Introduction and Welcome

All right, everyone, welcome back. We have a special guest here today. A walking inspiration. Her name is Danica Patrick. Yes, I did say that. Your walking inspirations.

Thank you. Yes. And your story. The funny thing is that I've only known you for about a year or so. Yeah, so I only know today's Danica. Like, you know what? Your what?

You've been up to in the last little while, which is this, you know, model, model structure, pyramid searching, biohacker, you know. But you have a whole history that we have to explore.

And, you know, the little that I know is still mind blowing. And that's why I say you're walking inspiration. So thank you for joining us. Oh, yeah. Well, thanks for having me. And thanks for being so instrumental in my journey.

Yeah, you know me through this health and this health and growth sort of phase of my life where I've had space to contemplate the nature of reality, which we've done together a little bit.

But also, you know, I was hard on myself and there's no separation between the mind and the body. And I was hard on both of them for a long time. So I feel like I'm doing a little bit of cleanup work from, you know, my years of not really, you know, understanding how the body worked and how much more there was to learn to be able to do a better job about it.

Yeah. And your drive, you know, kind of push you in that level. I see the work you're doing. It's awesome, right? And it's like we're we've we got this.

We're given more years now than ever before. We're living longer. But we weren't armed with a toolkit on how to be healthy, like what to do with those extra years.

You know, we had we normally would have died of some bacteria or viral infection at 35. And then all of a sudden we're living to 80, you know. Yeah, well.

Or, you know, in the sphere that we run in, my goal is 120 do have an age goal. I think 120 is the right number. Yeah. So like beyond that, you don't know anybody anymore.

I mean, you're obviously going to keep friends along the way, but everyone, your family might not be around.

Longevity, Consciousness, and Living Longer

And, you know, I think 120 feels and also I don't want it to go on forever and ever, at least not to my conscious awareness because I watch a cool show called The Good Place and in the Good Place it's with Kristen Bell and Ted Danson.

And who can come? I can't I can't remember all the names, but basically it was about they died and they think they went to heaven, but they didn't. They kind of went to this sort of like intermediary heaven hell experiment that at 1 to 1 of the devils was playing to see like, could I get them to turn good.

It wasn't really the good place, but in the end I'm going to give the punchline away a little bit. But in the end they actually make it to the good place.

And in the good place you're going to have anything you want. Whenever you want, you live forever. And everybody ended up becoming like a meat bag of mush.

Like there's no pert when there's no when there's no death. It gives life no meaning. And so it's this really, like, fun and important paradox that we live in at all times and in all ways, with the light in the dark or the death in the life.

And you really need it. You need contrast. And so in this show, it showed how they were given a new portal to be able to basically, like evaporate into, you know, and into the into the universe, into original source energy.

And and it gave them like really good drive and purpose in their life to check boxes off and do cool things. And then all of a sudden, one day they just kind of knew it was time and they walked through the doorway and they left.

And so, you know, I don't want to live forever, but I do want to live a little longer than 80. Yeah, that sounds like the right way to go about it. There's a lot of people right now, the billionaires of the world.

In fact, I think it's the biggest longevity project that ever just got funded. They threw a few billion dollars at how do we actually live forever? And if you look at the the theories behind it, the modality of living forever, it's not about this body lasting forever.

It's about how do I extract my consciousness and put it into something else? How do I turn my consciousness into a chip on a plate, you know, so that kind of living forever, I don't know if I would want.

But that's kind of what already happens, though, isn't that pretty much what happens? I mean, our consciousness, we don't put it in a chip, put it on a plate, but are a part of this stream of consciousness that we have that's allowing us to have the thought, what am I thinking that does continue.

It's just that we don't remember. Yeah. So it's more about remembering, which to me means being able to upgrade our DNA, to be able to hold more information without short circuiting.

Yeah, because my experiences like in the plant medicine world would tell me like, I don't have enough data, like I don't have enough capacity to hold all of the information.

And that's why we got to forget because then it's too much like in this density, in this reality I need I can't hold it all. But maybe as we we're upgrading our biological bodies through technologies such as your work and and other things maybe will be able to hold more and maybe we'll just remember.

Yeah. So right now we know that DNA in store more information than any other medium we have in this universe that we that we yet understand. Right. So one draw.

What would like less than a milliliter can store essentially everything we know. Oh, my God. There were. There you go. There you go. And so that shows us a capacity versus how much we've actually accessed and what we're capable of, you know, and why are those switches turned on or off?

We had a discussion about that a few weeks ago. Are they actually turned on or off or that we just haven't evolved into them yet? We don't know. Right. But the capacity is there.

We have these supercomputers. We just use a tiny fraction of them. And you are slowly unlocking a little bit, a little bit, a little bit and learning how to use it. Just cool. Yeah.

