

**SK≡PTIKO**  
science & spirituality

***DEMYSTIFYING  
YOGA***

**#559-ZORANANDA**



1  
00:00:00,640 --> 00:00:04,470  
on this episode of skeptico

2  
00:00:09,910 --> 00:00:07,670  
a show about what yoga is

3  
00:00:12,870 --> 00:00:09,920  
each and every single person is going to

4  
00:00:14,629 --> 00:00:12,880  
have their own way of experiencing the

5  
00:00:17,590 --> 00:00:14,639  
kind of deeper realm of yoga and what

6  
00:00:21,029 --> 00:00:17,600  
i've realized is what we're exploring is

7  
00:00:23,269 --> 00:00:21,039  
not really yoga it's our own inner world

8  
00:00:25,589 --> 00:00:23,279  
and consciousness and it's just that

9  
00:00:28,470 --> 00:00:25,599  
there's this permission slip that yoga

10  
00:00:30,950 --> 00:00:28,480  
grants to explore that

11  
00:00:33,590 --> 00:00:30,960  
and what yoga isn't

12  
00:00:35,910 --> 00:00:33,600  
and down into pigeon

13  
00:00:37,990 --> 00:00:35,920

pretend you're an animal

14

00:00:40,470 --> 00:00:38,000

even though you're a vegan and you hate

15

00:00:41,910 --> 00:00:40,480

animals push this knuckle into the

16

00:00:44,229 --> 00:00:41,920

ground

17

00:00:47,590 --> 00:00:44,239

that'll make these muscles feel much

18

00:00:50,150 --> 00:00:47,600

weaker keep your belly button drawn in

19

00:00:51,910 --> 00:00:50,160

and take nice deep breaths

20

00:00:53,910 --> 00:00:51,920

even though you can't do that when your

21

00:00:56,069 --> 00:00:53,920

belly button is drawn in

22

00:00:59,510 --> 00:00:56,079

i'm not telling you what to do i'm just

23

00:01:02,790 --> 00:00:59,520

saying maybe you want to

24

00:01:04,710 --> 00:01:02,800

very passive aggressively just melt your

25

00:01:07,590 --> 00:01:04,720

rib cage

26

00:01:09,350 --> 00:01:07,600

into a melting motion float the right

27

00:01:12,149 --> 00:01:09,360

leg up

28

00:01:15,109 --> 00:01:12,159

no no you picked it up go back down and

29

00:01:17,670 --> 00:01:15,119

i want you to float it up

30

00:01:19,510 --> 00:01:17,680

just a little bit of a creepy touch

31

00:01:21,190 --> 00:01:19,520

notice that we both have very tight

32

00:01:24,070 --> 00:01:21,200

pants on

33

00:01:26,149 --> 00:01:24,080

by the way that was awakened with jp who

34

00:01:27,749 --> 00:01:26,159

you can find on youtube hilarious

35

00:01:29,670 --> 00:01:27,759

hilarious stuff

36

00:01:32,870 --> 00:01:29,680

but of course the first clip was from

37

00:01:34,550 --> 00:01:32,880

today's guest sornanda who

38

00:01:35,350 --> 00:01:34,560

we're going to hear all about in his

39

00:01:37,270 --> 00:01:35,360

show

40

00:01:38,870 --> 00:01:37,280

the yoga connection

41

00:01:40,789 --> 00:01:38,880

here goes

42

00:01:43,030 --> 00:01:40,799

welcome to skeptico where we explore

43

00:01:45,109 --> 00:01:43,040

controversial science and spirituality

44

00:01:46,469 --> 00:01:45,119

with leading researchers thinkers

45

00:01:48,469 --> 00:01:46,479

and their critics i'm your host alex

46

00:01:49,990 --> 00:01:48,479

sicaris and today

47

00:01:53,030 --> 00:01:50,000

we welcome

48

00:01:55,510 --> 00:01:53,040

my new dharma brother my fellow yogi

49

00:01:58,069 --> 00:01:55,520

the creator and host of the yoga

50

00:02:00,230 --> 00:01:58,079

connection podcast

51

00:02:03,429 --> 00:02:00,240

zornanda is here

52

00:02:04,630 --> 00:02:03,439

welcome man thanks for joining me

53

00:02:06,630 --> 00:02:04,640

thank you

54

00:02:09,990 --> 00:02:06,640

it's it's a pleasure to be here you know

55

00:02:11,589 --> 00:02:10,000

it's uh a year in the making and

56

00:02:13,750 --> 00:02:11,599

it's nice to

57

00:02:15,430 --> 00:02:13,760

now have the opportunity to sit down

58

00:02:16,869 --> 00:02:15,440

with you and chat so

59

00:02:19,830 --> 00:02:16,879

this is gonna be good

60

00:02:22,229 --> 00:02:19,840

yeah absolutely so uh you know let's

61

00:02:24,070 --> 00:02:22,239

start tell us a little bit about

62

00:02:26,790 --> 00:02:24,080

yourself

63

00:02:29,350 --> 00:02:26,800

the whole yogi experience yoga

64

00:02:31,270 --> 00:02:29,360

experience something i'm really into

65

00:02:33,110 --> 00:02:31,280

but also i kind of i just think somebody

66

00:02:35,430 --> 00:02:33,120

i've listened to some of your shows

67

00:02:37,670 --> 00:02:35,440

there's some very interesting stuff all

68

00:02:39,030 --> 00:02:37,680

over the place we could go so

69

00:02:40,869 --> 00:02:39,040

start just giving us a little bit of

70

00:02:42,550 --> 00:02:40,879

background on who you're i just learned

71

00:02:43,990 --> 00:02:42,560

that you're a canadian

72

00:02:46,550 --> 00:02:44,000

yeah

73

00:02:47,910 --> 00:02:46,560

so i live in edmonton alberta and

74

00:02:50,710 --> 00:02:47,920

western canada

75

00:02:52,869 --> 00:02:50,720

and i'm serbian i'm first generation

76

00:02:57,750 --> 00:02:52,879

canadian serbian so my parents

77

00:03:04,149 --> 00:03:00,229

yoga came into my life when i was around

78

00:03:06,710 --> 00:03:04,159

18 18 19 20 first in the first iteration

79

00:03:07,750 --> 00:03:06,720

of meditation and getting into kind of

80

00:03:13,030 --> 00:03:07,760

the

81

00:03:15,350 --> 00:03:13,040

new age wave of uh energy and chakras

82

00:03:18,070 --> 00:03:15,360

and you know drun valor melchizedek and

83

00:03:20,390 --> 00:03:18,080

the whole flower of life meditation that

84

00:03:22,229 --> 00:03:20,400

he was teaching at that time

85

00:03:25,750 --> 00:03:22,239

and

86

00:03:27,910 --> 00:03:25,760

what i began to notice in

87

00:03:30,309 --> 00:03:27,920

diving into spiritual

88

00:03:35,190 --> 00:03:30,319

content spiritual information

89

00:03:38,070 --> 00:03:35,200

is i had this knack for

90

00:03:41,830 --> 00:03:38,080

first starting with meditation and it

91

00:03:45,110 --> 00:03:41,840

all stems from a lifelong

92

00:03:46,710 --> 00:03:45,120

skill of dream work and it's stuff that

93

00:03:48,630 --> 00:03:46,720

i

94

00:03:49,350 --> 00:03:48,640

learned through my parents because they

95

00:03:53,190 --> 00:03:49,360

are

96

00:03:54,710 --> 00:03:53,200

whatever reason out of my siblings my

97

00:03:57,589 --> 00:03:54,720

parents would always sit down with me

98

00:04:00,869 --> 00:03:57,599

and ask me about my dreams and

99

00:04:02,550 --> 00:04:00,879

really help me analyze what was going on

100

00:04:05,110 --> 00:04:02,560

and so when i started getting into

101  
00:04:07,670 --> 00:04:05,120  
meditation were you a lucid dreamer

102  
00:04:10,630 --> 00:04:07,680  
yeah to an extent i wouldn't say

103  
00:04:13,190 --> 00:04:10,640  
to the level of like fully controlling

104  
00:04:15,589 --> 00:04:13,200  
the dream itself but where my

105  
00:04:19,189 --> 00:04:15,599  
participation in the dream

106  
00:04:20,310 --> 00:04:19,199  
was based on decisions that i was making

107  
00:04:22,069 --> 00:04:20,320  
so

108  
00:04:23,670 --> 00:04:22,079  
i found that i would have these

109  
00:04:25,350 --> 00:04:23,680  
different levels of dreams where the

110  
00:04:27,110 --> 00:04:25,360  
first level is

111  
00:04:28,550 --> 00:04:27,120  
you really have no participation it's

112  
00:04:29,749 --> 00:04:28,560  
just you're kind of like a movie that

113  
00:04:31,030 --> 00:04:29,759

you're watching

114

00:04:33,510 --> 00:04:31,040

and then

115

00:04:35,350 --> 00:04:33,520

the next level would be you're kind of

116

00:04:37,830 --> 00:04:35,360

participating but you're still at the

117

00:04:39,350 --> 00:04:37,840

whim of what the dream does you know it

118

00:04:41,510 --> 00:04:39,360

starts and stops

119

00:04:43,350 --> 00:04:41,520

and then the third would be like full

120

00:04:46,390 --> 00:04:43,360

participation where

121

00:04:49,030 --> 00:04:46,400

i have like super powers and i know

122

00:04:50,950 --> 00:04:49,040

the realm of the dream and i'm very

123

00:04:51,909 --> 00:04:50,960

familiar with it

124

00:04:53,670 --> 00:04:51,919

and

125

00:04:55,510 --> 00:04:53,680

how that

126

00:04:57,350 --> 00:04:55,520

transferred into meditation is that my

127

00:04:59,270 --> 00:04:57,360

meditation started taking on that same

128

00:05:01,670 --> 00:04:59,280

quality where

129

00:05:02,550 --> 00:05:01,680

the first stage of the meditation would

130

00:05:04,710 --> 00:05:02,560

be

131

00:05:06,230 --> 00:05:04,720

seemingly chaotic in my mind right

132

00:05:08,310 --> 00:05:06,240

there's a lot of stuff happening there's

133

00:05:11,830 --> 00:05:08,320

a lot of thinking there's a lot of flash

134

00:05:14,550 --> 00:05:11,840

images but then as i

135

00:05:16,310 --> 00:05:14,560

practice and sat more and more in like

136

00:05:17,670 --> 00:05:16,320

the flower of life meditations and just

137

00:05:20,070 --> 00:05:17,680

on my own

138

00:05:23,510 --> 00:05:20,080

is that there is a development occurring

139

00:05:25,430 --> 00:05:23,520

of being able to

140

00:05:28,710 --> 00:05:25,440

know noticeably go deeper into my

141

00:05:32,070 --> 00:05:28,720

meditations and noticeably have profound

142

00:05:34,310 --> 00:05:32,080

uh what i call phenomenal experiences

143

00:05:36,469 --> 00:05:34,320

that started to shape this kind of like

144

00:05:39,830 --> 00:05:36,479

path of synchronicity into

145

00:05:41,189 --> 00:05:39,840

yoga later in my life

146

00:05:43,270 --> 00:05:41,199

yeah it's interesting the reason i bring

147

00:05:45,590 --> 00:05:43,280

up the dream thing is you know i don't

148

00:05:48,469 --> 00:05:45,600

even know but it's interesting with the

149

00:05:50,629 --> 00:05:48,479

father-son thing or the parent something

150

00:05:54,230 --> 00:05:50,639

my oldest son

151  
00:05:56,629 --> 00:05:54,240  
was just kind of spontaneously

152  
00:05:57,909 --> 00:05:56,639  
lucid dreaming from the earliest age you

153  
00:05:59,270 --> 00:05:57,919  
know

154  
00:06:00,950 --> 00:05:59,280  
and he would report these things and

155  
00:06:02,390 --> 00:06:00,960  
when they're little kids you don't pay

156  
00:06:03,270 --> 00:06:02,400  
much attention and they get a little bit

157  
00:06:06,309 --> 00:06:03,280  
older

158  
00:06:08,469 --> 00:06:06,319  
and he had all these kind of very

159  
00:06:10,550 --> 00:06:08,479  
shamanistic kind of encounters in his

160  
00:06:12,710 --> 00:06:10,560  
dreams and stuff like that and then

161  
00:06:15,110 --> 00:06:12,720  
i was doing skeptico and then i started

162  
00:06:17,350 --> 00:06:15,120  
researching it and it's funny how

163  
00:06:18,230 --> 00:06:17,360

like it's so true it's interesting with

164

00:06:20,469 --> 00:06:18,240

the

165

00:06:22,629 --> 00:06:20,479

relationship with your parents because

166

00:06:24,230 --> 00:06:22,639

what i found and this is like confirmed

167

00:06:27,189 --> 00:06:24,240

by lucid dream

168

00:06:29,350 --> 00:06:27,199

researchers is that someone telling you

169

00:06:31,749 --> 00:06:29,360

about the whole experience

170

00:06:32,629 --> 00:06:31,759

wakes you up to the possibility of it

171

00:06:34,550 --> 00:06:32,639

and

172

00:06:36,870 --> 00:06:34,560

once you're awakened to the possibility

173

00:06:38,790 --> 00:06:36,880

that yes you can be aware in your

174

00:06:40,790 --> 00:06:38,800

dreaming and you can take more and more

175

00:06:42,230 --> 00:06:40,800

control of it then you're able to do it

176  
00:06:44,309 --> 00:06:42,240  
just by the

177  
00:06:46,390 --> 00:06:44,319  
kind of suggestion or even the knowledge

178  
00:06:47,909 --> 00:06:46,400  
of it so that's cool that your parents

179  
00:06:48,870 --> 00:06:47,919  
were involved with you in that way are

180  
00:06:52,150 --> 00:06:48,880  
they

181  
00:06:54,469 --> 00:06:52,160  
kind of on a spiritual journey an ex

182  
00:06:56,710 --> 00:06:54,479  
explicit spiritual journey as well or

183  
00:06:57,510 --> 00:06:56,720  
what was their deal

184  
00:07:00,550 --> 00:06:57,520  
so

185  
00:07:03,110 --> 00:07:00,560  
they both grew up as

186  
00:07:05,189 --> 00:07:03,120  
farmers in serbia and so

187  
00:07:09,270 --> 00:07:05,199  
their connection to spirituality was

188  
00:07:11,189 --> 00:07:09,280

through the doc's christianity where

189

00:07:17,189 --> 00:07:11,199

the

190

00:07:19,589 --> 00:07:17,199

russian where christianity was adopted

191

00:07:20,710 --> 00:07:19,599

at a certain time and

192

00:07:23,990 --> 00:07:20,720

our

193

00:07:26,790 --> 00:07:24,000

focus on anything religious is more tied

194

00:07:29,589 --> 00:07:26,800

to god than it is jesus and then also

195

00:07:31,510 --> 00:07:29,599

household saints so like we

196

00:07:33,510 --> 00:07:31,520

celebrate three different saints in our

197

00:07:36,309 --> 00:07:33,520

house sveti nicola

198

00:07:37,749 --> 00:07:36,319

svetisava and svetipetka

199

00:07:41,830 --> 00:07:37,759

and

200

00:07:45,510 --> 00:07:41,840

so their upbringing was more so

201  
00:07:47,909 --> 00:07:45,520  
believing in god and praying to god and

202  
00:07:49,430 --> 00:07:47,919  
receiving the teachings of jesus but not

203  
00:07:53,589 --> 00:07:49,440  
being so

204  
00:08:02,070 --> 00:07:53,599  
like

205  
00:08:03,830 --> 00:08:02,080  
this obsession of everything about jesus

206  
00:08:05,589 --> 00:08:03,840  
and so

207  
00:08:06,869 --> 00:08:05,599  
what i found just throughout my life the

208  
00:08:08,150 --> 00:08:06,879  
more and more i look back on my

209  
00:08:09,350 --> 00:08:08,160  
childhood and my teens and

210  
00:08:11,589 --> 00:08:09,360  
communications that i've had with my

211  
00:08:13,270 --> 00:08:11,599  
parents about spirituality

212  
00:08:15,670 --> 00:08:13,280  
is that

213  
00:08:16,790 --> 00:08:15,680

there's this seemingly kind of natural

214

00:08:19,510 --> 00:08:16,800

sense

215

00:08:22,390 --> 00:08:19,520

in our family that there is something

216

00:08:24,390 --> 00:08:22,400

spiritual going on and though my parents

217

00:08:25,909 --> 00:08:24,400

don't really have the best way to

218

00:08:27,909 --> 00:08:25,919

articulate it they don't know how to

219

00:08:30,469 --> 00:08:27,919

really like scientifically or

220

00:08:33,110 --> 00:08:30,479

academically approach it

221

00:08:35,190 --> 00:08:33,120

they just instilled at least in me

222

00:08:37,670 --> 00:08:35,200

that the best thing that i can do in

223

00:08:39,430 --> 00:08:37,680

understanding this is being kind and

224

00:08:40,709 --> 00:08:39,440

loving and compassionate

225

00:08:41,990 --> 00:08:40,719

and

226  
00:08:43,750 --> 00:08:42,000  
from

227  
00:08:45,190 --> 00:08:43,760  
doing that

228  
00:08:46,230 --> 00:08:45,200  
i found

229  
00:08:48,870 --> 00:08:46,240  
it's

230  
00:08:51,750 --> 00:08:48,880  
opened up many more opportunities to

231  
00:08:53,829 --> 00:08:51,760  
kind of take further steps into what

232  
00:08:56,389 --> 00:08:53,839  
spirituality is and maybe they have

233  
00:08:58,870 --> 00:08:56,399  
right because of just the difference in

234  
00:09:01,190 --> 00:08:58,880  
generation the difference of uh

235  
00:09:02,710 --> 00:09:01,200  
intention and upbringing and tradition

236  
00:09:04,389 --> 00:09:02,720  
where

237  
00:09:06,150 --> 00:09:04,399  
you know being a first generation

238  
00:09:10,070 --> 00:09:06,160

canadian

239

00:09:12,150 --> 00:09:10,080

my life is starkly different than what

240

00:09:14,630 --> 00:09:12,160

their life was and so their focus on

241

00:09:18,310 --> 00:09:14,640

what spirituality is and religion is

242

00:09:20,389 --> 00:09:18,320

was very streamlined to being serbian

243

00:09:22,230 --> 00:09:20,399

right so for me

244

00:09:24,389 --> 00:09:22,240

i'm in a whole new country in a whole

245

00:09:26,070 --> 00:09:24,399

new world and many more opportunities so

246

00:09:27,910 --> 00:09:26,080

my parents were like

247

00:09:29,430 --> 00:09:27,920

it doesn't matter if you don't believe

248

00:09:31,750 --> 00:09:29,440

in this stuff

249

00:09:33,990 --> 00:09:31,760

this is what we know and this is what

250

00:09:36,630 --> 00:09:34,000

and how it benefits us so we just want

251

00:09:38,790 --> 00:09:36,640

to see that you live a good life and

252

00:09:40,870 --> 00:09:38,800

then those are like the kind of sparks

