practicing this and you immerse yourself in that experience fully for seven days the amount of metabolic and biological changes that will take place in your body will be so significant that your body will actually believe it's living in that future and yet most of the people that come

to our workshops are literally in a ballroom there's nothing really exciting happening in the environment but their bodies believing they're living in a whole new life and so one thought leads to a choice which leads to behavior which creates an experience that produces an emotion so then new information new knowledge begins to cause you to think differently if you can remember that knowledge and begin to make a different choice because you want to experience the truth of that information you'll have to

behave differently and when
the experience occurs and you
feel the feeling of your
abundance or wealth I
guarantee you you're going to
continue wanting to make the
process of change something
consistent in your life this is
why I love talking to you I
mean that literally you could
just well you just said there I
hope everyone listens to it
again and again and again and
partly I think there's
something to be said for that
the best things that have
rewired my brain and my
mind were things that I

repeated daily I took
something that I love listening
to or loved

learning or reading a
paragraph of a book and I
would literally just reprogram
Myself by giving that to my
mind every single day yeah
and as I'm listening to you
talk I I think there's a few
really powerful things I
wanted to pull out uh when I
lived as a monk and studied
The Vedas they would talk
about thoughts in different
modes and there are three
modes the mode of ignorance
the mode of passion and the

mode of goodness and there's
a hierarchy to those thoughts
and so the mode of ignorance
would be an unfulfilling
thought or a completely feral
and Security based thought
which would be I am not
worthy or I am unlucky and I
can't do that I can't be in love
no one can be in love with me
that's

like a mode of ignorance
thought about a passion
thought would be I can be in
love with anyone I want and I
can find anything and uh it's
it's almost like you know
you're lying to yourself and

you haven't really you haven't
really applied what you're
saying and it's just this big
bold statement but it doesn't
quite sit and resonate and the
more goodness though is I can
take steps daily to create love
in my life right now and and
you start to see how people
would often look at what
we're saying and they think oh
it's just positive thinking it
isn't it's not it's not just a false
statement what you're saying
is what you two words you
used intention and attention
you're actually being
conscious about where that

intention and the attention is being placed you're intending that if I do something every day and I place my attention on XYZ then I can create this new reality for myself whenever I have a tough conversation coming up a tough meeting something difficult I'll rehearse it in my head and you're so right that you can prepare for the future even when I do skydiving or if I'm sitting in a cold plunge I'm preparing my mind before I even do it there's no point of just jumping in and diving in I think what's really interesting

is that partly a lot of the anxiety and stress we feel is because we kind of hope that we'll never feel anxiety and stress again so there's a sense of like okay I can get to a place

where I never experience anxiety I almost think that that sets us up to be more hurt by the anxiety and inevitable uncertainty will feel I would love to hear your thoughts gosh without me I'd love to respond I got three thoughts going on at the same time do it so so to fulfill the first part of that question it's an

experiment right it's an
experiment life is an
experiment so if your
personality creates your
personal reality and your
personality is made up of how
you think how you act and
how you feel if you keep
thinking the same way you
keep acting the same way you
keep feeling the same way
your life is going to stay the
same because you're the same
so the experiment is okay let
me begin to
think differently so I got to
remind myself how I do want
to think and I have to remind

myself of how I no longer
want to think so I don't
default and go unconscious let
me remind myself how I'm
going to behave so that I
could actually get my
behaviors to match my
intentions and let me remind
myself of how I'm going to
feel if I'm able to succeed in
that day then there should be
some change in my life this
experiment the the and and if
it doesn't change that doesn't
mean the law doesn't work for
you it's just you're not that
good yet it's just you just got
to keep practicing right so the

act of disconnecting from
your life long enough to
remind yourself of who you
do want to be and who you no
longer

want to be that experiment
then is the experiment called
life now it's not that you react
the question is how long are
you going to react that's the
real question because I mean I
react all the time everybody
does but if you're going to
stay there and you're going to
live in that emotional state
you will see life through that
lens of that emotion right so
now it gets complicated

because the stronger the emotion you feel towards certain people or problems in your life the more you pay attention to them and where you place your attention is where you place your energy so from a purely biological as well as Quantum State we could say then you're using that person or that circumstance to reaffirm your dependence on feeling that emotion so you have to hate your enemy and if your enemy dies you'll find another person to hate because that is that is the response right so

the body is is the animal it's been conditioned a certain way and it's and if it's been doing something and feeling something for an extended period of time there's a modification of its receptor sites it's it's needing those emotional states so in the process of change just be ready because you're going to feel uncomfortable a lot of the time now the question is do you want to stay there so then most people think that they don't have any control over their emotional state they think I'm just this way and I

feel this way well
we we actually can show
people that that's not the truth
that when it's the hardest it
matters the most and if you're
able to really work and train
your body like you're training
an animal to stop feeling one
way and start feeling another
way if you believe that you're
an eternal being let's just say
that I mean just most religions
talk about we're Eternal and
most sex of thought only a
few that don't whether you're
going to heaven or hell or
Nirvana or on the wheel
you're pretty much going to

be around for a long time that
that moment matters so much
in the light of Eternity
because that's the moment
you make up your mind to no
longer be defined by your past
why are you being defined by
your
past because emotions are a
record of the past and so then
if you're feeling that emotion
your body is believing it's
back in that same experience
of the past so the more
knowledge that we have and
understanding that justified
valid or not those emotions
are hurting no other person

but you because the long-term effects of living by those emotional states those survival states are actually down regulating genes and creating diseases sooner or later you're going to have to ask yourself is this loving to myself and forgiveness is just when you overcome the emotion you take your attention off that person or that problem you're you're freeing yourself and you're freeing them so people do the best

with what they think is available that's my belief and

if you're unaware that you can
control your emotional states
you'll rely on something
outside of you to do that
whether it's a computer game
whether it's a Netflix show or
whether it's a drug whatever
whatever it is that you need to
make that feeling Go away
You're dependent on your
outer world and I think that's
a hypnosis that's a
conditioning teach people that
you can actually regulate and
change your emotional states
you give them the tools to
literally step into a new future
so that process of course is

extremely uncomfortable and
it's the question is how long
are you going to stay in that
emotional state and 50