So going back to the very beginning, I've never talked to you about your actual career in the beginning and all that. And I think that the inspiring story of how did you speak of inspiration become who you became, where did that even start?

Well, it started in lives. I can't remember it. I do believe that I don't you know, you just have some people who just get it, some people who are wise beyond their years.

Some people come in with innate capabilities that are just unique. So just to be a girl that was able to do what I did and drive race cars and and have the I think probably what made me a little different than a lot of a lot of girls is not

because there's girls that can go fast enough, but to be able to do all of the things meaning like race, competition will the wheel, the pressure of the sponsors, the media attention, all those other things to be able to do.

All of them, I think, is probably what helped me have the career that I did. You know, I think that that's pretty that was unique. It's been unique so far.

So but it started when I was ten. I was I raced go karts and my sister was the one who really wanted to race go karts. She was eight. And I just I've realized that I'm really just kind of up for anything.

Early Racing Roots and Family Influence

Like, I'm one of those girls that's like, it's not always my idea, but if somebody is like, Hey, you want to go like skydiving and you know, or do you want to go do you want to go to Paris next month or do you want to race go karts?

I'm like sure, yeah. So maybe it means I'm always in the flow. I know that just came to me. Maybe, but I just kind of go, I'm like up for anything. So turns out I was good at it and it kind of went from there, but it was really a way for my family and I to spend time together.

My dad worked a lot. My mom stayed home with us and my sister was the one who won the race go kart. So my dad knew how to work on them because he had grown up racing so.

So, yeah, so that was, you know, that was kind of where we started actually. My mom and dad even met on a blind date at a snowmobile race. So yeah, probably, yeah, yeah.

The universe went. We're going to need a lot of things in your favor to get on this road to racing. So we're going to actually have your mom and dad meet at the racetrack, too, because if your mom is not a fan of racing, she might block you by saying it's not safe for my daughter.

So we'll make sure we line up your parents to be all in favor. Yeah. So it's funny you just said that because it reminded me of something that I never thought about. Wow.

So at in my teens, I used to race, I used to build cars with my bare hands. My friend's father ran a concrete shop. They were the biggest sort of suppliers of concrete in Vancouver where I grew up, and we used to sneak into the shop every night and use the winch and use all the tools and literally build cars.

We buy all these parts and scrap from the scrap yard and build them and then we would get fake licenses and go and race against Ferraris on the track.

Right. And that is actually what I intended to do. And I got a we're going off track here. We just the thing you just said, it was a wild moment for me.

Yeah, but we always go metaphysical. I mean, this is where we always end up. Yeah. So you have to. This is the real world. I my father died when I was 17, and I became at the same time when I was given a scholarship to go work for Diamond, who at the time owned Mercedes to go design cars.

The future I built electric cars. Gas called an electric car didn't exist at the time so I'm engineering work there. So anyways I planned to design and race.

That was my career. Then my father died. I became responsible for my mom and my sister and he died. And I was early and I vowed that I would never let this happen to me.

Like, my, my, I'm 17. My dad is dead and I'm not financially responsible for the family. And I started with a $6,000 debt. That was day one. My dad. All the credit cards of money, right? Oh, my.

God. And I went down this path of, like, seeking help, seeking help, seeking help, seeking help. And I gave up the thing that I loved to find something that I can say I love more now, you know, that really gives me a purpose, you know?

And it started with this journey of here's the thing that I love, love, love. I used to literally build cars with my hands, and I tended to raise them all over the world.

And a big company called Dimer even said, We think you're good at that. We're going to pay for you to do it. And then my dad died and went in a completely different direction.

And now I do what I do. Well, because look what happened with your family. It was, you know, call it divine orchestration, call it karma. Call it not karma, but call it like a soul contract.

Call it a calling. Whatever it is, your familial dynamic facilitated your path. Yeah, just like my familial dynamic. Facilitated my path. Yeah, it wouldn't have happened without it.

And now there are some familial dynamics that are meant to make things hard so that you will wake up and grow and learn so that you don't do them, and so you can break a pattern.

But some are good. Yeah, for sure. Yeah. And this is just listening to you was the first Aha. Moment where I even realize that that happened, you know.

Yeah that's cool. We really, I mean when we talk we, there's a lot of like oh yeah. Like, you know, one of the points of conversation that I've been having today with some of the podcasts I've been recording are on Ancestral Memory and soul families and how, you know, we're look at we in assuming that the universe is fractal, that our reality is a fractal nature reality that, you know, I have a mom and dad and a sister and that's my my reality here in this dimension, in this experience.

But on another fractal level, the soul family is now a hundred people or a thousand people or ten, 100,000 people spread out over whatever it is that that that that that familial consciousness and patterning is now spread out over a bunch of people.

And so I get to, you know, after the conversations today, it's like we get along and like kind of have so many like, oh, yeah. Oh, thanks. You know what? I was just thinking about that.