253

00:09:42,870 --> 00:09:40,880

that then allow me to be like oh i'm

254

00:09:45,110 --> 00:09:42,880

free to investigate right i can

255

00:09:48,070 --> 00:09:45,120

investigate buddhism i can investigate

256

00:09:48,949 --> 00:09:48,080

christianity and hinduism and yoga and

257

00:09:52,230 --> 00:09:48,959

see

258

00:09:54,710 --> 00:09:52,240

just what fits for me the best

259

00:09:57,670 --> 00:09:54,720

yeah it's funny you know i'm uh

260

00:09:59,829 --> 00:09:57,680

i'm was raised greek orthodox and uh

261

00:10:01,670 --> 00:09:59,839

second generation and there's a lot of

262

00:10:03,750 --> 00:10:01,680

parallels so you're an orthodox

263

00:10:05,030 --> 00:10:03,760

christian i was raised orthodox

264

00:10:07,190 --> 00:10:05,040

christian i don't know if i'd

265

00:10:08,069 --> 00:10:07,200

characterize it exactly the way that you

266

00:10:09,910 --> 00:10:08,079

would

267

00:10:11,430 --> 00:10:09,920

i think it's very christian it's

268

00:10:13,590 --> 00:10:11,440

christian there's no

269

00:10:16,550 --> 00:10:13,600

kind of ways around that and it's

270

00:10:19,110 --> 00:10:16,560

certainly jesus centric i mean there's a

271

00:10:21,350 --> 00:10:19,120

big old wooden statue of jesus up there

272

00:10:22,630 --> 00:10:21,360

bleeding and all sorts of incense i

273

00:10:24,310 --> 00:10:22,640

don't think it's any different than the

274

00:10:26,870 --> 00:10:24,320

serbian church

275

00:10:28,790 --> 00:10:26,880

but i do think you know the experience

276

00:10:30,630 --> 00:10:28,800

of having i was connected to my

277

00:10:32,630 --> 00:10:30,640

grandparents

278

00:10:36,550 --> 00:10:32,640

and especially my grandmother my yaya

279

00:10:38,870 --> 00:10:36,560

and she was devoutly uh greek orthodox

280

00:10:39,910 --> 00:10:38,880

and it was a practice that worked for

281

00:10:40,790 --> 00:10:39,920

her

282

00:10:42,870 --> 00:10:40,800

just

283

00:10:43,990 --> 00:10:42,880

she was completely she couldn't separate

284

00:10:47,430 --> 00:10:44,000

anything

285

00:10:49,829 --> 00:10:47,440

spiritual from her religious tradition

286

00:10:51,430 --> 00:10:49,839

so i think it is kind of interesting and

287

00:10:53,430 --> 00:10:51,440

then my dad dropped us off and then went

288

00:10:55,829 --> 00:10:53,440

and played cards you know so he would go

289

00:10:58,550 --> 00:10:55,839

and play poker you know the drops of a

290

00:10:59,910 --> 00:10:58,560

church so we got this whole thing but

291

00:11:01,590 --> 00:10:59,920

the other thing that you kind of just

292

00:11:03,990 --> 00:11:01,600

mentioned is and i tell people this all

293

00:11:05,990 --> 00:11:04,000

the time and i tell my kids it's like

294

00:11:08,710 --> 00:11:06,000

when i was brought up

295

00:11:10,710 --> 00:11:08,720

we understood that we were not white

296

00:11:13,110 --> 00:11:10,720

we were greek right

297

00:11:14,550 --> 00:11:13,120

so here i am growing up outside of

298

00:11:18,470 --> 00:11:14,560

chicago

299

00:11:20,230 --> 00:11:18,480

one my ancestry is i'm only half

300

00:11:22,389 --> 00:11:20,240

greek if you want to call it that but

301  
00:11:24,630 --> 00:11:22,399  
that was my world because the world was

302  
00:11:27,430 --> 00:11:24,640  
centered around this church and this

303  
00:11:29,829 --> 00:11:27,440  
church was an ethnic identity of being

304  
00:11:31,829 --> 00:11:29,839  
greek and intertwined with that was

305  
00:11:34,550 --> 00:11:31,839  
greek orthodox and i thought

306  
00:11:36,550 --> 00:11:34,560  
you know as i've done all this the

307  
00:11:38,230 --> 00:11:36,560  
spiritual journeying that i've done it's

308  
00:11:40,150 --> 00:11:38,240  
so interesting for me to have that

309  
00:11:42,389 --> 00:11:40,160  
background but i see it kind of

310  
00:11:45,670 --> 00:11:42,399  
differently i see it as a as a mind

311  
00:11:48,870 --> 00:11:45,680  
control uh background and and not always

312  
00:11:51,350 --> 00:11:48,880  
in a bad way but in a pretty

313  
00:11:52,870 --> 00:11:51,360

inauthentic way in a pretty much of a

314

00:11:55,750 --> 00:11:52,880

way to kind of

315

00:11:57,670 --> 00:11:55,760

control people or or shepherd people it

316

00:12:00,310 --> 00:11:57,680

wasn't really

317

00:12:02,150 --> 00:12:00,320

that the primary focus really wasn't on

318

00:12:05,509 --> 00:12:02,160

any kind of uh

319

00:12:07,670 --> 00:12:05,519

true spirituality that could come along

320

00:12:09,430 --> 00:12:07,680

as part of the ride but the real thing

321

00:12:10,790 --> 00:12:09,440

was about

322

00:12:12,949 --> 00:12:10,800

be in this group

323

00:12:15,350 --> 00:12:12,959

kind of protect each other

324

00:12:17,350 --> 00:12:15,360

kind of be in your clan be in your cult

325

00:12:19,990 --> 00:12:17,360

in kind of a good way so

326

00:12:22,389 --> 00:12:20,000

good way in bad way so i don't know any

327

00:12:24,470 --> 00:12:22,399

parallels there with what you saw and

328

00:12:27,829 --> 00:12:24,480

what you experienced

329

00:12:30,790 --> 00:12:27,839

yeah my what i noticed is

330

00:12:32,790 --> 00:12:30,800

there was no pressure on whether or not

331

00:12:33,829 --> 00:12:32,800

we went to church or

332

00:12:38,870 --> 00:12:33,839

we

333

00:12:41,110 --> 00:12:38,880

step in step with

334

00:12:44,069 --> 00:12:41,120

the serbian church in the city

335

00:12:46,230 --> 00:12:44,079

my parents really didn't care about that

336

00:12:51,190 --> 00:12:46,240

and

337

00:12:52,790 --> 00:12:51,200

their families taught them in

338

00:12:53,990 --> 00:12:52,800

understanding

339

00:12:55,990 --> 00:12:54,000

one

340

00:12:58,470 --> 00:12:56,000

important

341

00:13:00,310 --> 00:12:58,480

kind of saying from jesus is that

342

00:13:02,150 --> 00:13:00,320

your home can be your church as well

343

00:13:04,389 --> 00:13:02,160

that there's no

344

00:13:07,590 --> 00:13:04,399

how you believe in god and how you

345

00:13:11,110 --> 00:13:07,600

worship god can be done in the private

346

00:13:12,389 --> 00:13:11,120

of your home and the celebration of god

347

00:13:15,030 --> 00:13:12,399

in a church

348

00:13:16,949 --> 00:13:15,040

is something that doesn't have to be

349

00:13:18,550 --> 00:13:16,959

like forced upon at least that's what my

350

00:13:20,870 --> 00:13:18,560

parents have taught me

351  
00:13:24,230 --> 00:13:20,880  
and you know we would go to the serbian

352  
00:13:26,470 --> 00:13:24,240  
church here in edmonton periodically for

353  
00:13:27,670 --> 00:13:26,480  
like christmas and easter

354  
00:13:32,069 --> 00:13:27,680  
but

355  
00:13:34,710 --> 00:13:32,079  
i just really for my mom saying like

356  
00:13:36,470 --> 00:13:34,720  
your belief in god and your connection

357  
00:13:39,430 --> 00:13:36,480  
to god is in your heart

358  
00:13:41,030 --> 00:13:39,440  
and and that's her approach was with it

359  
00:13:43,350 --> 00:13:41,040  
and even though

360  
00:13:45,030 --> 00:13:43,360  
she still regularly regularly reads her

361  
00:13:47,269 --> 00:13:45,040  
bible she'll go through it and find

362  
00:13:49,750 --> 00:13:47,279  
passages that you know she that will

363  
00:13:51,990 --> 00:13:49,760

help her in the day that cult-like

364

00:13:55,910 --> 00:13:52,000

mentality just wasn't there

365

00:13:58,150 --> 00:13:55,920

and that's where i feel grateful to have

366

00:14:00,069 --> 00:13:58,160

been able to

367

00:14:01,910 --> 00:14:00,079

have that kind of upbringing where

368

00:14:04,389 --> 00:14:01,920

there's it's really much more relaxed

369

00:14:07,189 --> 00:14:04,399

and i had this balance between my mother

370

00:14:08,389 --> 00:14:07,199

being religious and really deep believer

371

00:14:09,910 --> 00:14:08,399

in god

372

00:14:13,110 --> 00:14:09,920

and then my dad being much more

373

00:14:15,430 --> 00:14:13,120

scientific and much more logical and and

374

00:14:17,509 --> 00:14:15,440

so they both instilled these kind of

375

00:14:20,629 --> 00:14:17,519

beliefs in me of like

376

00:14:23,590 --> 00:14:20,639

yes there's god and yes the big bang

377

00:14:25,750 --> 00:14:23,600

happened and the universe is this old

378

00:14:28,150 --> 00:14:25,760

and you know we're on a planet

379

00:14:29,030 --> 00:14:28,160

circulating a sun and

380

00:14:31,269 --> 00:14:29,040

so

381

00:14:35,350 --> 00:14:31,279

it really helped me

382

00:14:37,269 --> 00:14:35,360

develop this understanding that

383

00:14:40,310 --> 00:14:37,279

we can appreciate the world that we're

384

00:14:44,710 --> 00:14:40,320

in in a scientific way and we can use

385

00:14:47,030 --> 00:14:44,720

the advancements that we have to measure

386

00:14:50,870 --> 00:14:47,040

where we are and what everything looks

387

00:14:52,069 --> 00:14:50,880

like and we can have mysterious events

388

00:14:52,949 --> 00:14:52,079

that happen

389

00:14:56,389 --> 00:14:52,959

where

390

00:14:59,829 --> 00:14:56,399

that scientific side has almost

391

00:15:01,509 --> 00:14:59,839

no method of measuring and understanding

392

00:15:03,110 --> 00:15:01,519

and then that's what really makes this

393

00:15:06,389 --> 00:15:03,120

whole place beautiful

394

00:15:10,069 --> 00:15:06,399

and strange right being a human

395

00:15:12,470 --> 00:15:10,079

yeah that's great and uh and well said

396

00:15:14,310 --> 00:15:12,480

on your part i guess you know i pinged

397

00:15:16,790 --> 00:15:14,320

you in in this kind of email exchange we

398

00:15:18,790 --> 00:15:16,800

did beforehand and

399

00:15:20,870 --> 00:15:18,800

you know i was trying to the skeptical

400

00:15:23,110 --> 00:15:20,880

thing so i'm kind of trying to knock you

401  
00:15:25,670 --> 00:15:23,120  
off your center a little bit yeah i i

402  
00:15:27,189 --> 00:15:25,680  
really like the way that you kind of

403  
00:15:30,230 --> 00:15:27,199  
came back to it because i think there's

404  
00:15:33,269 --> 00:15:30,240  
a lot to kind of process here the whole

405  
00:15:34,150 --> 00:15:33,279  
uh yoga thing as i see it

406  
00:15:36,150 --> 00:15:34,160  
is

407  
00:15:38,389 --> 00:15:36,160  
susceptible to the same

408  
00:15:40,790 --> 00:15:38,399  
occultish

409  
00:15:42,470 --> 00:15:40,800  
co-opting that goes on in all these

410  
00:15:45,509 --> 00:15:42,480  
other different traditions and all these

411  
00:15:48,389 --> 00:15:45,519  
other different cults you know and

412  
00:15:52,870 --> 00:15:48,399  
i i see it as something that has to be

413  
00:15:55,910 --> 00:15:52,880

actively resisted and first understood

414

00:15:57,509 --> 00:15:55,920

and then resisted and i really liked the

415

00:15:59,670 --> 00:15:57,519

way that you

416

00:16:00,470 --> 00:15:59,680

you didn't push back you did a very kind

417

00:16:01,910 --> 00:16:00,480

of

418

00:16:03,910 --> 00:16:01,920

you know

419

00:16:06,150 --> 00:16:03,920

i thought you were extremely open but

420

00:16:08,790 --> 00:16:06,160

you were also just exploring

421

00:16:09,590 --> 00:16:08,800

how we can move forward in kind of this

422

00:16:12,550 --> 00:16:09,600

uh

423

00:16:15,269 --> 00:16:12,560

gentle way towards the deeper

424

00:16:17,990 --> 00:16:15,279

truths that are a part of this tradition

425

00:16:21,269 --> 00:16:18,000

because that's really what yoga is yoga

426

00:16:22,870 --> 00:16:21,279

is just a tradition it's following some

427

00:16:25,030 --> 00:16:22,880

people that have done some things in the

428

00:16:26,470 --> 00:16:25,040

past and picking out bits and pieces of

429

00:16:28,710 --> 00:16:26,480

that so

430

00:16:31,350 --> 00:16:28,720

you have a tremendous amount of

431

00:16:33,350 --> 00:16:31,360

background in terms of yoga training

432

00:16:34,870 --> 00:16:33,360

you've gone and you've done hundreds of

433

00:16:36,470 --> 00:16:34,880

hours of

434

00:16:37,990 --> 00:16:36,480

training under different masters you've

435

00:16:39,590 --> 00:16:38,000

lived in other countries where they're

436

00:16:41,990 --> 00:16:39,600

immersed

437

00:16:45,269 --> 00:16:42,000

themselves completely in this

438

00:16:47,430 --> 00:16:45,279

and at the same time i think you're also

439

00:16:49,269 --> 00:16:47,440

still very much somebody who's on a

440

00:16:50,470 --> 00:16:49,279

journey and

441

00:16:52,470 --> 00:16:50,480

maybe not

442

00:16:55,430 --> 00:16:52,480

married to any of those traditions

443

00:16:57,749 --> 00:16:55,440

completely which i think is is really

444

00:16:59,910 --> 00:16:57,759

essential to all this so tell us a

445

00:17:01,829 --> 00:16:59,920

little bit about what yoga means to you

446

00:17:02,710 --> 00:17:01,839

what it has meant to you

447

00:17:09,029 --> 00:17:02,720

and

448

00:17:11,669 --> 00:17:09,039

when i look back at

449

00:17:13,909 --> 00:17:11,679

i'd say the beginning of my journey in

450

00:17:15,829 --> 00:17:13,919

exploring meditation and getting into

451  
00:17:17,829 --> 00:17:15,839

yoga

452  
00:17:25,829 --> 00:17:17,839

is

453  
00:17:27,350 --> 00:17:25,839

know something more about where i am and

454  
00:17:28,470 --> 00:17:27,360

who i am

455  
00:17:29,430 --> 00:17:28,480

and

456  
00:18:11,110 --> 00:17:29,440

i

457  
00:18:16,870 --> 00:18:11,120

and

458  
00:18:18,710 --> 00:18:16,880

yoga shined more in my mind because of

459  
00:18:21,190 --> 00:18:18,720

the physical practice

460  
00:18:23,590 --> 00:18:21,200

and just knowing what my upbringing was

461  
00:18:25,750 --> 00:18:23,600

of being really athletic

462  
00:18:27,590 --> 00:18:25,760

being a skateboarder and a snowboarder

463  
00:18:30,150 --> 00:18:27,600

and getting out of all those sports i

464

00:18:32,390 --> 00:18:30,160

still wanted to maintain some kind of

465

00:18:35,909 --> 00:18:32,400

athleticism and that's where yoga kind

466

00:18:37,350 --> 00:18:35,919

of fit into that piece at the beginning

467

00:18:39,909 --> 00:18:37,360

and

468

00:18:44,230 --> 00:18:39,919

what i started to notice is there's this

469

00:18:46,549 --> 00:18:44,240

unraveling of opportunities to travel

470

00:18:47,990 --> 00:18:46,559

and to explore

471

00:18:51,110 --> 00:18:48,000

what

472

00:18:54,230 --> 00:18:51,120

yoga can be in my life as more than just

473

00:18:56,789 --> 00:18:54,240

a physical practice and

474

00:19:00,310 --> 00:18:56,799

because i was still very much

475

00:19:03,029 --> 00:19:00,320

researching a lot of new age stuff like

476

00:19:05,029 --> 00:19:03,039

outer body experiences and

477

00:19:08,390 --> 00:19:05,039

channeling and

478

00:19:09,750 --> 00:19:08,400

entities and and so forth

479

00:19:11,830 --> 00:19:09,760

that

480

00:19:14,630 --> 00:19:11,840

the synchronicities of these

481

00:19:17,669 --> 00:19:14,640

opportunities coming up to travel

482

00:19:20,150 --> 00:19:17,679

were then pairing my intention to go

483

00:19:22,470 --> 00:19:20,160

somewhere for yoga so say for example to

484

00:19:24,789 --> 00:19:22,480

thailand to copenhagen

485

00:19:26,950 --> 00:19:24,799

where that was my first significant

486

00:19:29,270 --> 00:19:26,960

international travel and it was to

487

00:19:30,630 --> 00:19:29,280

attend the agama yoga school on the

488

00:19:32,390 --> 00:19:30,640

island

489

00:19:34,230 --> 00:19:32,400

and

490

00:19:35,990 --> 00:19:34,240

with my intention of going specifically

491

00:19:37,430 --> 00:19:36,000

for yoga

492

00:19:39,029 --> 00:19:37,440

then

493

00:19:40,870 --> 00:19:39,039

there were these other kind of

494

00:19:43,110 --> 00:19:40,880

phenomenal experiences that happened as

495

00:19:45,750 --> 00:19:43,120

well so i just i found that yoga was

496

00:19:46,710 --> 00:19:45,760

this bridge or this kind of connecting

497

00:19:49,190 --> 00:19:46,720

piece

498

00:19:51,029 --> 00:19:49,200

to continuously

499

00:19:53,510 --> 00:19:51,039

bring about these

500

00:19:54,789 --> 00:19:53,520

spiritual learning lessons that opened

501  
00:19:57,190 --> 00:19:54,799  
my mind to

502  
00:19:58,150 --> 00:19:57,200  
allow me to understand that living this

503  
00:19:59,830 --> 00:19:58,160  
life

504  
00:20:02,470 --> 00:19:59,840  
even though we have to participate in

505  