percent of

the story that most people tell
about that past experience
isn't even the truth because
they're making things up and
they're doing that so that they
can justify why they haven't
changed since some past
event most people reach a
point in their life where they
reach crisis or disease or
diagnosis or loss or betrayal
where they finally go gosh it's
time to change I think change

is an ongoing process and the more we change the more we should see evidence in our life that makes it exciting yeah and I think you're right that I've thought about this for a while that I feel most people know that they want to change and most people know what they want to change but they still struggle to make a change and so I found that we don't often have a values crisis we have a habits crisis because people don't know how to reprogram their habits and they've started to assume that the way they

feel is who they are and I wonder how you think about this because I think we're living at a time where what you just said is like you either kind of find a way to numb your feelings so you're turning towards something external to numb how you feel or today we're being told well feel every feeling and emotion completely and then often we don't kind of get to the reprogramming phase so I guess how do you know how how long to take a feeling seriously effectively and assessing it before you kind of

take action on it a
feelings and emotions are the
end product of past
experiences and we can
remember experiences better
because we can remember
how they feel the stronger the
emotion we have to some
experience in our life the
more altered we are inside of
us the more the brain freezes
a frame and takes a snapshot
and that's called a long-term
memory that that image is
being bossed neurologically
in the brain so then what most
people don't know is that
every time they remember

that event that trauma that
betrayal that loss whatever it
is they're producing the same
chemistry in their brain and
body as if the event is
occurring so what happens
over time is that condition
process conditions the body to
literally live
in the past so if a person is
living by the same familiar
feeling every single day
whether it's guilt or
unworthiness or pain or
suffering or victimization or
depression or whatever it is
it's so important for them to
come right up against that

emotional state because
they're coming up against the
known the question
fundamentally becomes for
that person is it possible then
to feel a different feeling now
if you cannot feel a different
feeling other than the feeling
that you're used to feeling it
should tell you volumes about
that feeling because it's going
to influence your very same
thoughts so the research that
we've done over and over
again is that the only way
you're actually going to
reprogram your brain to work
in

your favor is you've got to learn how to regulate your brain waves and you know this of course beta brainwave patterns or thinking brainwave patterns it's the analytical mind it's our critical facilities the we're in beta right now we're aware of our bodies we're aware of the environment we're aware of time the neocortex is switched on it's what plugs us into three-dimensional reality it's the seat of the autobiographical self there's a lot of circuits in there from things you've learned

intellectually and things
you've experienced in your
life so for the most part it's a
repository of the past right
and so ninety percent of those
thoughts that we think being
the same thoughts as the day
before tend to become like
automatic programs and they
become more subconscious
and more unconscious so in
order for us to begin to
change those programs we got
to get into the operating
system the only way we do
that is we've got to slow our
brain waves down in that
thinking neocortex the

challenge for most people is they have so many demands in their life they have so many emotional responses to circumstances in their life that they're living in a state of stress and living a state of survival and state of stress and survival You Don't Close Your Eyes you got to keep your eye on the ball you got to keep your attention on the outer environment so uh their brains tend to work in a higher brain wave pattern a mid-range or high level beta brainwave pattern that's like driving your

sports car on first gear it's it's a lot of energy for the brain so so learning how to regulate and slow your brain waves down is something that we've been very very interested in when you teach people how to do that it could become a skill and when the brain starts to relax and it moves into less of that chatter that takes place in your brain and more of kind of an imaginary State the brain sees in pictures and images it's more creative we're moving into that Alpha state so now the door between the conscious mind in the

subconscious mind opens up
as we get beyond our
analytical mind and
our analytical mind is actually
what separates the conscious
mind from the subconscious
mind sometimes you slow
your brain waves down you
get into Alpha you're entering
the operating system and
that's where you can rewrite a
new program that's where you
can rehearse a new script
that's where you can begin to
plan your behaviors in an
intentional way if you if you
can't change your brain waves
then it's like your computer

running amok with all of those programs and you yelling at it telling it to stop you're not in the operating system some people can get to the point where they're so relaxed that the body's in a light sleep and yet they're conscious and awake and now they're in this

Theta brain life pattern and in Theta that's a hypnotic State we're very suggestible to our thoughts we're very suggestible to information in that state and that state then is where we see the most change take place and so the person

can literally change from the inside out when they learn how to get into the operating system you've just hit the net on the head with the constant experience everyone has I think again going back to what I was saying that when we're trying to make a change the thing that blocks us from making the change is usually stress if I'm trying to be a kind loving compassionate person but I'm stressed out I'm likely to be Snappy and rude and condescending if I'm trying to be healthier in my diet but I'm stressed out or burnt out I'm

going to reach for the sugary food or the carbs and the fat like that doesn't come from anything else but stress to take away the feeling to take away the feeling take away the feeling right yeah so let's get real clear because I think it's important for people to understand what we're talking please stress and we're talking about living in survival is so important to name those emotions because anger and frustration and control and hatred and envy and jealousy and insecurity and unworthiness and guilt and

shame and suffering and
depression those are all
derived those are emotions
that are derived
from the hormones of stress
and psychology calls those
normal states of
Consciousness those are
Altered States Of
Consciousness because in
stress the physiology is that
we're knocked out of
homeostasis we're an act out
of balance because we
perceiving some threat some
danger some emergency and
so the stronger the emotion
you feel to whatever stressor

there is in your life the more
you pay attention to it and so
in time then you have to keep
your attention on all the
important elements in your
life so you sit down to do a
meditation and when you're
living in stress and you're
living in survival there's only
three things that are important
in that moment your attention
is on your
body because you got to
preserve it your attention is on
something in your
environment and what's in
your environment people
objects things places and

you're very preoccupied with time and when you're in stress and you're in survival the brain goes onto a default mode and it's naturally trying to predict the next moment based on what it's learned in the past and so as you'd always try to forecast the future based on your memory of the past you can't be in the present moment right so and yet our our model of change what we discovered is that the only way a person can change is when they get beyond their body they get beyond all the elements of their environment

and they get beyond
that predictable Fusion of
familiar past and they sink
into the present moment
which is the unknown so if
you can't do that because of
the hormones of stress most
people will sit down and
they'll say okay I'm going to
close my eyes I'm going to
start this process where I'm
going to rehearse how I'm
going to be today and they
start thinking about their cell
phone they start thinking
about all their emails and they
start thinking I can't meditate
there's something wrong with