I was just thinking about you. Then you texted me, you know, like, obviously there's some higher orchestration, awareness, awareness going on that we are becoming more aware of for sure. Yes.

So you're this do what you think in this world. Well, you have no this did this happen while racing? That has happened almost. Is this like a shift in thinking?

I wonder, when did you start thinking this way? I mean, I have to say that, you know, racing has been is my my public platform. It's what has I think helped me have a voice for all these other things that I'm doing now that perhaps could do even more good.

But I've been interested in esoteric things since I was a kid, since I before I ever knew what the word esoteric meant. I mean, I was buying like I was doing astrology readings and buying Linda Goodman's Love Signs books and trying to see who I was compatible with.

And like I have always been curious about that, or ghosts, as I would call them, or other energies looking up to the stars at night and thinking what is up there?

And like it goes on forever, but there's got to be an end. Like this is an unfathomable thought. To think that there's no end to something. And, you know, I just remember having those thoughts and, you know, I've always been really curious about about all that stuff. But, you know, I was very narrowly focused for a long time, had to be

naturally was I don't think I don't know if we're all super wildly focused when we're but when we're ten, 15, 20, 25 but for me, I was and I was super focused on racing and and that path and and so it earned me this platform.

I'm super grateful for it. And I wouldn't I look back and have no problem.

Esoteric Curiosity and Spiritual Awakening

No, it's not like I'm like, oh, man, I took a lot of time doing that. No, it was all totally just a chapter of my life. And now I'm in a new one. I'm grateful for that one.

I'm really grateful for this one. And yeah, but I would say that the the deeper dove into more spiritual metaphysical research and learning for me probably started around 2015.

My girlfriends and I took a trip to Sedona and we went up there to just have a girls. Girls trip was like four days and we're going to go hiking and take a vortex tour and whatever else, you know, just do some and drink a bunch of wine.

Like we drink tons of wine and, you know, eat good food, cook at home and hang out and connect. Because I lived in Arizona forever and then I moved to North Carolina for five years and then so, you know, when I moved, it was a way for us girls to still spend time together.

So it was on that trip in 2015 that it really just was like we just started getting in the magic of it, like taking a photo and having lens flares. But we were like, Look at the orbs in the photos.

They're like entities here, and we're on a vortex tour and we're like, Oh, this is Katsina and the male and female side. And we're walking a labyrinth and we're journaling.

And, you know, it just was one of those trips where we were all just really in the magic of it. And and so that was kind of the start of it. Then I had a really pivotal thing happen in 17 and about two years later in Mexico, where I had a very like out-of-body experience with on the beach with this dog and.

This. Experiencing. I never told the story. Is it ayahuasca related or just, you. Know, sober and sober? I've had others that aren't sober since then, but yeah, this was my girlfriend.

And I went to to bloom for for a week. And there was this dog like right away when I got down there. And I love dogs like more than people. And so there's this dog and I named the dog the first day it was Lucy.

And every time I wanted to see this dog, which was a lot, she was never there. And then if I let go, like, really let go, not the whole like, oh, whatever.

I'm sure she's around. And then you're like, it was one of those. I was like, so, okay, like when fine. I'm sure she is. And you just kind of move on.

All of a sudden she just appear like, Oh, there she is. Like it was like this energetic game that the universe was showing me. And then we went to Coba to the Mayan temple there, the big Coba to Mayan temple, Mayan pyramid.

And we were walking around all in in there because it's a very, very large area and there was these three stray dogs that were following us around. And I said, I'm pretty sure it was a stray dog in another life.

And I said, because, well, number one, anybody that knows me knows that like I always have food around. I don't waste food. I, I eat a lot. I like, I'm, I'm one of those people and, and so I'm like, I think it's that's why I probably always need food around and eat because I was probably starved, like, as a as a, as a stray dog one one life ago or a couple lives ago.

And then I said this random comment where I said, I think Lucy's me and I just just said that I think Lucy's meat like the energy of it, just felt like that dog is me.

And then the next day we went to this yoga class that was three and a half hours long. And come to find out later on that the the guy that did the class, he said that she feel so like we were in the class.

And I told him later on in the serendipitous moment where I ended up renting his house and two loom four years later and he said, Oh yeah, tell him for the reservation it's under Rafael Shaman.

And I was like, Whoa, whoa, whoa, wait. What? I was like, Did you used to teach a yoga Shala? And he was like, Yeah. I'm like, Whoa, do I have a story for you?

So anyway, he set the chair field, so it's like the air was hazy and he's like, Oh, wow, you noticed that? And then we went and got a shock rebalancing massage and then we went and got some lunch and we thought, Okay, it's time to hit the beach.

Let's go to a new spot on the beach instead of that same bed that we've been in every day. And so I went down the beach. She was on the phone with her husband, and I'm walking on him walking.