00:20:04,549 --> 00:20:02,480  
the mundane world of like having a job

506  
00:20:08,310 --> 00:20:04,559  
paying bills blah blah blah

507  
00:20:09,990 --> 00:20:08,320  
that there is an internal

508  
00:20:12,310 --> 00:20:10,000  
deeper

509  
00:20:15,750 --> 00:20:12,320  
levels of of experience that doesn't

510  
00:20:18,149 --> 00:20:15,760  
really involve other people like

511  
00:20:19,590 --> 00:20:18,159  
it's it's kind of a paradox in

512  
00:20:21,190 --> 00:20:19,600  
in trying to understand it because

513  
00:20:23,029 --> 00:20:21,200

obviously it does involve up with other

514

00:20:24,789 --> 00:20:23,039

people because you're meeting and having

515

00:20:27,669 --> 00:20:24,799

conversations with people

516

00:20:30,310 --> 00:20:27,679

but the decisions that for example i was

517

00:20:32,710 --> 00:20:30,320

making to go to thailand and go to this

518

00:20:35,110 --> 00:20:32,720

yoga school there were these experiences

519

00:20:36,230 --> 00:20:35,120

that i was having that only i knew i was

520

00:20:38,470 --> 00:20:36,240

having

521

00:20:40,710 --> 00:20:38,480

and it's similar to

522

00:20:42,070 --> 00:20:40,720

having a profound lucid dream

523

00:20:44,390 --> 00:20:42,080

that

524

00:20:46,310 --> 00:20:44,400

you're asleep in the middle of night and

525

00:20:47,990 --> 00:20:46,320

you're having this profound experience

526

00:20:49,750 --> 00:20:48,000

of this dream of you know being on

527

00:20:51,029 --> 00:20:49,760

another planet or being in another world

528

00:20:52,070 --> 00:20:51,039

or whatever

529

00:20:57,590 --> 00:20:52,080

that

530

00:20:59,750 --> 00:20:57,600

taking place whether you want to be

531

00:21:01,270 --> 00:20:59,760

aware of it or not so

532

00:21:03,430 --> 00:21:01,280

i just found that yoga was really

533

00:21:06,630 --> 00:21:03,440

helping bridge into the spiritual

534

00:21:07,830 --> 00:21:06,640

development that other kind of religions

535

00:21:11,669 --> 00:21:07,840

or

536

00:21:14,789 --> 00:21:11,679

couldn't at that time

537

00:21:16,390 --> 00:21:14,799

yeah i mean i still think we're kind of

538

00:21:19,029 --> 00:21:16,400

i don't know if we're adding more to the

539

00:21:21,190 --> 00:21:19,039

confusion about what yoga is and we

540

00:21:22,070 --> 00:21:21,200

probably have different understandings

541

00:21:24,310 --> 00:21:22,080

of

542

00:21:26,310 --> 00:21:24,320

what yoga is

543

00:21:28,149 --> 00:21:26,320

you know when i started doing yoga it

544

00:21:30,789 --> 00:21:28,159

was i don't know

545

00:21:33,029 --> 00:21:30,799

over 30 years ago i'll just start that

546

00:21:34,789 --> 00:21:33,039

and uh i had a fantastic first yoga

547

00:21:36,230 --> 00:21:34,799

teacher which everyone must have if

548

00:21:38,470 --> 00:21:36,240

you're going to really

549

00:21:40,870 --> 00:21:38,480

get it it's like

550

00:21:42,230 --> 00:21:40,880

a gambling addict who you know has a

551

00:21:43,430 --> 00:21:42,240

great experience that first time and

552

00:21:44,950 --> 00:21:43,440

they can't get rid of it so if you have

553

00:21:46,310 --> 00:21:44,960

a really good teacher at the beginning

554

00:21:48,710 --> 00:21:46,320

they can kind of hook you into this

555

00:21:51,430 --> 00:21:48,720

experience but i remember

556

00:21:53,909 --> 00:21:51,440

uh fortunately for me this is back like

557

00:21:56,549 --> 00:21:53,919

back this is back in dallas texas

558

00:21:59,909 --> 00:21:56,559

and my teacher like all the teachers

559

00:22:03,190 --> 00:21:59,919

back then had gone to india you know so

560

00:22:04,230 --> 00:22:03,200

this guy bksiengar he was his

561

00:22:06,390 --> 00:22:04,240

kind of

562

00:22:09,029 --> 00:22:06,400

guy so and

563

00:22:10,950 --> 00:22:09,039

people don't know because iyengar along

564

00:22:13,430 --> 00:22:10,960

with patabhi joyce are

565

00:22:15,350 --> 00:22:13,440

two of the most influential yoga

566

00:22:17,830 --> 00:22:15,360

teachers in the west

567

00:22:19,750 --> 00:22:17,840

period in terms of the asana the

568

00:22:22,470 --> 00:22:19,760

physical practice of yoga i mean if you

569

00:22:25,669 --> 00:22:22,480

want to go back to yogananda who lives

570

00:22:27,430 --> 00:22:25,679

right up his ashram his spiritual energy

571

00:22:29,270 --> 00:22:27,440

is still right up the road from me here

572

00:22:31,830 --> 00:22:29,280

you know that goes back but in terms of

573

00:22:34,070 --> 00:22:31,840

this tradition of this physical

574

00:22:36,230 --> 00:22:34,080

tradition it doesn't go back that far

575

00:22:38,310 --> 00:22:36,240

really it really only goes back 150

576  
00:22:40,070 --> 00:22:38,320  
years or so and a lot of was influenced

577  
00:22:42,149 --> 00:22:40,080  
by these guys were indian were

578  
00:22:43,990 --> 00:22:42,159  
influenced by british gymnastics you

579  
00:22:45,750 --> 00:22:44,000  
know so they kind of incorporated that

580  
00:22:47,590 --> 00:22:45,760  
and when people try and go back and say

581  
00:22:49,750 --> 00:22:47,600  
these asanas are ancient they're just

582  
00:22:52,230 --> 00:22:49,760  
they're just not we just don't have any

583  
00:22:54,549 --> 00:22:52,240  
real record of that we have a couple of

584  
00:22:56,149 --> 00:22:54,559  
people sitting in lotus poses

585  
00:22:58,470 --> 00:22:56,159  
that are a thousand years old but we

586  
00:23:00,230 --> 00:22:58,480  
don't have that long tradition of

587  
00:23:01,909 --> 00:23:00,240  
stringing these things together and all

588  
00:23:04,070 --> 00:23:01,919

the rest that but i don't think that

589

00:23:05,909 --> 00:23:04,080

matters that doesn't matter to me but

590

00:23:08,470 --> 00:23:05,919

anyways back to my thing

591

00:23:11,750 --> 00:23:08,480

so one when i first started

592

00:23:15,430 --> 00:23:11,760

all the teachers were grounded in

593

00:23:18,230 --> 00:23:15,440

this experience this very kind of

594

00:23:20,549 --> 00:23:18,240

rigid fundamentalist kind of hindu you

595

00:23:23,590 --> 00:23:20,559

have to do it this way you have to go in

596

00:23:25,990 --> 00:23:23,600

india you have to go through these long

597

00:23:27,990 --> 00:23:26,000

you know arduous kind of trainings with

598

00:23:30,789 --> 00:23:28,000

your master and all the rest that and

599

00:23:33,190 --> 00:23:30,799

then the other thing is uh

600

00:23:35,110 --> 00:23:33,200

awesome women yoga teachers so many

601  
00:23:37,430 --> 00:23:35,120  
awesome women yoga teachers but back

602  
00:23:39,669 --> 00:23:37,440  
then it was all men and like the classes

603  
00:23:41,750 --> 00:23:39,679  
were almost all men and then women

604  
00:23:43,590 --> 00:23:41,760  
started coming in more and more but

605  
00:23:45,669 --> 00:23:43,600  
like the first class side side they were

606  
00:23:47,909 --> 00:23:45,679  
all dallas cowboy football players these

607  
00:23:49,029 --> 00:23:47,919  
old jocks who were you know just

608  
00:23:51,669 --> 00:23:49,039  
didn't

609  
00:23:55,190 --> 00:23:51,679  
they had a sense that their physical

610  
00:23:56,070 --> 00:23:55,200  
nature was somehow connected to

611  
00:23:59,669 --> 00:23:56,080  
that

612  
00:24:01,430 --> 00:23:59,679  
because anyone who's physically involved

613  
00:24:03,750 --> 00:24:01,440

you're a skateboarder

614

00:24:05,750 --> 00:24:03,760

snowboarder i mean you know that like

615

00:24:07,750 --> 00:24:05,760

completely it's all about the mind-body

616

00:24:09,430 --> 00:24:07,760

connection so you're trying to reconnect

617

00:24:11,269 --> 00:24:09,440

with that and these guys were trying to

618

00:24:13,190 --> 00:24:11,279

reconnect with that

619

00:24:15,430 --> 00:24:13,200

and in the process of reconnecting with

620

00:24:17,430 --> 00:24:15,440

that they're really connecting with

621

00:24:19,909 --> 00:24:17,440

consciousness and when you're connecting

622

00:24:22,390 --> 00:24:19,919

with consciousness then you're starting

623

00:24:25,190 --> 00:24:22,400

to open up the door to kind of this

624

00:24:27,830 --> 00:24:25,200

greater spirituality so

625

00:24:29,669 --> 00:24:27,840

i i guess

626

00:24:31,830 --> 00:24:29,679

what i want to make sure we

627

00:24:34,070 --> 00:24:31,840

or i get my two cents in which i just

628

00:24:36,789 --> 00:24:34,080

did is that

629

00:24:37,750 --> 00:24:36,799

we've continued i think in some ways to

630

00:24:41,510 --> 00:24:37,760

kind of

631

00:24:42,390 --> 00:24:41,520

confuse people about what yoga is you

632

00:24:43,190 --> 00:24:42,400

know

633

00:24:45,669 --> 00:24:43,200

and

634

00:24:46,470 --> 00:24:45,679

people who are kind of into really into

635

00:24:47,990 --> 00:24:46,480

yoga

636

00:24:50,870 --> 00:24:48,000

they get

637

00:24:53,110 --> 00:24:50,880

one upset that all the instagram yogis

638

00:24:54,870 --> 00:24:53,120

and the youtube yogis and you know the

639

00:24:56,630 --> 00:24:54,880

the girl in tights who's you know has a

640

00:24:58,390 --> 00:24:56,640

really hot body and

641

00:25:00,070 --> 00:24:58,400

guys and girls if you want to tune in

642

00:25:02,149 --> 00:25:00,080

you can get a hot body like that too and

643

00:25:04,310 --> 00:25:02,159

you can you know really work get a good

644

00:25:06,070 --> 00:25:04,320

workout and in some ways there's nothing

645

00:25:08,390 --> 00:25:06,080

wrong with that and in other ways like

646

00:25:09,430 --> 00:25:08,400

my yoga teachers told me all along is

647

00:25:12,470 --> 00:25:09,440

like

648

00:25:16,789 --> 00:25:12,480

great

649

00:25:18,310 --> 00:25:16,799

entered the stream and that all the

650

00:25:19,909 --> 00:25:18,320

streams lead to the rivers and all the

651

00:25:22,710 --> 00:25:19,919

rivers lead to the ocean there's only

652

00:25:24,789 --> 00:25:22,720

one ocean so if you jump on the path if

653

00:25:26,070 --> 00:25:24,799

you jump on a youtube if you jump on the

654

00:25:28,710 --> 00:25:26,080

instagram

655

00:25:30,950 --> 00:25:28,720

you're on the path so it doesn't really

656

00:25:33,990 --> 00:25:30,960

matter that what is

657

00:25:35,430 --> 00:25:34,000

what is the big step is either

658

00:25:37,590 --> 00:25:35,440

to continue with the other metaphor

659

00:25:40,149 --> 00:25:37,600

either being in the river or being out

660

00:25:42,310 --> 00:25:40,159

being out of the river so i'm just kind

661

00:25:44,789 --> 00:25:42,320

of rambling there but what are your

662

00:25:47,029 --> 00:25:44,799

thoughts on on any of that and and how

663

00:25:50,870 --> 00:25:47,039

we're interfacing with

664

00:25:54,070 --> 00:25:50,880

what yoga is in our modern culture

665

00:25:55,350 --> 00:25:54,080

my yoga teacher likes to say all yoga is

666

00:25:57,590 --> 00:25:55,360

good yoga

667

00:26:00,710 --> 00:25:57,600

and

668

00:26:02,870 --> 00:26:00,720

i'm fortunate to have to have him as a

669

00:26:05,830 --> 00:26:02,880

teacher because of

670

00:26:07,909 --> 00:26:05,840

the combination of

671

00:26:09,830 --> 00:26:07,919

authentic teaching of being from the

672

00:26:12,070 --> 00:26:09,840

himalayas and

673

00:26:15,590 --> 00:26:12,080

growing up as a yogi from the age of

674

00:26:18,870 --> 00:26:15,600

like six years old until now

675

00:26:21,510 --> 00:26:18,880

being authentic in the sense of

676  
00:26:22,549 --> 00:26:21,520  
really being consistent in his messaging

677  
00:26:24,390 --> 00:26:22,559  
and

678  
00:26:25,909 --> 00:26:24,400  
really maintaining this lighthearted

679  
00:26:27,510 --> 00:26:25,919  
attitude

680  
00:26:28,870 --> 00:26:27,520  
and

681  
00:26:31,750 --> 00:26:28,880  
what i've

682  
00:26:35,909 --> 00:26:31,760  
you know realized and witnessed in my

683  
00:26:38,549 --> 00:26:35,919  
journey of of yoga is that

684  
00:26:40,710 --> 00:26:38,559  
the first step in that

685  
00:26:43,269 --> 00:26:40,720  
first

686  
00:26:45,669 --> 00:26:43,279  
opportunity and for me it was you know a

687  
00:26:48,470 --> 00:26:45,679  
yoga class in my university and seeing

688  
00:26:49,909 --> 00:26:48,480

just like how i felt after work i think

689

00:26:51,669 --> 00:26:49,919

from there

690

00:26:52,470 --> 00:26:51,679

depending on just who you are as a

691

00:26:54,230 --> 00:26:52,480

person

692

00:26:56,549 --> 00:26:54,240

and

693

00:26:57,750 --> 00:26:56,559

fundamentally what your belief system is

694

00:26:59,909 --> 00:26:57,760

like

695

00:27:01,510 --> 00:26:59,919

whether or not you choose to go deeper

696

00:27:04,549 --> 00:27:01,520

into

697

00:27:05,430 --> 00:27:04,559

wanting to explore the world of yoga

698

00:27:10,470 --> 00:27:05,440

is

699

00:27:12,549 --> 00:27:10,480

your own effort right so

700

00:27:14,950 --> 00:27:12,559

you know just like jumping into the

701  
00:27:16,950 --> 00:27:14,960  
stream or the creek or the river you

702  
00:27:18,870 --> 00:27:16,960  
might just stay there and that just

703  
00:27:20,950 --> 00:27:18,880  
might be your yoga journey and

704  
00:27:22,230 --> 00:27:20,960  
experience for the rest of your life and

705  
00:27:23,029 --> 00:27:22,240  
that's fine

706  
00:27:25,590 --> 00:27:23,039  
or

707  
00:27:27,909 --> 00:27:25,600  
you might take a look at the river and

708  
00:27:29,990 --> 00:27:27,919  
look at where it's going and where the

709  
00:27:31,590 --> 00:27:30,000  
stream of that river is going and say

710  
00:27:33,510 --> 00:27:31,600  
you know what i'm

711  
00:27:35,590 --> 00:27:33,520  
gonna let go of the edge and i'm gonna

712  
00:27:38,389 --> 00:27:35,600  
see where this river takes me

713  
00:27:40,310 --> 00:27:38,399

and so on and so forth where your

714

00:27:43,190 --> 00:27:40,320

journey into

715

00:27:45,269 --> 00:27:43,200

really uncovering what yoga is is

716

00:27:46,149 --> 00:27:45,279

personalized and it's subjective right

717

00:27:46,870 --> 00:27:46,159

so

718

00:27:53,510 --> 00:27:46,880

i

719

00:27:55,830 --> 00:27:53,520

but that won't really matter because

720

00:27:58,789 --> 00:27:55,840

each and every single person is going to

721

00:28:00,710 --> 00:27:58,799

have their own way of of experiencing

722

00:28:02,870 --> 00:28:00,720

the kind of deeper realm of yoga and

723

00:28:05,909 --> 00:28:02,880

what i've realized is what we're

724

00:28:08,710 --> 00:28:05,919

exploring is not really yoga it's our

725

00:28:10,630 --> 00:28:08,720

own inner world and consciousness and

726

00:28:14,230 --> 00:28:10,640

it's just that there's this permission

727

00:28:16,230 --> 00:28:14,240

slip that yoga grants to explore that

728

00:28:17,830 --> 00:28:16,240

it's it's like a program that we're

729

00:28:20,870 --> 00:28:17,840

putting in you know it's like this new

730

00:28:21,909 --> 00:28:20,880

software and you know that program that

731

00:28:24,389 --> 00:28:21,919

software

732

00:28:27,190 --> 00:28:24,399

is geared towards

733

00:28:28,230 --> 00:28:27,200

uncovering something within ourselves it

734

00:28:29,990 --> 00:28:28,240

seems

735

00:28:32,070 --> 00:28:30,000

i love that permission slip i think

736

00:28:34,470 --> 00:28:32,080

that's great i wrote that down you know

737

00:28:36,470 --> 00:28:34,480

one of the things i i sent you is this

738

00:28:39,750 --> 00:28:36,480

you know my favorite yogis

739

00:28:41,190 --> 00:28:39,760

uh wim hof and mickey singer uh mickey

740

00:28:43,190 --> 00:28:41,200

singer because he's rich he's a

741

00:28:45,350 --> 00:28:43,200

billionaire and he made it all himself

742

00:28:49,029 --> 00:28:45,360

while he was a yogi

743

00:28:50,950 --> 00:28:49,039

and uh wim hof because he flies under

744

00:28:53,110 --> 00:28:50,960

both these guys fly under the radar as

745

00:28:55,190 --> 00:28:53,120

being yogi's and one of the things like

746

00:28:56,149 --> 00:28:55,200

i love about wim hof's rich too which is

747

00:28:59,190 --> 00:28:56,159

good

748

00:29:00,789 --> 00:28:59,200

but and got rich from kind of doing yoga

749

00:29:03,269 --> 00:29:00,799

really

750

00:29:06,310 --> 00:29:03,279

but the thing about wim hof and the

751

00:29:08,630 --> 00:29:06,320

permission slip is that

752

00:29:11,590 --> 00:29:08,640

wim hof is about creating experiences

