

DON'T JUDGE YOURSELF - NIMAI DELGADO

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1331

Having compassion towards
yourself whenever you're
learning something is a skill
yes you may be not where
you want to be that's okay the
best-selling author and host
the number one Health and
Wellness podcast on purpose
with Jay Shetty hey everyone
welcome back to on purpose
the number one Health
podcast in the world thanks to
each and every one of you
that come back every week to
become happier healthier and
more healed and that's my
goal here my goal is to
introduce you to people who

can help us become happier
help us become healthier and
help us become more healed
in our lives that's what I'm
committed to and I'm grateful
that you're here listening and
committed to that same
Mission today's guest is going
to help us do just that I'm
talking about a dear friend of
mine who i've been getting to
know over the last few years
we've known each other in
different incarnations which
i'll explain as the podcast goes
through but for those of you
who don't know him nimai
Delgado was raised as a

vegetarian by virtue of his spiritual beliefs and has actually never eaten me in his life nimai became the world's first vegan ifbb professional bodybuilder proven that you don't need animal products to be an elite athlete nimai is a motivational speaker and she shares his story all over the world to bring awareness to the many benefits of a plant-based lifestyle and the importance of exercising our bodies and our compassion Nema has also founded veg nutrition and all natural supplement company and

veganfitness.com where he
has coached thousands of
clients along with a handful
of
phenomenal celebrities and
athletes doing their best while
being plant-based please
welcome to the show nimai
Delgado Nima it's great to
have you here man hey I am
so excited to be here thank
you so much for having me
bro no it's it's great to finally
have you here we've talked
about this for a while yeah it's
been a long time coming it's
been a long time coming and
I'm glad you're coming on

now and I love how we talk about people exercising their bodies and exercising their compassion I think that idea is really beautiful and I can honestly say that you're one of the toughest strongest guys I know but at the same time you're also one of the sweetest kindest guys I know and I think that combination is really powerful but I want to talk about your journey today I want to talk about some of your insights today you know we have a big Community here who wants to be healthier who wants to

be happier uh let's start with
right now like what makes
you feel happy and healthy
right now today that's such a
good question yeah I think
first of all it just begins with
waking
up feeling like I have purpose
definitely waking up tending
to myself first and foremost
my morning routine my water
my meditation practices all of
these things that have I've
slowly built the practice of
over the course of 10 15 years
that have now been so
ingrained into the fabric of
who I am and that is what

really keeps me feeling good and showing up for whatever the day has to throw at me so

I mean once you find that then it really does allow you to like live in that that healthy space to where you can show up and handle anything really yeah and I've seen you share some of those on Instagram and on social media could you walk us through like what have become those key principles of your morning routine or evening routine that you turn to and and which are the ones that you've developed yeah so first of all

so what time I wake up uh I'm
sure you've had plenty of
guests on the show that talk
about the benefits of waking
up early I try to wake up at
the same time every morning
so for me that's anywhere like
around six o'clock and yeah I
don't have a alarm clock I just
naturally wake up at that time
my body's just like all right
ready to go and then I just
drink my cup of water and I
will find a quiet space I have
a little meditation station in
my house with my red light
and I'll just sit and just
breathe and it's not perfect

every morning this is what I
don't want to preach or come
on here and talk about is
perfection I really am not a
perfect person and I want to
really first and foremost make
that clear because it's not
perfect but the days that I do
show up I show up to the
degree that I can so
sometimes that's 20 minutes
some times that's longer
sometimes it's even five and
for me that tone of really
setting the tone for the rest of
my day with intention with
that piece of just tapping into
whatever my body needs that

morning and then letting that dictate how I operate for the rest of the day that's beautiful and what are the benefits of red light for those who don't know because you said you meditate there with the red light what's that for yeah so there's there's plenty of benefits behind Red Light I'm not an expert in it but I believe it was developed by NASA they have like over 500 different scientific studies that show some of the benefits I believe it's the main benefit is with ATP production so it's the energy

produced by your cell so it helps you rejuvenate cells and get rid of old damaged cells and replace them with new cells so for somebody who wants to recover from athletic training it's a great way to start your day it also helps with skin if if somebody has some skin issues there too so and it's also just nice to it provides a little bit of heat too so it can

just like provide that nice ambient Lighting in the morning when it's still dark outside to just start your day with a little bit less of this like

bright white light yeah yeah
wow yeah that's cool yeah
I've used it for I used it
recently after I had surgery
and so oh nice yeah yeah
that's I was recommended to
use it I was intrigued why
someone would use it when
they're not I had surgery but
that's that's good to know uh I
love that and I love what
you're saying about not being
perfect right I think people
often think that when
someone comes on a podcast
or they talk about something
that they've nailed it and their
life works like clockwork and

they wake up at the same time
every day and they meditate
for the same amount of time
and and that's amazing if if
that's true for you and it
happens but but it really does
I wanted to go backwards into
your life today obviously
you've you know famously
known for being in the
documentary game changers
and that was exactly produced
by James Cameron uh Arnold
Schwarzenegger Jackie Chan
Lewis Hamilton and you
know people that you know
well as well and that's
incredible to see how far

plant-based lifestyle vegan
lifestyle athletic ability has
come I guess my question is
do you feel that you at this
stage before we go back kind
of what do you feel you prove
to yourself like when I when I
read things like you've never
read to me and that you know
you don't need animal
products to be an elite athlete
is that something you set out
to do is that something that
was important to you or is
that something that kind of
has just happened in society is
something that interests
people so for me personally it

was never something that I
had set out to do I had
honestly had been ashamed of
being plant-based so I was
like you mentioned earlier in
the podcast I was raised
vegetarian by virtue of my
parents spiritual beliefs of
which I was raised with as
well and one of those beliefs
is ahimsa which I'm sure
you're very familiar with
which is just trying to live a
life and not contribute to any
unnecessary harm or suffering
and try to lead with
compassion so by virtue of
trying to follow that it leads