I end up with the same bed because there's no sun anywhere else anyway. And I sat down, I plopped down as soon as I sat down, the dog jumped up next to me and all of a sudden I was transported like, I don't know it.

It was an it was a it was a consciousness transportation. And it was like I couldn't see anything anymore. It was like as if there was it was very light and it was as if the energy was moving in an upward trajectory up, like from myself over the ocean, like towards the sky. And the information in this space was that you are always loved no matter what.

That's all. That's, that's, that's that, that is all there is. And that no matter how far you go, no matter how long you've been away or what you do, meaning like if you've never been spiritual or religious or you depart for a while and come back all of that, whatever it means to believe that there's something bigger than yourself, it's all okay because we don't even need to forgive you because we never judged you in the first place.

That's real love that that's how pure the love is. And so all of this information comes in and I just kind of like come to and this dog is sitting there and I just sit there and I just ball and anybody that knows me knows like I'm not a really emotional person.

I'm not a really like sensitive, empathetic person. I'm highly conscientious, thank God. I've learned that through studying this because I'm like you. I care about people, but I don't cry that often.

And I'm not like, I don't see a baby and go, Oh, or, you know, someone gets sick and I'm not like, Oh my God. You know, I just don't I don't take on their feeling.

I'm not putting myself in their position, but I'm conscientious and and so that people know that know me. Like, I don't just I'm not just going to sit on sit on the couch and cry.

And so I did for like 45 minutes, like just all streaming tears. My friend came down finally and and she was like, Are you okay? And I'm like, I just are bawling again.

I'm like, It's okay. It's Lucy, it's my soul. It's like, it's the dog in there. And so that was my very, very esoteric, very transcendental experience that that's the biggest one I've ever had other than the learnings that I've had on plant medicine and the experiences in those spaces.

But other than that, from a sober perspective, like you sat out on the beach and just boom, like I was given that information, it was so profound and simple and big.

I think for anyone like for everyone that's listening now we're going from a fibromyalgia, talk to a breast cancer, talk to a migraine, talk to hearing this.

Right? Like, wow, this is incredible. But how does this relate to me getting healthy? And what people need to know is that so health is not just I'm not sick, right?

Health is not just I have energy or I feel great. That's all bodies, right? But there's also mind and spirit and there's a body. It's just transporting our spirit around.

And the spirit is who you really are. Yeah. And the health of that, we don't practice for the most part. Some people do. They're some religious people or some people that meditate, some people that go on retreats and smoke something, or like a frog or whatever.

You know, where for the most part, we don't even think of that as health. And what you're demonstrating is like a high level of spiritual health. Yeah, you're able to connect and do things that other people don't even.

It seems like, well, you're not even possible, right? Well, I mean, spiritual growth is not always easy for sure. And this has been a conversation I've been having today, but which is like why?

Why say yes to this? And that's because the body follows the mind, number one. But when you're processing ancestral wounds, patterns, I mean, think about the dysregulation that the body experience body is an expression of when it's disease or dysregulation or disharmony like what it expresses.

It's just to say some pattern that you have going on isn't working. So as a physical example of that, like if I have a pattern that I I'm not saying yes to, seeing my body will eventually like my stomach will be in knots.

I'll be like, I'm like, what's wrong with me? I can my something's wrong, like and for me it's always in my stomach and someone else somewhere else. It might be for some another part on the body, for someone else.

But for me, that's where it comes up. And then at some point in time, within a few days, finally my mind becomes aware of it. And it is an emotional release.

There's like some crying that goes on. There's something I have to realize, and this has happened probably three or four times in my life. And again, not a crier, not out of the middle of nowhere.

Don't just do that. And it's because the body is informing you of something that you need to know. And so if you're not in touch with, if you're not going to respect your body for the messages it's giving you, like, you know, you can't just take a Xanax every day the rest of your life.

You're going to have to deal with the anxiety. You're going to have to deal with whatever it is. You're not saying yes to to wanting to see or to getting out of your reality in your pattern.

And so, yeah, the spirituality is just kind of like a like a like a smoke signal of that, you know, it's like part it's just part of kind of the the whole experience.

And so yeah, I think that it it's getting more in tune with yourself so that you can, you can, you can understand that there's something that needs to be unpackaged.

And so, you know, you know, we're learning so much these days with a, B, genetics and, you know, how the body really works and your work with DNA and just how much crazy amount of information DNA can hold and you know, how much is dormant and how much is God like.

Body Signals, Health, and Breast Implant Issues

And, you know, there's just so much information that we're figuring out and I think I feel like spirituality is really code

for we don't get it yet and sciences have proven it.

The way you describe, the way you felt. It's interesting because it just once again speaks to a spiritual experience, which is start in your gut. Then it kind of went to your brain and then there was an emotional release.