753

00:29:13,750 --> 00:29:11,600

for people so if you go watch if you go

754

00:29:16,230 --> 00:29:13,760

go to youtube and you

755

00:29:17,750 --> 00:29:16,240

google wim hof all you see are these

756

00:29:21,190 --> 00:29:17,760

kind of very

757

00:29:23,430 --> 00:29:21,200

western kind of doer stuff world record

758

00:29:25,990 --> 00:29:23,440

hold your breath i'm hooked up to the

759

00:29:28,310 --> 00:29:26,000

science labs and isn't this great and

760

00:29:29,750 --> 00:29:28,320

all the benefits that and i'm gonna have

761

00:29:31,750 --> 00:29:29,760

a beer with

762

00:29:33,269 --> 00:29:31,760

joe rogan and all the rest that stuff

763

00:29:36,870 --> 00:29:33,279

but go look back

764

00:29:39,590 --> 00:29:36,880

go talk type in wim hof yogi and he says

765

00:29:41,669 --> 00:29:39,600

yeah i was 16 years old i was in the

766

00:29:44,549 --> 00:29:41,679

netherlands i was like cutting out

767

00:29:46,310 --> 00:29:44,559

pictures of these indian yogis to make

768

00:29:49,350 --> 00:29:46,320

my own yoga book because i didn't have a

769

00:29:51,430 --> 00:29:49,360

yoga book and i was all about yoga yoga

770

00:29:54,470 --> 00:29:51,440

yoga as a way of

771

00:29:57,110 --> 00:29:54,480

a path into any way to get into this

772

00:29:59,669 --> 00:29:57,120

thing that we're talking about is this

773

00:30:01,510 --> 00:29:59,679

conscious experience that i'm having

774

00:30:04,389 --> 00:30:01,520

because we have to contrast that with

775

00:30:06,230 --> 00:30:04,399

what you are being told what your dad is

776

00:30:08,950 --> 00:30:06,240

being told in all his scientific

777

00:30:11,750 --> 00:30:08,960

training is that there is no conscious

778

00:30:15,510 --> 00:30:11,760

experience that chatter is it's an

779

00:30:18,710 --> 00:30:15,520

illusion it's just your brain firing so

780

00:30:21,830 --> 00:30:18,720

the the the reprogramming for that i

781

00:30:24,070 --> 00:30:21,840

think is the dramatic shift that yoga

782

00:30:27,110 --> 00:30:24,080

allows us so what i think is so

783

00:30:29,350 --> 00:30:27,120

fantastic about what wim hof has done is

784

00:30:31,029 --> 00:30:29,360

wim hof has distilled it down to i'm

785

00:30:32,870 --> 00:30:31,039

going to give you experience

786

00:30:35,029 --> 00:30:32,880

come here and breathe with me for 15

787

00:30:36,389 --> 00:30:35,039

minutes in this way and hold your breath

788

00:30:38,549 --> 00:30:36,399

in this way which probably isn't the

789

00:30:40,710 --> 00:30:38,559

best way to breathe and to hold your

790

00:30:42,710 --> 00:30:40,720

breath if you really consult with people

791

00:30:45,269 --> 00:30:42,720

who know that but you will have an

792

00:30:47,350 --> 00:30:45,279

experience and that will experience will

793

00:30:49,430 --> 00:30:47,360

put you at a decision point at which you

794

00:30:51,669 --> 00:30:49,440

will have to say

795

00:30:52,710 --> 00:30:51,679

did i have an experience was there a me

796

00:30:58,149 --> 00:30:52,720

in there

797

00:30:59,350 --> 00:30:58,159

and why am i here and then the next

798

00:31:01,509 --> 00:30:59,360

thing he's going to do he's going to put

799

00:31:03,430 --> 00:31:01,519

you in that cold water

800

00:31:04,950 --> 00:31:03,440

and then say you got all that chattering

801  
00:31:06,230 --> 00:31:04,960  
going on in your head saying you can't

802  
00:31:07,509 --> 00:31:06,240  
do it or you shouldn't do it or you're

803  
00:31:09,269 --> 00:31:07,519  
not comfortable

804  
00:31:11,590 --> 00:31:09,279  
i'm going to put you in and you will

805  
00:31:14,710 --> 00:31:11,600  
have that experience and that experience

806  
00:31:15,430 --> 00:31:14,720  
will generate that decision point and to

807  
00:31:17,990 --> 00:31:15,440  
me

808  
00:31:20,149 --> 00:31:18,000  
that's what yoga is always about it's

809  
00:31:22,389 --> 00:31:20,159  
always about that decision point it's

810  
00:31:24,950 --> 00:31:22,399  
always about if i bend this way

811  
00:31:27,269 --> 00:31:24,960  
will i break if i bend this way will i

812  
00:31:30,310 --> 00:31:27,279  
fall if i bend this way

813  
00:31:34,870 --> 00:31:30,320

will i experience something different

814

00:31:37,509 --> 00:31:34,880

i think part of letting go is that we're

815

00:31:40,310 --> 00:31:37,519

actually all personally

816

00:31:41,750 --> 00:31:40,320

responsible for our own evolution

817

00:31:42,630 --> 00:31:41,760

and

818

00:31:45,909 --> 00:31:42,640

i think

819

00:31:50,070 --> 00:31:45,919

when we think of evolution

820

00:31:52,630 --> 00:31:50,080

there's this grand scale of an

821

00:31:54,070 --> 00:31:52,640

experience of like millions of years

822

00:31:56,870 --> 00:31:54,080

right it's and it's

823

00:32:00,070 --> 00:31:56,880

really from the scientific community and

824

00:32:04,070 --> 00:32:00,080

investigating the evolution of humanity

825

00:32:06,310 --> 00:32:04,080

but i think the scale of evolution is

826  
00:32:08,710 --> 00:32:06,320  
both micro and macro

827  
00:32:10,950 --> 00:32:08,720  
and i think what yoga does is it

828  
00:32:14,470 --> 00:32:10,960  
provides a solution

829  
00:32:16,870 --> 00:32:14,480  
regarding how we're evolving

830  
00:32:19,190 --> 00:32:16,880  
on a day-to-day basis

831  
00:32:22,789 --> 00:32:19,200  
even though we're not seeing our bodies

832  
00:32:24,630 --> 00:32:22,799  
change and how our body changed over a

833  
00:32:25,909 --> 00:32:24,640  
gradual period of time is within our

834  
00:32:28,870 --> 00:32:25,919  
lifetime

835  
00:32:31,509 --> 00:32:28,880  
and that's still i think an evolution

836  
00:32:32,470 --> 00:32:31,519  
it's a personalized evolution

837  
00:32:34,470 --> 00:32:32,480  
and

838  
00:32:37,350 --> 00:32:34,480

when we look at the trifecta between our

839

00:32:40,389 --> 00:32:37,360

body and our mind and our spirit

840

00:32:41,990 --> 00:32:40,399

is that when yoga is plugged into those

841

00:32:44,230 --> 00:32:42,000

three

842

00:32:46,470 --> 00:32:44,240

we can see that there's an evolution

843

00:32:47,750 --> 00:32:46,480

taking place on those three parts of

844

00:32:50,710 --> 00:32:47,760

ourselves so

845

00:32:52,789 --> 00:32:50,720

over you know five years of doing a 10

846

00:32:55,110 --> 00:32:52,799

years of doing a physical practice we

847

00:32:58,149 --> 00:32:55,120

see how our body changes we see how we

848

00:32:59,669 --> 00:32:58,159

become more flexible and more limber

849

00:33:01,669 --> 00:32:59,679

more fit

850

00:33:05,830 --> 00:33:01,679

and

851

00:33:08,149 --> 00:33:05,840

the evolution that takes place in our

852

00:33:11,430 --> 00:33:08,159

mind from then going into meditation and

853

00:33:14,789 --> 00:33:11,440

seeing that our reaction to things are

854

00:33:17,350 --> 00:33:14,799

different because we've learned to

855

00:33:19,669 --> 00:33:17,360

not react to all the

856

00:33:21,110 --> 00:33:19,679

sensation in our body from sitting in

857

00:33:22,710 --> 00:33:21,120

postures for so long at least that's

858

00:33:24,870 --> 00:33:22,720

what i've noticed for myself

859

00:33:27,909 --> 00:33:24,880

and then when it comes to spirit

860

00:33:30,230 --> 00:33:27,919

we're starting to then get into

861

00:33:32,870 --> 00:33:30,240

what the nature of our own experience of

862

00:33:35,190 --> 00:33:32,880

our spirit is and how that

863

00:33:36,950 --> 00:33:35,200

within that there's an evolutionary

864

00:33:39,190 --> 00:33:36,960

component to it and so when i look at

865

00:33:41,430 --> 00:33:39,200

someone like wim hof which i have over

866

00:33:42,549 --> 00:33:41,440

the last like several years

867

00:33:45,750 --> 00:33:42,559

is

868

00:33:47,909 --> 00:33:45,760

it's almost like he's showing that the

869

00:33:49,430 --> 00:33:47,919

rate of that evolution can be

870

00:33:51,990 --> 00:33:49,440

manipulated

871

00:33:54,950 --> 00:33:52,000

and that with all these really powerful

872

00:33:58,470 --> 00:33:54,960

breathing techniques is that you can

873

00:34:01,190 --> 00:33:58,480

enter into a state where

874

00:34:03,430 --> 00:34:01,200

seems scientifically impossible

875

00:34:05,190 --> 00:34:03,440

right where in order for you to be just

876  
00:34:07,509 --> 00:34:05,200  
a normal human being at the whim of your

877  
00:34:09,109 --> 00:34:07,519  
autonomic nervous system that suddenly

878  
00:34:11,190 --> 00:34:09,119  
you can do this 15-minute breathing

879  
00:34:14,230 --> 00:34:11,200  
technique and you're almost impervious

880  
00:34:15,669 --> 00:34:14,240  
to cold and extreme temperature and that

881  
00:34:17,750 --> 00:34:15,679  
almost seems like that would be an

882  
00:34:21,430 --> 00:34:17,760  
evolutionary trait that's built over a

883  
00:34:23,510 --> 00:34:21,440  
long period of time where you as a human

884  
00:34:25,270 --> 00:34:23,520  
through generations build up that

885  
00:34:26,710 --> 00:34:25,280  
tolerance and maybe your great great

886  
00:34:28,790 --> 00:34:26,720  
great great great great grandchildren

887  
00:34:31,349 --> 00:34:28,800  
have that but he's showing that there's

888  
00:34:34,310 --> 00:34:31,359

a system that you can utilize where you

889

00:34:35,990 --> 00:34:34,320

can rapidly go into that new state of

890

00:34:38,629 --> 00:34:36,000

being

891

00:34:40,550 --> 00:34:38,639

yeah except that he's kind of doing the

892

00:34:40,550 --> 00:34:41,510

old yoga trick the breathing don't mean

893

00:34:44,629 --> 00:34:43,190

you can jump in that water whether you

894

00:34:46,869 --> 00:34:44,639

breathe or not

895

00:34:49,430 --> 00:34:46,879

and yeah i i love i love some of his

896

00:34:50,869 --> 00:34:49,440

videos that he has where you know he'll

897

00:34:52,710 --> 00:34:50,879

suddenly pull the rug out from under

898

00:34:54,149 --> 00:34:52,720

people and go okay we're going in the

899

00:34:56,149 --> 00:34:54,159

water and they go

900

00:34:58,790 --> 00:34:56,159

wait a minute what about the magical

901  
00:35:00,950 --> 00:34:58,800  
breathing technique that will prevent me

902  
00:35:04,710 --> 00:35:00,960  
from hypothermia yeah you don't need it

903  
00:35:07,030 --> 00:35:04,720  
just jump in that is yoga right

904  
00:35:08,390 --> 00:35:07,040  
that is yoga and that is the trickster

905  
00:35:10,630 --> 00:35:08,400  
because there is this trickster element

906  
00:35:12,630 --> 00:35:10,640  
to yoga too you know it's like i love

907  
00:35:15,510 --> 00:35:12,640  
what you're saying about micro and and

908  
00:35:16,950 --> 00:35:15,520  
macro evolution i think it's it's really

909  
00:35:19,349 --> 00:35:16,960  
true and i think it's a very deep

910  
00:35:21,030 --> 00:35:19,359  
insight you have many really great

911  
00:35:23,109 --> 00:35:21,040  
insights about this practice because

912  
00:35:25,589 --> 00:35:23,119  
you're obviously

913  
00:35:27,270 --> 00:35:25,599

very very developed in your practice and

914

00:35:29,109 --> 00:35:27,280

it comes through when you talk about it

915

00:35:31,270 --> 00:35:29,119

in a very deep way

916

00:35:32,310 --> 00:35:31,280

but there are so many jumping off points

917

00:35:35,030 --> 00:35:32,320

to this

918

00:35:38,390 --> 00:35:35,040

life lesson that can be wrapped around

919

00:35:40,390 --> 00:35:38,400

these experiences associated with yoga

920

00:35:42,390 --> 00:35:40,400

yeah and i think that's

921

00:35:44,390 --> 00:35:42,400

personal conditioning right

922

00:35:47,109 --> 00:35:44,400

why it is that

923

00:35:48,150 --> 00:35:47,119

we believe that we're so limited

924

00:35:49,829 --> 00:35:48,160

and

925

00:35:51,829 --> 00:35:49,839

that

926

00:35:53,670 --> 00:35:51,839

something like

927

00:35:55,829 --> 00:35:53,680

ice cold water

928

00:35:58,230 --> 00:35:55,839

is gonna have such a strong negative

929

00:36:00,550 --> 00:35:58,240

effect but you know i i i no i think

930

00:36:01,589 --> 00:36:00,560

that miss i'm sorry that misses the

931

00:36:05,030 --> 00:36:01,599

point

932

00:36:07,589 --> 00:36:05,040

breathing does help

933

00:36:09,589 --> 00:36:07,599

and it does dramatically shift your mind

934

00:36:12,310 --> 00:36:09,599

and put you in a better state in all the

935

00:36:15,270 --> 00:36:12,320

ways that you were talking about what i

936

00:36:18,230 --> 00:36:15,280

think he's pointing out is the the leap

937

00:36:20,630 --> 00:36:18,240

you know the quantum leap which is

938

00:36:21,349 --> 00:36:20,640

essentially what we're talking about is

939

00:36:22,870 --> 00:36:21,359

all

940

00:36:25,510 --> 00:36:22,880

mental stuff

941

00:36:27,829 --> 00:36:25,520

there isn't any physical stuff so at any

942

00:36:30,790 --> 00:36:27,839

point we can jump out of the physical

943

00:36:33,030 --> 00:36:30,800

and say i don't need any of that and if

944

00:36:35,670 --> 00:36:33,040

you have what i think it is if you're

945

00:36:39,109 --> 00:36:35,680

with wim hof he has enough physical

946

00:36:41,190 --> 00:36:39,119

presence and energy to pull you along

947

00:36:42,710 --> 00:36:41,200

i wouldn't recommend that someone go and

948

00:36:46,390 --> 00:36:42,720

jump in that

949

00:36:47,910 --> 00:36:46,400

35 degree water without going through

950

00:36:50,390 --> 00:36:47,920

his exact

951  
00:36:52,790 --> 00:36:50,400  
protocol and without training

952  
00:36:55,510 --> 00:36:52,800  
but there are some people that again

953  
00:36:57,910 --> 00:36:55,520  
kind of shatter all the rules

954  
00:36:58,790 --> 00:36:57,920  
because they have that energy associated

955  
00:37:00,950 --> 00:36:58,800  
with them

956  
00:37:03,910 --> 00:37:00,960  
well there's obviously a level of

957  
00:37:06,870 --> 00:37:03,920  
preparation that's needed say with wim

958  
00:37:08,870 --> 00:37:06,880  
hof and doing what he's done right so

959  
00:37:10,950 --> 00:37:08,880  
and this was obviously something that

960  
00:37:13,510 --> 00:37:10,960  
was lifelong in his pursuit of like

961  
00:37:15,829 --> 00:37:13,520  
you're saying being 16 years old and

962  
00:37:18,470 --> 00:37:15,839  
like obsessing about yoga

963  
00:37:19,990 --> 00:37:18,480

is that for him to get to the point

964

00:37:22,790 --> 00:37:20,000

where he's

965

00:37:25,750 --> 00:37:22,800

breaking world records and he's doing

966

00:37:28,390 --> 00:37:25,760

like marathons in the winter in his

967

00:37:31,589 --> 00:37:28,400

shorts and climbing everest and swimming

968

00:37:32,950 --> 00:37:31,599

under in like frozen lakes

969

00:37:35,589 --> 00:37:32,960

is

970

00:37:36,470 --> 00:37:35,599

everything that led up to those moments

971

00:37:40,150 --> 00:37:36,480

and

972

00:37:42,710 --> 00:37:40,160

every day he goes to condition himself

973

00:37:44,310 --> 00:37:42,720

to prepare for that it's like i'm

974

00:37:46,310 --> 00:37:44,320

starting to think as well it's really no

975

00:37:47,829 --> 00:37:46,320

different than any athlete that's

976  
00:37:50,390 --> 00:37:47,839  
preparing for

977  
00:37:51,670 --> 00:37:50,400  
a long distance run or

978  
00:37:53,750 --> 00:37:51,680  
like

979  
00:37:55,990 --> 00:37:53,760  
whatever it takes to condition yourself

980  
00:37:58,630 --> 00:37:56,000  
so that when you're right in the moment

981  
00:38:00,710 --> 00:37:58,640  
of performing that task

982  
00:38:02,829 --> 00:38:00,720  
you are not going to be

983  
00:38:05,829 --> 00:38:02,839  
influenced by

984  
00:38:08,470 --> 00:38:05,839  
the chatter within your mind that's

985  
00:38:10,630 --> 00:38:08,480  
going to prevent you from succeeding

986  
00:38:12,790 --> 00:38:10,640  
right so of course

987  
00:38:15,910 --> 00:38:12,800  
you couldn't expect someone who's never

988  
00:38:18,150 --> 00:38:15,920

done any of that stuff to then try to

989

00:38:19,030 --> 00:38:18,160

emulate right in the moment what wim hof

990

00:38:20,870 --> 00:38:19,040

does

991

00:38:23,109 --> 00:38:20,880

because it would be like telling a

992

00:38:26,630 --> 00:38:23,119

toddler who just learned how to walk to

993

00:38:28,550 --> 00:38:26,640

suddenly ride a bike right that then

994

00:38:30,550 --> 00:38:28,560

that toddler is going to need to go