me to make the choice to not
consume animal products and
when I was raised vegetarian
I grew up in Mississippi and
there weren't too many
vegetarians in Mississippi and
I would constantly get
questioned and asked about
my spiritual beliefs whenever
I was younger and I didn't
have the vernacular or the
language to really explain
myself so I tended to become
more withdrawn or just a little
bit more avoidant whenever
people would ask me that
question and it really wasn't
until my later years when I

was mid-20s when I leaned into that part of myself and started to really Embrace and own my belief in being proud of that belief and that's what ultimately led me to finding my purpose because people started to ask me once I they I started winning bodybuilding competitions they started to ask me how are you doing this and the question that I once avoided so much about why I was vegetarian now became this really interesting topic for people that wanted to learn more from it so I started sharing more online

and then just naturally fell into this place where I was teaching people which was really exciting for me yeah I think so many of us as kids have beliefs or values that we follow because of our parents and then we feel embarrassed about them when we're questioned because they're not all beliefs and values at the time like you said we don't know how to explain why we do this or why we don't do this often on those occasions sometimes as we go grow older we leave those values we go the other way I

know so many people that
grew up with certain values
especially
when they're spiritual based
that kids end up going the
other way where they're like
well I don't want anything to
do with that because it doesn't
even make any sense because
their parents never explained
to them why you do that or
it's important so they don't
know why what do you think
stopped you from like going
the other way and and just
like being like well no one in
Mississippi gets it so why am
I bothering to do this as a

child it's really easy to understand the concept of not wanting to harm an animal this is why you know most people will take their children to petting zoos and not slaughterhouses because kids naturally have an affinity to animals and want to learn from them and care for them or be around them and I think that just really stuck with me because I grew up on a cow farm and I had such close proximity to animals that I had such a deep connection with them and I think fundamentally I understood

that in order for me to end up on my plate an animal would have to suffer or be killed and I just didn't want to contribute with that I just never felt aligned in my body and I was doing just fine without it so I continuously heard people tell me that if you know I need meat to be big and strong I need meat to grow up for protein for all the other nutrients and here I was you know fairly athletic even as a kid just living this experience and I just knew in my heart that I didn't need it so I just continued to go by feeling

and really just stop curing
what other people told me I
needed and just like really
started tuning into what I felt
like was right for me I feel
like there's a lot of people
who

want to be plant-based or
vegan but then they go back
to eating meat because they're
told they're lacking something
or they need something and
often people feel it
themselves like they feel
better when they're eating me
in terms of their body even if
they don't agree with it
morally I've met a lot of

people like that and I guess my point is and that's what I'm hearing from you is everyone's so unique and so different what nutrients did you have to be more proactive to find as someone who's vegan and be more thoughtful about let's start there first yeah so I mean the first topic that most people tend to bring up is protein protein is an important nutrient that has many purposes in the body including recovery including many um just for overall health and vitality you need protein I'm not denying that

but I think that there's a lack of Education when it comes to the amount of protein that plants provide so I growing up never really concerned myself with an amount of protein I just ate what my parents would provide me with and that was like lentils you know pastas things that naturally contain protein but it doesn't have animal protein so that is the biggest kind of conversation that I normally have on a daily basis is where do you get your protein from and I think it's important to realize for people

understanding how much protein you actually need and everybody's different like you said I'm not here to tell anybody how to live their life that's not it's not my intention whatsoever I'm here to just talk about my experience and and have the conversation with people who are genuinely interested in learning about this lifestyle and possibly feeling uh even more Vitality which is what I experience whenever I went fully plant-based so protein the other big one is B12 so B12 is a micronutrient that

you know we don't naturally get in our diet based off the sterile nature of the way that we grow our crops we used to get it from soil and streams of water so now most B12 is supplemented and even given to animals so people that consume animal products are getting supplemented B12 that are fed to the animal so you're getting getting it second hand so it's not just a vegan issue at this point in time it's a general population issue that people I believe up to 40 of the population has sub-optimal levels of B12 so

supplementing with that is a wise choice just to kind of ensure that and then the other ones iron I mean that's another big one for anybody that has uh potentially anemia or anything like that but there are plenty of vegetables that provide more than enough iron it's just about really understanding how to eat and consume a diverse amount of vegetables in your diet that will cover these nutritional gaps and it all boils down to education first and foremost yeah no and I agree with you you know for me as well I

don't definitely not a
proponent or an evangelist of
a certain type of lifestyle and
you know I think everyone
has to make their own
decisions I know that I went
from being vegetarian to
being plant-based overnight
which I think I would have
done differently had I known
what I know now I think I
would have done things more
gradually and being more
aware of things like B12 and
Omega-3s and these kind of
things that an iron and so
many other things I I still
would have made the decision

to become a plant-based I feel
far more energetic today I feel
far more uh immune my
immunity is far stronger
today like I feel much better
being plant-based without a
doubt I just wish I made my
journey towards it a lot easier
and so I'm very mindful now
where it was like I went from
there literally being
vegetarian to Plum based like
literally overnight yeah yeah
yeah exactly and I think there
were
a few things that I could have
avoided if I didn't do that so
but with your journey so you

grew up in Mississippi in the
spiritual home you're you're
already vegetarian and I guess
when you're brought up in a
spiritual environment and I
don't meet many people I
don't think we've interviewed
many people who grew up
directly in a spiritual
environment a what does that
mean and B like how did that
affect your values and goals
and Ambitions in life like
how did that yeah so it
definitely gave me
perspective because the
environment that I grew up in
it was it was a faith-based

community um the the
difference was that the the
spiritual belief was very
different than the surrounding
spiritual beliefs because we
were a Hare Krishna
Community which uh
division of Hinduism so my
parents actually converted
from Catholicism to
Hinduism in Argentina and
they are deeply spiritual
people they decided that they
wanted to develop devote
them their lives to their
spiritual practice so they
renounced all their
possessions and they decided

to go live in the temple I mean you have had you know that experience and they had my brother they had my sister and they bounced around South America and then eventually was told about an opportunity to come live in a spiritual community in south Mississippi and so they immigrated to the United States with basically 200 in their pockets and two and a half kids pregnant with me and that's where I was born and raised and it was really quite unique because it was a community like I remember

