Breathwork: The Science-Backed Key to Healing Trauma & Disease | Ocean Eagle | Ep. 34 Transcript

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Introduction to Ocean Eagle and Breathwork

Let's run everybody through a quick little breathwork session. Ocean Eagle is the founder of Activation Breathwork, a transformative practice that empowers individuals through the art of conscious breathing.

With a deep passion for healing and personal growth, Ocean guides others on their journey to self-discovery and emotional release, fostering connection and inner peace.

Find more time to be quieter because in the nothingness of the unknown stillness within is when your Creator will talk to you. What have you seen alcohol do to people?

I've seen it do the worst things to the best people. When you feel fear, when you fell anxiety and you felt stress, take yourself out of whatever situation that is.

Go sit by a tree, go sit, by water, sit in nature and let nature heal you That's amazing. Powerful. How powerful is breath work? To me, I've watched it heal people's erectile dysfunction, high blood pressure medicine being thrown away, plantar fasciitis going away in one breath work journey.

Everything is about blood flow. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And today we have a special guest who flew in from out of town.

Long travels, to say the least. This guy here, he really has you dive deep into your inner self. He helps you fix and recognize certain traumas that you've had even from all the way from a childhood type of trauma.

He focuses on breath work. We're going to talk about the importance of breathwork and what that does for your body, for you inner self.

Sobriety, Childhood Trauma, and Alcoholism

Today we have Ocean Eagle. How are you brother? I'm good man, thanks for having me. No, I am happy to have you here man. I've followed your work and it's like super aligned with what you do and I was super grateful.

Absolutely and likewise. You know I have been watching your content and seeing some of the work that you've done on a lot of people. Right? You are doing these retreats.

And I want to talk about it, and bring this to the masses. I want them to understand the power behind what your doing. So you are an alchemist, right? People try to put labels on you all the time.

It's like they say, oh, you're a shaman or you are a healer. And it's, like, I guess there's an I am that goes with me. I work through the seven steps of alchemy.

You know, it is sort of like calcination, separation, disillusion, dissolving, all of the way back to the final step of coagulation when we bring it all back together as a new perfected spirit and body.

So it's about taking them apart, cleaning them up, and then bringing them back together as a whole being. And it is an endless process that we're always involved in.

So let's talk about your story. How did you even get here? Because you know, most people, they have a story, their own healing process, right? Before you could even heal anyone else, there had to be something that led you to

where you're at today, to now, you are helping tons of people.

Yeah. Well, somebody like me, my pain is now my biggest asset. My trauma from childhood, I learned how to alchemize that into my superpower because I had a childhood and we don't need to go into the details.

I've talked about them on other podcasts, but terrible childhood. You know, as I witnessed things as a five, seven, 10, 11, 12, 15 year old. Where did you grow up?

I grew up in the Bay Area of California through third grade, and then Mom needed to kind of take us away from Dad, so we jumped over to West Texas. So I went from San Jose, California, to a town of 1,300 people.

That's a big shift. Roscoe, Texas, the Roskoe Plowboys. In fourth grade I was in Rosgoe. Me and my brother were there, didn't like us little short wearing, van wearing Californians.

The surfer guys. Out in West Texas, as you can imagine, it was a little rough. But I grew up mostly from there on in west Texas. Jumping around a lot.

I went to 11 schools in two different states. Mom was an alcoholic. Dad was alcoholic, mom married another alcoholic and At one point, I think for about four years when she was married to Earl, we owned a bar called Uncle Funky's in West Texas.

And so I learned about drinking. I learnt how to numb my feelings and numb pain. That's something that we see a lot of, right? People tend to num themselves with the spirits.

so you know i'm not i'll have a glass of wine here and there but if i had to choose or if I had To make a choice not to ever drink i just won't but we do have A choice you, know even even having a, choice we have, a Choice right we want to pick it up or not pick It up so so like i ii'm the kind of guy like if, i go on a cruise i want a vacation i rather have the piña colada without the alcohol versus with the, alcohol because Number one, it tastes a heck of a lot better without the alcohol.

And I feel a little better, without it. So, with your experience, what have you seen alcohol do to people? I've seen it do the worst things to the best people because people aren't bad.

But when we drink alcohol and put substances in our bodies, we make really bad choices. And by the time I was 25, I had totaled four cars and I'd had three DUIs and that was on a devastating path.

So for me, five years later, somehow the last five of my drinking career, I just didn't die. But at age 30, and I'm 55 now, at 30 I got sober. And I was sober in the Santa Monica and Venice area of California.

I knew the night I looked in a mirror at four in morning that I hated who I saw. Just hated the man in mirror. Michael Jackson's song, you want to make the world a better place, take a look at yourself and make a change.

So I needed to make a change and I the man I saw in the mirror for in The Morning was my father I'd become the Man that I said I would never become because he was not my hero.

How did he feel when you saw that? It was the lowest point emotionally of my life. I was bankrupt. Either go on to the end and die or go to 630 AA meetings my first year and pour Alcoholics Anonymous into my veins and get sober.

And that's what I think the difference is between people that come in and out of sobriety is that they've got an excuse still that haven't gotten rid of yet.

you know, there's a reason that they'll still go out and drink and use over. So you gotta want it as bad as food and water. I knew at that moment at four in the morning that I told myself in a mirror that would never pick up a drink again.

And 25, I just celebrated 25 years of sobriety. That's amazing. Congrats, brother. Yeah, thank you. Keep it going. For me, it's like everybody's got a pain threshold.

Sponsorship, Recovery, and Higher Power

Some people go their whole lives and they don't reach that threshold, Do you feel like what when you decided to make them that shift? Was it something that was just like almost like a switches clicked?