995

00:38:31,750 --> 00:38:30,560

under do or undergo some kind of

996

00:38:33,589 --> 00:38:31,760

training in order to actually

997

00:38:35,990 --> 00:38:33,599

successfully get onto the bike and start

998

00:38:38,390 --> 00:38:36,000

riding it as soon as it's set in then

999

00:38:40,230 --> 00:38:38,400

that toddler can go off and that toddler

1000

00:38:42,390 --> 00:38:40,240

can ride the bike freely

1001  
00:38:43,589 --> 00:38:42,400  
and so

1002  
00:38:46,069 --> 00:38:43,599  
i think

1003  
00:38:49,270 --> 00:38:46,079  
that there's this threshold

1004  
00:38:51,349 --> 00:38:49,280  
where there's like anomalies

1005  
00:38:53,670 --> 00:38:51,359  
where there are people

1006  
00:38:57,750 --> 00:38:53,680  
for whatever reason

1007  
00:38:59,430 --> 00:38:57,760  
can jump in without that training and

1008  
00:39:03,030 --> 00:38:59,440  
you know in the world of yoga it can be

1009  
00:39:05,510 --> 00:39:03,040  
explained as like karma you know that it

1010  
00:39:09,190 --> 00:39:05,520  
was just in their karma it's like they

1011  
00:39:11,589 --> 00:39:09,200  
were this yogi and a past life whatev

1012  
00:39:13,829 --> 00:39:11,599  
regardless if that's true or not that

1013  
00:39:16,230 --> 00:39:13,839

there are these anomalous people that

1014

00:39:18,710 --> 00:39:16,240

for whatever reason they're already

1015

00:39:21,109 --> 00:39:18,720

settled in a state of mind that allows

1016

00:39:23,349 --> 00:39:21,119

them to do those things without having

1017

00:39:26,470 --> 00:39:23,359

to do the arduous training that wim hof

1018

00:39:28,470 --> 00:39:26,480

did and i think that has to go

1019

00:39:31,910 --> 00:39:28,480

to show

1020

00:39:34,470 --> 00:39:31,920

what wim hof's presence is doing

1021

00:39:36,550 --> 00:39:34,480

and i think this is where it goes into

1022

00:39:38,870 --> 00:39:36,560

the influence of consciousness of

1023

00:39:40,230 --> 00:39:38,880

someone like wim hof who is engaging

1024

00:39:43,910 --> 00:39:40,240

with millions of people through his

1025

00:39:45,829 --> 00:39:43,920

social media and his videos is that

1026  
00:39:48,470 --> 00:39:45,839  
there's i'm going to use this word again

1027  
00:39:51,910 --> 00:39:48,480  
there's this permission slip to then

1028  
00:39:55,030 --> 00:39:51,920  
allow yourself to absorb everything that

1029  
00:39:58,310 --> 00:39:55,040  
he's done without having to do all of it

1030  
00:40:00,950 --> 00:39:58,320  
and to fast track into something that

1031  
00:40:03,349 --> 00:40:00,960  
for him has taken you know a couple

1032  
00:40:05,750 --> 00:40:03,359  
decades to do and that's not to say that

1033  
00:40:07,510 --> 00:40:05,760  
you know these people are breaking world

1034  
00:40:10,390 --> 00:40:07,520  
records is that they're given this

1035  
00:40:13,990 --> 00:40:10,400  
permission slip to not have to do all of

1036  
00:40:15,030 --> 00:40:14,000  
that work to just like get right into it

1037  
00:40:17,349 --> 00:40:15,040  
i don't know

1038  
00:40:20,309 --> 00:40:17,359

there's a lot

1039

00:40:22,230 --> 00:40:20,319

a lot to hash out here that you know

1040

00:40:23,510 --> 00:40:22,240

which is what is beautiful about yoga

1041

00:40:25,670 --> 00:40:23,520

there's so many

1042

00:40:27,030 --> 00:40:25,680

so many things to explore and you know

1043

00:40:29,109 --> 00:40:27,040

kind of set up your tent wherever you

1044

00:40:30,470 --> 00:40:29,119

want so i'm going to shift gears a

1045

00:40:32,309 --> 00:40:30,480

little bit because i think it brings

1046

00:40:34,390 --> 00:40:32,319

this back to focus in a different way

1047

00:40:38,870 --> 00:40:34,400

and it really isn't a shift of gears but

1048

00:40:41,109 --> 00:40:38,880

so i started yoga in uh dallas and i was

1049

00:40:43,190 --> 00:40:41,119

very fortunate had a very good teacher

1050

00:40:46,309 --> 00:40:43,200

who was very connected to

1051

00:40:48,710 --> 00:40:46,319

be kasayangar and brought bks anger over

1052

00:40:49,589 --> 00:40:48,720

to dallas and you know we did some

1053

00:40:52,309 --> 00:40:49,599

uh

1054

00:40:54,309 --> 00:40:52,319

sessions with him and it was interesting

1055

00:40:55,750 --> 00:40:54,319

to be in his presence guys kind of a

1056

00:40:57,349 --> 00:40:55,760

jerk you know it's known for kind of

1057

00:40:59,109 --> 00:40:57,359

slapping people around and stuff like

1058

00:41:01,109 --> 00:40:59,119

that which immediately

1059

00:41:03,030 --> 00:41:01,119

raises questions you know if this guy is

1060

00:41:05,990 --> 00:41:03,040

the ultimate master

1061

00:41:08,470 --> 00:41:06,000

why is he still he's kind of control

1062

00:41:10,870 --> 00:41:08,480

anger issues you know it ain't worked

1063

00:41:13,589 --> 00:41:10,880

out for you yet at 80. so anyways i come

1064

00:41:16,390 --> 00:41:13,599

out move out to san diego

1065

00:41:19,430 --> 00:41:16,400

north county san diego love it out here

1066

00:41:20,950 --> 00:41:19,440

more yoga studios especially when i came

1067

00:41:22,390 --> 00:41:20,960

out here you know the yoga wasn't as

1068

00:41:26,390 --> 00:41:22,400

popular

1069

00:41:29,829 --> 00:41:26,400

just more yoga studios per mile for on

1070

00:41:32,870 --> 00:41:29,839

101 than any place in the world and

1071

00:41:34,710 --> 00:41:32,880

petaby joyce had had a very big

1072

00:41:35,430 --> 00:41:34,720

influence here because he had come in

1073

00:41:40,630 --> 00:41:35,440

his

1074

00:41:42,630 --> 00:41:40,640

trips to the to the west was here north

1075

00:41:44,309 --> 00:41:42,640

county and again

1076

00:41:46,550 --> 00:41:44,319

found another i found another great

1077

00:41:49,510 --> 00:41:46,560

teacher who was a direct

1078

00:41:51,829 --> 00:41:49,520

disciple of patabhi joyce and i started

1079

00:41:55,670 --> 00:41:51,839

getting into um

1080

00:41:59,670 --> 00:41:55,680

what they call lyengar uh yoga to very

1081

00:42:01,030 --> 00:41:59,680

set sequence of uh of breathing and and

1082

00:42:02,870 --> 00:42:01,040

asanas

1083

00:42:06,710 --> 00:42:02,880

and so anyways

1084

00:42:08,870 --> 00:42:06,720

great experience loved it learned a lot

1085

00:42:11,670 --> 00:42:08,880

and a few years ago so that skeptica has

1086

00:42:14,630 --> 00:42:11,680

been my other yoga experience so a few

1087

00:42:17,910 --> 00:42:14,640

years ago i had the chance to interview

1088

00:42:19,510 --> 00:42:17,920

this wonderful yogi woman annika lucas

1089

00:42:21,030 --> 00:42:19,520

who by the way you guys have heard me

1090

00:42:25,030 --> 00:42:21,040

mention annika before and she just

1091

00:42:27,109 --> 00:42:25,040

published a memoir which is incredibly

1092

00:42:30,069 --> 00:42:27,119

brave for her to do because she was the

1093

00:42:31,349 --> 00:42:30,079

woman who was a victim of

1094

00:42:33,750 --> 00:42:31,359

being sold

1095

00:42:36,309 --> 00:42:33,760

and as a sex slave at like six seven

1096

00:42:37,430 --> 00:42:36,319

years old by her mother she was in

1097

00:42:40,309 --> 00:42:37,440

belgium

1098

00:42:42,150 --> 00:42:40,319

and you know the whole dutrow kind of

1099

00:42:44,309 --> 00:42:42,160

elitist uh

1100

00:42:47,750 --> 00:42:44,319

world leader kind of things but real

1101

00:42:50,790 --> 00:42:47,760

stuff just real satanic sexual

1102

00:42:52,950 --> 00:42:50,800

abuse anyway and yoga

1103

00:42:54,630 --> 00:42:52,960

her practice now is she goes into

1104

00:42:57,030 --> 00:42:54,640

prisons the prison system in new york

1105

00:42:58,550 --> 00:42:57,040

and helps women through yoga because a

1106

00:43:00,230 --> 00:42:58,560

lot of women especially ones who have

1107

00:43:02,309 --> 00:43:00,240

been sexually

1108

00:43:05,270 --> 00:43:02,319

abused assaulted you know have all these

1109

00:43:06,550 --> 00:43:05,280

issues with space and physical and kind

1110

00:43:10,150 --> 00:43:06,560

of stuff like that so she's doing all

1111

00:43:13,349 --> 00:43:10,160

this tremendous work anyways

1112

00:43:15,109 --> 00:43:13,359

annika tells me just kind of in passing

1113

00:43:17,750 --> 00:43:15,119

because i brought up the yoga thing this

1114

00:43:20,390 --> 00:43:17,760

thing she goes yeah but toby joyce what

1115

00:43:22,230 --> 00:43:20,400

a creep he sexually molested me you know

1116

00:43:23,910 --> 00:43:22,240

sexually assaulted let's say because she

1117

00:43:25,430 --> 00:43:23,920

was a grown woman

1118

00:43:26,550 --> 00:43:25,440

when it happened

1119

00:43:27,910 --> 00:43:26,560

and i'm like

1120

00:43:30,309 --> 00:43:27,920

whoa

1121

00:43:32,870 --> 00:43:30,319

could this possibly be true i mean i've

1122

00:43:36,150 --> 00:43:32,880

had i've been in the room with bitabi

1123

00:43:39,270 --> 00:43:36,160

joyce and i've been in a ton of

1124

00:43:42,309 --> 00:43:39,280

yangar uh classes could all these people

1125

00:43:44,790 --> 00:43:42,319

be following this kind of very rigid

1126

00:43:46,390 --> 00:43:44,800

stand-up tall proud

1127

00:43:49,030 --> 00:43:46,400

indian yogi

1128

00:43:51,349 --> 00:43:49,040

and the guy's really you know that

1129

00:43:53,910 --> 00:43:51,359

so go anyone can go google this the

1130

00:43:55,270 --> 00:43:53,920

guy's a creep annika lucas isn't the

1131

00:43:57,510 --> 00:43:55,280

first one who said this there's

1132

00:44:00,390 --> 00:43:57,520

literally a hundred women that have come

1133

00:44:03,109 --> 00:44:00,400

forward and said this guy's a creep

1134

00:44:05,670 --> 00:44:03,119

and we know that so many of these yogi's

1135

00:44:08,150 --> 00:44:05,680

particularly ones that come over from

1136

00:44:10,550 --> 00:44:08,160

but also ones from any place else that

1137

00:44:11,829 --> 00:44:10,560

want to kind of put all the trappings of

1138

00:44:14,390 --> 00:44:11,839

yoga on

1139

00:44:15,990 --> 00:44:14,400

are doing all this stuff well that's not

1140

00:44:18,790 --> 00:44:16,000

a very

1141

00:44:19,910 --> 00:44:18,800

spiritually developed kind of thing to

1142

00:44:23,030 --> 00:44:19,920

do

1143

00:44:24,150 --> 00:44:23,040

so i think the whole thing about

1144

00:44:25,990 --> 00:44:24,160

you know

1145

00:44:28,309 --> 00:44:26,000

understanding what we're getting into

1146

00:44:29,589 --> 00:44:28,319

here understanding the spiritual process

1147

00:44:36,069 --> 00:44:29,599

understanding

1148

00:44:38,390 --> 00:44:36,079

this yoga you know what i

1149

00:44:40,870 --> 00:44:38,400

mean we're all in this stream and it's

1150

00:44:42,630 --> 00:44:40,880

nice to put up this tent and say there's

1151

00:44:43,750 --> 00:44:42,640

a certain tradition

1152

00:44:45,750 --> 00:44:43,760

of what

1153

00:44:48,550 --> 00:44:45,760

thought in a certain tradition that's

1154

00:44:51,190 --> 00:44:48,560

been followed but if you think you're

1155

00:44:52,870 --> 00:44:51,200

gonna just get in there and it's all

1156

00:44:55,430 --> 00:44:52,880

gonna be good

1157

00:44:57,430 --> 00:44:55,440

no it just it doesn't work like that it

1158

00:44:59,270 --> 00:44:57,440

works like the rest of the world works

1159

00:45:02,710 --> 00:44:59,280

which is

1160

00:45:05,430 --> 00:45:02,720

you better be aware of uh what's going

1161

00:45:08,390 --> 00:45:05,440

on around you and you better be

1162

00:45:11,109 --> 00:45:08,400

responsible for your own

1163

00:45:12,710 --> 00:45:11,119

experience because no one else is it's

1164

00:45:13,430 --> 00:45:12,720

people will try and take advantage of

1165

00:45:15,990 --> 00:45:13,440

you

1166

00:45:18,870 --> 00:45:16,000

choice

1167

00:45:21,030 --> 00:45:18,880

yeah i'm quite familiar with them that

1168

00:45:23,030 --> 00:45:21,040

was the one thing that i made sure to

1169

00:45:25,990 --> 00:45:23,040

study just regarding like the history of

1170

00:45:28,470 --> 00:45:26,000

yoga and who came out to the west and

1171

00:45:30,710 --> 00:45:28,480

and when you know we're i was mentioning

1172

00:45:32,470 --> 00:45:30,720

this i think in the emails of just my

1173

00:45:33,589 --> 00:45:32,480

belief that there are these waves of

1174

00:45:34,870 --> 00:45:33,599

yoga

1175

00:45:36,710 --> 00:45:34,880

that have come

1176

00:45:39,910 --> 00:45:36,720

uh into the west starting with

1177

00:45:43,589 --> 00:45:39,920

vivekananda and yogananda and then

1178

00:45:47,589 --> 00:45:43,599

uh secondly with bitabi joyce and bks

1179

00:45:50,550 --> 00:45:47,599

angar and bikram and

1180

00:45:51,990 --> 00:45:50,560

i can't help but think that

1181

00:45:54,710 --> 00:45:52,000

there's

1182

00:45:57,750 --> 00:45:54,720

this underlining connection involving

1183

00:46:01,430 --> 00:45:57,760

some of these like federal agencies

1184

00:46:02,950 --> 00:46:01,440

in america where you have to think that

1185

00:46:05,829 --> 00:46:02,960

the let's say starting with like

1186

00:46:06,950 --> 00:46:05,839

vivekananda and yogananda coming to the

1187

00:46:08,069 --> 00:46:06,960

west

1188

00:46:11,190 --> 00:46:08,079

they were

1189

00:46:12,069 --> 00:46:11,200

actually quite highly successful in

1190

00:46:15,030 --> 00:46:12,079

their

1191

00:46:17,430 --> 00:46:15,040

pursuit so they each were

1192

00:46:20,390 --> 00:46:17,440

presenting to thousands of people in

1193

00:46:23,910 --> 00:46:20,400

universities where vivekananda had the

1194

00:46:26,790 --> 00:46:23,920

shortest amount of span of time in uh

1195

00:46:29,510 --> 00:46:26,800

united states i think it was like just a

1196

00:46:32,309 --> 00:46:29,520

few years where yogananda was in the

1197

00:46:36,790 --> 00:46:32,319

united states um

1198

00:46:38,790 --> 00:46:36,800

uh initially i think from like the 20s

1199

00:46:41,589 --> 00:46:38,800

all the way up into the 40s right like

1200

00:46:45,670 --> 00:46:41,599

so he i think the 50s didn't he die in

1201

00:46:48,470 --> 00:46:45,680

the 50s i think yeah i think he was

1202

00:46:49,270 --> 00:46:48,480

yeah in the 50s that's right but what i

1203

00:46:51,990 --> 00:46:49,280

what i

1204

00:46:54,390 --> 00:46:52,000

considered is that if you are the

1205

00:46:56,390 --> 00:46:54,400

government and you're seeing these two

1206

00:46:59,589 --> 00:46:56,400

mystics come to united states and have

1207

00:47:01,750 --> 00:46:59,599

such a influence on

1208

00:47:05,030 --> 00:47:01,760

philosophy and way of thinking and way

1209

00:47:08,150 --> 00:47:05,040

of being and you just see

1210

00:47:11,109 --> 00:47:08,160

you're the americans flooding to these

1211

00:47:14,069 --> 00:47:11,119

like mystics that

1212

00:47:14,790 --> 00:47:14,079

when the second iteration of this comes

1213

00:47:20,069 --> 00:47:14,800

in

1214

00:47:22,069 --> 00:47:20,079

about that you'd want to ensure that how

1215

00:47:23,990 --> 00:47:22,079

yoga is starting to develop and spread

1216

00:47:25,750 --> 00:47:24,000

that you'd have some control over it and

1217

00:47:27,750 --> 00:47:25,760

that's why i think

1218

00:47:30,870 --> 00:47:27,760

with uh specifically with these three

1219

00:47:32,790 --> 00:47:30,880

type of joy cyangar and and bikram is

1220

00:47:34,950 --> 00:47:32,800

that out of

1221

00:47:36,470 --> 00:47:34,960

you know all the people who are starting

1222

00:47:39,430 --> 00:47:36,480

to teach yoga

1223

00:47:41,109 --> 00:47:39,440

they are the three primary teachers and

1224

00:47:43,750 --> 00:47:41,119

they are just

1225

00:47:44,790 --> 00:47:43,760

they just become multi-millionaires

1226

00:47:49,510 --> 00:47:44,800

and

1227

00:47:51,829 --> 00:47:49,520

he never became a multi-millionaire i

1228

00:47:54,549 --> 00:47:51,839

mean maybe his grandkids have but none

1229

00:47:56,710 --> 00:47:54,559

of those guys ever had any money

1230

00:47:59,030 --> 00:47:56,720

well and that could be just something

1231

00:48:01,109 --> 00:47:59,040

missing in my perception of how they

1232

00:48:03,990 --> 00:48:01,119

were going around teaching the way that

1233

00:48:06,630 --> 00:48:04,000

they were teaching and charging because

1234

00:48:09,270 --> 00:48:06,640

definitely with bikram you know

1235

00:48:11,510 --> 00:48:09,280

he's out of the three who reap the