calling all of the mothers in
the community mother
because we would go to the
temple we would go around
the farm we had cows we had
our own garden everybody
had a role in the community
and it was really beautiful
now that I now that I look
back at it before uh after
when I was younger and I
started to integrate into the
more traditional Southern
Culture because I went to
public school that brought
about a lot of challenges for
me because it was like I was
living in this bubble and then

venturing out into the other
world was that for high
school

it was from all the way from
kindergarten to to high school
so you're saying going from
home to then going to yes
kindergarten in high school so
you went to a public public
school public school but you
were yeah right yeah yeah so
that brought about its own
challenges because like I said
I was just very different from
my peers and it made me
appreciate other people and
their differences because I
would get questions so much

about my spiritual beliefs my practices my family my home life and also here much of the judgments that came along with being so different and uh you know I I appear the way I do so I don't look like like a like a Hindu person you know like most people associate Hinduism with being from India and much of the culture that I grew up with in that Community were Indian so I kind of felt like an outcast within the community and then felt like an outcast outside of that Community as well so it was very difficult

for me to find my own
identity so I got very good at
observing other people and
and really just having
compassion for different
forms of life without judging
because I knew what it was
like to be judged growing up
yeah wow yeah and that's
that's hard right like when you
grow up without feeling like
home's not home and then
away from home doesn't feel
like home and but it sounds
like you were able to process
it in a healthy way right like
the ability to learn not to
judge the ability to be okay

with people having differences the ability to understand that everyone was unique and everyone was you know on their own path or whatever it may be like that sounds like a really healthy mindset the second part of my question was like how did that impact your Ambitions and goals and what you wanted to do will be because you're getting exposed to these two very different worlds like you have the Public School academic world and then you have this private life of spirituality like

how did that impact what you
wanted to do with your life
yeah yeah so we so we moved
out of that Community when I
was about nine years old and
you know we were
immigrants my parents didn't
speak any

English whenever they
arrived to the United States so
they had to find their way in
this world and pay for their
kids and we were very
spiritually rich but
materialistically very poor so
money was always a topic of
conversation and always a
source of anxiety for for my

family so for me that really gave birth to the to the desire to be financially stable so I was always good at math I was always good at Sciences I preferred Math and Science over English and literature because there was a definitive answer and I really appreciated that and um so I pursued engineering my grandpa was a pilot for many years and he used to bring me to the airports and I was always fascinated with Aeronautics with planes and so my original intention was to become an aeronautical

engineer and when I went to college there was no degree for that so I switched to the next best thing which was mechanical engineering so I got my degree in mechanical engineering but what's interesting though is that I never really felt a strong connection to it it was purely coming from the place of what it what position or what career can I have that's going to provide that security that Financial stability because I didn't want to be in the position that I witnessed growing up so much yeah and

I think that's so interesting
because I feel like if most of
us look to what we pursue it
comes from a pain we had in
our childhood or our past
where it's like you're pursuing
something because you didn't
have it growing up or you're
pursuing something because
you did have it growing up
and I don't know if we all
ever

stopped to think why am I
pursuing this like when was it
where you started to realize
why am I pursuing this that
maybe that was only because
you didn't have money

growing up and then your pursuit's shifting but when was that moment where you were like I don't think this is what I really want to do the first day on the job really like that quick yeah what was the reason so originally when I was when I was engineering I wanted to get into renewable and sustainable energy and that was my goal and then I had all these job offers after I was graduating and ended up going with the highest offer which was oil and gas so it was completely contradictory to what I originally intended

on doing so I sold out um not
ashamed to say it and what
what I found was that you
know I started they started me
off at a six figure salary so
my my first year at 22 23 was
making like 150 Grand a year
and I thought to myself wow I
have made it like I remember
crying the first when I got the
offer because I was like wow
I finally made it I can take
care of my family now and
the first day on the job I
realized that I was like this is
not what I want to do like I'm
gonna have to do this for the
next 40 years and then retire

like I quickly saw the timeline of what my life was going to be like and that feeling is not a great feeling because I had just dedicated five years to getting my degree and had an incredible amount of debt and I just stuck through it you know I I lived with that for five years before I finally built up enough courage to leave that career and pursue something that was more meaningful for me but it but it took me five years of really suffering with that and living with that to finally create enough discomfort for me to

be like you know what this money is not everything and I really feel like I have a deeper purpose and I feel like I can make a greater impact in the world and be of better service to People by leaning into this thing that I had been doing on the side which was basically teaching people how to be vegan and in shape that's yeah I want to dive into that with you because I I remember setting out too I really wanted to do art and design at University like at college that was what I wanted to do that was my favorite subject in

high school and I traded it to
do a business degree even
though I did focus on and
discovered Behavioral
Science which I fell in love
with which was actually my
passion with Art and Design
which I've later discovered
but I sold out too because I
was just told so many times
that Art and Design wouldn't
make money yeah and so I
was like oh yeah you've got to
make a smart decision and
then I became a monk
anyway on top of all of it so it
all went out the window but a
lot of

people feel that way where
they have something that's
calling them something that's
pulling them towards it but
then they push it away
because something feels more
realistic or something else
feels like the right thing to do
and it's amazing that you
noticed it on day one and I've
created now a new
methodology and I'm
repeating this because I hope
I remember to use it again
and again and again and there
are times when I remember it
there are times when I wish I
remembered it but I came up

with a methodology of how I make decisions because I found that money was always such a tempting tantalizing thing or whatever that's one of those but I think there are so many things in the world that are just so attractive and lucrative that they distract us from what we truly want and so I came up with something that I call esm and the E stands for energy so the first thing I ask is does this give me energy does this person give me energy does this project give me energy does the work energize me do I

want to bring my energy to this like is this an energy fit and that's a question I always ask myself if the answer is yes then I move forward to the S and the S is strategy okay my energy feels good it's like my heart feels good but is this strategic like does this strategically make sense does it make sense on the basis of do we always have the right idea sometimes something makes sense energetically but if there isn't a strategy behind it it won't last it's not sustainable so is there strategy behind this is