You know I was up in the Bay Area helping my father recover from and everything was around my dad, you know a lot of the moments in my life around, my Dad and I I was up there helping him recover from a quadruple bypass surgery My idea of helping them recover was to go take his car to the country and Western bar and get drunk So I went got really drunk and I came home at 3 30 in the morning and my dad Was staples in his chest was sitting there looking at me when I walked in The door and he had this look of disgust in this face and then it hit me.

It's like oh I That P. O. S. is disappointed in me. That's how far I had dropped. Wow! That was my moment. I went up in the mirror at four in morning and I hated who I saw and realized who had become.

And I wanted to change more than anything in life. So that's what I did. So for the solicitors that are hearing this, if they're in that position, how you are, and they just are looking at themselves in the mirror and hate who they see, what's the next step for them?

I wrote a book called The Gifts of Desperation, A Journey Back to Me, and you gotta have that. You need to have, you need be as desperate as a drowning man grabbing a life preserver.

And if you're not at that point, so I've sponsored a lot of people, men and women. But what does that look like though? Like being desperate like a droning man, right?

Or a woman. Give me some details of what does that mean you have no money you had nowhere to live you're homeless like what? I'll give you an example I was in an alcoholics anonymous meeting and This guy comes out as a speaker at that meeting the guy who comes up to me and just he just looks like road rash And he comes up and he looks at me and is like, hey, that was a really good talk.

Thank you so much. And I was like so what's going on with you? He's like well I just picked up two DUIs in the last two weeks. I'm like oh. Oh wow. So that's not good.

What else is going well? About a year ago I got out of prison. So what were you in prison for? When I was 17, I drove my car drunk and I killed my best friend in an accident.

I put in jail for manslaughter for seven years. Let me get this straight. You killed your best friends in a car accident while you were drunk driving and you went to prison You got out and you're drinking again and just picked up two more DUIs.

Can I ask you something?" He said, yeah, what? I said are you done yet? And he looked at me and said I think I'm almost there. Everybody's bottom is different.

So what a bottom looks like is is Different it can be emotional bottom. Maybe a DUI gets you there Maybe the wife leaving you or the husband leaving. You maybe that gets it there Everybody is it's what's gonna hit you internally to hit that switch Internally, you got to feel like you've got nowhere else to go.

You've just got feel you have nothing else left in the tank, and you're like, You got have the willingness to goto any lengths at that point. And you gotta find a power greater than yourself.

Call it God, call it Allah, Call Buddha, whatever you want. But you need to find a power greater than yourself, and you've got to quit driving the bus.

You've gotta get out of the driver's seat and go sit in the back, then you gotta take some good, orderly direction, God, from some people that have what you want.

For me, my guy was Jack Rosenbaum. Jack was a 68-year-old, short, red-headed, Irish guy with a bad toupee that walked up to me at a meeting, because he saw me coming around to meetings, You got a sponsor?" And I said, no, I don't have a sponsored.

He goes, well, you got one now. I say, and I do. Is it? Yeah. What do you want me to do? He says, they got to one thing. And like, what? Everything I tell you to.

Do I'm like because these aren't suggestions. So if you're not willing to, do what I told you, to go find someone. This is someone who's been through it themselves.

Yeah, all he did was, he had like 30 years of sobriety at that point, and all that he'd do was sponsor people. He had a little house in Venice he would rent rooms out to for people that really wanted sobriaity.

But Jack was hard on me. I said, what do you want me to do? He said go over there and start picking up cigarette butts. Like, okay. What else do I want you to stand at the door and I don't want to shake everybody's hands and welcome them to Alcoholics Anonymous.

And I wanted to say hi, I'm Marty, an alcoholic. And then what else you want me to do? I want you to sit in the front row. What else? Want you suit up, show up.

Sit down and shut the hell up because you got nothing anybody wants to hear. Until you've got 90 days of sobriety. So what you else want to me do. Take the cotton out of your ears and stick it in your mouth for a while.

Because all you talk about is you. I'm like, what the else. Halfway through the meeting I wanted you grab a coffee pot. and I want you to walk around the meeting and fill up people's empty coffee cups as a way of being in service.

What else do you want me to do? I just want to get a service position at every meeting so that you become a part of and not sitting on the rim so you can fall out.

And all of these things that he was making you do, how do feel that that fed into it? What was the purpose of it. The purpose is to humble you, to get you to right size.

I remember after I read my fourth step to him, which is your inventory, right? Of your life and your resentments list and you fears left in your sexual inventory.

And I thought I had some crazy story I was getting ready to tell this guy. For about four hours, I'd tell the story and he fell asleep three times. At the end of it, he looked at me and said, Is that it?

And I was like, kind of hurt a little bit that he didn't think it was amazing. I said, yeah, that's it. And he goes, can I tell you something? I'm like yeah what?

He goes you're the most selfish, self-centered SOB I've ever met in my life. I'm like, really? He goes, yeah, you're an ass and no one likes you. I was like really, he goes yeah.

But we're going to change that. So how are we going do that? We're gonna take everything out of that list and we are going find your part and get rid of everything else.

Then we gonna go look at your character defects and your shortcomings. on step six and seven and we're going to fix those and then we are going have you go out and make amends to everybody you've harmed in your life so you don't have any reasons to drink again so that you have no shame anymore so your not walking around waiting for the shooter drop to someone that your hurt in the past is going come back and haunt you.

So you actually physically address these people? I did, made a list. And some people you can make direct amends to and some you have to make a living amens to but you Have to get can't just go call someone.

That's got to be an amazing release like relief It is of your but You also let go of Your expectations of how these people are going to receive you right because they may still be really hurt by what you did So you just have To go make an honest Humble apology and they May tell you to f off.

I don't want to talk to you and that's okay and You do your part. Now you said that you should have some kind of belief in a higher power, right? Let's talk about that.