me it's my mother's fault you know and they actually believe that thought to be the truth and then they get up and they they actually reaffirm it and they say I can't meditate now I can tell you that if you are willing to see that thought is just the thought in your brain and you're curious what's on the other side of that thought yeah you're going to feel uncomfortable but if you had some tools and skills to apply and you were able to take your attention off your cell phone and settle your body back down into the

present moment that would be
a victory and then your body
would say come on you've got
to feel a little frustration now
you got to be impatient you
got to be judgmental come on
that's not what you always
think that's how you always
feel and you like an animal
you settle the body back down
into the present moment and
you tell it it's no longer the
mind that you're the mind
that's a victory then the body
says uh hey dude you're super
busy you got a lot of things to
do you got a lot of people to
see you got a lot of places to

go you got a lot of things to do and you've been doing the same thing every day your body's going to want to get up and do something you don't want to quit because your brain's telling you that you can't do this if you had the awareness to settle the body back down into the present moment you would be executing a will that's greater than the program because most people lose their free will to those programs and it's that tedium in the beginning that is an uncompromising will where you keep training

the animal to stay to take all
of its attention off the
environment to get beyond all
the Cravings the feelings the
habits of
the body the drives of the
body and catch yourself
defaulting to that predictable
future bringing your body
back into the present moment
siphoning energy back your
attention into the past based
on those familiar emotions of
the past we've discovered that
if you're willing to do that for
just a few days you could
actually liberate an enormous
amount of energy from your

body you go from particle to
wave from matter to energy
and you're literally
transmuting those limited
emotions into elevated
emotions and something
really beautiful happens if
you're willing to fire The
Crucible and sit through that
long enough all of these
emotions move that energy
moves right up into the heart
and the
person starts falling in love
with life they start feeling this
state of gratitude this
gratefulness to be alive of this
inevitable word of relaxed

and awake and something really magical happens when we've discovered this little simple thing and that energy makes it to the heart there's only one place it wants to go and it goes straight to the brain so the person starts relaxing into their heart when they feel this feeling and the more they relax into the heart the more their brain all of a sudden starts becoming aroused and they start going into these elevated gamma brainwave patterns now gamma is not unconscious gamma is actually super

conscious it's actually super
aware you're outside the
program

now so when that occurs and
the Brain goes into gamma
brainwave patterns what we
discovered is not it's not a
little gamma it's not a lot of
gamma it's not a whole lot of
gamma it's a supernatural
amount of gamma and we
start seeing these brain waves
where we see Theta start
carrying Alpha and Alpha
starts resonating with beta and
beta starts creating High beta
and high beta starts creating
gamma and you see these

standing waves of brain coherence happening and the person feels so amazing that they don't want the moment to end and so we see when they put their attention on their heart like like filling a gas tank we see on the gauge of the on the scan this very low frequency start rising in the heart the the energy that's the heart uses to to function actually goes up because they're placing their attention there and where they Place their attention is where they Place their energy and then you see the parasympathetic

nervous system come up with it that's the nervous system of relaxation and then we see it kind of drop and we see the sympathetic nervous system starting to go up and now sympathetic regulation is an arousal right but the arousal is in fear the arousal isn't hatred or aggression the arousal is in pain that's the arousal created from survival there's only one other arousal and that's ecstasy that's Bliss and the person all of a sudden feels connected to something greater now here's the beauty we we could see people do

this in 15 minutes the most important takeaway around all of this is that feeling that they're feeling is not coming from anywhere outside of them no person's doing that no wardrobe change is doing that no sports car don't football game nothing is doing it to them it's actually coming from within that is the moment they stop looking for it outside of them and the love affair begins and so when we start feeling these elevated emotions these more selfless emotions it's not like you have to try to forgive it actually is

the side effect of you
changing your emotional state
you no longer want because
you feel so whole how could
you want

anything so we we started
interviewing people when
they have these moments and
and they had such an
incredible amount of love that
they felt or we measure their
oxytocin levels they're a love
chemicals very elevated the
amount of gamma in terms of
coherence was 200 300 400
standard deviations outside of
normal in coherent gamma
now three standard deviations

outside of normal in gamma is
about two percent of the
population 200 300 400 a lot
of energy in the brain so the
brain all of a sudden is
receiving an enormous
amount of energy so we've
discovered relaxed in the
heart and awaken the brain
and that process of
transformation is your
willingness to sit pass that
thought pass that emotion and
keep training the animal and
sooner or later you can
recondition it to a new mind
and the system for this new
mind and this journey that

you're talking about is meditation like this is coming through a meditative practice is that similar to the breath work meditation practice that you just did research on or is that totally separate these

wow okay yeah yes so um our week-long events are uh a full immersion experience we've done the largest studies on meditation than have ever been done just because we have a community of 1800 people that come to an event that are going to be getting up at the same time doing the same thing pretty much eating

making the
same food choices and pretty
much a big laboratory right
and so our discoveries in
working with 1800 people in
in measuring brain waves
their brain function before
and after the event measuring
their gene expression before
and after the event we're
measuring uh 2882
metabolites in their blood
we're measuring DNA
expression we're measuring
urine we're measuring saliva
we're measuring the energy of
the room we're measuring
everything and meditation in

a sense that it's not in the traditional way um what we do is we look at what really works you know we're actually looking to say well that's something that we can actually see it change in so we teach meditation three ways to become familiar with your old self and to become familiar with your new self that's what the word meditation means familiarization to become familiar with so we use that model for change so slow your brain waves down and get beyond your analytical

mind this meditation and you
teach your body how to do
that and we've discovered a
formula that that simply
makes it very easy for people
to do it you practice it you'll
get good at it just like
anything else you practice so
so to get beyond the analytical
mind there's another way to
reprogram ourselves and then
meditation is really about
getting beyond your body or
disconnecting from your body
disconnecting from your
environment and forgetting
about
time and that is that eye of the

needle where we begin to make the most significant changes so we're data driven you know we're really looking to see what it is and when we see brains respond in the same way it helps me enormously to teach the material better and so the more people understand what they're doing and the more they understand why they're doing it the more naturally the how becomes easier and nothing has left the conjecture if nothing is left Superstition or Dogma or even in spiritual you know traditional words

you know science as the
Contemporary language to
demystify that process and
you give new people
numerous times to overcome
themselves and
numerous times to connect
sooner or later you'll start
watching transformation right
before your eyes and so one
of the cool things that we've
discovered is that we have so
much compelling data to
suggest that you're greater
than you think more powerful
than you no more unlimited
than you could ever dream we
have compelling data that

suggests that your nervous system is the greatest pharmacist in the world that it makes drugs that work better than any drug in a drugstore a drug study is about 18 to 25 cause and effect causality our data is between 75 and 85 percent cause and effect this is a person creating their own