So our neural network, we only think of our brain as a thinking tool, right? But our stomach and hearts are also brains. They have neural. So there's 40 million neural cells in your heart, that own brain.

You can take it up and it keeps pumping, right? It has it can think on its own. And your gut is the same so often when you're injected. Right. And you're, you're, you're thinking beyond my the consciousness.

What I see and hear right now. Right. And you're thinking, call it in a field or beyond quantum. It's your gut in your heart that are doing the thinking and that you feel that not in your gut, right?

That's your brain in your gut doing the thinking. And it's conflicting with your conscious thoughts here where you're trying to override, but you can't override because this is more powerful.

And eventually the emotional release is that you finally started thinking with the tool that actually connects to the field, which is your heart, right?

So we know that when we think we put out, you know, into our magnetic field, to our brain. But what comes from here is far more powerful. Those truly were those three big aha moments for you or true connection moments like a high, high level of I'm connected right now, you know, because your heart was literally thinking and screaming and that level of emotion to make you cry.

And I've seen your DNA, and I know you're not a crier, right? Yeah, totally. And you know, the way your brain works, which also speaks to why you did so well in your career, it's just you feel it, you get it.

But it's not a tool you use. It's like, I get it. I know what that feels like. I understand the pain, but I'm okay. I'm going to just think about it. I'll move on. Right?

And so to get to that level, that's how hard you are or how far your heart was pushed, right? So I hope to experience that one day. I haven't you know, it'd be an incredible moment for us.

So goes back to this level of health that you have to experience spiritually to truly be healthy. It's not just about your body and what you can measure in your blood.

You know, that's one level. That's where you're at today. There's so much more. You did actually have a health scare, a body scare or but you dealt with and I don't know when this happened, it was a few years ago.

But you got all that, a whole cornucopia of problems which you identified as being related to your implants. Oh, yeah. Breast implants. Yep. Yeah. Then you decided you were one of the earlier people that do that.

Now you see it all over the place. People recognize this as a problem, but even three or four years ago it was still hard and hard to research. Mm. I mean I got them out a year ago actually, only just.

Mm hmm. Yeah. It was a real end of April, so was just over a year ago, April 22. And I had them for seven and a half years. But, you know, it's I mean, it makes some pretty logical sense that the body would be trying to find a way to tell you, we have an intruder.

Yeah, we have two intruders. And we are trying to quarantine the problem with scar tissue. And we keep making scar tissue because I had a level three out of four capsular contracture.

The implants were actually folded inside of the capsule. So still to today, I have them in the pantry. They have the crease in them still from being in that position for years.

So like, you know, the body's going we're going to keep making scar tissue because there's something we don't like in here. But eventually, you know, the body, the body, the thing about the body is it's like so crazy how resilient and self-healing it can be and how when I got them out finally like hours later, I my body already started to move towards homeostasis.

Like my skin started producing natural oils again. I started flushing water way. I started like all kinds of things started to happen that were, were good.

And so energy levels came up immediately. I mean, the morning after I had the surgery in the afternoon and by 7:00 in the morning, I was up the next morning.

And I think it took 12 hours of 12 hours of real pain pills, 12 hours of Tylenol and that's it. And I woke up in the morning and I'm like walking around the kitchen.

I'm like, Mom, we got to go grocery shopping. Like, we need some stuff around here. And we got in the car, in the grocery store and I've got my like bags underneath.

So I put a big jacket on and you know, like it was no big deal. Like I've mom and I think drink maybe that night, the next night, two nights later, mom and I had split a bottle of wine, played Monopoly together like so my the body is really like wants to go to get to homeostasis it's just what is blocking it, whether it's spiritually, emotionally or physically, what's blocking it.

And, you know, you know, these the implants were definitely blocking my body from from it. And so my expressions were endocrine disruption. So all my hormones had been very, very suppressed.

Adrenal like adrenal drought, cortisol and my circadian rhythm were were backwards. Like I was having cortisol spike in the middle of the night and then it was going down from there.

So I'd wake up and it wouldn't go up like normal. So it was like completely flip flopped. My hair hair loss. Like it's finally starting to get longer again.

But it I had super, super long dark hair for my whole life and it's just started getting less healthy, which is kind of why I cut it short at one point cause I was like, Oh, it's just not the same.

Maybe it's just getting older or something. And really it was prime implants and so hair loss, thyroid dysfunction. That's the last one. I still haven't gotten that back yet.

My thyroid function is still so it's still below the low level, but for the most part, gut issues, leaky gut dysbiosis. So I had kind of all the biological like operate tional problems and then some people with B I have mood disruption, depression, anxiety, lethargy like they're super tired, they can't get out of bed.

I didn't have that stuff but but yeah, it's been a, been a journey. So I can't believe that they let you keep the capsule because normally they it's considered a medical device.