1236

00:48:14,470 --> 00:48:11,520

benefits for sure of doing ten thousand

1237

00:48:16,230 --> 00:48:14,480

dollar a person trainings and and well

1238

00:48:18,230 --> 00:48:16,240

bikram bikram was a different case

1239

00:48:20,069 --> 00:48:18,240

because in no that's what i would say i

1240

00:48:23,190 --> 00:48:20,079

mean one of my things is we're all

1241

00:48:23,910 --> 00:48:23,200

leading rich spiritual lives

1242

00:48:24,950 --> 00:48:23,920

so

1243

00:48:26,470 --> 00:48:24,960

you know

1244

00:48:28,549 --> 00:48:26,480

that doesn't mean we're all leading good

1245

00:48:30,870 --> 00:48:28,559

good spiritual lives we're all reading

1246

00:48:32,950 --> 00:48:30,880

leading rich and the chatter goes on you

1247

00:48:35,030 --> 00:48:32,960

know so like you can have your kundalini

1248

00:48:37,190 --> 00:48:35,040

experience five years ago

1249

00:48:40,870 --> 00:48:37,200

great that doesn't mean in terms of

1250

00:48:43,270 --> 00:48:40,880

right now at 11 51 a.m

1251

00:48:45,670 --> 00:48:43,280

you are in your body you are in your

1252

00:48:47,910 --> 00:48:45,680

space you are now you know that's all

1253

00:48:50,390 --> 00:48:47,920

there is and that is more or less

1254

00:48:52,790 --> 00:48:50,400

meaningless we all know that and yet

1255

00:48:56,150 --> 00:48:52,800

sometimes we kind of forget that and

1256

00:48:58,470 --> 00:48:56,160

want to again elevate these

1257

00:49:00,390 --> 00:48:58,480

extended experiences into something more

1258

00:49:04,150 --> 00:49:00,400

than getting you out of your the

1259

00:49:06,190 --> 00:49:04,160

situation that you're in but anyways

1260

00:49:07,750 --> 00:49:06,200

he was he was a mercedes he was a

1261

00:49:09,430 --> 00:49:07,760

mercedes-benz

1262

00:49:11,270 --> 00:49:09,440

uh mechanic

1263

00:49:13,589 --> 00:49:11,280

in hollywood so

1264

00:49:15,430 --> 00:49:13,599

bikram was so he knew all these rich

1265

00:49:17,030 --> 00:49:15,440

people he knew they had all sorts of

1266

00:49:19,030 --> 00:49:17,040

money just to fly around and they were

1267

00:49:21,670 --> 00:49:19,040

stupid and these women would come in and

1268

00:49:23,589 --> 00:49:21,680

just do whatever so he knew the routine

1269

00:49:25,990 --> 00:49:23,599

and he just applied some basic

1270

00:49:27,589 --> 00:49:26,000

techniques from a business standpoint

1271

00:49:29,270 --> 00:49:27,599

you can't fault him from that but he's

1272

00:49:31,990 --> 00:49:29,280

the only guy really kind of

1273

00:49:35,750 --> 00:49:32,000

cached in on it i mean i think

1274

00:49:36,950 --> 00:49:35,760

patabhi joyce and ayengar i mean their

1275

00:49:38,790 --> 00:49:36,960

kids and the other people in their

1276

00:49:40,870 --> 00:49:38,800

family said hey we gotta

1277

00:49:42,230 --> 00:49:40,880

start put the name on it and brand it

1278

00:49:44,470 --> 00:49:42,240

and stuff like that but even then they

1279

00:49:47,589 --> 00:49:44,480

didn't cash in it as much as all the

1280

00:49:49,670 --> 00:49:47,599

money that's been made in yoga i mean

1281

00:49:52,069 --> 00:49:49,680

a ton more money has been made than than

1282

00:49:53,430 --> 00:49:52,079

those guys i mean to and to a certain

1283

00:49:55,270 --> 00:49:53,440

extent you've got to feel sorry for them

1284

00:49:56,950 --> 00:49:55,280

and that they didn't cash in at all but

1285

00:49:58,870 --> 00:49:56,960

you can't feel sorry for petaby joyce

1286

00:50:01,270 --> 00:49:58,880

because he was a creep

1287

00:50:03,670 --> 00:50:01,280

yeah and so

1288

00:50:05,430 --> 00:50:03,680

that's what tells me is that

1289

00:50:08,390 --> 00:50:05,440

there was really nothing special about

1290

00:50:12,790 --> 00:50:08,400

them and that's the glamour of maybe

1291

00:50:17,630 --> 00:50:12,800

petaby joyce teaching to 150 people in a

1292

00:50:20,309 --> 00:50:17,640

gym you know and being talented in his

1293

00:50:22,710 --> 00:50:20,319

flexibility and his strength

1294

00:50:28,549 --> 00:50:25,109

we're all at the whim of

1295

00:50:30,230 --> 00:50:28,559

the confusion and the chaos of our mind

1296

00:50:34,790 --> 00:50:30,240

of whether or not we

1297

00:50:37,109 --> 00:50:34,800

decide to do good deeds or not and

1298

00:50:39,750 --> 00:50:37,119

i think there's also

1299

00:50:43,030 --> 00:50:39,760

this fallacy around

1300

00:50:45,990 --> 00:50:43,040

the sanctity and the privacy of our mind

1301  
00:50:48,790 --> 00:50:46,000  
right that within our mind

1302  
00:50:49,910 --> 00:50:48,800  
we can be a absolutely of a

1303  
00:50:51,270 --> 00:50:49,920  
person

1304  
00:50:55,910 --> 00:50:51,280  
and

1305  
00:50:58,470 --> 00:50:55,920  
translate when we start uh manipulating

1306  
00:51:01,030 --> 00:50:58,480  
people and coercing them into things and

1307  
00:51:03,349 --> 00:51:01,040  
then we think that because you know it's

1308  
00:51:05,990 --> 00:51:03,359  
a private setting that

1309  
00:51:08,710 --> 00:51:06,000  
it it's not ever gonna go out you know

1310  
00:51:10,870 --> 00:51:08,720  
and you know the one thing that

1311  
00:51:13,190 --> 00:51:10,880  
always sticks with me and what my father

1312  
00:51:16,630 --> 00:51:13,200  
has always showed me is that

1313  
00:51:18,870 --> 00:51:16,640

integrity means that when you're alone

1314

00:51:21,270 --> 00:51:18,880

and

1315

00:51:23,750 --> 00:51:21,280

your actions when you're alone

1316

00:51:25,349 --> 00:51:23,760

reflect the character of who you are

1317

00:51:27,430 --> 00:51:25,359

right so

1318

00:51:29,510 --> 00:51:27,440

as long as you can stay in integrity

1319

00:51:31,510 --> 00:51:29,520

with your morality and your ethics that

1320

00:51:33,030 --> 00:51:31,520

you are developing for yourself you know

1321

00:51:35,030 --> 00:51:33,040

you put on a front that you're an honest

1322

00:51:37,910 --> 00:51:35,040

person in life and around people but

1323

00:51:39,030 --> 00:51:37,920

then behind closed doors you're you know

1324

00:51:43,349 --> 00:51:39,040

you're

1325

00:51:44,549 --> 00:51:43,359

is

1326

00:51:46,790 --> 00:51:44,559

i think

1327

00:51:49,589 --> 00:51:46,800

that's really what is at play with

1328

00:51:52,470 --> 00:51:49,599

someone like watabe joyce or iangar

1329

00:51:53,430 --> 00:51:52,480

where behind closed doors and in private

1330

00:51:56,790 --> 00:51:53,440

that

1331

00:51:59,670 --> 00:51:56,800

their true nature kind of comes out of

1332

00:52:01,589 --> 00:51:59,680

still being a human still having desires

1333

00:52:03,510 --> 00:52:01,599

still being at the whim of their

1334

00:52:08,549 --> 00:52:03,520

sexuality and their

1335

00:52:10,309 --> 00:52:08,559

uh want of pleasure and and whatnot and

1336

00:52:12,630 --> 00:52:10,319

some of the things that i i looked into

1337

00:52:14,710 --> 00:52:12,640

with batavi joyce and and how he would

1338

00:52:17,589 --> 00:52:14,720

kind of justify his actions towards

1339

00:52:19,430 --> 00:52:17,599

women is that everyone was so tight in

1340

00:52:21,430 --> 00:52:19,440

their anus or something you know like

1341

00:52:22,870 --> 00:52:21,440

everyone was so tight in their hips and

1342

00:52:25,589 --> 00:52:22,880

so tight and

1343

00:52:28,069 --> 00:52:25,599

there is this

1344

00:52:30,870 --> 00:52:28,079

you know there's this practice called a

1345

00:52:33,750 --> 00:52:30,880

fini mudra right where you clench uh

1346

00:52:36,390 --> 00:52:33,760

your butthole and you hold it

1347

00:52:38,309 --> 00:52:36,400

and that he would go around and like use

1348

00:52:41,589 --> 00:52:38,319

his fingers to like

1349

00:52:43,190 --> 00:52:41,599

press on on people's like ashwini mudra

1350

00:52:46,630 --> 00:52:43,200

and

1351

00:52:48,870 --> 00:52:46,640

i think there's this disconnect between

1352

00:52:51,589 --> 00:52:48,880

what is appropriate or not

1353

00:52:52,549 --> 00:52:51,599

with whatever state of mind he's in and

1354

00:52:55,109 --> 00:52:52,559

whatever

1355

00:52:57,190 --> 00:52:55,119

is okay in the western world which is

1356

00:52:58,790 --> 00:52:57,200

ironic i think for me

1357

00:53:02,069 --> 00:52:58,800

because when you go to india and i don't

1358

00:53:03,829 --> 00:53:02,079

know if you've been to india but

1359

00:53:05,750 --> 00:53:03,839

generally

1360

00:53:08,390 --> 00:53:05,760

there's this like

1361

00:53:11,750 --> 00:53:08,400

very like strict

1362

00:53:13,589 --> 00:53:11,760

protocol of how men and women even like

1363

00:53:14,790 --> 00:53:13,599

interact with each other

1364

00:53:16,710 --> 00:53:14,800

right so

1365

00:53:19,990 --> 00:53:16,720

it just seems kind of weird to be in a

1366

00:53:22,710 --> 00:53:20,000

culture where you live in a family

1367

00:53:24,870 --> 00:53:22,720

in one room with 10 people

1368

00:53:26,390 --> 00:53:24,880

and

1369

00:53:28,870 --> 00:53:26,400

like there's no

1370

00:53:31,750 --> 00:53:28,880

there's like no i don't want to say it

1371

00:53:35,109 --> 00:53:31,760

there's uh really no privacy around your

1372

00:53:37,190 --> 00:53:35,119

sexual life but then to come to the west

1373

00:53:38,549 --> 00:53:37,200

i think that's really just

1374

00:53:40,230 --> 00:53:38,559

what has

1375

00:53:43,030 --> 00:53:40,240

you know and it's all kind of hearsay

1376

00:53:44,150 --> 00:53:43,040

because you know you're you have

1377

00:53:45,990 --> 00:53:44,160

way

1378

00:53:47,589 --> 00:53:46,000

uh more experience with this person than

1379

00:53:49,510 --> 00:53:47,599

i do i can only go based on what i'm

1380

00:53:51,109 --> 00:53:49,520

reading on the internet or in a book

1381

00:53:52,230 --> 00:53:51,119

right but

1382

00:53:56,549 --> 00:53:52,240

from

1383

00:53:58,470 --> 00:53:56,559

country where there's

1384

00:54:00,230 --> 00:53:58,480

so much poverty

1385

00:54:01,510 --> 00:54:00,240

everything is so restrictive the

1386

00:54:03,910 --> 00:54:01,520

traditions are

1387

00:54:06,390 --> 00:54:03,920

very strong in how you interact with

1388

00:54:10,150 --> 00:54:06,400

women to then come to the west in the

1389

00:54:11,990 --> 00:54:10,160

70s and this and suddenly seeing just

1390

00:54:13,510 --> 00:54:12,000

beautiful women everywhere and they're

1391

00:54:17,030 --> 00:54:13,520

in bikinis you're on the beach you're

1392

00:54:19,349 --> 00:54:17,040

just like holy i'm in paradise and

1393

00:54:22,309 --> 00:54:19,359

to then

1394

00:54:25,589 --> 00:54:22,319

have that sense of freedom of

1395

00:54:29,829 --> 00:54:25,599

not only is batavi joyce very sought

1396

00:54:31,430 --> 00:54:29,839

after as like this indian like master

1397

00:54:35,109 --> 00:54:31,440

that then

1398

00:54:37,349 --> 00:54:35,119

he can live out his wildest dreams that

1399

00:54:39,430 --> 00:54:37,359

he never could right

1400

00:54:40,870 --> 00:54:39,440

100

1401  
00:54:42,150 --> 00:54:40,880  
and you know just to be clear just

1402  
00:54:43,750 --> 00:54:42,160  
because we've thrown out some names and

1403  
00:54:45,430 --> 00:54:43,760  
this is all inside baseball wouldn't

1404  
00:54:47,349 --> 00:54:45,440  
have in any other way i'm not going to

1405  
00:54:49,349 --> 00:54:47,359  
apologize for it but

1406  
00:54:51,510 --> 00:54:49,359  
to to be clear

1407  
00:54:54,470 --> 00:54:51,520  
bksi angar was never

1408  
00:54:56,549 --> 00:54:54,480  
i haven't heard anything sexual involved

1409  
00:54:58,950 --> 00:54:56,559  
in anything that he did so just to make

1410  
00:55:00,789 --> 00:54:58,960  
that clear his thing was more you know

1411  
00:55:02,789 --> 00:55:00,799  
slapping students being kind of

1412  
00:55:04,390 --> 00:55:02,799  
domineering and kind of stuff like that

1413  
00:55:06,230 --> 00:55:04,400

and the way there's always always

1414

00:55:08,069 --> 00:55:06,240

apologetics that go around with it and

1415

00:55:09,829 --> 00:55:08,079

it's really somewhat racist the

1416

00:55:12,390 --> 00:55:09,839

apologetics you know like

1417

00:55:13,109 --> 00:55:12,400

oh ingar when he was young you know he

1418

00:55:21,670 --> 00:55:13,119

was

1419

00:55:23,829 --> 00:55:21,680

dark-skinned and all i'm sure are one

1420

00:55:26,470 --> 00:55:23,839

thousand percent true you know i mean

1421

00:55:28,789 --> 00:55:26,480

trying to break into that but at the end

1422

00:55:30,710 --> 00:55:28,799

of the day it doesn't make them a bad

1423

00:55:32,630 --> 00:55:30,720

like we're all struggling in this

1424

00:55:34,549 --> 00:55:32,640

journey and we're all making mistakes

1425

00:55:36,789 --> 00:55:34,559

and i'm making more mistakes and have

1426

00:55:39,109 --> 00:55:36,799

made more mistakes it's just i just

1427

00:55:41,190 --> 00:55:39,119

think it's it's part of this process i

1428

00:55:44,390 --> 00:55:41,200

think is stripping away

1429

00:55:47,030 --> 00:55:44,400

the associated with yoga

1430

00:55:48,950 --> 00:55:47,040

in order to really let it

1431

00:55:50,630 --> 00:55:48,960

come forth you know what i

1432

00:55:53,750 --> 00:55:50,640

i want to circle back because i've heard

1433

00:55:55,750 --> 00:55:53,760

some great interviews that you've done

1434

00:55:58,069 --> 00:55:55,760

on your show and

1435

00:55:59,589 --> 00:55:58,079

you're going deep and you're talking

1436

00:56:01,030 --> 00:55:59,599

about all

1437

00:56:02,950 --> 00:56:01,040

the struggles that people are having

1438

00:56:04,789 --> 00:56:02,960

with their practice and how to help

1439

00:56:06,470 --> 00:56:04,799

other people and you know the

1440

00:56:07,670 --> 00:56:06,480

psychological barriers because there's

1441

00:56:10,549 --> 00:56:07,680

all this

1442

00:56:12,150 --> 00:56:10,559

the one thing i appreciate about what

1443

00:56:16,470 --> 00:56:12,160

you're doing

1444

00:56:18,549 --> 00:56:16,480

is you're holding on to yoga loosely and

1445

00:56:19,990 --> 00:56:18,559

you're holding on to but what you're

1446

00:56:21,270 --> 00:56:20,000

holding on to

1447

00:56:22,870 --> 00:56:21,280

firmly

1448

00:56:26,150 --> 00:56:22,880

is the metaphor

1449

00:56:29,109 --> 00:56:26,160

yoga as a metaphor for

1450

00:56:30,789 --> 00:56:29,119

spiritual transition spiritual growth

1451

00:56:33,030 --> 00:56:30,799

spirit to spiritual

1452

00:56:35,670 --> 00:56:33,040

development talk about

1453

00:56:38,470 --> 00:56:35,680

talk about the metaphor if you will

1454

00:56:40,950 --> 00:56:38,480

so what i've come to understand in my

1455

00:56:42,069 --> 00:56:40,960

relationship say with my teacher

1456

00:56:45,829 --> 00:56:42,079

bishoggi

1457

00:56:47,750 --> 00:56:45,839

and my practice is that it points to

1458

00:56:49,190 --> 00:56:47,760

self-mastery

1459

00:56:50,950 --> 00:56:49,200

and i think

1460

00:56:53,589 --> 00:56:50,960

where

1461

00:56:56,789 --> 00:56:53,599

commonly people get caught up in

1462

00:56:57,910 --> 00:56:56,799

adopting yoga as a kind of principle to

1463

00:56:59,990 --> 00:56:57,920

life

1464

00:57:03,910 --> 00:57:00,000

is that

1465

00:57:04,950 --> 00:57:03,920

they associate their deeper experiences

1466

00:57:07,030 --> 00:57:04,960

with

1467

00:57:10,230 --> 00:57:07,040

the teacher that they have and so they

1468

00:57:14,630 --> 00:57:10,240

hold tight onto that and they and they

1469

00:57:16,950 --> 00:57:14,640

take their experience of yoga as

1470

00:57:18,309 --> 00:57:16,960

literally only coming from their master

1471

00:57:20,309 --> 00:57:18,319

and if they weren't

1472

00:57:22,230 --> 00:57:20,319

able if they didn't have their master

1473

00:57:24,309 --> 00:57:22,240

they didn't have their teacher that

1474

00:57:26,069 --> 00:57:24,319

they'd be lost

1475

00:57:28,630 --> 00:57:26,079

and

1476  
00:57:33,950 --> 00:57:28,640  
so for me personally

1477  
00:57:37,750 --> 00:57:36,870  
self-mastery is a choice

1478  
00:57:42,150 --> 00:57:37,760  
in

1479  
00:57:44,710 --> 00:57:42,160  
and that

1480  
00:57:46,390 --> 00:57:44,720  
as a metaphor

1481  
00:57:47,990 --> 00:57:46,400  
it can

1482  
00:57:48,630 --> 00:57:48,000  
pave the way

1483  
00:57:50,150 --> 00:57:48,640  
to

1484  
00:57:53,349 --> 00:57:50,160  
[Music]