Pharmacy of anti-inflammatory their own Pharmacy of anti-carcinogenic chemicals their own Pharmacy of pain relievers who are seeing this over and over again so we have this incredible data that

says that this is no longer
pseudoscience this is the real
this is really science the side
effect of a person's
transformation is has changed
my belief in what's possible I
have seen people stand on the
stage with stage four cancers
that were in every single
organ in their body and that
metastasized and and they
have no sign of cancer in their
body and we have data that
suggests that you put the
blood of an advanced
meditator and a uterine cancer
cell a pancreatic cancer cell
70 of the mitochondrial

function in the cancer cells
diminish the
mitochondria is the energy
packets of the cell it's taking
energy out of the cancer cell
works perfect with what we're
seeing with uh the
testimonials uh that that
people are telling around the
world we've seen blind people
see we've seen deaf people
here we've seen people with
spinal cord injuries walk
again we've seen ALS change
we've seen all kinds of
unbelievable health
conditions Changed by a
person simply changing the

way they think the way they
act and the way they feel how
long have you seen certain
things lost like how much
does the practice have to
continue daily to sustain
impact because I feel that you
know this isn't as you know
isn't a one-off thing and that
isn't what you're encouraging
like

this is the experience of when
someone's coming to a retreat
or an event they're having this
incredible experience but then
do you measure how people
continue to practice Yeah it's
important yeah it's super

important for us um uh and of course we have mounds of data but let's see if I can say this uh as as clear as I possibly can when a person has that arousal where they're feeling that elevated emotion and their their eyes are closed they're in a room with 1800 people there's music playing in the background they're not eating they're not smelling they're not tasting they're not moving about and feeling on some level they're having an inner experience right and the body is so objective that it's literally believing it's

living in a new environment
and so that elevated emotion
somehow tends to drag the
body right out of the past into
the present moment so many
people with everything from
eczema to muscular dystrophy
when they have those events
there's a biological change
that takes place in their body
where they feel completely
differently now some people
heal all the way some people
are out of their wheelchair
and they're walking again but
they're limping and that
doesn't mean it's over it just
means they made contact

where they they hit gold and
so there's varying degrees that
we see we've seen people for
seven years work on a
terminal health condition to
them

seven years to heal that health
condition some people it takes
two years three years some
people they do it in three
months we there's no
predictable menu that we can
say it's this way now when
people have those more
profoundly aroused States it
seems like their change is
much more immediate and
much more permanent but for

the most part we see people's
response pretty dramatic now
it's also important to say that
we have seen people heal
from from terminal cancers
stop feeling those elevated
emotions and returned to
responding to the
circumstances and conditions
in their life and return back to
the same personality the same
personality is the same
personal reality and their
bodies

believing it's living in that
same environment and they're
feeling the same way and
they're in the habit of acting

the same way and thinking the same way and lo and behold the condition returns we've seen people heal themselves of Parkinson's disease more than once have one response to some very serious event in their life that produced a very strong emotion and in one hour their condition returned because they literally went back to their old self and we've seen that person turn around and reverse the condition again again people do the best with what they think is available the person standing on the stage who's

we've had numerous
Physicians and researchers
stand on the stage
they're the four minute mile
they're telling the community
I'm the example of Truth now
this is no longer philosophy
this is no longer Theory here's
my scans I we had someone
with bilateral breast cancer
just recently no evidence of
cancer in her breasts or any
lymph nodes no longer on our
liver I'm looking out at the
audience and everybody's
leaning in there's the form in a
mile and that person's telling
the truth and they're they're

telling a story and it's not
pretty it's not always Rosy
they they went through a lot
of Dark Nights they went
through a lot of their
condition getting worse but
every day they had to show
up for themselves if they
stopped showing up and
doing the work
they would really not believe
it was possible but if they
showed up and did the work it
means that they believe it's
possible and I think when you
believe in possibility you got
to believe in yourself you
believe in yourself you got to

believe in possibilities so it
used to be a few examples of
of that now we have so many
great testimonials so many
great stories that now people
it's becoming infectious just
like a virus or any bacteria
becomes infectious now
health and wellness becomes
as infectious as disease and
you get a community of
people starting to break
through when you start seeing
these changes where people
stand on the stage invariably
you're going to see a very
strong shift in
Consciousness and

Consciousness is awareness
and if you're unaware that you
could actually heal yourself
you'll make the same Choice
once you see it I think it starts
creating a brush fire and and
that's really the exciting part
so we've seen so many great
testimonials that are
undeniably uh great stories of
transformation and many
many of those people still no
longer have their eczema still
no longer have their
Parkinson's still no longer
have their cancer yeah since
since the last time we spoke I
know your team of

researchers went and did
some work I wanted to ask
you some questions about this
you did some research on the
impact of one minute breath
work how does this impact
our heart rate
variability and how does
HRV impact our anxiety let's
talk about uh heart rate
variability because it's
important thing so so your
brain is trying to control and
predict everything that's
taking place in your life
because stress is actually
created when you can predict
something you can't control

something or you have the perception that something's going to get worse okay so you switch on that primitive nervous system the fight-or-flight nervous system and as you shift your attention from one person to another person to another thing to another place to another problem every one of those different elements has a neurological Network in your brain so the arousal of the hormones to say pay attention there's danger as you start shifting your attention to each one of these elements that have

neurological networks in your brain your brain starts firing very incoherently and in fact you could actually by thinking about your problems turn on the stress response just by thought alone and that's what most people do so now there you are you're sitting in traffic the heart is pumping because it's trying to get blood to the extremities because A Primitive system switching on saying that there's there's a predator there's danger and the heart is beating against closed arteries and the Heart starts beating