Because there's some people, especially in today's day and age, where it's just like, they don't believe in any of that, there is no God, no higher powers.

And I truly believe that we should always have a belief of a high power. There is something greater than all of us that's out there. Yeah, even if it's just universal consciousness that we all belong to.

It's got to be something other than just this earth meat suit that were in. There's gotta be more to it. And I think only probably maybe two, three, four percent really find that.

They really come out of this dense earthly existence. and start removing the veil enough to where they can really see real reality and not the fake reality that everybody chooses to live in.

Because there's a much better world out there that's void of all of this stuff. But for me, I'll give you an idea, so I didn't believe in God when I got into Alcoholics Anonymous.

I believed all the wars in the world were fought over religion and it was about control and manipulation. And a big part of me still has that view in some ways on religion and the Bible and stuff.

Not that I condemn anybody for their beliefs or what they believe in, but Jack, on step three of Alcoholics Anonymous, turned your life and your will over to a power greater than yourself as you understand them.

And I was like, I don't have one, Jack. I'm stuck. So he walks me out to the beach. And he said, let's get on our knees. I'm like, all right. He goes, move that.

Move what? He said move the ocean. And I said I can't move ocean, he says that is a power greater than you. Why don't you come out here and get out on your knees until you figure out what your idea is.

And that got me through that step. Wow. So I would go out there… I'm feeling that. That's actually… I like…… I would out two, three in the morning, I'd get on my knees by myself in a moonlight, and I was just, God help me.

It was my simple prayer. I bet you could feel it. God helped me, yeah. Especially being out. Yeah, just God helps me and it's evolved over 25 years into this relationship with a creative force of the universe that I connect with.

Because I believe there's like a universal frequency matrix instead of this 3D matrix. There's a frequency and a vibration that belongs to me. And the more I step into that true vibrational frequency, that resonant frequency that's designed for me, then all of a sudden everything starts happening.

Shamanic Healing, Soul Retrieval, and Awakening

Well, that's bio-quantum. I mean, people start going crazy sometimes hearing people talk about that, but there's different frequencies and different vibrations.

So that is actually the future of medicine, by the way. No, I'm going to build a hypogym. Have you ever seen a hypergym in Malta? It's an underground stone structure that is acoustically perfect.

Oh, it has all the, yeah I have seen it. Acoustically Perfect. I've seen YouTube videos of it Have you been there? No, I was supposed to go there as last trip and I just got back from being over there, but I got sidetracked.

That's gotta have so much like healing powers and properties behind it, you know going there so yeah, that's um, so so To get where you're at today, though It wasn't just something where you just went out there and connected to the universe.

Like, I always tell people we're students. We're here to learn. So you had to have multiple coaches throughout the process. I know you travel a lot. You're traveling a lots now and connecting with other people that are into this world that we live in, right?

The spiritual world. When it comes to things that were talking about frequency, healers that're out their. What did that look like to get you to the point where now you're a teacher yourself?

Well, I'm a guide. I like to say I guide people inward to where they become the teacher. OK. And I'll guide the people to a deep place inside where there are the teachers and the students, and they're actually teaching themselves.

They think I am doing it, but they are actually just assigning the energy to me. It's no different than someone's Buddha statue on their altar that they get on there knees and pray and meditate to.

Some kid in Indonesia made that statue for 25 cents a day, yet you go and mediate and prayed to that. So it's an energy assignment. So when I did 15 years of on and off psychotherapy with a psychologist to try to deal with my wounding from my childhood and stuff, they would come back and my problem that I have with that type of therapy, you don't heal anything.

It's just a revolving door when life happens with your children, your wife, relationship, money. Then you're back on your psychologist couch, dealing with triggers, when you should be healing your triggers.

You should healing that energy on a cellular vibrational frequency level. Because on the cellular physiological DNA level, we know who we are. But we got to clear the path to connect with that.

You know, so we have to do that kind of deep inner work to where we're ready. But when I did the work with the psychologist, I just wasn't healing anything.

I kept going back. We'd box it up and put it back on a shelf. So I started working with a woman named Nicole Johnson and in Sacramento and another woman name Kadia Matara.

And I didn't realize what was happening. Both of them were brought to me by ex-girlfriends. Girlfriends at the time, girlfriends went away. This was the gift I was given, was Nicole and Kadia.

Not a bad gift. So I've been working with them for three and a half, four years, and I started being taught by Nicole about soul retrieval. She was a shaman.

They didn' tell me she was working on me. So she had me do a lot of writing, she'd have me write dead letters to my ex-wife, write a dead letter to father.

What's a death letter? A death letters is when you write down everything that's bottled up inside of you that you're not ever going to say to that person in their face.

And so I wrote a ten page dead-letter to ex wife. because I was a martyr. I hanging on a cross because of my childhood, I took the blame for everything.

But there was two people in that marriage, that 14-year marriage. So I had to stop trying to save her, right, in my therapy sessions, and my life coach sessions.

And Nicole actually got mad at me, because she knew the story. She knew what the other woman, my then-wife's part was. But I would never go after her and get angry.

So this is where you get it all out. And I wrote down 10 pages of the nastiest stuff you'd never say to anybody. You know, I used to see what- That's just more of you kind of getting it out, obviously no one's going to beat that.

But what happened halfway through that, I realized I had an OMG moment halfway right in that dead letter that helped me understand why I fell out of love with her.

It was a moment where my dad had died. And not my hero. She didn't care for him. But she wouldn't let all of my children come to his funeral. My older boys were…

I married her when they were four and six. And then I had two children with her. So we were all a family. They were my child's half-brothers and I raised them for 14 years on and off.

But she wouldn't let him come to my dad's funeral and I didn't understand I said we're a family, you know, we've been sealed in the Mormon temple I was Mormon at the time.