there an effective method
behind this a system a process
that I can get behind and that
my energy
will be directed clearly I think
a lot of the time you feel like
oh the energy is amazing a
very La thing as well and it's
like like the energy is really
good but then it just kind of
goes Splat right like it's just
everywhere it's like is my
energy directed if the answer
is yes then I go to the m
which stands for money and
so does this make commercial
sense does this make sense
financially does it mean and

so money is an important part
of my methodology it's just
the third most important
metric and I only get to ask
that question if I go through
the first two and that stops
you from doing things just for
something at the end I love
that uh and and at least it's
helped me yeah no I love that
because you know I never I
never had that process for me
it was always the lucrative
like what can provide the
most money and I will endure
whatever I need to to provide
and I'm not saying that
money's not important I agree

everybody has to provide for themselves and everybody's in different situations and for me personally engineering just really clearly uh it was clear to me that it wasn't energizing me it was very much training me so going to work every day was not something I looked forward to I I looked for reasons to leave I was constantly distracted about the other life that I had wanted for myself and you know I used to think that doing something that you love and making money were

mutually exclusive same yeah
I didn't know that you could
marry the two and now I
believe that a career is I
Define career as a profitable
source of pleasure so doing
something that I love first and
foremost you will every time
get really good at
it and when you're good at
anything you can Master it
and you can teach it to others
and I never once in a million
years thought that I would be
doing what I'm doing but I
did it just on the side for free
because it brought me that
much joy and fulfillment just

for myself and once I started to see the Ripple and the Curiosity from other people and thought to myself wow I can really make a difference in somebody's life just by sharing how I'm living and that's when I really found the conviction to say you know what this is something that I want to pursue even if it doesn't make sense logically I'm going to listen to my heart for once because I've been listening to my brain this entire time I'm gonna drop in and listen to my heart and what my gut is telling me my

gut is telling me to pursue this
to follow this yeah no I I
think that's I love that uh your
definition of what a career is
that's that's really cool and
and I I can agree with you
more I I remember literally
and this is crazy for me to
think about it I didn't know
and when I say I didn't know I
mean like my mind didn't
process that there was any
other career out of being a
doctor a lawyer or in business
like I literally thought those
were the only three careers
that existed not because I
didn't I and I didn't know

anyone who didn't do any of those things apart from obviously if people were teachers or if people you know my my uh my uncle owned a grocery store and things like that like a local grocery a small local grocery store and so things like that but I didn't have context over you could be something else and therefore it was those three things and I never liked medicine I never liked Lauren so I had to do business and because Art and Design wasn't a career so I get that and I think a lot of people live

that way and feel that way
and I also think today we've
created a culture where it's
like you have to be an
entrepreneur and that I
disagree with too like I don't
think doing what you love
means doing it as an
entrepreneur I think there are
phenomenally talented people
who work inside
organizations and when you
think about some of the CEOs
of the biggest companies
today they didn't found them
like send a picture ioc of
Google or Tim Cook who
CEO of Apple like they didn't

build those companies and they became so successful within an organization that they run and so I do think that we're also living at that other extreme now where it's like you have to quit your job and do something you love and I'm like well that doesn't make sense either like maybe some people are going to find what they love inside a career and inside a workplace and I think I think both need to be managed so we went from like you have to work an amazing job as an engineer and do something you hate

and get paid and now it's like
you have to quit everything
and do what you love and it's
like well there's a spectrum
there definitely I want to
know how you survived the
five years because I love that
answer that you knew it on
the first day but you had to
survive and suffer for five
years I think that's very very
real because you're in your
head trying to figure that out
like how did you deal and
cope with those five years did
you adopt bad habits what did
you do because I think
oftentimes that's when people

turn to like different things I
don't know if you did but
yeah what did you do and
then how did you finally get
out yeah yeah definitely I
mean there's when you don't
when you live that way
obviously I'm you you find
Escape right there's there's
ways to escape and thankfully
my Escape was the gym and
right anytime I would get off
work that's a good Escape
yeah it was a great escape for
me and I would go to the gym
and I would really just find
peace and it was it was like
my therapy I would go to the

gym and I really do love training I love the art of learning how this this vessel works and how I can really optimize the movements and how it feels and and just really sink into the the process of of developing my physical self and what I learned in that process was how many benefits mentally there are as well because it requires discipline it requires sacrifice it requires intention and attention to detail so that's where I really found enjoyment was really in the process of learning how to

develop my physical self and
as far as dealing with you
know the five years I had
thought about quitting I mean
I also am a realist and knew
that I had to provide for
myself and I would also be
giving up a very good
opportunity and didn't have
the clarity of what that next
thing would be and all the
while I was doing this other
thing it was right in front of
me the whole time but I
needed to to really find that
path like I needed the contrast
of doing something that I
didn't like doing because that

gave me the clarity to find something that I really did so I don't regret anything in my life that was painful or challenging because it's really shaped who I am today and given me the opportunity to have the clarity to pursue the things that really resonate with me yeah yeah and I guess you can deal with you know what your clients are dealing with too in terms of the stress of the workplace the stress of what they're going through and you you've been in their shoes you know you know what it looks like and I

think that the thing that came to my mind when you were saying that was um you knew that you were falling in love with with working out and you were falling in love with this other thing on the side I have a friend that well she she used to be workings at a company and she was stressed and hated it in the same sense as you do did and but she loved presenting and so Then she joined the company where she's a public speaking coach and she goes back to the company she's to work out and teach public

speaking like teaches
communication not just
public speaking but
teaches communication
teaches negotiation teaches
people skills and she's so
much happier doing it and I
love seeing those stories
where people have the
courage to figure out the
switch but it sounds like
you're doing a lot in your
evenings and weekends to
build this other route and
build this other path when
you made the switch over did
it feel like because I'm
guessing when you first did it

were you able to replace your
salary completely no right
that's yeah that's my friend
she's it's taken her three years
to