out of rhythm it starts beating
out of order and it starts
beating very
incoherently so when you
have incoherence in the brain
and you have incoherence in
the heart when waves are
incoherent when they
intersect with each other they
cancel each other out and
when they cancel each other
out that's less energy in the
brain there's less energy in the
brain you're going to default
to some of those reflexive
systems If energy is
diminished in the heart you're
not going to trust you're not

going to be vulnerable you're
not going to want to
commune you're not not
going to want to connect
you're not going to want to
feel grateful it's not a time to
feel any of those things it's
time to run fight and hide
okay so most people say okay
well I had a stressful day I
was stressed out the
entire day at the end of the
day
they turn on the TV and they
they
relax the important thing to
write
realize is that if you're relying

on
something outside of you to
change
that emotional state you'll
become
dependent on it so is it
possible
then to begin to create more
coherence in the brain and the
answer is yes because when
you're
under the gun of those
chemicals
of survival you're narrowing
your
focus on the cost you hear
something moving in the
bushes

you freeze and you narrow
your
focus and it's that narrowing
Focus
that tends to be obsessive
when
we're in stress we overthink
things
we over analyze that actually
we've
discovered makes the brain
worse
and it actually makes the heart
regulate more out of order so
then
we said okay if the brain is
narrowing its focus and it's
becoming over attentive what

if we
teach it how to do something
else
what if we teach it how to
broaden
its focus and instead of
focusing on
something material or
something
known just open up and focus
on
nothing in the act of
broadening
Focus actually cause a person
to
stop thinking and doing and
start
sensing and feeling is actually

what
starts to slow their brain
waves
down the redundancy of
Shifting
your attention from one
person to
another person to another
problem
to another thing causes the
brain to
fire like a lightning storm and
the
clouds very incoherently so as
you
start to open your awareness
and
sense nothing we've seen this

thousands of times those
different
networks that are firing out of
order start to synchronize and
what
sinks in the brain links in the
brain
and the Brain becomes more
orderly it starts to become
more
coherent if you could learn
how to
rest your attention in your
heart
and where you place your
attention
is where you place your
energy

regulate your breath start
slowing
your breathing down even if
you
did it for one minute you
could
actually begin to change your
brain
waves and you could actually
cause your heart to start
functioning more regulation
in
more order if you said okay
I'm
going to work with my body
and
I'm going to start breathing
and I'm

going to start feeling
emotions that
I do want to feel yes it may
take
you a few minutes to get there
but
if you keep practicing it over
and
over again the heart starts
producing a very profound
signal it
starts to produce an external
magnetic field it's it's it's
measurable so now you have
a
coherent brain which means
you
can get very intentional and

you
have a coherent heart which
means
you can feel the emotions of
your
future before it happens
somehow
you have this broadcasting of
this
wi-fi signal and the Brain
tends to
be electrical in nature so it's
sends
out an electrical charge into
the
field the heart is the magnetic
charge it's what draws things
to us

it's the it's the magnetic field
and
now you actually by changing
the
way you think and the way
you
feel you're changing the
signal in
the field then if you're able to
maintain that state for an
extended
period of time I say
something
magical is going to happen in
your
life something unusual some
unknown experience is going
to

occur if you keep thinking the
same way and feeling the
same

way your life should stay the
same

so we do one minute practices
we

do five minute practices we
do 30

minute practices we want to
get so

good at doing it with our eyes
closed that we can do with
our eyes

open yeah no I when I hear
that

like I've had personal genuine
experience of that where I've

done
that when I've had when I'm
having
a moment where I'm feeling
anxious or I'm feeling stressed
or
you know something
unpredictable
has happened and I feel that
change in my heart rate and I
notice my breathing change I
notice it become more
shallow I
noticed it become more
random I
know that when I'm practicing
breath work I'm able to come
back

to Stillness I'm able to come
back
to that sense of balance and
then
I'm able to actually approach
the
issue at hand with more
clarity
with more connectedness and
a
feeling of confidence but
when
someone else who may not
have
had that experience here or
may
not be trained in that they're
just

thinking well how do I solve
the
problem right like they're
they're
listening to me and you're
going
well but I can't because I just I
need to solve this problem
like
you're saying like I'm gonna
be 30
minutes late for a job
interview or I
just had an argument with my
partner this morning and I've
got a
big presentation this morning
as

well at work now I'm stressed
about it because I'm thinking
about
that or my kid just had got
yeah I
had to rush him to hospital
and I'm
like like I guess when you're
looking at it from a very
human
point of view it's really hard
to
understand the value in this
what
do you say to anyone who's
thinking and feeling that way
uh no
I think it's I think it's a

reasonable
conversation I mean um uh
sometimes we have to be
super
aroused yeah and sometimes
we
really have to pay attention
and
sometimes there are threats
and
dangers where that primitive
nervous system actually
works in
our favor and and that's the
emergency system but you
gotta
also realize that you only have
a

certain amount of energy and
if if
you're living in emergency
mode
for an extended period of time
there's no energy for growth
and
repair there's no energy for
longterm
building projects and so when
it's needed and you have to
outrun
the Predator you go you don't
sit
and try to make friends with a
predator we're not that good
you
run right the problem is if you

keep
that alarm system switched on
all
the time it gets very addictive
it's a
great answer it gets very
addictive
right and so I've looked at
people's
brain scans and watch their
brain
get worse in the early days
and tap
them on the head and say
what
were you doing in there 100
of the
time they were analyzing the

problems in their life within
that
disturbing emotion and if an
emotion is a record of the past
and
they can't think greater than
how
they feel they're thinking in
the
past there's no solution there
across
the river get beyond the
emotion
and you'll see possibility
because
you're no longer in the box of
that
emotional state now that's so

much
easier said than done because
you're going against
thousands of
years of programming of
living and
survival I mean 200 years ago
it
wasn't easy being human I
mean
we're in survival all the time
and
famine you know every
disease I
mean it was it was hard to be
human and so we have to lay
down
the very thing we used our

whole
life to get what we want for
something greater to occur
and it
goes against thousands of
years of
programming it's not
something
that you get good at doing
once
you got to keep practicing so
so so
you really have two ways to
look at
it if you're if you're living in
stress
and you're living in survival
and

that system is switched on
then
everything will be a threat
everything will be a danger
everything will be a reason to
rush
to be impatient to be
frustrated to
be judgmental because that's
that's
the Consciousness that's the
emotion we're living by so
now
you you have a problem with
a coworker
you have a problem with
your partner whatever it is
that you

use as an example and you
have to
give a presentation now now
you
really have one of two choices
either be victimized by those
conditions in your life and
you stay
in that emotional state and I'll
say
to you Jay worry that way
while
I'm this way because of this
person
the circumstance the person
or
circumstance is controlling
the way