That's all in The Journey and your Mormon I did I converted to that's very So I I come I always raised Catholic Yeah, but I came from a Family where my grandmother and my aunt were Jehovah Witnesses.

Mm-hmm. And then another part of my family are Mormons Yeah So just imagine those those family gatherings like it's a person can do this this person. Can't do that and We all got along tremendously.

That's the family of origin work. The religious work, the cultural wounding work that people need to do to find their truth. Because what they have is they a big old bottled up mess inside them that's not really their true.

It's what the have been told. What they've been programmed with. When I get people to start working on that stuff, and I'll go back to Nicole and Kadia in a minute.

But when I give people start workin' on They say one of the first words is that's so difficult To break free from that and we have to break words down They're called it's called spelling for a reason because it being difficult means you're afraid of defying your cult To defy the cult and that is the inner cult inside you so the culture if you flip culture That's your called is what culture is interesting So that's the inner cult inside you which is the subconscious belief system that your father beat into you, your mother, you know, school system, religious leaders, government, whatever.

So to defy that is really uncomfortable. Because now what's going to start happening is the things in my life are going start getting better, and that's not going feel comfortable.

Because that not what my childhood was. So people get hung up and stuck on the familiar. And when they step out, that when the self-sabotage happens. Like that just feels too damn good.

I'm not worthy of that. My shame from childhood, my shame for who I was, doesn't feel like I deserve that. When we should all expect that we deserve the best in life.

Because the Creator told me two things. I want you to be happy. And I wanted you derive that happiness through service to humanity. that's it. I love that.

If you do that, I'll take care of you. That's what the voice said. And I said, okay, and I got this. So going back to Nicole and Kadia, Kadio was doing cellular energy clearing on me.

She would literally hold my head and make this, oh, noise in my brain behind me while I'm laying there flat, face up. When her voice would crack to her, that would be a crack, a mass in brain that needed to be cleared.

Pow, pow, into my brain. Just kind of break those up. And then she would do it until her voice was clear. Then she came around and did it in my heart.

I would sit there after she'd do this process. That's when I started learning to take these really. Slow breaths. And then I took my first journey, as I've ever taken in my mind, through my third eye.

You know, Archangel Michael showed up, and bright white lights that were drawing me in would show up. That's when, like, the whole breathwork experience with you began?

That was not even when the breath work thing happened for me. Later on, Nicole, after doing some work on soul retrieval, had me read a book by Sandra Engerman called Soul Retrieval.

started learning about drums and rattles and guiding people into the spirit world and Because if you think about it what I saw at five years old and seven years Old and ten and eleven and twelve and fifteen There's a piece of me that had to detach and go away You can't handle that that kind of trauma right as a child especially it'll kill you as adults we can have coping mechanisms with drugs and alcohol and other things but as A child Those things stick with you.

They stay with, it hardwires you, you know? They know that if you can get a kid between zero and seven, then you got them. That's that hard-wiring state.

You know, they've done research. I say they. And I normally only like to speak from my own wisdom, through my experience, but I believe that. If you could hardwire a child by age seven that's why they have these curriculums.

Yeah, I mean they really don't know any different around those ages. So then they lower their expectations of what they're allowed to receive in life.

And then we have this other thing that we do in elementary school. I've got four kids. They're all 19, 21, 27, and 29 now. But I volunteered in all the elementary classes and did all that stuff that my parents never did for me.

but I always hated when they would do the school assemblies and bring seven kids up on the stage and Showcase them in front of all the others because one could read more books or one got better grades or won I hated the attendance award That's the kid that came to school sick every day and got everybody You know, it just seemed like it was not about that you know But it's this false sense of pride for these seven but it would told the other 600 out there is like wow those smart ones, right?

I'm not as good as them or as smart as that So I wish we would get away with that whole thing honestly, but the system is set up to Wire us from a young age.

So this stuff that I saw and when I learned about soul retrieval made total sense. It's like I didn't really learn how to play again until I was 50 years old, five and a half years ago when I had my real spiritual awakening.

That's when i really started making choices and decisions to allow my inner child to come back home. When was that spiritual Awakening? After working with Nicole and Kadia and Nicole discloses that she was a shaman.

I was researching on shamanism, and I'd read a bunch of books. I wasn't a reader, but I had read books in about 12 months, stuff like The Alchemist from Paulo Coelho and Pilgrimage and Warriors of Light and Valkyries and a lot of other books by Paulo.

And then I read really two books that were huge for me were Michael Singer's The Untethered Soul and the next follow-up book, The Surrender Experiment.

Those were really important books for me. And I've referred that book out a hundred times to people. Nice. But it talks about the I Am's and it drills down into where I am just a being of light, embodying this, you know, physical avatar to further the journey of my soul to evolve.

basically. So when I realized that and that made sense for me, I started researching shamans. And then I saw that like a month and a half later, the gathering of the shamens was happening in Sedona, Arizona with Don Miguel Ruiz, who wrote the Four Agreements and the Fifth Agreement, The Five Levels of Attachment.

I went to that as a volunteer because that's all they had left were volunteer spots. So I got to spend time with these people and I met a woman named Linda Starwolf, who I'm not connected with anymore just because of some misalignments in life and how she's chosen to do things.

But I was scheduled to work her shamanic breathwork journey. And so I am laying mats out for 85 people. I never heard of breath work. Never heard of it.

You know, I've worked with Nicole and Kadia, you know and stuff, and doing work with them, in 15 years. Never. I wasn't in the spiritual side of life.

Just started to dive into meditating a little bit. So I was just going to watch these 85 people and see what was going happen, and they gave me a spot on the front wall and said, no, you're going breathe and you are going be up here.

I'm like, fine. And I am an athlete, I went to school in a baseball scholarship, so somebody gives me the challenge and I go after it. So, i lay down, close my eyes and start breathing like a beast.