1485  
00:57:54,710 --> 00:57:53,359  
living your life day to day

1486  
00:57:58,150 --> 00:57:54,720  
where

1487  
00:58:01,270 --> 00:57:58,160  
your joy and your happiness isn't based

1488  
00:58:04,470 --> 00:58:01,280

on anyone outside of yourself

1489

00:58:06,150 --> 00:58:04,480

and so when you

1490

00:58:08,549 --> 00:58:06,160

do your practice

1491

00:58:11,910 --> 00:58:08,559

and you have your experience of your

1492

00:58:14,230 --> 00:58:11,920

practice and you do your meditation

1493

00:58:16,789 --> 00:58:14,240

that you fully realize that you were

1494

00:58:18,630 --> 00:58:16,799

responsible for that and that though

1495

00:58:20,870 --> 00:58:18,640

your teacher

1496

00:58:25,030 --> 00:58:20,880

at some point could have been a helping

1497

00:58:27,190 --> 00:58:25,040

hand to point towards that experience

1498

00:58:32,630 --> 00:58:27,200

that

1499

00:58:33,829 --> 00:58:32,640

mastery of

1500

00:58:35,109 --> 00:58:33,839

whatever

1501

00:58:36,950 --> 00:58:35,119

yoga is

1502

00:58:39,589 --> 00:58:36,960

is an ongoing

1503

00:58:41,109 --> 00:58:39,599

experience for the rest of your life

1504

00:58:43,670 --> 00:58:41,119

and

1505

00:58:45,190 --> 00:58:43,680

i think that's the

1506

00:58:47,270 --> 00:58:45,200

trouble not troubling but that's the

1507

00:58:50,069 --> 00:58:47,280

difficult part of yoga

1508

00:58:51,430 --> 00:58:50,079

is when you go through initiations and

1509

00:58:54,069 --> 00:58:51,440

you

1510

00:58:54,950 --> 00:58:54,079

have deeper experiences

1511

00:59:00,069 --> 00:58:54,960

that

1512

00:59:02,829 --> 00:59:00,079

the rest of my life

1513

00:59:04,630 --> 00:59:02,839

then it kind of lifts the

1514

00:59:06,950 --> 00:59:04,640

burden off

1515

00:59:09,349 --> 00:59:06,960

at least it did for me that

1516

00:59:11,670 --> 00:59:09,359

i don't need to try to prove anything i

1517

00:59:12,710 --> 00:59:11,680

don't need to try to force myself into

1518

00:59:14,630 --> 00:59:12,720

anything

1519

00:59:16,549 --> 00:59:14,640

i don't need to

1520

00:59:17,430 --> 00:59:16,559

have this teacher

1521

00:59:21,750 --> 00:59:17,440

to

1522

00:59:23,270 --> 00:59:21,760

enlightenment that i do have the rest of

1523

00:59:27,190 --> 00:59:23,280

my life for it

1524

00:59:28,230 --> 00:59:27,200

and i can enjoy day by day the process

1525

00:59:31,430 --> 00:59:28,240

of

1526  
00:59:32,390 --> 00:59:31,440  
showing me what yoga can be because

1527  
01:00:14,630 --> 00:59:32,400  
i

1528  
01:00:17,349 --> 01:00:14,640  
and people get all worked up about

1529  
01:00:20,150 --> 01:00:17,359  
chakras and chakra energy healing and

1530  
01:00:22,069 --> 01:00:20,160  
energy work and going to not putting it

1531  
01:00:27,190 --> 01:00:22,079  
down and i'm sure there's there's

1532  
01:00:29,430 --> 01:00:27,200  
practitioners who are energy workers who

1533  
01:00:31,030 --> 01:00:29,440  
do things and and make things happen and

1534  
01:00:33,430 --> 01:00:31,040  
i've met some of them and stuff like

1535  
01:00:35,349 --> 01:00:33,440  
that but i really like where you took it

1536  
01:00:38,549 --> 01:00:35,359  
you said what if we think about the

1537  
01:00:39,589 --> 01:00:38,559  
chakras as metaphorical

1538  
01:00:40,549 --> 01:00:39,599

yeah

1539

01:01:07,109 --> 01:00:40,559

i

1540

01:01:08,829 --> 01:01:07,119

these chakras and

1541

01:01:11,589 --> 01:01:08,839

seeing

1542

01:01:14,309 --> 01:01:11,599

that there are these psychological

1543

01:01:16,870 --> 01:01:14,319

aspects of it when you look at where

1544

01:01:19,109 --> 01:01:16,880

they're located and

1545

01:01:21,109 --> 01:01:19,119

just some of the trigger words that are

1546

01:01:24,710 --> 01:01:21,119

associated of it so like say with the

1547

01:01:27,190 --> 01:01:24,720

root chakra and you look at survival and

1548

01:01:29,589 --> 01:01:27,200

sexuality and

1549

01:01:31,829 --> 01:01:29,599

yeah so say even like the second chakra

1550

01:01:32,710 --> 01:01:31,839

with sexuality and pleasure

1551  
01:01:35,829 --> 01:01:32,720  
that

1552  
01:01:37,589 --> 01:01:35,839  
rather than focusing on this color

1553  
01:01:39,430 --> 01:01:37,599  
and this shape

1554  
01:01:43,589 --> 01:01:39,440  
you can actually go into your own

1555  
01:01:47,030 --> 01:01:43,599  
psychology around all of that so what is

1556  
01:01:47,990 --> 01:01:47,040  
my sexuality what are my pleasures who

1557  
01:01:49,750 --> 01:01:48,000  
am i

1558  
01:01:53,430 --> 01:01:49,760  
as this

1559  
01:01:55,430 --> 01:01:53,440  
creative sexual person in the world why

1560  
01:01:56,870 --> 01:01:55,440  
am i attracted to this person and not

1561  
01:01:58,870 --> 01:01:56,880  
this person

1562  
01:02:00,710 --> 01:01:58,880  
why is it that when i am attracted to

1563  
01:02:02,789 --> 01:02:00,720

this person these are the thoughts that

1564

01:02:05,589 --> 01:02:02,799

i have and this is the way that i go

1565

01:02:07,670 --> 01:02:05,599

about trying to make something happen

1566

01:02:10,789 --> 01:02:07,680

that i think is going to tell you so

1567

01:02:13,349 --> 01:02:10,799

much more about who you are than sitting

1568

01:02:15,750 --> 01:02:13,359

and listening to some chakra meditation

1569

01:02:18,870 --> 01:02:15,760

and having this like internal kind of

1570

01:02:20,870 --> 01:02:18,880

fantastic dream like meditation

1571

01:02:23,910 --> 01:02:20,880

where

1572

01:02:25,589 --> 01:02:23,920

that goes really besides the point of

1573

01:02:27,670 --> 01:02:25,599

what i think the chakras are actually

1574

01:02:28,630 --> 01:02:27,680

there for it's more

1575

01:02:30,069 --> 01:02:28,640

of

1576

01:02:33,750 --> 01:02:30,079

like you're saying a metaphor and

1577

01:02:35,349 --> 01:02:33,760

understanding is the psychology of

1578

01:02:37,589 --> 01:02:35,359

and

1579

01:02:39,029 --> 01:02:37,599

pretty much everything that i

1580

01:02:41,270 --> 01:02:39,039

like to talk about when it comes to

1581

01:02:43,990 --> 01:02:41,280

chakras and yogas i

1582

01:02:45,270 --> 01:02:44,000

go based on what my experience is right

1583

01:02:48,150 --> 01:02:45,280

so

1584

01:02:51,430 --> 01:02:48,160

i've seen for myself when i explored the

1585

01:02:54,309 --> 01:02:51,440

chakras this way and i looked at my

1586

01:02:56,950 --> 01:02:54,319

psychology around it it allowed me in

1587

01:02:58,069 --> 01:02:56,960

the moment to shift how i communicate to

1588

01:02:59,990 --> 01:02:58,079

people

1589

01:03:02,230 --> 01:03:00,000

and that's where i've

1590

01:03:04,789 --> 01:03:02,240

witnessed the benefit of of

1591

01:03:05,990 --> 01:03:04,799

understanding the system and

1592

01:03:08,069 --> 01:03:06,000

so then

1593

01:03:10,630 --> 01:03:08,079

it makes sense to me that

1594

01:03:14,470 --> 01:03:10,640

when you look at

1595

01:03:15,750 --> 01:03:14,480

the chakras from the past

1596

01:03:19,029 --> 01:03:15,760

that

1597

01:03:21,109 --> 01:03:19,039

there wasn't anything about the rainbows

1598

01:03:23,270 --> 01:03:21,119

there wasn't anything about like

1599

01:03:26,390 --> 01:03:23,280

focusing on the colors and

1600

01:03:27,430 --> 01:03:26,400

and all the stuff that's all really new

1601  
01:03:32,470 --> 01:03:27,440  
within

1602  
01:03:35,029 --> 01:03:32,480  
yoga system right so i just think

1603  
01:03:38,710 --> 01:03:35,039  
personally it's important to

1604  
01:03:40,470 --> 01:03:38,720  
look at it that way and that

1605  
01:03:42,150 --> 01:03:40,480  
there's going to be a much more benefit

1606  
01:03:43,430 --> 01:03:42,160  
to it than

1607  
01:03:45,270 --> 01:03:43,440  
otherwise

1608  
01:03:45,990 --> 01:03:45,280  
that makes sense

1609  
01:03:47,349 --> 01:03:46,000  
so

1610  
01:03:49,990 --> 01:03:47,359  
how how do you

1611  
01:03:51,109 --> 01:03:50,000  
process deal with the

1612  
01:03:54,470 --> 01:03:51,119  
doing

1613  
01:03:55,829 --> 01:03:54,480

part of yoga you know because

1614

01:03:58,230 --> 01:03:55,839

obviously we're

1615

01:04:00,150 --> 01:03:58,240

as we connect to this spirituality one

1616

01:04:01,029 --> 01:04:00,160

of the things we're connecting with is

1617

01:04:07,990 --> 01:04:01,039

the

1618

01:04:10,390 --> 01:04:08,000

ultimate reality to that logical reality

1619

01:04:12,630 --> 01:04:10,400

to a rational reality to it

1620

01:04:14,069 --> 01:04:12,640

you know you are not in

1621

01:04:18,710 --> 01:04:14,079

in some

1622

01:04:21,750 --> 01:04:18,720

who you think you are and you are not

1623

01:04:23,430 --> 01:04:21,760

individualized in some way so

1624

01:04:25,270 --> 01:04:23,440

yoga is all about

1625

01:04:27,670 --> 01:04:25,280

doing and it's very physical and a lot

1626  
01:04:30,710 --> 01:04:27,680  
of us who are drawn to it we understand

1627  
01:04:33,990 --> 01:04:30,720  
that that was a hook for us

1628  
01:04:37,190 --> 01:04:34,000  
but ultimately don't we get

1629  
01:04:38,230 --> 01:04:37,200  
confronted with the doing part of that

1630  
01:04:39,990 --> 01:04:38,240  
like

1631  
01:04:43,190 --> 01:04:40,000  
and this is another level of the

1632  
01:04:44,390 --> 01:04:43,200  
metaphorical kind of part of it you know

1633  
01:04:46,630 --> 01:04:44,400  
like

1634  
01:04:49,109 --> 01:04:46,640  
one of the metaphors that i remember way

1635  
01:04:51,670 --> 01:04:49,119  
back from one of my teachers is uh don't

1636  
01:04:53,109 --> 01:04:51,680  
anticipate the pose right

1637  
01:04:55,990 --> 01:04:53,119  
simple like an instruction don't

1638  
01:04:57,670 --> 01:04:56,000

anticipate the pose you're in one pose

1639

01:04:58,950 --> 01:04:57,680

especially if you're doing ashtanga yoga

1640

01:05:00,870 --> 01:04:58,960

you know there's a sequence and it's

1641

01:05:03,670 --> 01:05:00,880

always the same sequence i think it's

1642

01:05:05,190 --> 01:05:03,680

really great because it it like what we

1643

01:05:06,870 --> 01:05:05,200

want to do is westerners and you see

1644

01:05:08,470 --> 01:05:06,880

this all the yoga

1645

01:05:10,630 --> 01:05:08,480

videos on youtube they're always oh we

1646

01:05:12,710 --> 01:05:10,640

change them up and you can change them

1647

01:05:15,510 --> 01:05:12,720

no just do the same thing every

1648

01:05:18,069 --> 01:05:15,520

day and realize that every

1649

01:05:20,630 --> 01:05:18,079

breath is unique every breath is new

1650

01:05:22,710 --> 01:05:20,640

there can be no repeating because

1651  
01:05:23,910 --> 01:05:22,720  
everything changes all the time but

1652  
01:05:27,190 --> 01:05:23,920  
anyways

1653  
01:05:29,190 --> 01:05:27,200  
there is still this doing part of it

1654  
01:05:32,150 --> 01:05:29,200  
and then at this deeper level we're

1655  
01:05:34,870 --> 01:05:32,160  
always confronted with the part of who

1656  
01:05:37,270 --> 01:05:34,880  
is the doer and is there really a doer

1657  
01:05:39,670 --> 01:05:37,280  
and is there really anything to do

1658  
01:05:42,390 --> 01:05:39,680  
and as i stretch and i try and stretch

1659  
01:05:45,109 --> 01:05:42,400  
further where am i stretching

1660  
01:05:48,309 --> 01:05:45,119  
you get my point how are you processing

1661  
01:05:51,109 --> 01:05:48,319  
the action the doing thing

1662  
01:05:52,309 --> 01:05:51,119  
i view it through my relationship with

1663  
01:05:54,470 --> 01:05:52,319

control

1664

01:05:57,029 --> 01:05:54,480

and

1665

01:05:58,870 --> 01:05:57,039

really examining whether or not i'm in

1666

01:06:00,150 --> 01:05:58,880

control in the moment

1667

01:06:03,270 --> 01:06:00,160

and

1668

01:06:04,710 --> 01:06:03,280

because we are so intimately tied to

1669

01:06:08,870 --> 01:06:04,720

this body

1670

01:06:11,589 --> 01:06:08,880

we think that every action that we do

1671

01:06:13,430 --> 01:06:11,599

is based on our own control

1672

01:06:16,230 --> 01:06:13,440

and

1673

01:06:18,549 --> 01:06:16,240

it seems like what a strong yoga

1674

01:06:20,549 --> 01:06:18,559

practice is indicating

1675

01:06:22,789 --> 01:06:20,559

is that

1676  
01:06:25,990 --> 01:06:22,799  
through connecting to your breath and

1677  
01:06:30,150 --> 01:06:26,000  
not anticipating the postures and moving

1678  
01:06:33,109 --> 01:06:30,160  
through it that you release control

1679  
01:06:36,470 --> 01:06:33,119  
and that you can go from the start to

1680  
01:06:38,549 --> 01:06:36,480  
the end of the whole experience

1681  
01:06:40,870 --> 01:06:38,559  
totally taking a step back and

1682  
01:06:42,390 --> 01:06:40,880  
witnessing everything that's happening

1683  
01:06:44,789 --> 01:06:42,400  
and even though

1684  
01:06:46,710 --> 01:06:44,799  
you still feel that

1685  
01:06:49,190 --> 01:06:46,720  
you are making the movements and that

1686  
01:06:50,710 --> 01:06:49,200  
you are the one

1687  
01:06:52,309 --> 01:06:50,720  
providing

1688  
01:06:54,789 --> 01:06:52,319

all the energy

1689

01:06:58,950 --> 01:06:54,799

that taking that step back you start to

1690

01:07:00,470 --> 01:06:58,960

see that everything is just happening

1691

01:07:04,390 --> 01:07:00,480

and

1692

01:07:06,870 --> 01:07:04,400

i think that is the scary

1693

01:07:08,150 --> 01:07:06,880

thing to most people is because we just

1694

01:07:10,549 --> 01:07:08,160

have it

1695

01:07:12,069 --> 01:07:10,559

really well anchored in our mind that

1696

01:07:13,349 --> 01:07:12,079

we're in control of everything that

1697

01:07:15,109 --> 01:07:13,359

we're doing

1698

01:07:18,870 --> 01:07:15,119

and

1699

01:07:20,470 --> 01:07:18,880

to have this experience where

1700

01:07:21,589 --> 01:07:20,480

possibly something greater than

1701

01:07:24,390 --> 01:07:21,599

ourselves

1702

01:07:26,710 --> 01:07:24,400

is really in control of everything can

1703

01:07:28,710 --> 01:07:26,720

really be illuminating

1704

01:07:30,870 --> 01:07:28,720

sense that

1705

01:07:32,150 --> 01:07:30,880

this realm that we're in in this world

1706

01:07:34,710 --> 01:07:32,160

that we're in

1707

01:07:36,230 --> 01:07:34,720

is really so fleeting

1708

01:07:40,069 --> 01:07:36,240

and

1709

01:07:44,950 --> 01:07:40,079

okay

1710

01:07:47,029 --> 01:07:44,960

to take a step back and so then when we

1711

01:07:49,829 --> 01:07:47,039

have that experience in our yoga

1712

01:07:51,670 --> 01:07:49,839

practice where we get good at that we

1713

01:07:53,670 --> 01:07:51,680

get good at maintaining our connection

1714

01:07:57,670 --> 01:07:53,680

to our breath we get good at taking a

1715

01:07:59,589 --> 01:07:57,680

step back and watching and

1716

01:08:02,309 --> 01:07:59,599

everything is still there all the

1717

01:08:03,910 --> 01:08:02,319

feelings are still there all even the

1718

01:08:06,710 --> 01:08:03,920

thoughts are still there

1719

01:08:11,349 --> 01:08:06,720

but there's this witnessing

1720

01:08:13,190 --> 01:08:11,359

that shines the light on why all those

1721

01:08:15,910 --> 01:08:13,200

thoughts are there why all those

1722

01:08:17,669 --> 01:08:15,920

sensations are there and it's not a

1723

01:08:18,550 --> 01:08:17,679

verbal thing

1724

01:08:20,870 --> 01:08:18,560

it's

1725

01:08:23,910 --> 01:08:20,880

really

1726  
01:08:25,430 --> 01:08:23,920  
as if we are walking in the dark and we

1727  
01:08:28,789 --> 01:08:25,440  
stub our toe

1728  
01:08:30,789 --> 01:08:28,799  
and we have a flashlight and we go

1729  
01:08:32,789 --> 01:08:30,799  
why did i what did i stub my toe on why

1730  
01:08:34,390 --> 01:08:32,799  
did i stub my toe but if you're not ever

1731  
01:08:36,149 --> 01:08:34,400  
going to shine the light on it to see

1732  
01:08:38,789 --> 01:08:36,159  
what's there you're just going to be

1733  
01:08:39,990 --> 01:08:38,799  
stuck in this confusion of why why why

1734  
01:08:41,030 --> 01:08:40,000  
why why

1735  
01:08:41,829 --> 01:08:41,040  
and so

1736  
01:08:45,910 --> 01:08:41,839  
to

1737  
01:08:48,950 --> 01:08:45,920  
a step back and shine a light on

1738  
01:08:51,349 --> 01:08:48,960

everything that's happening

1739

01:08:53,189 --> 01:08:51,359

it starts to make sense why

1740

01:08:55,349 --> 01:08:53,199

right so

1741

01:08:58,390 --> 01:08:55,359

say if you were to take a beginner

1742

01:09:00,630 --> 01:08:58,400

in the practice right and they tell you

1743

01:09:02,709 --> 01:09:00,640

oh i it's hard for me to do yoga because

1744

01:09:04,950 --> 01:09:02,719

i'm not flexible right it's like well

1745

01:09:07,510 --> 01:09:04,960

why are you not flexible

1746

01:09:08,870 --> 01:09:07,520

and the answer could be just simple is

1747

01:09:11,669 --> 01:09:08,880

because they've never done any

1748

01:09:13,590 --> 01:09:11,679

stretching in their life and

1749

01:09:15,349 --> 01:09:13,600

from the day that they're born to the

1750

01:09:17,030 --> 01:09:15,359

day that they're about to do the yoga

1751

01:09:19,189 --> 01:09:17,040

practice

1752

01:09:20,470 --> 01:09:19,199

every single day they've moved in a

1753

01:09:21,749 --> 01:09:20,480

particular way

1754

01:09:24,390 --> 01:09:21,759

and

1755

01:09:27,269 --> 01:09:24,400

it's a very basic movement of just

1756

01:09:29,910 --> 01:09:27,279

getting up walking to and fro and just

1757

01:09:31,829 --> 01:09:29,920

that simple pattern of doing the same

1758

01:09:35,189 --> 01:09:31,839

thing every day

1759

01:09:37,030 --> 01:09:35,199

without ever stretching at all you come

1760

01:09:39,510 --> 01:09:37,040

to the yoga practice and you start doing

1761

01:09:41,749 --> 01:09:39,520

movements that you've never done before

1762

01:09:44,709 --> 01:09:41,759

you start opening up your hips you've

1763

01:09:46,870 --> 01:09:44,719

never opened before you start doing

1764

01:09:48,709 --> 01:09:46,880

lunges you've never done before

1765

01:09:50,309 --> 01:09:48,719

and

1766

01:09:51,990 --> 01:09:50,319

what i've found is

1767

01:09:53,910 --> 01:09:52,000

with through teaching yoga over the last

1768

01:09:55,430 --> 01:09:53,920

like 12 years

1769

01:09:58,630 --> 01:09:55,440

is that

1770

01:10:01,189 --> 01:09:58,640

there's this strong resistance

1771

01:10:03,750 --> 01:10:01,199

to take a step back to begin with

1772

01:10:07,030 --> 01:10:03,760

because the sensations are so strong

1773

01:10:08,630 --> 01:10:07,040

and it triggers everything within

1774

01:10:10,310 --> 01:10:08,640

to

1775

01:10:13,750 --> 01:10:10,320

reject

1776

01:10:16,310 --> 01:10:13,760

the experience and to not even want to

1777

01:10:18,390 --> 01:10:16,320

participate in it at all but what

1778

01:10:20,070 --> 01:10:18,400

happens is that the more and more

1779

01:10:23,270 --> 01:10:20,080

you start to show up the more and more

1780

01:10:25,750 --> 01:10:23,280

you start to participate on

1781

01:10:28,310 --> 01:10:25,760

whatever level if it's a daily or weekly

1782

01:10:31,030 --> 01:10:28,320

or whatever that over a period of time

1783

01:10:33,750 --> 01:10:31,040

things start to open and it's through

1784

01:10:35,510 --> 01:10:33,760

that opening that allows you to take a

1785

01:10:36,950 --> 01:10:35,520

step back

1786

01:10:40,790 --> 01:10:36,960

and

1787

01:10:44,630 --> 01:10:40,800

each time there's this unraveling where

1788

01:10:47,030 --> 01:10:44,640

in the beginning of the yoga of the

1789

01:10:49,030 --> 01:10:47,040

yoga experience your very first class

1790

01:10:51,110 --> 01:10:49,040

there was no opening at all everything

1791

01:10:53,189 --> 01:10:51,120

is super tight everything is super rigid

1792

01:10:57,110 --> 01:10:53,199

it's super hard to do everything

1793

01:10:58,390 --> 01:10:57,120

to a year ahead where suddenly those

1794

01:11:01,189 --> 01:10:58,400

postures

1795

01:11:04,229 --> 01:11:01,199

are no longer super tight your body is

1796

01:11:06,550 --> 01:11:04,239

no longer super rigid and

1797

01:11:08,870 --> 01:11:06,560

you're able to sit in a posture and

1798

01:11:09,830 --> 01:11:08,880

breathe and experience

1799

01:11:17,590 --> 01:11:09,840

and

1800

01:11:20,390 --> 01:11:17,600

holy i know exactly why my body was

1801  
01:11:22,790 --> 01:11:20,400  
rigid now i know exactly why and the

1802  
01:11:26,310 --> 01:11:22,800  
intelligence of your entire being will

1803  
01:11:29,430 --> 01:11:26,320  
show you it'll bring up those memories

1804  
01:11:30,709 --> 01:11:29,440  
it'll bring up an injury or an accident

1805  
01:11:34,149 --> 01:11:30,719  
that you had when you were eight years

1806  
01:11:35,270 --> 01:11:34,159  
old or when you were 16 or whatever

1807  
01:11:40,390 --> 01:11:35,280  
that

1808  
01:11:41,990 --> 01:11:40,400  
you never really had

1809  
01:11:43,990 --> 01:11:42,000  
and

1810  
01:11:46,310 --> 01:11:44,000  
that's what i think is really important

1811  
01:11:49,669 --> 01:11:46,320  
to understand in the yoga process and

1812  
01:11:52,149 --> 01:11:49,679  