I feel in the way I think
anything
that controls the way I feel
and the
way I think I'm victim to right
okay or I actually can be a
Creator
now okay so when it's the
hardest
that matters the most okay so
there's gonna be a story a
valid
story that's going to go along
with
those emotions that you're
gonna
have to give up that you can
address at another time from a

different state if you're altered
in
that state and you say
something
you do something you write
the
email you send the text you'll
always regret it you'll always
say I
should have never said that I
should have never done that
we've
got to learn that we're in an
altered
state at that time so there's
only
one of two choices you either
stay

there the whole day and tell
everybody that story or you
say
okay let me take a moment
remember that this is the
experiment called life okay let
me
practice getting relaxed in my
Army slow the animal down
let me
practice I will take a few
minutes
now let me breathe let me get
my
state back let me change
everything okay let me
remember
who I am who I want to be

when I
open my eyes and let me
practice
that again now even if you
had to
do that 10 times in one day I
would
say it was a day worth living I
would say it was a day worth
living
and when we do walking
meditations uh in our our
Retreats
we're doing walking
meditations so
you can practice doing it with
your
eyes open yeah like if you're

going
to be relaxed in your heart
and
awake in your brain and you
can
do it with your eyes closed
okay
let's take it out for a test drive
yeah
let me open my eyes let me
pay a
little bit more attention to my
inner
World let me practice feeling
this
feeling and we practice
feeling this
way and let my brain do what

it
does let me get to finally
change
my physiology let me change
my
state let me walk as the healed
personally walk as the
Abundant
person let me walk as if my
prayers
are answering me walk in the
state
if I keep practicing that over
and
over it's going to become a
habit
right yes so so we hit it as
many

ways as we can we have at
least
seven or eight different
breaths that
we do because we see how
they all
work in the brain we have all
kinds
of meditations we have
Sitting
meditations we have standing
and
walking meditation laying
down
meditations because we want
you
to be able to do it because
your

eyes open with your eyes go
standing walking any way
you can
so that you don't default and
return
back to that person now if you
do
default you didn't fail that's a
program you just went
unconscious
and how many times do we
have to
forget until we stop forgetting
and
start remembering that's the
moment of change no one no
one
cares how many times you

fell off
the bicycle if you ride the
bicycle
now you ride the bike so is it's
the
constant process uh every
single
day and I think that
sometimes we
look for evidence in our life
and it
hasn't happened and I think
it's so
important that we still show
up
yeah yeah because that's the
that's
where you're changing the

most
and when you get to that point
where you could care less if it
happens or not because you
feel so
happy so grateful for who you
are
get ready because your life is
going
to begin to change in magical
ways
I'm so proud of our
community not
because they do the work
every
day not because they're trying
to be
good or please anybody they

do it
because they don't want the
magic
yeah to really and I know the
experiment is too good is they
don't they're going to continue
to
be a Creator in their life so
then
when they change the way
they
feel and the way they think
and
they start seeing evidence in
their
life they're gonna remember
what
they did inside of them to

produce
that outcome and they're
going to
believe they're creator of their
life
unless they're the victim of
their
life and that's empowerment
yeah
and you can take that away
from
anybody you can't tell me
now
you're too sick to do that you
can't
tell me you're too old to do
that
you can't tell me you had a

horrible
past you're too out of shape
you
can't even tell me that you
never
meditated before because of
people
that come they know nothing
they
get dragged by somebody and
they
have the most profound
experience
because they're not expecting
anything and we have data to
suggest that when you don't
expect
anything you're going to have

a
profound moment so
everybody
can do it there's nobody that's
so
special to be excluded from
this
process and we have had
people
that have had brutal pasts with
abuse with trauma we we've
seen
the Navy Seals and prisoners
with
horrible horrible memories uh
literally transformed literally
transform uh in seven days
and I

could say right now that you
make
the time every single day to
decide
who you're going to present to
the
world and you get up as that
person
you're going to fall a lot of
times
but sooner or later once you
start to
change it's pretty hard to go
back
yeah I think we so easily
forget
that anything that we've
achieved

today any place we've got to
was a
commitment to refining the
process
it was a disciplined effort to
make
a tiny Improvement on
something
else when you give the cycle
example the bike example the
idea
that you got back up and you
maybe changed one thing you
knew to shift your balance
differently you knew to Pedal
at a
different pace like you tried
these

different things and it's what
you're
saying that it's an experiment
if we
keep trying the same thing we
get
the same result but the point
that I
love that you brought up to
that
answer was the idea that
sometimes you do need to be
an
emergency but don't make
emergency a habit exactly and
I
think that's where most of us
Veer

off on the wrong path I was
asked
recently anyone who knows
me
today knows that I'm a
hardworking
productive high
performance type of
individual I
live a very scheduled life and
a and
a disciplined life and the
biggest
question I get around the
holidays
is Jay are you able to switch
off
and I always go back and give

the
credit to my to my monk
training
and say I switch off
immediately
uh as soon as I'm on the flight
home I was I remember
before
Christmas I was I was getting
on a
flight home back to London
and I
was off the moment I stepped
onto
the flight and it was because I
was
it's not because I'm special
though

because I'm unique or I have
superpowers it's because I've
simply done what you said
where
it's I've trained myself to
always be
present and so if I'm really
present
in my work like I am with you
now
then when I'm on the plane
I'm just
present and I know that it's
time to
switch off and so I I think the
idea
that our presence bleeds and
our

lack of presence bleeds and
it's not
that you can selectively be in
emergency here and not in
emergency here the state
you're
feeling is going to spread
across
your whole life like I know a
lot of
people who are high
performance
and and I've had to be mindful
of
this as well it's like they're
high
performance at work but then
they