During that breathwork journey I had a massive spiritual awakening, biblical. Star Wolf came over and started moving energy on my sacral area, And when she did that, I was out of body, out in the cosmos, flying around, in stars and planets, and I thought, Oh my God, this is real.

And then I felt this presence next to me, these two illuminous beings next me. They pointed to Orion and said, You are from there, you are an ancient wisdom master, not from Earth.

We sent you here to help this world evolve during this time of great transformation and great Amazing. We gave you a gift and we're going to activate that now and We're gonna tell you what your mission is.

I'm like what?

Breathwork Practice and Spiritual Activation

You know, I was married to a doctor at the time hospitalist pediatrician who was an alcoholic I got blindsided didn't see her alcoholism before we got married and um, so I white-knuckling a relationship and You live in the 3d tic-tac life, you know had the big house and all the stuff and These beings just tell me that my job and my mission is to help balance the masculine and feminine energy on the planet.

Is that when you were given your spiritual name? Right after that breathwork journey ended, and other stuff happened too. I mean, Earth came to me and I turned into an eagle and flew over all humanity and had a moment of oneness.

On the planets, on birds, rocks, streams, creeks, mountains, oceans, everything is me. I'm black, white, Asian, Hispanic, Indian, I am male, female. I just said, Oh my God, everything.

And right after that, she moved her energy on my heart. My heart turned into this massive gold heart and just exploded. Gold dust just went over all of humanity and I knew at that moment I loved everybody.

Because, you know, love and life… But what happened was… Humanity has to understand you. Yeah, but after that, Star Wolf came up to me. As I'm rolling up mats and cleaning up, she said, hey… She has a Kentucky accent.

She goes, Hey, darling, my grandmother Twyla Nitch of the Seneca Wolf Nation had the gift of spirit names that would come to her. And she gave thousands of people their spirit name, and even the Dalai Lama his spirit When

she died, that gift came to me and it doesn't happen very often, but I had a name come for you and would you like to receive it?

And I was like, well, I didn't know what a spirit name was. I'm like yeah, sure. And when she said Ocean Eagle, my whole body lit up. She didn't know that the ocean was my god 19 years before when I got sober, and she didn' know I had turned into an eagle during that breathwork journey.

And it's been Ocean Eagle ever since. That's amazing. She brought me up on stage. You're just saying about how you were taken to the Ocean. Yeah. Are you greater than, you know, are you more powerful than the Oceans?

So that's amazin'. So, that name… Where did it come from though? But besides her, you know, did she explain like how she Just came to her while she was moving energy on me during that breath work journey.

This is ocean eagle And then she presented it to me and then She asked me what I would thought about having a ceremony the next morning in front of all the people at the event plus all Don Miguel Ruiz and to actually give me my spirit name.

And so I had 225 people while I'm on stage, chant welcome Ocean Eagle, welcome ocean eagle, and I turned and presented myself with a microphone as Ocean eagle and i've owned it ever since.

All my books I've written under OceanEagle, anybody that knows me, the people that know me from the first 50 years of my life, they know as Marty Daniel.

None of them know me as ocean, you know, but everybody since then they all know Me as Ocean Eagle. They all come ocean. So it's just you, know It's an embodiment.

It is not something weird or crazy and I've had people say well I didn't want to come to your retreat because your name was stupid And I just don't care.

That's the other thing that comes with your spiritual awakening. I Just don' care what anybody thinks about me anymore I look in the mirror and I validate myself.

I don't need anybody to validate me. You know it. Because I'm a good human being and i don' have any secrets and we're only as sick as our secrets. My uncle that brought us here to the United States, he gave me a book when I was in middle school and he wrote inside of the book and looked at it about a year ago.

What was the book, do you remember? Yeah, it's How to Win Friends and Influence People. And in the books, he says if you want to fly high like the eagles, you have to be with the eagle.

Then he wrote Eagle's Flight. So I kind of made out my own kind like idea of what that meant. Like, you know, like if, if you want to be at the top, You got to go fly with the guys that are on top.

What circle you're in. And then you wrote Eagles flight. So every, every single time I hear like the word Eagle, I always think about that. Do you now, do you how Eagles mate?

No. So the male and the female fly to the highest point that they can fly, too, and they lock talons. And then they make love in a spinning freefall. I've seen that.

They make in love and a spending free fall, before they hit Earth, they break apart. Now you're messing with my head. No, now I'm going to start thinking about that a little bit differently.

That's interesting. Yeah, I got my mind going on there. So that's how the name you know came to me and and I immediately just embodied it and you Know I've got the paperwork to legally change it.

But so what an experience like it definitely You know you you've experienced a lot and have been able to learn a

lots through these different processes Yeah But today you're an individual that healing people, right?

I Well, people say that, but I'm literally a guide. They heal themselves. Right. Well even your regular doctors. I am a healing guide, yeah. Even like your regularly doctors, you come into liquid vita, we don't necessarily, We teach you how to heal yourself.

We're gonna give you guidance and create a regimen, same thing. But the level that you're at now, it's completely different from where you started. Yeah, I just started doing one and two people.

I went and trained in breath work, holotropic breathwork for two weeks, about seven months after my awakening. And then I knew it had to be different.

It had be deeper. Because I don't do it online because I move so much physical energy on people's bodies through their feet and their sacral and solar plex and heart.

Now I put people in back bends and I'll get behind them or if they're bent over, I'll get all the way on their back and be breathing with them. It's an alchemical process that I don't know how to even bring it online, actually.

How powerful is breath work? To me, I've watched it heal people's erectile dysfunction, high blood pressure medicine being thrown away, plantar fasciitis going away in one breathwork journey.

Everything, and my good friend Dr. Nathan Bryan's the founder of Pneumonitric Oxide, everything is about blood flow. Everything's about expanding our blood vessels.