replace her salary that she
made before but she's doing
good now and so yeah I think
that working as an engineer
and going through that um
getting my degree really
helped me think like an
engineer obviously so I
approached it with that
engineering approach of like
how can I take this thing that
I really want to do and create
systems and processes for me

to make it financially so I
could pay for my bills
essentially that was my goal it
was like can I just cover my
bills at that point in time and
what I wanted to do was
reach

as many people as possible so
I partnered up with a software
engineer and we decided to
build a whole platform of
how can I really systemize
delivering the content
teaching people how to lift
providing educational content
and then also the meal
planning which is the most
important part whenever

people are trying to get in shape is figuring out what to eat so we developed a whole algorithm and a whole platform to be able to serve thousands of clients at a time and it took months of planning I wasn't making any money I was just kind of siphoning away all my savings and what's what's really interesting is that first week whenever we launched our very first program and very first offer I made more in a week than I made in a year as an engineer and that's that

was the moment for me that I was like wow this is very possible yeah for me to continue to pursue and obviously that's that's my experience but it takes that level of of planning and really having an approach that is you know risk averse you know I'm not suggesting for anybody to go quit their job I think that having a plan of action and having a timeline makes the most sense for you to not put yourself in a compromising position so that's the way that I did it and it's it's panned out very very

well because it's given me the
space to still work with so
many people and still get to
do what I love and not be so
focused on in the business

just

working in the business if that
makes sense and it also shows
that a lot of our experiences
are not wasted like no first of
all growing up in a spiritual
Community made you
vegetarian made you have a
himself made you appreciate
life forms like that's a useful
experience even if at that time
you felt alone and
disconnected from the people

you're around then you go off
and you study engineering
which again you're like I don't
want to be an engineer but
your engineering skills are the
ones that you use to launch
your passion yeah and then
it's like you discover what
you

love doing which is working
out and now what you do is
mixing compassion working
out and engineering and I I
love that idea that
encouraging people to collect
passions and curate their
passion and that's how you
create your passion is that

you're constantly collecting experiences and then you're bringing them together rather than like I found this one thing and everything before this was a waste of time and even in my journey I feel the same way it's like I loved Art and Design growing up which has massively impacted my career today because I look at everything through the lens of Art and Design and then I

was

fortunately great at economics and good at understanding business and then Behavioral Science and that was that's

obviously been very useful in
my life today and then
obviously I fell in love with
philosophy and I fell in love
with teaching and I fell in
love with mentorship and I
fell in love with the wisdom
that I learned from the monks
and now my life is all three of
those things put together and I
wouldn't trade any of those
experiences so if anyone's in a
bad place right now or
anyone's in a hard place right
now where they don't enjoy
what they do or they feel they
studied the wrong thing at
University or college or

whatever it is none of that's
wasted because you're just
collecting experiences that
will be useful if you look at it
that way in what you're
building and that isn't a
mindset that's just true that
any skill you learn right now
is going to be useful later on
yeah I I believe in this this
like inclusion based Universe
where everything is
happening for your benefit
every experience that you go
through is happening for you
and you can be the
beneficiary even if some very
challenging times and I

believe that from the Soul's perspective we call in these experiences so that we can develop the strength of the resilience or the perspective to transcend them so when I look back at my childhood although it was it had its moments of of beauty and so much Beauty in my life there was also so much Challenge and and strife as well and I see those moments now as what really shaped me and primed me for what I'm doing today because once at one point the thing that I was most

ashamed of is the thing that I

I

really lead with now so just remembering that in any time of challenge that this is teaching you something and in some time maybe you can't see it right there but you are the beneficiary of this challenging moment and it will allow you to keep growing it's like you know there's so many parallels between the gym and life you know it's like you're under the bar at doing squats and it's very very uncomfortable you want it to stop you want to

drop the weight you're like no more I can't handle anymore and then you push through and on the other side of that you develop the strength and the resilience and your body adapts and you grow so that you can handle that plus some the next time so that's that's the way that I really try to approach any challenge these days is like okay bring it on I accept the challenge because I called this experience into my life so I could transcend it what's the mindset and where did bodybuilding come into like where what's the mindset

behind wanting to do that
where does that come from
and what was that Journey
like because I think we hear
about it a lot I think from
celebrities in the media who
have to look a certain way for
movies or things like that and
then they come out years later
and they tell you how
unhealthy it was and but
during when the movies I
think it was Zac Efron
recently it was like you know
he talked about the Baywatch
uh movie and it's obviously
when you watch that movie
you're like that looks

incredible yeah and he did
and then you know he was on
TV shows at the time but then
I think he came out recently
and he was talking about how
unhealthy it was or how he
didn't feel great about it and I
think a lot of men talk about
that afterwards as one women
of course talk about it but I
feel like it's great when a
couple of Men start opening
up about how even though
they look great and every guy
wanted to look like them it
wasn't healthy but for you
how how has that Journey
been for you and I'm intrigued

to I've never asked you this before so yeah no it's a bit of an arc for me you know I remember always being the small kid growing up so there was a bit of insecurity there and so definitely ego played a big part in for me to want to develop myself because it you know it quite literally built layers between you and everybody else and if you're trying to protect your fragile nature or your little wounded self then this is a great way to do that even if it's masked through other things so that was that was a big Journey

for
me because originally when I
got into it I had I had that
reason and then the more I
did
it the more I really started to
to do it because I loved it and
didn't train because I didn't
like myself or the thought of
if I'm out of shape nobody
will like me or I won't like
myself and started shifting
and reframing that too I really
love taking care of myself
because I feel good when I do
and that's what really led me
to lean into it and and to
continue to discover ways in

which I could just develop
myself further and then
somebody actually suggested
it to me in the gym one time
they said hey there's a show
coming up locally and you
should do it you look great
and I was like yeah right you
will you could not pay me to
do that and then I thought
about it I was like you know I
don't have anything else
going
on um this could be some
new
challenge some something
exciting I did it and ended up
winning the first show that I