take that high performance
and
they give it to their family and
now
that family is getting a high
performance dad and they
don't
want that they just want their
dad
or they want their mom and
so how
do we develop that I guess
that's a
highly trained ability is is
what
you're saying is we get the
ability
then to say okay I know when

to
use this and when not to that's
that's a more heightened State
yeah
I mean look there's not there's
there's nothing wrong with
with the
hormones of stress I mean
that's
the only way we could
actually
survive or we're part human
part
animal part Divine I mean we
have
two things at work here I
think the
biggest challenge for a lot of

people and 70 of the time uh
people are living in that state
of
survival living in that state of
stress
the more you understand what
that
actually does to you the more
you
can make better choices on
how
long you actually do want to
stay
there here's an example many
people who are changing a
health
condition in our work they
start to

do the work they start
noticing I'm
sleeping better I have less
pain I
got my appetite back I feel
like I
have more energy they start
noticing these subtle
subjective
changes that go to their doctor
and
their their scans still show that
they
have their health conditions
so
they're noticing a change but
they're not healed all the way
no

they don't say it didn't work
they
say what is it about me that I
still
have to change in order to
heal
what thought what Behavior
what
emotions so they're work in
progress right many of those
people discover that they have
one
really good hour of
meditation
where they feel connected
they feel
like their heart is opening up
they

feel like their brain is
coherent they
feel really great they don't
want the
moment to end and then they
spend
15 or 16 hours of their day
back in
a program rushing around
back in
their emotional states
responding
and reacting and they realize
that
how could one hour of an
elevated
State way against 15 or 16
hours of

my response to everyone
everything in my life
emotionally
is derived from those familiar
emotions of fear or anger or
hatred
or or pain or suffering
whatever
okay so now this is where the
practicum actually goes to the
next
level because they're no
longer just
sitting down and rehearsing
who
they want to be they're
actually
rehearsing for their life they're

saying okay when I see that
person
when I'm in that circumstance
I
can't go unconscious and feel
this
emotion and I can't go
unconscious
and say these things or act
this way
how am I going to act what
would
love do what would greatness
look
like they don't know they read
about it they get more
information
and they're building this

model and
now all of a sudden the
response to
people to circumstances to
problems in their life are
changing
that's because they're
changing
then they notice that their
health
condition starts to improve a
little
bit more now now they don't
say
how come my Alzheimer's or
my
Parkinson's or my ALS has
been

healed they're saying how
much
more can I open my heart in
my
day and feel this with my eyes
open all day long if I
understand
that if I live by these emotions
I'm
signaling genes ahead of the
environment oh I'm going to
stay
in this state because it's this
emotional state that is actually
going to heal me so I
remember
this feeling I remember this
feeling

I remember this feeling and
now
they're no longer trying to
remember the Feeling Just for
any
other reason but because I
want to
remember the feeling when
they're
with their eyes open now it's
their
understanding that the more
that
they change the more that
their
health changes and and you
can
have the best diet and you

could do
the best exercise and you
could be
really rigid when the food
choices
and vitamins and minerals
and
keep your body chemically
balanced and physically
balanced
but if you're not emotionally
balanced and you're
constantly in
that fight-or-flight system
stress is
when your body's knocked
out of
homeostasis the stress is when

your
brain and body are knocked
out of
balance so so you you could
have
all those things working for
you
but if you are living in fear or
you're controlling and you're
rigid
and you're perfectionist and
you're
hard on yourself it's going to
make
sense that that is going to
have to
change in order for you to
change

right and so yeah people start
getting they start getting it
that's
the only way I'm going to
change if
I don't change it's not going to
change yeah one of my
favorite
things as a practical exercise I
ever
did was I literally had script
and I
mean handwritten like I wrote
scripts for how I wanted to
feel
when I experienced ego or
envy
and so for for every emotional

challenge I had something
that I
thought was an unhealthy
thought I
literally had like pages and
pages
and pages of scripts that were
built
up from research that were
built up
from spiritual literature that
were
built up from science
whatever it
may be of what did I want to
be
able to say to myself when
this

thought or that thought came
up
and it sounds so basic but it
really
does rewire your thoughts
when
now all I can think of is that
script
sure and I need to update that
script
regularly sure that's a good
point I
mean I mean I'm constantly
yeah
it's constantly yeah it's not
once I'm
constantly I mean I mean 95
of

Who We Are by the time
Middle
Ages a set of unconscious
thoughts
behaviors and emotions I
mean
those are beliefs and
perceptions
that we have about ourselves
in our
lives so I mean this is a
neverending
process of self-discovery I
mean there's always
challenges that
you'll have in your life that
are
going to initiate you into

becoming
conscious of what you're
unconscious to yeah and you
got to
meet those challenges from a
great
level of Consciousness and
the
Consciousness that's created
and
you can't if you don't your
response
in the way you feel and the
way
you think being the same and
if
you believe that how you
think and

how you feel creates your life
if
you don't change the way you
think
and the way you feel your life
is
going to stay the same
because
you're the same I mean that's
the
way it works so
fundamentally it's
so important for people to
understand that it is actually
possible to change it really is
possible it is yeah it is I love
that
you keep repeating that

because it's
I think that's the hardest part
where
you've just again the the
broken
record is I can't change
nothing
will change and not realizing
that
it's just a set of habits it's just
a set
of routines that you've
adopted as
your reality and you're going
to be
uncomfortable so get used to
it so
you could either stay

uncomfortable or you could
actually say how do I want to
feel
let me instead of memorizing
this
emotion let me memorize this
emotion let me open my heart
when it goes against
everything
that I've been taught and
programmed to do I mean and
that's really when it really
begins to
matter the most so it's it's
really an
exciting time and and I'm so
happy
to see that people are

wrapping
their minds around all of this
and
doing it you know doing it for
themselves absolutely
absolutely
have you found a difference
and I
want to get a bit more
technical
yeah have you found a
difference
between meditation with
breath
work and without breath work
because I know you do both
and
and what do you find is the

usefulness and benefits of
either so
we do so many different types
of
breath breath for so many
different
types of reasons the breath
that we
were talking about with
Inspire
pulling the mind out of the
body
we do that breath to take that
creative life force that sits at
the
base of the spine that that
energy
that can create another