So for me, breathing the way I, there's a couple ways I breathe. I don't make it hard work. It's, I could have you do that 10 times right now and you would get lightheaded and get tingling down in your fingers.

That is because you're sending medicine to your body when you And then when we learn how to self-regulate through the slower breaths, when you just pull it from all the way from the belly, and we release the serpent up the 33 vertebrae, the Kundalini energy.

When we learned how master that energy, we become the man. I don't sit around in self pleasure anymore, because I just sit and breathe now. Let's run everybody through a quick little breath work session.

How long is it gonna take? We'll just do 20 power breaths. Yeah, I wanna do it with you. You're gonna do twenty of them? Yeah. Will you tell me what to do?

You gonna breathe through your nose? Okay. And all the way to your belly. Into my nose and out my mouth? Yes, so if you put your hand on your lower belly or your sacral, try to push that, just to feel that.

So you're going to… So this is gonna be, now we're gonna speed it up. And we are gonna go circular, and you're going to feel it. So on my mark, ready?

One, two, three. Deeper. Make a noise. Okay, how's your face feel? Numb. My face is numb, my face tingly, My arms are tangle and my ears are ringing. So we just built serotonin, dopamine, right?

We just nose, mouth, nose mouth balances the CO2 and the O2. We create a moment of homeostasis and we built a ton of nitric oxide. And we do that for an hour and 15 minutes to an hours and a half in my breath work journeys, by the way.

Whoa, whoa, hold on. You do it on and off, obviously. I've had people actually able to do the whole time. Wow. About five. But we do and then I'm there to encourage you because I build playlists of about 115 play lists and the sound and music is super important.

It's very loud, you're blindfolded and I am there in support as the songs fade in and fade out, crossfade. to remind

you to surrender again. How much, because surrender to me is self-love.

So, what did you come here for? Did you came here to bail and not go through this whole process? Because I take people through a deep, powerful alchemical process during the five days and the four days, five nights we're together.

And it's a whole alchemic process I'm doing. I don't even tell them really what's going on. But when you can surrender over and over, surrender is self-love, so how much do you love yourself?

Can you breathe deeper? And when we breathe deep and long enough, then we can start decalcifying the pineal gland, and we start opening and accessing the pituitary and the hypothalamus that drips DMT.

So the DMTs in ayahuasca, we build it naturally. And so that's where the third eye gets opened up and people take all kinds of, you know, journeys out in the spirit world.

Their guides come natural, right? It's not something that something on the outside created. It is something you, your body on a cellular level is showing you this is what needs to be healed.

You thought you came here to work on this. I'm going to show you what you're here. You were raped when you were seven and you don't have a memory and here it comes.

Oh my God, I was raped. All this stuff. at 56 during a men's retreat, full memory of being raped and molested when he was seven years old. And a lot of our military veterans, people in the military currently, come from very disturbing childhoods.

Right, right. That's one of the reasons they go into the military sometimes because, you know, they feel forced into it. I feel like it's a way that they can deal with, get themselves in line.

They need some guidance. Where do you typically do your retreats? Sedona. Yeah, I've done probably 24 retreat in the last three and a half years in Sedonia, Arizona.

So I do men-only retreats and women- only retreat, and now I'm getting ready to open up to veteran-Only retreat. That's amazing. So, I want to… When's the next one?

The next veterans. The Next Retreat. Well I've got a facilitator training coming up January 26th through February 4th, 10 days. Oh, that's right around the corner.

10 days facilitator training. It's really intense. I just did one in Kauai in October. And I did another one at the pyramids of Teotihuacan in Mexico City back in March.

Okay. Then I train them. Get them ready to do what I do. Right after that, February 14th through February 7th, I've got my women's retreat. And that's so powerful for women to heal in front of a man.

It's rare. Women think they need to healing with women, but when a men can hold that sacred safe space, it gives them hope that there's other men out there, that it's okay to let go of some of that heavy masculine energy that they're carrying to protect themselves and start really stepping into their true divine power.

their divine feminine power, because the divine, feminine energy is what's going to bring us out of this hellhole that this patriarchal system put us in.

We need the women to come back into their full power and we need to stand next to them as their helpmates. And we to protect them. Because we've got a bunch of women out there riding horseback, circling the men and the kids in the middle.

When we got to get it back to the right order and balance, it's like, let's let the men with the muscles that God gave

us be the protectors that we're supposed to be.

And let us get these women back into power positions to help us. That's why I like actually what Trump's doing with a bunch of the women he's putting in some powerful positions.

Yeah, I've noticed that. Yeah. You know, now that you brought that up, it kind of gears my conversation to where I want to go. But I do want I say the veterans retreat is going to happen at the end of February or early March.

Oh, that's going be. It's coming up. And I won't. We'll talk about maybe gathering funding for that, because I don't want the Veterans to pay zero, not even their travel expenses.

That's gonna be amazing. And guys, everybody that's tuning into the podcast, you guys know how pro-military first responder I am, obviously being a former first-responder myself, my brother being veteran going off to Iraq, fighting in the war there, ground troops.

So for me, that is extremely important. I'm here to support those efforts for sure. And I know a lot of people would support that as well too, listening to the podcasts.

But with the election that just happened and Trump going into office, there's a big movement called Make America Healthy Again. Yeah, R. F. K. Junior, yeah.

I met him last summer and the summer before last, I shook his hand and that's good man. What are some of the things you want to see with your expertise as an expert doing what you do with making America healthy?

Well, love that they're talking about tearing apart the FDA, tearing the USDA, And they're all crap. A lot of the organic stuff you see out in the grocery stores is not really organic.

Stuff that's certified organic out of China. They just let some China farmer have some Chinese company certified that is owned by the Chinese government.