So I don't know if that should be. Although I don't have the capsule, I have the implants. Okay. Even that you got away with something there. Really? Yeah.

It's a medical device. Technically is meant to be. Anyways, I'm not sure if we should publish as part but let's see what happens. Let's take them off.

I can open them up and see what's in there and let's do some, some research. Yeah. Let's do some medicines. They don't want you to know what's inside of it and you have to dig deep to understand that there's.

Oh, I had heavy metal poisoning too. Yeah, lots of heavy metals and mold I've found too. So anyway, it could. It's the things with like the heavy metals and mold.

It's, there's, there's also this when your body is struggling so much of implant, the mold that you would have been able to clear and tolerate you no longer can spread the burden.

Certain bucket you can fill in after you're done with everything, everything becomes a problem. So there's detox processes that are going on day and night, but if you're already overloading them and that's kind of why this via the like the symptomology is hard to put your finger on as a little bit of everything because you're already pushing yourself to here.

You just need a catalyst to get you over the edge and you start to feel everything, the things you normally are able to deal with. So in Canada there's there was a study that was done on the textured implants and the response was, well, just get rid of those ones, right?

And so they blamed it on one particular type of implant and the response was, we'll ban those, but everything else is still allowed. So and the reason I point that out is for women to know that nobody's out there to protect you when it comes to this issue.

Like go do the work and figure it out, whether it's understanding your genetics, whether it's looking at your how you feel and paying a little closer attention, whether it be for making the decision to get implants, thinking about your health and are you already teetering in a problematic area?

Well, you probably don't want to add another trigger of that. That's magnitude, right. So much bigger consideration than just the esthetic first. And it's a real thing.

Like you really felt the way you felt or you really felt a lot better after you took them out. Yeah. And it's, it's such a slip but such as? It's such a it's not a like a sudden thing.

Some people really do have sudden things happen with them, but they always just seem to be written off to something, Oh, I'm getting older or Oh, I've been doing that like my right shoulder.

I couldn't put it behind my back because it would hurt so bad. And the joint is why I raced and I thought, Oh, it's because, you know, I'm driving that one a wave.

And like after I was done, it still hurt for a while. And then I finally got the implants out and it went away. So like such random things that you could just write off to something else, but your intuition knows the answer.

And so, you know, I think we've talked about like some in my opinion, everyone will have some level of a side effect from it. Yeah. Some it might not be worth it might not it might not be worth not having them for some people.

But you know. But they're going to they're going to you're going to pay the price to some degree. Yeah. And you may not know it. And it's even scary over the person that doesn't know because it's that slow toxic insult that is causing inflammation and making sick until it turned into something much worse.

Yeah, it's almost a blessing that you had a visceral response like you did when you knew, like get rid of that stuff, you know, because like you said, it's it's not good for anybody, but oh, fast.

Is it going to hit you. Depends how far how well your body fights that. Right. So yeah. And so on top of that because on top of the implants I was racing and super stressed out, I was transitioning through long term relationships, retirement, you know, relationships that were good for me.

Like I had emotional and on top of it, I worked out way too much. Like I worked out once or twice a day for a long time. Like once a day for sure. But my training wasn't easy either.

It was like CrossFit hit workouts, like it wasn't like I go do 20 minutes a hit and think done. I'd be like, I do an hour. Like I've done 20 minutes of work.

Now let's do another 20 minutes of something. Let's like I worked, I worked my body way too hard. So when I say a little bit ago that I really tapped myself physically and mentally, emotionally, like the whole thing and environmentally I did.

Yeah. And this is a common misconception that more is more it's not always with a lot of stuff that we do, you know, and we're more and more we're learning that over exercising.

Is how many professional athletes do you see that live to 100? Yeah, really. It's on top of that. I mean, not eating enough carbohydrates as a woman. Yeah.

Like that's really helped, you know, just yeah. We get into these trends, you know. But yeah, athletes push themselves very hard physically, emotionally and mentally.

Yeah. And it's not sustainable in terms of longevity. The tools of longevity are more yes, they fit, but I intensity is not what we're designed for for the most part.

And you, you know, again, exposing your genetics a little bit. You know, and I don't care. Surely there's some mitochondrial dysfunction there, which is also why the DNA hits you so fast because your body struggles with recovery.

Right. So you are doing this thing, this highly oxidative load of high intensity exercise and you did not have the recovery capacity because your mitochondria struggled with that.

So that eventually would lead to something like cardiovascular disease. The thing that you think is actually helping your heart, but probably killing some people, you know, because your body's response to that level of inflammation and this cholesterol and cholesterol meeting that oxidation causes it to harden.

Career Transition, Flow, and Letting Go

And that's where you get those build up buildups in your arteries and then you get level with the disease. Well, I've been taking some mitochondrial medicine since we learned that. So yeah.