another life
form the energy we use to
digest a
meal the energy that we use to
run
from a predator we're taking
all
that energy that's stored in the
body
emotionally and we're pulling
that
energy back up into the brain
If
you practice this breath
repeatedly
there will be a release of
energy
into the brain we have the

data to
show that you're going to
have a
lot more energy in your brain
you're going to be way more
coherent in your brain and
you're
going to be more conscious
right
and so why is that important
why
because when you regulate
your
brain waves we don't want
you to
fall asleep we want you to
actually
be really relaxed and awake at

the
same time so we do this one
breath
called pulling the mind out of
the
body that's the Inspire Series
where
we're taking all that Creative
Energy and we're with the
breath
pulling that energy right up to
a
specific area of the brain
when you
do that properly your brain
will go
into an altered state that's the
reason why we do it then we

do all
kinds of other breathing like
breathing to change the heart
rhythm uh sometimes when
we're
doing a laying down breath
when
we're practicing getting into
that
mystical state uh just when
the
audience is just starting to
move
into a slower brainwave State
we'll
do a very forced inhalation
exhalation inhalation over and
over

again like a hiker's breath
only so
that the person feels euphoric
and
so euphoric that they don't
want to
fall asleep and they'll move
into a
slower brainwave pattern in
the
door between the conscious
mind
and the subconscious mind
opens
and many times there's a
mystical
experience waiting for that
person

that's transcendental so so we
do
all kinds of different
breathing
techniques because we have
different intentions behind
each
one of them if people want to
dive
into those where where
should they
go if they want to kind of grab
some of those techniques or
get
access are they only at the
events
there's an online course that
we

offer called the progressive
Workshop in the Progressive
Workshop we teach a few of
those
breaths and if you come to a
weeklong
event you'll have an
opportunity to do all of them
and
we start at six in the morning
we
finish it I don't know Cancun
the
last one we did I think we
finished
at 8 or 8 30 every night it was
just
a great group of people and

we go
seven days Jason and some
mornings a little earlier but uh
you
got a lot of practice you got a
lot of
tools so by the time you leave
you
can you can use them in your
life
yeah that's amazing yeah for
anyone who can't obviously
get to
the Live Events then the
online
course will be helpful but if
you
can go yeah and I think I

think
there's some good
descriptions also
in in becoming Supernatural
my
last book where we break it
all
down uh yeah and then there's
some tutorials that we have on
our
website to help you with some
of
the breathing here I love that
Joe is
there anything I haven't asked
you
about today or anything that's
on

your mind and heart that you
really
want to share with everyone
or
something you've been
working on
or or anything you feel
compelled
to share gosh we uh we
covered a
lot we've covered a lot we're
doing
some really cool research
with
random event generators and
random event generators are
sophisticated coin tosses you
know

if you the more you toss a
coin the
more you're going to get 50
50
heads heads or tails right so
this
machine generates program
machine generates um about a
thousand tosses in a second so
you're looking at a very very
sophisticated machine and if
you
run for 30 minutes you're
going to
see in time an equal number
of
ones or zeros or heads or tails
and

you're gonna see the straight
line
when you get a group of
people
together with brain coherence
and
hard coherence they're
emitting a
field and when we do healings
in
our events a hundred percent
of the
time when we do those
healings
those random event
generators
have dramatic skews to show
that

random events become less
random and more intentional
and

it's Collective networks of
observers that determine
reality

and it's not the number of
people

it's not the amount of energy
because it could be entropic
it's the

most coherent energy and
causing

a machine that's programmed
to

behave in a very very
different way

and I think that idea of

community
of people coming together
when
everybody else is in fear to
show
courage when everybody else
is in
pain to show compassion
when
everybody else is in anger or
hatred that to show love I
mean I
think by Nature as human
beings I
think we are wired to give to
connect to commune to take
care
of one another to heal one

another
to shine for one another and
our
data is so exciting to actually
support that theorem yeah I
love
that you brought that up and
I'm
that's you know that's very
macro
and big as well but also micro
in
that you're you're measuring
people's daily experience I
think
you know when I think about
families who live together or
couples or Partners or

whoever you
may be you know when
you're
sleeping together when you're
waking up together at the
same
time when you're sitting for
meals
together when you know we
realize
and we know that the sign
shows
that your heart rate sync up
like
your heartbeats sync up when
you're with someone and I
think
think it's really interesting

because
I think today in our
individualistic
world there's a big desire to
do
things at our own time when
we
want how we want but if
you're
truly trying to build a
relationship
with someone else or build
community there's so much to
be
said for doing these basic
practices
at the same time together right
it's

really hard to be in
community
when you're in survival uh
because
survival makes us put our
attention
on ourselves right uh and I
think
that when people are not
living in
survival when they're out of
survival our nature really is
community is is culture is
connection and it starts with
the
self then it starts with our
closest
relationships and builds out

from
there and I think that's a a
healthy
model you know for for the
world I
mean when you're working on
yourself and I'm working on
myself and I'm okay with me
and
you're okay with you we're
going
to be okay with everybody
you
know and I think when we're
not
okay with ourselves uh that's
when
it gets complicated it's

amazing
everyone who's listening and
watching make sure you go
and
follow Joe across social
media
we'll put the links to
everything uh
in the sections there so you
can
follow along but I want to
make
sure that you share with me
your
greatest insights tag me and
Joe on
Instagram on Twitter on Tick
Tock

whatever platform you're
using let
us know what you'll be
practicing I
hope that there's parts of this
conversation that you'll listen
to
again and again and again
because
you have to realize that the
first
time you hear it there may be
some
inspiration there may be some
insight but the second time
that
repetition is going to help you
actually apply rewire and

reconfigure so make sure you
repeat listen and make sure
you
share this with a friend as
well so
you can discuss it talk about it
put
it into your own language and
your
vocabulary that's such an
important
part of putting this into
practice as
well uh Joe as ever thank you
so
much for making the time and
effort I know that you've
always

got unpredictable things
happening
in your life like this morning
but
you chose to be here and uh
thank
you so much for being here I
really
appreciate it thank you Jay
thank
you for having me thank you
if you
love this episode you'll enjoy
my
interview with Dr Daniel
Amen on
how to change your life by
changing your brain you want

to
drip dopamine don't dump it
because when you dump it
with the
fries and the alcohol the porn
you
don't have much left and so
then
you have to.

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