Retreats, Veterans, and Healing Through Breath

and they stamp it organic and send it over into Whole Foods. You think you're eating organic stuff and you are not. So for me, I want to get control over the chemicals that we put in our food here.

I would be a huge fan of just shutting down all fast food chains. I know people aren't gonna like to hear that. Honestly, I think the fast food chains are the first ones they gotta tighten up.

First ones, they got to tighten it up or just go. Just imagine if McDonald's, which if you go to other countries and you see the ingredients that McDonalds make their food out of, completely different than ours.

I just came from Dubai. Saudi Arabia will not, the shakes over there, They will put up with crap like that, right? They won't put it with it. They have very strict rules.

You go into their shops, and you see where they're selling cigarettes, there's a big label on half of the box, this is gonna kill you. They put it on there.

And that's how I looked at the people that Trump nominated into some of these roles. The head of FDA, head human services, RFK Jr. heading that, the head the CDC that he appointed as well too.

All of this people. are like functional medicine doctors. There is a reckoning coming right now. This is the change in the course of medicine that we've been talking about.

What we're undoing is what happened in 1920s and 30s when the Rockefellers took over the AMA, the American Medical Association. They found petroleum, they found the chemicals, got people sick, found a chemical plant in

Germany, turned it into a pharmaceutical plant, and then took the over AMAs and discredited every holistic and homeopathic doctor on the planet.

And those of us that are in the know, we know they did that. And we that it's been Big Brother and Big Pharmacy. It's like the Mars family. They own every candy bar out there, and they also are owned by Big pharmacy.

So it is a big cycle that just keeps everything feeding. Well, I love the grocery stores now. I don't shop in grocery store because if you look at what's on the package, the way the dark energy on a planet works is they have to show you their plan, show and then you give consent and it gives it power.

So the easiest way to do that is to go to a grocery, look in the ingredients, and look the 15 chemicals in there and just buy it any way you need it. You know, they're telling you, showing you in the ingredients list what the poison is.

And then right in next aisle over is a pharmacy that's going to give you the treatment, not the cure, for what food just caused. Right. Then right out in front of that is Starbucks.

That's a sugar shack that's in, you know, just feeding your cancer and your diabetes. Yeah, it's scary, man. It is. I think there's, uh, a huge shift that is going to happen.

And I'm excited about it and I want to see how all of us that are in the industry can participate and make this change. That is much needed. Make America Great Again, I don't know what's wrong with that phrase.

Make American Healthy Again. What's Wrong with That phrase? I'm all about it. 100%. You know, like me, i've never done a plant medicine. I dont do ayahuasca.

Don't do San Pedro. Dont do psilocybin. Any of that stuff. i understand that that has maybe been a trigger point and helped some people. That's not the medicine that i do.

Naturally through the breath only. People sign waivers and agreements with me, you know to be a hundred percent sober of anything during my retreats We're gonna be clean.

I'm gonna I mean a detox you with clean food during the retreat because I provide everything We also go to the Sedona wolf sanctuary. So we spend time with wolves.

We do we do a Native American sweat lodge We go up on the mountain and I blindfold people and they have them slow breathe as I verbally Rebirth them as a drum and rattle and take them through a whole rebirthing process.

Oh You work closely with the Native Amerians? No, I'm a little bit of everything. I don't understand these people that go work with a Lakota for a month and then come back and say they're Lakotas.

It's like someone calling themselves a shaman that went to a spiritual retreat and starts doing shamonic stuff. The word shamen came out of Siberia, and a Shaman wasn't a name somebody gave themself.

It was something earned over 30, 40 years of being a medicine man or medicine woman to the community. So this word that's just being thrown around all the time for me, I think there's maybe only four or five real authentic shamans on the planet.

I would seek them. Interesting. Cool man, you got a lot of great things and helping a lotta people, guiding them to the right course. I'm trying. So listen, if people wanna find some of your books, how can they get access to learn more about you?

You can go to OceanEagle.org, I've got really good web guy that's just been doing amazing work there. You could also go I am Ocean Eagle on Instagram, and my link tree is in my bio.

My link tree is on there. If you go to, you know, in Facebook, I'm under Marty Ocean Eagle Daniel. They make me

use my legal names. I haven't switched it.

But you can find me on the social media platforms. Not real big on YouTube right now, I have a YouTube channel, haven't pushed a lot there. I don't have PR guys we discussed, or PR woman or a PR team.

So I'm kind of a one man show, but I am ready to launch all of that and release it to everybody. But the books are all on Amazon. Two books that I co-wrote with Kevin Harrington from the Shark Tank.

Oh, yeah, he's in my book, actually. Is he? Yeah. Yeah, I got in really close with them. I was on his television show. So, you know, get down to business with Kevin Harrington on Fox Business.

And I get in tight with him for a while. But, ultimately, the money I spent, and the time I spend with that was for season for reason. Right. It was time to just continue to step into the fullness of who I am.

and I've had a lot of great aha moments and a great Now being on the CBS morning show, you can find that on my link tree. It's about an 11 minute segment with Lisa Ling and actually had Lisa and friends of hers come to a five day women's retreat.

it was so profound for her. So, there's all these authority pieces behind me and these testimonials, but I want to just briefly touch on cancer work that I've done.

Oh yeah, let's talk about that. So I've had people with, I had a woman with stage four lung cancer come to me that she's, her lung cancers gone and it was all through breath work.

And she went through a four day women's retreat and she called me two days before the women retreat. Can you heal my cancer? I saw you on a podcast on rumble.

Like I can't heal your cancer. But if you come, I'll show you how you can. She comes in and she comes to the door with 11 other women. And she come in with a hooked up to an oxygen tank.