Hopefully. Yeah. So you'll you'll do better. We know we're going to do. You're doing everything right, though. So I feel amazing. So with all of what you're doing now, so racing is all over, you know, finding a new not necessarily new, but you're evolving down this journey of the esoteric and the spiritual and, you know, diving deep into who you really are.

What is the rest of your life like? Well, when people ask what I do now, I'm like, well, I have two wines, I have a podcast, I do speaking engagements, I do race broadcasting.

So I do stuff for Formula One, NASCAR and IndyCar. I and I take a lot more vacations. I always finish with that because I do like I, I 100% don't look at my vacations like, oh, just scrapped that.

I'm like, no, those are like non-negotiable. Like those are that's what I'm doing now. I will say now that I've kind of returned back to like finally getting into like a real full work rhythm with everything.

I'm more busy than I should be. Like. To the point where I'm really getting tired. And the good thing is, is that instead of thinking, Oh, cool, no big deal, I'm like, No, no, no, I got to be careful.

Like, you really need to be careful how hard I need to be careful how hard I push myself because if I'm going to still want to work out, I'm still going to be doing my if I'm going to be working and doing all the things that I like to do through travel, whether it be vacation or not, it's still travel, still exhausting.

And on top of that, doing podcast and the mental energy that it takes to do that. And if I'm going to go to if I'm going to go to the well on all my buckets, like I got to be careful how long I do that for because I know that my body's just

going to go like this and it's going to say, we're not going to operate the way that you want me to want it to, because right now there isn't enough there, which we got to send you a signal. So for me, that usually looks like it looks like more like water retention for me.

Like I hold a lot more when I'm, when I have like too much going on and stress and my probably through my skin and hair and like my physical manifestation is pretty obvious when I'm doing too much.

And I think that leads to something that you said where there's like wisdom in what you choose. We said there's a difference in between quitting something and letting go, and we think we're quitting, and maybe that's why we don't let go.

And there's a sense of weakness. So what? Can you explain that? Yeah, well, it was when I retired and I was just, you know, in that decision process and and I basically didn't just say, like, I'm done.

I was like, well, okay, I'm okay with that, but I'm okay with continuing to. And so let's see how that looks to just stay the course and see what sponsors come along and what teams and let's just play it out.

We'll see what comes through and if it's easy and the path presents itself, no problem. Let's go. And if it doesn't, then I'll just know that that means it's time.

And so I let the unfolding and the flow and the process show me the way, which was more about letting go, letting go of what I thought was best for me and giving in to, you know, how my path would unfold if I wasn't forcing something.

So that for me was learning the difference between quitting and letting go or holding on right. And forcing which it's the holding on and forcing that.

We do it through our patterns or through our job or a relationship or whatever. That will only get increasingly more difficult because it's not in resonance and so those are the things to try and become aware of, like how much are you pushing, how much are you forcing, how much discomfort are you willing to put up with before you finally go?

Maybe this isn't for me anymore. Yeah, yeah. And I think there's a there's a cultural thing of like, you have to keep pushing this American dream culture and, you know, not trying as weakness and somebody around the corner is doing a better job than you.

But to what end, you know, what is your intention? What is your goal? It's one thing, but what is a path? And getting there, which is the majority of your time, you know, are you enjoying that or is it is it valuable?

Is every day feel like if every day was your life, did that seem like a life worth living? Right. Did you that was that day useful or worth or is it just a slave to the goals?

You know, you're right. And when you're in the flow, it feels like, you know, I'm all about like I had a saying for quite a few years, trying harder was my saying.

And all my friends would like laugh about it and use it sometimes. But the best stuff really comes easily and quickly. Yeah. I don't know if you have any stories regarding this, but for me, like all the stuff that is I feel like in alignment and has been really successful and positive, it's all really unfolded really easily now.

I can't remember the racing part of that. I was ten, you know, but with businesses or even naming a business or I mean, shoot even on like a vacation, I just went on and it was Sunday and there was only one direct flight home from Cabo at 1:00.

And so, you know, you got to have a relaxing morning, but not like a full day, right? And I was like, man would be so I would just really wish there was like a four or 5:00 flight home direct that would be so nice.

And on the way to the airport, there was an email to your voice. I got it got delayed till 5:15 and I was like, Turn the car around, let's go back. Let's play golf and stuff like that.

Was your manifesting ruin everybody else's day, but it made it work for you. Exactly. I mean, I couldn't have done that myself. I could not have gotten American Airlines to delay the flight by 4 hours and 4 hours and 10 minutes. And I could not.

And so, you know, that's the kind of stuff where I feel like when you're in the flow, like the universe just sends you, sends you, sends you on your path so quickly and in such a way that you could never imagine.