and the experience is that your body

1813  
01:11:54,470 --> 01:11:52,159

will start communicating to you in a way

1814

01:11:56,630 --> 01:11:54,480

that you never thought it could before

1815

01:11:58,390 --> 01:11:56,640

and it's through the release and the

1816

01:12:01,510 --> 01:11:58,400

openness of all that tension and all

1817

01:12:03,110 --> 01:12:01,520

that energy so you gotta think that

1818

01:12:06,709 --> 01:12:03,120

every day we use our muscles and

1819

01:12:08,550 --> 01:12:06,719

especially when things tighten and and

1820

01:12:09,590 --> 01:12:08,560

uh tense up

1821

01:12:13,510 --> 01:12:09,600

is that

1822

01:12:15,830 --> 01:12:13,520

there's so much stored in that and

1823

01:12:18,870 --> 01:12:15,840

i always try to be careful in explaining

1824

01:12:20,790 --> 01:12:18,880

this stuff because i don't want to be

1825

01:12:23,189 --> 01:12:20,800

just like that typical yoga teacher that

1826

01:12:24,870 --> 01:12:23,199

just says like oh you have storied

1827

01:12:26,630 --> 01:12:24,880

emotions in your body that you need to

1828

01:12:28,470 --> 01:12:26,640

release

1829

01:12:30,070 --> 01:12:28,480

how i like to go about explaining this

1830

01:12:33,030 --> 01:12:30,080

is that

1831

01:12:36,990 --> 01:12:33,040

the energy that you are

1832

01:12:39,189 --> 01:12:37,000

putting out

1833

01:12:40,790 --> 01:12:39,199

physiologically through your nervous

1834

01:12:42,070 --> 01:12:40,800

system and through your connective

1835

01:12:43,669 --> 01:12:42,080

tissues

1836

01:12:46,790 --> 01:12:43,679

is that

1837

01:12:50,310 --> 01:12:46,800

your nervous system is going to store

1838

01:12:52,790 --> 01:12:50,320

energy into the tissues themselves and

1839

01:12:55,110 --> 01:12:52,800

the more your tissues get bound up and

1840

01:12:57,510 --> 01:12:55,120

the more your connective tissues and

1841

01:12:58,390 --> 01:12:57,520

your muscles get bound up

1842

01:13:01,110 --> 01:12:58,400

the

1843

01:13:04,550 --> 01:13:01,120

more more difficult it is to release

1844

01:13:06,870 --> 01:13:04,560

that energy and so essentially what yoga

1845

01:13:09,510 --> 01:13:06,880

is doing is it's allow you to make it's

1846

01:13:11,110 --> 01:13:09,520

allowing you to make little micro tears

1847

01:13:14,470 --> 01:13:11,120

into the connective tissues and the

1848

01:13:16,070 --> 01:13:14,480

muscles themselves to release

1849

01:13:17,030 --> 01:13:16,080

through the nervous system at those

1850

01:13:18,470 --> 01:13:17,040

points

1851

01:13:20,070 --> 01:13:18,480

and

1852

01:13:23,350 --> 01:13:20,080

i think that's what's associated to

1853

01:13:26,390 --> 01:13:23,360

emotional release because you're having

1854

01:13:29,830 --> 01:13:26,400

these like pockets of energy release

1855

01:13:31,110 --> 01:13:29,840

and because your brain is processing all

1856

01:13:33,590 --> 01:13:31,120

of this

1857

01:13:36,870 --> 01:13:33,600

all the time

1858

01:13:38,870 --> 01:13:36,880

that energy will go throughout your body

1859

01:13:42,070 --> 01:13:38,880

and even go into your brain and your

1860

01:13:44,790 --> 01:13:42,080

brain will show you

1861

01:13:46,229 --> 01:13:44,800

what that was and so you just got to

1862

01:13:48,630 --> 01:13:46,239

think about then if you were to do that

1863

01:13:49,990 --> 01:13:48,640

every single day

1864

01:13:52,790 --> 01:13:50,000

your

1865

01:13:54,709 --> 01:13:52,800

body is gonna communicate to you exactly

1866

01:13:55,830 --> 01:13:54,719

all

1867

01:13:58,310 --> 01:13:55,840

that is

1868

01:14:01,430 --> 01:13:58,320

held within yourself

1869

01:14:03,350 --> 01:14:01,440

kinda maybe sort of possibly can you do

1870

01:14:05,030 --> 01:14:03,360

yoga if you're in a wheelchair

1871

01:14:07,189 --> 01:14:05,040

i think yeah yeah

1872

01:14:09,030 --> 01:14:07,199

so i mean doesn't that that's always the

1873

01:14:10,630 --> 01:14:09,040

thing that that like i get everything

1874

01:14:12,709 --> 01:14:10,640

you're saying and i don't disagree i've

1875

01:14:15,110 --> 01:14:12,719

experienced it personally and i've seen

1876

01:14:16,709 --> 01:14:15,120

hundreds of other people experience it

1877

01:14:18,229 --> 01:14:16,719

i just gotta pull up on that a little

1878

01:14:20,229 --> 01:14:18,239

bit i gotta go skeptical on that a

1879

01:14:22,550 --> 01:14:20,239

little bit and it's like

1880

01:14:24,390 --> 01:14:22,560

it is all that but it's something

1881

01:14:26,470 --> 01:14:24,400

more than that it's something different

1882

01:14:28,790 --> 01:14:26,480

than that and you can get there through

1883

01:14:30,149 --> 01:14:28,800

a bunch of different paths

1884

01:14:32,070 --> 01:14:30,159

yeah and that's why there are the

1885

01:14:34,630 --> 01:14:32,080

different kinds of yoga right there's

1886

01:14:36,310 --> 01:14:34,640

bhakti yoga and karma yoga and

1887

01:14:38,310 --> 01:14:36,320

those are just names those are just

1888

01:14:40,950 --> 01:14:38,320

names too i mean these are all

1889

01:14:43,590 --> 01:14:40,960

consciousness exercises the basic idea

1890

01:14:45,750 --> 01:14:43,600

is simple who are we why are we here and

1891

01:14:48,310 --> 01:14:45,760

we're asking that question through the

1892

01:14:50,470 --> 01:14:48,320

body just like we can sit and ask it

1893

01:14:51,669 --> 01:14:50,480

through the breath and ask it through

1894

01:14:53,669 --> 01:14:51,679

i mean that's what you're saying you

1895

01:14:55,510 --> 01:14:53,679

know bhakti you can ask it through

1896

01:14:58,149 --> 01:14:55,520

service you can ask it through love you

1897

01:14:59,910 --> 01:14:58,159

can ask but it's just consciousness

1898

01:15:02,070 --> 01:14:59,920

exercises

1899

01:15:04,070 --> 01:15:02,080

but it's beautiful and what you do is

1900

01:15:07,430 --> 01:15:04,080

beautiful and then you're a musician too

1901

01:15:10,790 --> 01:15:07,440

so how was that kind of informing

1902

01:15:15,030 --> 01:15:10,800

your awesome work as a yoga teacher

1903

01:15:16,790 --> 01:15:15,040

yeah music started to show up with yoga

1904

01:15:19,189 --> 01:15:16,800

when i started playing

1905

01:15:21,189 --> 01:15:19,199

guitar for yoga classes so

1906

01:15:24,149 --> 01:15:21,199

the funny thing is that

1907

01:15:27,510 --> 01:15:24,159

i tried my hardest to get into like rock

1908

01:15:28,870 --> 01:15:27,520

bands and metal bands and nothing would

1909

01:15:29,910 --> 01:15:28,880

work out

1910

01:15:31,590 --> 01:15:29,920

and

1911

01:15:33,590 --> 01:15:31,600

when i

1912

01:15:34,870 --> 01:15:33,600

started teaching yoga and i started

1913

01:15:37,189 --> 01:15:34,880

getting into

1914

01:15:39,270 --> 01:15:37,199

the kind of yoga community in edmonton

1915

01:15:41,669 --> 01:15:39,280

here is that

1916

01:15:44,790 --> 01:15:43,110

started to

1917

01:15:47,270 --> 01:15:44,800

develop my

1918

01:15:49,830 --> 01:15:47,280

just guitar playing in a way where i

1919

01:15:51,030 --> 01:15:49,840

could just improvise on the spot

1920

01:15:54,229 --> 01:15:51,040

and

1921

01:15:58,070 --> 01:15:54,239

that is what opened me up to then

1922

01:15:59,830 --> 01:15:58,080

play guitar for yoga classes and

1923

01:16:01,430 --> 01:15:59,840

that time in my life so that was like

1924

01:16:03,510 --> 01:16:01,440

several years ago

1925

01:16:07,830 --> 01:16:03,520

was one of the most beautiful

1926

01:16:10,790 --> 01:16:07,840

experiences for yoga that i have had of

1927

01:16:11,990 --> 01:16:10,800

being able to sit with you know 20 to 30

1928

01:16:15,270 --> 01:16:12,000

students

1929

01:16:16,470 --> 01:16:15,280

and completely improvise for an hour and

1930

01:16:18,550 --> 01:16:16,480

a half

1931

01:16:25,590 --> 01:16:18,560

and

1932

01:16:27,510 --> 01:16:25,600

what

1933

01:16:29,270 --> 01:16:27,520

people should experience in meditation

1934

01:16:31,510 --> 01:16:29,280

of like you need to sit down you need to

1935

01:16:32,709 --> 01:16:31,520

be in low disposition or you know you

1936

01:16:35,270 --> 01:16:32,719

have to have your eyes closed you need

1937

01:16:37,669 --> 01:16:35,280

to be chanting a mantra

1938

01:16:44,229 --> 01:16:40,229

those experiences

1939

01:16:47,590 --> 01:16:44,239

brought me into meditative states that

1940

01:16:49,430 --> 01:16:47,600

i have never had just kind of seeded

1941

01:16:52,229 --> 01:16:49,440

trying to meditate

1942

01:16:54,630 --> 01:16:52,239

where i'm pushing boundaries

1943

01:16:56,310 --> 01:16:54,640

of what i think i can do and every time

1944

01:16:58,470 --> 01:16:56,320

i came into the class and i was about to

1945

01:17:00,470 --> 01:16:58,480

play i would sit down and i would just

1946

01:17:01,590 --> 01:17:00,480

tell myself okay i have no idea what i'm

1947

01:17:03,830 --> 01:17:01,600

gonna do

1948

01:17:06,550 --> 01:17:03,840

and i'm kind of scared right now but i

1949

01:17:10,390 --> 01:17:06,560

think i just need to work through

1950

01:17:13,270 --> 01:17:10,400

what i'm feeling and just trust that

1951

01:17:16,950 --> 01:17:13,280

it's all going to

1952

01:17:20,070 --> 01:17:16,960

work itself out and

1953

01:17:21,110 --> 01:17:20,080

sometimes it wouldn't work and my

1954

01:17:23,510 --> 01:17:21,120

playing

1955

01:17:25,189 --> 01:17:23,520

wouldn't be as substantial as other

1956

01:17:27,590 --> 01:17:25,199

times but

1957

01:17:33,910 --> 01:17:30,630

opportunity to

1958

01:17:35,189 --> 01:17:33,920

provide this like musical soundscape for

1959

01:17:37,110 --> 01:17:35,199

people

1960

01:17:39,189 --> 01:17:37,120

and to have

1961

01:17:41,110 --> 01:17:39,199

a teacher

1962

01:17:43,110 --> 01:17:41,120

totally integrate into what i was

1963

01:17:44,470 --> 01:17:43,120

playing

1964

01:17:48,149 --> 01:17:44,480

allowed for

1965

01:17:50,870 --> 01:17:48,159

just this beautiful experience of

1966

01:17:53,510 --> 01:17:50,880

connecting to people in a whole new way

1967

01:17:55,189 --> 01:17:53,520

that i really never could imagine

1968

01:17:56,709 --> 01:17:55,199

and so

1969

01:17:59,189 --> 01:17:56,719

i would say for

1970

01:18:01,830 --> 01:17:59,199

just for myself personally

1971

01:18:03,990 --> 01:18:01,840

even my journey with music and guitar

1972

01:18:04,950 --> 01:18:04,000

has been spiritual

1973

01:18:07,590 --> 01:18:04,960

and

1974

01:18:10,229 --> 01:18:07,600

there's this self-development

1975

01:18:11,270 --> 01:18:10,239

that occurs just learning music in

1976

01:18:13,990 --> 01:18:11,280

general

1977

01:18:15,669 --> 01:18:14,000

and you know i realized for myself that

1978

01:18:17,189 --> 01:18:15,679

i'm not going to be in a rock band i'm

1979

01:18:19,750 --> 01:18:17,199

not going to be this like famous

1980

01:18:22,070 --> 01:18:19,760

musician and i started to look at okay

1981

01:18:23,750 --> 01:18:22,080

so then why am i even doing this you

1982

01:18:26,630 --> 01:18:23,760

know like

1983

01:18:28,790 --> 01:18:26,640

why does it matter that i can

1984

01:18:31,830 --> 01:18:28,800

you know play these crazy songs and it

1985

01:18:35,590 --> 01:18:31,840

just came down to personal development

1986

01:18:37,350 --> 01:18:35,600

and what i'm learning about myself and

1987

01:18:41,430 --> 01:18:37,360

how

1988

01:18:43,430 --> 01:18:41,440

music itself is this powerful tool in

1989

01:18:44,550 --> 01:18:43,440

self-expression because there'd be times

1990

01:18:46,390 --> 01:18:44,560

where

1991

01:18:48,070 --> 01:18:46,400

i'd be feeling

1992

01:18:49,750 --> 01:18:48,080

all kinds of emotions i'd be pissed off

1993

01:18:51,110 --> 01:18:49,760

about something and i'd play my pick up

1994

01:18:53,669 --> 01:18:51,120

my guitar and start playing and i'd

1995

01:18:55,189 --> 01:18:53,679

start playing or making up this like

1996

01:18:59,510 --> 01:18:55,199

beautiful

1997

01:19:01,110 --> 01:18:59,520

i'm feeling terrible

1998

01:19:03,830 --> 01:19:01,120

and

1999

01:19:05,750 --> 01:19:03,840

so that just showed me that

2000

01:19:09,750 --> 01:19:05,760

there's this power

2001  
01:19:11,590 --> 01:19:09,760  
involved in this in having the skill to

2002  
01:19:15,110 --> 01:19:11,600  
play an instrument where

2003  
01:19:17,990 --> 01:19:15,120  
the instrument itself is static and it

2004  
01:19:19,030 --> 01:19:18,000  
on its own it does nothing but then

2005  
01:19:21,669 --> 01:19:19,040  
you

2006  
01:19:23,110 --> 01:19:21,679  
and having all these feelings can

2007  
01:19:25,990 --> 01:19:23,120  
channel

2008  
01:19:30,149 --> 01:19:27,669  
right through the instrument and bring

2009  
01:19:31,990 --> 01:19:30,159  
life to something that is seemingly

2010  
01:19:33,430 --> 01:19:32,000  
lifeless

2011  
01:19:35,430 --> 01:19:33,440  
very cool

2012  
01:19:38,470 --> 01:19:35,440  
yeah people need to check it out

2013  
01:19:42,070 --> 01:19:38,480

zornanda has been our guest host of the

2014

01:19:43,350 --> 01:19:42,080

yoga connection podcast

2015

01:19:45,669 --> 01:19:43,360

what else

2016

01:19:46,390 --> 01:19:45,679

do you want to leave people with

2017

01:19:49,430 --> 01:19:46,400

so

2018

01:19:51,669 --> 01:19:49,440

my work largely now

2019

01:19:54,229 --> 01:19:51,679

is understanding

2020

01:19:56,149 --> 01:19:54,239

the power of the heart and

2021

01:19:59,270 --> 01:19:56,159

what it means to

2022

01:20:01,030 --> 01:19:59,280

live from the heart and

2023

01:20:02,830 --> 01:20:01,040

it's something that i think is glossed

2024

01:20:04,390 --> 01:20:02,840

over typically

2025

01:20:06,709 --> 01:20:04,400

because

2026

01:20:08,149 --> 01:20:06,719

there's this attachment of a feminine

2027

01:20:09,990 --> 01:20:08,159

quality

2028

01:20:12,870 --> 01:20:10,000

to it where

2029

01:20:15,110 --> 01:20:12,880

what i like to tell people is that

2030

01:20:16,830 --> 01:20:15,120

your ability to be a loving person and

2031

01:20:19,990 --> 01:20:16,840

to be compassionate and

2032

01:20:21,430 --> 01:20:20,000

empathetic is a superpower in the sense

2033

01:20:24,709 --> 01:20:21,440

that

2034

01:20:26,709 --> 01:20:24,719

the heart is such an intelligent place

2035

01:20:29,350 --> 01:20:26,719

and it's such an intelligent

2036

01:20:30,629 --> 01:20:29,360

being and operating tool

2037

01:20:31,830 --> 01:20:30,639

that

2038

01:20:34,310 --> 01:20:31,840

when you can give yourself the

2039

01:20:36,550 --> 01:20:34,320

permission to go into your heart and

2040

01:20:40,070 --> 01:20:36,560

live from your heart

2041

01:20:42,310 --> 01:20:40,080

you'll see for yourself that

2042

01:20:46,709 --> 01:20:42,320

your life can be

2043

01:20:49,110 --> 01:20:46,719

so beautiful and it can be so abundant

2044

01:20:50,790 --> 01:20:49,120

even if that means you don't become a

2045

01:20:53,189 --> 01:20:50,800

millionaire or

2046

01:20:56,149 --> 01:20:53,199

you live in an apartment and you just

2047

01:20:59,350 --> 01:20:56,159

have your cat and sometimes you feel

2048

01:21:00,950 --> 01:20:59,360

alone in this whole weird up

2049

01:21:03,830 --> 01:21:00,960

world that we're in

2050

01:21:07,510 --> 01:21:03,840

but to give yourself the opportunity to

2051

01:21:09,030 --> 01:21:07,520

go into the center and this organ and

2052

01:21:11,669 --> 01:21:09,040

this place within yourself that's

2053

01:21:15,430 --> 01:21:11,679

providing you life and it's providing

2054

01:21:17,350 --> 01:21:15,440

you the circulation is providing you the

2055

01:21:19,830 --> 01:21:17,360

wherewithal in

2056

01:21:22,070 --> 01:21:19,840

even wanting to be a loving person

2057

01:21:24,070 --> 01:21:22,080

that you don't have to change anything

2058

01:21:25,830 --> 01:21:24,080

you don't even have to do yoga you don't

2059

01:21:27,590 --> 01:21:25,840

even have to play music you don't have

2060

01:21:31,270 --> 01:21:27,600

to do anything you don't

2061

01:21:32,550 --> 01:21:31,280

you don't have to try to prove anything

2062

01:21:36,070 --> 01:21:32,560

that

2063

01:21:40,790 --> 01:21:38,790

is in you and it's

2064

01:21:43,030 --> 01:21:40,800

giving you right now

2065

01:21:44,310 --> 01:21:43,040

everything you need to be alive

2066

01:21:45,590 --> 01:21:44,320

and

2067

01:21:46,470 --> 01:21:45,600

that

2068

01:21:47,430 --> 01:21:46,480

you

2069

01:21:50,070 --> 01:21:47,440

are

2070

01:21:52,310 --> 01:21:50,080

a special person

2071

01:21:52,750 --> 01:21:52,320

even though we're all not special people

2072

01:21:54,149 --> 01:21:52,760

you know

2073

01:21:55,030 --> 01:21:54,159

[Music]

2074

01:21:59,270 --> 01:21:55,040

right

2075

01:22:01,990 --> 01:21:59,280

very good very good well awesome having

2076

01:22:03,830 --> 01:22:02,000

you on my brother and uh

2077

01:22:05,669 --> 01:22:03,840

keep doing it and keep you still do

2078

01:22:07,510 --> 01:22:05,679

classes regular training if people get

2079

01:22:10,629 --> 01:22:07,520

up to edmonton do you have a studio and

2080

01:22:13,350 --> 01:22:10,639

stuff like that do you do classes uh

2081

01:22:15,030 --> 01:22:13,360

currently i do not i've just taken a

2082

01:22:15,750 --> 01:22:15,040

step away from

2083

01:22:18,870 --> 01:22:15,760

the

2084

01:22:23,669 --> 01:22:18,880

yoga studio world and right now i do

2085

01:22:27,030 --> 01:22:23,679

privates and i'm largely focusing on

2086

01:22:29,750 --> 01:22:27,040

music i'm working on a new album and

2087

01:22:33,189 --> 01:22:29,760

my podcast and and my life here in the

2088

01:22:36,390 --> 01:22:33,199

work that i do so the one small thing i

2089

01:22:38,070 --> 01:22:36,400

just want to uh correct is i change the

2090

01:22:41,669 --> 01:22:38,080

name of my podcast from the renegade

2091

01:22:43,750 --> 01:22:41,679

yogi to uh the yoga connection oh you're

2092

01:22:45,990 --> 01:22:43,760

right right yeah you know what i've seen

2093

01:22:49,750 --> 01:22:46,000

the old ones i'm sorry so go ahead i'm

2094

01:22:52,470 --> 01:22:49,760

sorry go ahead please yeah know what nah

2095

01:22:54,390 --> 01:22:52,480

no worries so yeah the yoga connection

2096

01:22:56,629 --> 01:22:54,400

uh with zoranda i

2097

01:23:00,310 --> 01:22:56,639

my most recent episode is with my

2098

01:23:02,790 --> 01:23:00,320

teacher yogirishi vishwakatu and yeah

2099

01:23:05,189 --> 01:23:02,800

you can check out my website [zoranda.com](http://zoranda.com)

2100

01:23:06,550 --> 01:23:05,199

it has my music on it has my book future

2101

01:23:08,470 --> 01:23:06,560

life progression

2102

01:23:10,070 --> 01:23:08,480

has the meditations that go along with

2103

01:23:13,110 --> 01:23:10,080

it so yeah most of the work that i'm

2104

01:23:14,950 --> 01:23:13,120

doing uh right now is privates with i'm

2105

01:23:16,629 --> 01:23:14,960

doing a future life progression heart

2106

01:23:20,870 --> 01:23:16,639

based meditation

2107

01:23:23,669 --> 01:23:20,880

and uh private yoga sessions as well so

2108

01:23:25,750 --> 01:23:23,679

feel free to reach out uh on my website

2109

01:23:29,430 --> 01:23:25,760

you can email me there or you can find

2110

01:23:30,950 --> 01:23:29,440

me on instagram at yogi.zoranda

2111

01:23:32,229 --> 01:23:30,960

i'm kind of all over the place because

2112

01:23:34,709 --> 01:23:32,239

i'm the type of person that

2113

01:23:37,030 --> 01:23:34,719

loves everything so not only do i do

2114

01:23:38,790 --> 01:23:37,040

yoga i'm like training in crossfit i

2115

01:23:41,189 --> 01:23:38,800

play uh

2116

01:23:44,070 --> 01:23:41,199

you know guitar and i love music and

2117

01:23:45,669 --> 01:23:44,080

yeah just makes life fun i

2118

01:23:47,189 --> 01:23:45,679

yeah so

2119

01:23:49,430 --> 01:23:47,199

life ought to be fun

2120

01:23:50,950 --> 01:23:49,440

yeah okay zarnanda awesome having you on

2121

01:23:52,790 --> 01:23:50,960

thanks buddy

2122

01:23:54,950 --> 01:23:52,800

you're very very welcome

2123

01:23:56,629 --> 01:23:54,960

thanks again to zornanda for joining me

2124

01:23:58,550 --> 01:23:56,639

today on skeptico

2125

01:24:01,510 --> 01:23:58,560

the one question i t up from this

2126  
01:24:02,950 --> 01:24:01,520  
interview is what do you think about

2127  
01:24:05,110 --> 01:24:02,960  
yoga

2128  
01:24:07,590 --> 01:24:05,120  
what it was what it is

2129  
01:24:09,669 --> 01:24:07,600  
what it's going to be

2130  
01:24:11,350 --> 01:24:09,679  
any yogi's out there

2131  
01:24:12,550 --> 01:24:11,360  
let me know your thoughts love to hear

2132  
01:24:14,390 --> 01:24:12,560  
from you

2133  
01:24:17,189 --> 01:24:14,400  
so i have some

2134  
01:24:19,510 --> 01:24:17,199  
just really cool stuff coming up

2135  
01:24:21,750 --> 01:24:19,520  
i hope you stick with me for all of that

2136  
01:24:23,980 --> 01:24:21,760  
until next time take care

2137  
01:24:37,560 --> 01:24:23,990  
and bye for now