competed in so obviously
when you excel at something
it motivates you even further
so yeah yeah so then the the
marriage of like teaching
people how to do what I did
without eating any animal
products felt really aligned
with me because I had heard
up until that point that you
couldn't win a bodybuilding
show or bodybuilders need
animal protein so here I was
showing other people that you
could do it and that's what I
really felt the call Beyond
myself to say hey if I can
Inspire other people to live

more compassionately then
this is worth me pursuing
because it brings me that
much more fulfillment and I
see the difference that it's
making and maybe that they
might be complete strangers
to me but it's nice to know
that people are out there
listening yeah and that's when
I continued and eventually
became Pro eventually did
that for a few years but then
afterwards I got wrapped up
in the identity of like being a
bodybuilder and that's when I
started to recognize that hey
maybe this isn't for me

anymore because I'm I'm
attaching so much of who I
am to what I look like and
that doesn't feel good
anymore so that's when I
decided to step away from the
sport altogether and just retire
in 2018. I mean that's that's a
real journey because like you
said it often starts with like
ego or validation from
ourselves from others then
you kind of get to a point if
you're lucky where you're like
okay now I'm doing it for
myself and I enjoy it talk to
me a bit about that Journey
because I think that's the

hardest part of that journey is
like going from like I do this
because I want the validation
for myself and others and I
want to protect you know the
the younger me to I'm
actually

going to do this because I like
feeling better like walk me
through some of the steps
there because I feel like yeah
that feels like a long long
journey yeah it was for sure
and you know it the ego is a
funny thing because once you
shine the light of awareness
on a part of your ego it just
kind of Dances Into The

Shadow and it becomes a little bit more Insidious and tricky and shows up in new ways so for me it kept showing up in different ways to where I was realizing that it

wasn't bringing me happiness anymore like I felt this obligation this pressure to be this person and at the time my following was continuously Rising as my popularity grew and the really just the exposure to people's comments and things that they had to say about me I started to notice how much it

was affecting me and specifically focusing on negativity and I was like why am I really focusing on this and allowing it to really disrupt my internal State and that's when I started to get real with myself and saying oh because I am seeking this validation and it means so much to me and when people think highly of me and when they don't it really affects me mentally so that's when I started to to stick take a step back do more self-reflection and say maybe I'm not doing this for the right reasons

anymore and I should explore
that yeah and I and I like that
reflection because I always
try and walk into things with
the right intention and then I
try and reflect on my
intention

while I'm doing it and I can
often find that it's easy for
your intention to get distorted
and then I ask myself can I
bring my intention back to
doing it for the right thing and
then if I can't that's when I
leave it so my goal is always I
try and start with the right
motivation the right approach
and then it's natural for it to

get distorted that's always
going to happen to any of us
because we're not perfect
because we're not we haven't
got everything figured out
and

so I'll realize that oh maybe I
did kind of go too far this way
and then I'll see if I have the
ability to come back and
sometimes I do and
sometimes I don't and so it
sounds like you went through
that same process of you
know can I do this again for
the right reasons when you uh
doing it at its peak and you
had people coming up to you

talking to you about
compassion and plant-based
life and veganism like did
people notice that were they
aware of that and then what
would they say to you like
what what was people's
reactions I mean just Intrigue
uh yeah I mean there's always
a lot of curiosity a lot of
interest whenever you hear
somebody doing something
that's uh unorthodox so vegan
bodybuilder is an oxymoron
for a lot of people they don't
believe it's possible so to see
somebody doing it and
competing at the highest level

um it brought its own pressures to me because people especially the vegan movement tended to pedestalize me and use me as this poster boy this example for uh somebody who could do this which I enjoyed and then also equally didn't enjoy because I would be thrown into arguments online and and people would just use me as this example where I just opened up my phone and just see all these comments of people arguing back and forth and again my my goal was to never be polarizing it online

or it was it was too Inspire the
people that really wanted to
live this way so that's that
also
played a huge impact into
reassessing what kind of
message I'm putting out there
and to really again just lead
lead with compassion and and
show that you can coexist
with people who have
different views on life
different perspectives than
you we're we're often more
times more common than we
are different so uh that's that's
another reason why I felt like
bodybuilding is a sport of

comparison it's me literally lined up to another person and comparing the two and I always approached that Sport with it's always just me versus me I could never control what anybody else was doing outside of you know that experience it was like you step on stage it's not me versus these other guys it's just me versus who I was yesterday but that's really when I wanted to step away from the sport so I could continue to focus on the thing that I originally wanted to do which was to help serve

people yeah in my highest capacity which is when I started coaching after I bodybuilding yeah and that's and that's what I find interesting too it's a knowing when to quit something and quitting stuff is such a good skill that I think is underrated like we rate people in society for how long they can do something as opposed to how quickly they can let go of something that doesn't serve them or serve others anymore and I'm more interested in that sometimes where I think

about like I let go of being a monk at a time when I didn't feel like it served me or served others anymore I let go of my corporate career because it didn't serve me or serve others anymore I let go of the first content I created we don't make content like that anymore because it didn't serve me or serve others anymore and it's like we've we've evolved in so many ways and I often think that we keep putting time you've done something on a pedestal as opposed to time you stopped doing things that didn't make

sense to you anymore and so even hearing that from your perspective it's like we did this bodybuilding we achieved so much and then I had to leave it behind in order to move into coaching and and you know in the coaching space you've worked with some incredible people and you don't have to name anyone or whatever you whatever you feel comfortable with but in the idea of like when you're coaching someone or anyone who's thinking about becoming a coach or thinking

about becoming a trainer a
guide a teacher in any
capacity what what were the
things that have been really
important that you've learned
through coaching other
people

who are high performers yeah
it's it's it's realizing that it's
not about me it's not about me
coaching them it's about me
helping my client discover the
the power that they contain
within themselves so
oftentimes people think that
they're not one who could
possibly get into shape or do
the things that they commit