You couldn't even do it, let alone imagine it. You know, I think everybody that has done anything of significance has a story like that because when there's big purpose to what you're doing, you know, I'm not saying that your purpose of golfing for the day was right, you know.

Or of a more of a micro example of being in the flow on a macro level, like meaning like whatever I'm doing, I'm like, my, my, I'm in resonance with the universe.

And so there's not a lot of separation between me and this manifestation capability because I'm, I'm right there in the flow and the universe is like, Yeah, we hear you loud and clear.

You're not 50 leagues under the sea with a bunch of bullshit that you should be dealing with. We hear you really clear. Yeah. And then that goes back to that spiritual connection you have here, interwoven with the fabric, as opposed to completely separated, which a lot of people are, you know, and that's a key.

If whoever is listening today learns one thing, learn that you talk to anyone about health and there's just one third of what you need to be practicing that nobody talks about.

Right. It's it's your spirit is one third of all the mind, body, spirit.

Purpose, Manifestation, and Closing Reflections

And if you're not doing it, if you won't have experiences like what we're talking about, if you want your flights to lead with purpose, then the big stuff has to be done with purpose right here.

Everything you do, every choice you make, is a step towards something good or something bad, right? It's either you're taking a bite of something that leads to health or away from health, right?

And if you're constantly purposely doing the right thing to people and to yourself, it's very easy for, the universe to start giving you back. Right? And that's where you're at.

So that's the greatest inspiration we could have hope for. We got. So thank you. You're welcome. I'm still figuring I'm figuring a lot out. In fact, the older I get, the more I don't understand.

I feel like the more I learn, the more like my bubble expands to go. There's so much I don't get. But ultimately, you know, I feel like sometimes spirituality can become something where some people are like, whatever.

It's like, look, I'm not doing it just because I want to be some cool hippie. Like, I want to be a spiritual person. I want to know how to have the happiest, most joyful, peaceful life possible.

And for me, exploring spirituality and consciousness and quantum physics and genetics and epigenetics and all these things are, for me, a way to help me understand how I'm going to do that.

Like if I because when you know, like beyond believing, when you just know something, there's a big difference there. So like let's just say let's just say I knew I could fly.

I really think I could write like I really don't like. We're just energy. We're just like these little tornadoes. That energy just, you know, at this density level and, you know, why not?

But I don't I don't really know that. I don't even believe that. But that's a that's a big example. But if I know that I can make the best damn dinner you've ever had and a steak will be perfect, and I can make you know, if I know, like, I just know it.

Like, I'm going to deliver right? Or if I just know that this product is going to succeed. I just know it. Like, I know the world needs it. I know, I know it'll be good for everybody, and I just believe in it.

And no matter what obstacles you come across, there's lots of success stories in business of, you know, like I remember interviewing John Paul DeJoria from Petron and Paul Mitchell and all of his products.

He had to shop and shop and shop. And it took a while for someone to finally like the right company to sell it for it to take off. And when it did, it was huge, but it didn't mean it was successful from the first person that took it on.

So when you just like know something, I think that that can really lead your life in beautiful ways. So by doing all this exploration and research and interviewing and things like that, I get to this place where like I hear something and it hits and then I can kind of come into a knowing about what I'm capable of.

So like if I know that I can manifest my entire life, like if I can get to that point where I know like every thought and every action and everything is all going to create, even though I kind of like think it in my head, it does that.

I knew that like, how could I have a bad life? But all right, isn't that the point? Like how to be happier? Yeah. So I'm trying to figure out how to do that.

Yeah, that's cool. You know, and for anyone that's inspired, I would suggest they spend some time with your podcast because everything what I go look at and listen to your podcast, it's kind of like you out there.

This is this is how Danica has been built in the last few years. You know, really, it's the stuff you believe in and you've been very sort of I integrity in terms of what you even want to talk about.

Right. It's truly what you take interest in. And so if anyone wants to understand how to feel like this and how to live like this, I would recommend the podcast because there's some of me going on there.

Thank you. Yeah. So thank you for joining us. This is awesome. You're welcome. Thank you. Thank you for being such a good friend and thank you for helping with I'm so glad the universe had Dave Asprey set me up with you because he knew that you were researching by and is actually be I that connected us and then we've kind of webbed out from there.

Yeah to the point where you know working with Mindy on on this and having. You are here. As I was working with Mindy and then I was like, hey, I need to have one doctor and you have a lot of great ideas Kashif.

But can you talk to my one doctor? Because I used to have like four at the same time and I really going to have a point person these days because I, I do too much and then you guys connected and you know, the web kept going.

Up, kept going, and we'll keep going for. The sole family. Now, this whole family, the tree keeps growing. Yeah. Thank you so much again. Thank you for your time is awesome.

And it it is exactly what it was meant to be an inspiration. So thank you. You're welcome. Good work work.