I'm like, Oh, crap. You know, what am I going to do with this woman? That woman breathed through every breathwork journey without an oxygen tank, spitting up blood, spitin' up crap out of her lungs, every one of them.

She went to the Wolf Sanctuary without it, the Sweat Lodge without, it hiked without. And here she is, oxygen-tank free, and her lung cancer is all gone, stage four lung-cancer.

Her right lung was partially deflated and it got re-inflated. I had another woman come in with, she was on chemotherapy for leukemia, childhood leukemia that was in remission, but she on chemo, and that chemom created a pulmonary aneurysm that completely collapsed her right lung.

What am I doing coming to your, thinking about coming your women's retreat? It's a breath work thing, so you're going to heal yourself. She comes, She does nine, eight breathwork journeys.

Calls me a month later. It sends me message and says hey ocean rock and believe this I'm like, yeah, I will tell me my cardiovascular surgeon at the Mayo Clinic just called and my latest scan shows that the pulmonary aneurysm is gone and that They've never seen one disappear And that they don't have to remove my lung now and then I don' t go see him for another year.

I am like So I got story after story and another one of a guy that with a trach, RJ, thyroid cancer that had been diagnosed three years before. His wife is a holistic homeopathic doctor.

She found him dead eight months before seeing the CBS show, and she found them dead. He was pounded on his chest, brought him back to life. They stuck an emergency trache in him.

One of his lymph nodes had gotten so big that it was cancer, that pushed on esophagus and asphyxiated him, So

they come and do a private with me, just me and R. J.

and Charis, his wife. We did nine breathwork journeys in 72 hours. And I just got the reports all given to me. But they went, he was doing invita therapy down in Scottsdale.

Okay, they drew blood right after and his count went down three thousand points and Fast forward a month later. They had a scan all the cancer in the right thyroid was gone and They told them the trach was for life when they put it in Well, this just August they took it out So he has no trach anymore, went back to work as a teacher.

So, you know, it was a combination of continuing with his chemo pills and breathing and the breathwork protocols that I put him on. Um, so we can heal ourselves, and a lot of people come to me and I do privates as well.

I've done like four. And the one thing I'll highlight is, you know, it's not always just one thing, right? It's a combination of things to create the true healing that your body needs.

And I know like in our line of work with the high dose of vitamin C, IVs and things, we deal with a lot of them. We do ozone, and all of these types of treatments where we're dealing with patients with autoimmune issues, were dealing patients of cancer.

For a long time the medical community, the allopathic world was much against it. And recently, with the high dose vitamin C, a study was just published, it just came out, that patients with pancreatic cancer that were getting high-dose vitamin c, 70 grams, two to three times a week, their life was able to be extended twice as much.

Health Advocacy, Nutrition, and Closing Message

and the chemotherapy worked better. And you can find this online. It was recently all over the news just a couple days ago. I think if you coupled it with breath work, the way I do it, I'd think it would be below the doors.

That's what I'm saying. You might fall into this trap of traditional medicine, and I am never going to advise against it. Number one, i'm not a doctor, so I won't advise.

there are things that are gonna make those type of treatments work better. And more effectively. Allow your body to detox a lot of these chemicals to inject into your to get rid of this cancer.

Well imagine the 5G towers are destroying mitochondria. So it's a 60 gigahertz frequency that goes out. It destroys mitochondrion. Mitochondria doesn't deliver the oxygen, it creates blood clots.

That's what the doctors were all saying back when the C thing happened. They're all saying this, why aren't we intubating these people? Why are we putting them on vents?

They are not having trouble breathing. It's a lack of oxygen in the blood problem. So like altitude sickness. What we have to do is we've got to get the oxygen moving.

We have the vitamin C delivered where it needs to go properly. And we can do all of that. That's why I'm a big fan of nitric oxide. Nathan Bryan has the pneumonitric The human the the is that the neo 40 or which which product is it?

He's got the pneumonitric oxide and no beats Okay, that's a lozenge that you take that helped create those people that don't build enough nitric. Oxide or they can't I Took those while I was hiking with him over, you know 10,000 feet in Peru and it definitely helped it.

Definitely helped me But but I know how to do I now show people do it naturally through the breath we you just did it and You can feel it. So imagine that little session going on for over an hour, 15 minutes.

It's transformative. And then you do that six, seven, eight, nine times in a very short period. That's where the

medicine is. And you actually have the data to show.

Yeah, and I know it's there. I already know its there I've got data now, I just sent it to some people yesterday and they're gonna analyze it and see there's a guy with very deep pockets doing private cancer research so we'll see how all that ties in.

But the trauma release too, the PTSD with veterans, that is something that I'm pushing more towards my work. Is because our veterans need our help and they they want off these pills and They don't want anybody to give them something to you know, numb their pain They actually need to move through it.

They need a reveal it refill it Reheal it and then we give him tools to realize recognize and have a reckoning with it I love that man. I loved that ocean eagle if there's one thing You know, someone who's listening into a podcast and they've connected with your message.

If there's one thing that you can leave that person with, what is it? Find more time to be quieter, find more because in the nothingness of the unknown stillness within is when your creator will talk to you.

That's when you're essence essence, your true purpose is going to whispered to. So take deep, long, slow breaths. Become a self-regulator and when you feel fear and anxiety and stress, take yourself out of whatever situation that is.

Go sit by a tree, go sit in nature and let nature heal you. We can heal ourselves. That's amazing. Powerful, powerful ending right there. Brother, I appreciate you being here, spreading the word.

Guys, make sure you follow him. Make sure your tap in. Read more about it. This is something that I don't care who you are, what walk of life you live in, this is somethin' that everybody needs.

And it's free. And that's the best part about it. Thank you, brother. Guys, make sure you share, like, subscribe, follow, do all the great stuff, leave your comments, share this with your friends.

All right. Until the next one. We'll see you.