because they just get in their
own way so what I've found
is

that those are symptoms of
underlying beliefs maybe
their subconscious beliefs that
are preventing them from
doing the things that they
really want to do so when I
coach and you know this from
from working with me is that
I like to talk a lot during our
sessions and hear what your
experience is like because
oftentimes language reveals
so much about how we think
and ironically the way that we
view ourselves has a huge

impact in the way that we
show up for our our physical
health so as I'm training
people it's almost like I don't
want to call it therapy but it's
just a really deep
conversation

where I learn about my clients
on a level that allows them to
see what kind of capable
powerful person they are and
then once they recognize it
themselves then they start to
show up and believe it
themselves yeah so yeah if
everyone who's listening
nimai trained me during the
pandemic I think it was for a

few months we worked again
other and I I guarantee Nema
has never had anyone that he's
trained that has been worse
than me literally I would like
and Nema is a great trainer
and he's everything he just
said he is like you know it
was very like therapeutic
working with him you know
super supportive constantly
made me look for The Power
Within Myself And I'd be like
nine times out of ten after a
session I'd be lying on my bed
dirty face just trying to
recover uh because I'd love
the coolness of my bed yeah

and I would just need to sit
there and just like take it in
because it was so high
intensity in a good way but at
the same time I also broke
through a lot of mental blocks
I had around what I believed
around what my body could
do or you know what what I
believed my body was
capable of like we were able
to dial back and start slower
and build up again and I think
you were so great at doing
that like I think it's so
beautiful I as I'm a coach too
and I think when I'm being
coached I really appreciate it

when someone makes me feel
like I can get there and that
it's okay that I'm slower or
that it's taking time I'm
already going through all the
self-judgment and
selfcriticism

the last thing I need
is for someone else to
criticize

me too and and to have
someone who's supporting
you along that journey I really
felt that with you I've always
felt that with you through our
friendship but I also felt it
very much in that time and I
think those are such great

skills for all relationships
actually not just for coaching
but if you're teaching your
partner something if you're
teaching your child something
if you're teaching your
parents

something if we could be
more supportive and know it's
the goodness in them and
know it's the attempt and
notice the positive attitude
that person have and the fact
that they showed up that
person is going to feel
inspired but if we criticize
them the first time they
fumble or judge them the

second time they make a mistake or point out to them how much better everyone else that we train is that doesn't help anyone and I I at one point I had one of my clients took me to play golf with him and I don't play golf and I'm I've never played golf before that day and I had a coach at the center we went to and the coach was incredible very patient very professional you know very there for me I was only there for a day so I only got a day of coaching but by the end of the day I was

half decent I was okay as and I could do something and when I came back to LA because we were traveling together but when I came back to LA I tried to look for a golf coach here because I really got into it I was like oh this could be a cool thing to do and maybe it'd be fun to get into with Roddy and I took Rodney with me and I got a coach who'd supposedly worked with like some of the best the best and all the rest of it and I couldn't take a shot without him correcting me every second and it almost

became really draining and tiring because I was like I need to hit like 10 shots to then be corrected but if I'm corrected in every half a swing it's really hard for me to like find my flow and I felt so criticized and judged and everything that I kind of never

saw him again after like seeing him a couple of times and it just showed me that being a coach is really tough being a student is really tough but often I think we wrongly coach our friends and family and that's where I find the

coaching conversation to be most interesting even if you're not a coach in your career how you try and teach things to your family your friends your kids your parents goes a long way I want to hear your thoughts on that yeah no it's meeting people where they are right and and understanding that everybody is where they're at and that is the only place they could be with the awareness that they have in that moment so really having compassion because really I mean coaches just help you get one step ahead at

a time if you try to share
something with someone
who's not ready to receive
that
message it's just going to go
over their head so I really
love starting with the
fundamentals of helping
people make those small
incremental changes that
compound to be big big
difference in their their
physical health but not just
their physical health but like
the way that they believe they
have the confidence in
themselves that they can
achieve the things that they

want to so like you said
sometimes people are Their
Own Worst critics and and
having compassion towards
yourself whenever you're
learning something is a skill
and it's not something that we
exercise very much so I really
try to help my clients also
exercise that muscle of can
you be compassionate with
yourself yes you may be not
where you want to be maybe
you're a bit out of shape that's
okay the difference that you
have now is you have the
awareness that you want to do
something about it you don't

have to judge yourself for the mistakes that you made all of that process was or all of those decisions were coming from a place that maybe you didn't have the awareness to maybe you didn't have the skill set too maybe to have the

resources too but now moving forward you have the support too and it you first have to be kind with yourself yeah first and foremost so if you if you feel guilty or if you feel ashamed of allowing yourself to get to this point just know that yes it you you we're

always accountable for what we do but there's no need to belittle yourself or beat yourself up about it it's like I I'd like to use this example with my clients if you were to hand a child a calculus problem and tell them to solve

it and they weren't able to solve it would you yell at them or scream at them or tell them how stupid they are or how incapable they are no they just don't have the awareness to solve that problem and that is the same kind of thinking that you

could apply towards yourself
like you would you would be
gentle with them you would
be kind with them you would
be supportive you would ask
them what they need to help
get them to that place so that's
the way that I like to teach my
clients to think about
themselves so that the next
time they show up and they
say hey you know what I
slipped up but but slipping up
and giving up are two totally
different things so it's okay to
slip up failure is part of the
formula for Success so you
you learn you make mistakes

you get better you make more
advanced mistakes and then
you get better so that's the
formula that I like to teach
my

clients as well yeah yeah yeah
I love that and what I love
about that approach is Just
Fitness and working out and
and anything we do externally
is so much more of an
internal

Journey like it's like
overcoming the inner critic
overcoming the inner
judgment being able to be
kind to ourselves being able
to be compassionate to

ourselves being able to let things go and know when to work harder and when to pull back like it's such an internal dialogue it's it's completely inner Mastery that you're actually working on and I often think about me as someone who I love playing sports I've never really loved working out but that's the part that I can get behind is that ultimately it's in a Mastery that I'm working on even if working out isn't my favorite thing even though I do do it because I realize it's value and benefit but that ultimately it's

in a Mastery that I'm trying to
get through yeah yeah and
focusing more on the process
too and not so much the
outcome because the outcome
yes people are motivated by
results but if you're only
motivated by results and they
don't come in the timeline that
you expect them to then your
motivation will tank so
finding that intrinsic
motivation of of not just
looking a certain way in the
mirror or seeing a certain
number on the scale or being
able to squat a thousand
pounds or anything like that

but really being intrinsically motivated by the feeling that you're looking to achieve by doing this so showing up for yourself going to the gym and just remembering or just thinking about the feeling that you would get once you have that internal Freedom within your body the comfort of what it would feel like to just wake up and feel good just feel good in your skin and feel capable of of handling whatever life throws at you because you have been consistently training and showing up in this way so I

really try to preach just focus
on the process and if you can
really find a way to enjoy the
process to make it fun to
make it exciting like Fitness
is

not just about going to the
gym there's many different
forms of Fitness so if you
don't like training or you don't
like lifting weights in the gym
like you could do tennis or
you could play soccer you
could go hiking you could go
biking you could go uh
paddle

boarding there's so many
different things that once you

find the enjoyment of it then
you're more likely to keep
doing it yeah absolutely
Nema it's been so dope
talking to you man it's just
like I I feel like there's so
many great lessons from just
hearing someone's journey
and you know even though
we've been friends and we've
talked before it's like to
actually hear your journey
step by step and I I noticed
this and everyone that I think
is living happier healthy and
healed lives is that it's just
that they took the time to
reflect and then shift that's

like a Common Thread I find
in people who are happier
healthier and more healed is
that they weren't smarter they
weren't better they weren't
and this applies to me too it's
like you didn't it's not that you
were above anyone and it's
not that you were below it's
not that you were ahead or
behind it's that the only
difference is you took the
time to reflect and shift your
life according to your
reflection and I find that
today
we do a lot of thinking and
overthinking and thinking and

overthinking is where you
just
let the same thought go over
and over and over again but
reflecting is asking yourself is
this the right thought is this
thought useful is this the
thought that I want to play
again and again and again and
if the answer is no let me shift
my behavior so that I can
have a different door or let
me
plant a new thought so that it
can shift my behavior and so I
see that through a journey and
it's just I hope that this
conversation encourages you

to listen to your friends listen
to people around you to to
make time and space for
reflection because even
reflecting with you today I'm
it's amazing to see how many
similarities there are even
though we do very different
things or have achieved very
different things externally but
there's so many similarities in
how we had to Pivot and shift
yeah I mean I think it really
comes down to listening to
yourself like you said that
self-reflection that listening to
your gut listening to that inner
knowing and you you it's it's

much more difficult to find
that without creating the
space to listen so for me that
meditation is also whenever I
move my body some people
find it in Stillness I find it in
movement and that is when I
find these this this connection
to this higher self if you will
Within Myself to where I get
all my best ideas I find the
most inspiration so creating
the space for whatever that
looks like for you to to Really
tap into the deepest part of
yourself that brings you the
most fulfillment and most joy
and most clarity about who do

you want to be what type of person do you want to show up as what type of Life do you want to have and are you living in alignment with those thoughts or are you living incongruently with that and that that disparity between the two is signified by how you feel about it so you're always being shown and being Guided by your your feelings so learn to tap into the good feelings and what feels right and what feels true for you and then just continue to follow that absolutely Nema I love that

we end every episode with a final five okay these have to be answered in a one word to one sentence maximum um so Nema these are your final five the first question is uh what is the best fitness advice you've ever received or heard just be consistent okay just be consistent that is good advice all right the second question is

what is the worst Fitness advice you've ever heard or received that you have to go to a gym to get fit you know I would say that you have to you don't have to sign up to a

gym to get in shape you know
just find what you like to do
that's active and get you
moving and that's what's most
important when it comes to
Fitness yeah I remember
when you turn a random room
in our house into yeah the
pandemic so yeah I believe
that now after having seen
you doing that uh do that uh
question number three what
uh how would you define
your current purpose to help
inspire people to lead with
more compassion beautiful uh
question number four what's
uh something that you used to

Value when it came to physical fitness but that you don't value anymore I would say the the this is a bit superficial but the amount of weight that I that I lift in the gym I see so many people lift with their ego and they're just being very inefficient with their movement and they're essentially wasting their time in the gym so leave your ego at the door whenever you go into the gym and lift with intention don't just go in there to swing weight around and look cool but really go in there with the intention of of

mastering the repetition if you
can Master the repetition of
any movement then you will
see so much faster results
than

anything else that's great I
love that that's a good piece
of

advice uh Fifth and final
question if you could create
one law that everyone in the
world had to follow what
would it be let's be be kind to
others um accept people
where they are and who they
are um I think that the world
would be a much much more
pleasant place than what it is

right now we need a lot of
that yeah everyone that's
nemai Delgado make sure
you

check him out if you don't
already on social media we
will put put his handles
everywhere and make sure
you tag us uh both me and
nimai with anything that
stood out in this conversation
I think this was one of those
conversations where you
know we learn so much about
so many things we go through
all the time things like
pivoting your career things
like knowing when to quit

things like how to process
your early experiences and
turn them into something else
and then ultimately how do
you find what you love and
live in that way and totally
create a life around what you
love and what you believe in
whether that's loving your
workout or loving your career
and so I hope this episode
guides you closer towards
that

direction I hope this episode
moves you in that direction
towards your greatest gifts
and your greatest potential
and I want to say a big thank

you to Nema for spending his
time with us today uh thank
you so much man that was
amazing and it's so good for
me to sit and learn more
about

your story and I hope a lot of
people are going to come and
learn from you and grow in so
many different ways nah
thank you so much Jay I
really appreciate you inviting
me on I just want to say that
you are such an inspiration to
me as well and to see you and
Roddy show up in the way
that you do and continue to
inspire and upload lift

everybody so thank you for
being an inspiration too thank
you so much man thank you.

GLOBAL ENGLISH
PODCASTS