He Can Feel Energy Flow Through the Body — Here's How You Can Too! Rich Chi | Ep. 98 Transcript

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Introduction to Chi and Energy Healing

What do we learn in school? We learn about the electricity in the body, but then we ignore all the circuits that they mapped out 3000 years ago. Everything that's wrong with the bodies, either one of two things.

You don't have enough energy going through that circuit or it's blocked. So if you've drained yourself, you have to rebuild that energy. Today, our guest flies into town.

He specializes in what's called Chi. We have Rich Christopher. Hey, there he is. Rich Chi is a holistic wellness coach and energy expert who blends science and spirit.

From martial arts roots and a near-death wake-up call to training with masters around the world, Rich now guides others to clear their blockages, heal from within, and live fully charged.

In the human body, what are these circuits responsible for? In short, everything. Literally. We're born with a certain amount of energy. It's called vital essence and it's stored around our kidneys.

But the circuits, they go through all the major organs and they through every part of the body. How do you build the energy within your body? So resting, acupuncture, yoga, breathing, eating, truly clean.

All these things can help do the right things on a daily basis. You will build and you will open your energy up. When we're talking about Western medicine here in the US, is there like a big health lie that is happening that they need to unlearn?

I don't think it's a lie. The modern technology is amazing. We can bring people back to life. It's something that we are ignoring that has the ability to heal us.

So I'll tell you this. Welcome to another episode of a healthy point of view podcast. I'm your host Sam Tahata. And as usual, we're bringing experts in health, wellness, beauty, and mindset.

Today, our guest flies into town. He is a wellness coach specializing in longevity, but in the real form of energy. He specializes in what's called Chi.

I don't know much about it and that's why he's here today so he can get into some more deep conversations. And I had the opportunity to research a little bit of the guy he trained with, the master himself, who can set paper on fire with his hands.

He can shock you, he is like the walking taser. So this is gonna be an interesting conversation. We always hear people talk about energy medicine, about frequency, and about all type of healing modalities.

Guys, who we have here today? We have Rich Christopher. Hey, there he is. Hey, which you go by Rich Chi. So Rich chi. Welcome to a healthy point of view podcast, brother.

How you doing? Thanks for having me. I've seen you so many times. It's good to be in the room now. There you. Go man. Now you'll be able to see yourself on the actual screen when you're watching a Healthy Point of View podcast.

Right. Energy in physical form. Absolutely. Who is rich? Who's the five year old rich. That's who I want to know. Who was that kid? Man, five-year-old rich, he was a he's a troublemaker.

But I grew up in Buffalo, New York. So, you know, just working hard. And my brother got me involved in martial arts when I was eight. My dad died when i was 8, so he kind of You know, it just took me in and he had me, I was doing, remember the first day I went to class with him and his buddies in Delaware Park.

And, you know I, was eight years old, but I doing 50 pushups, 50 squats, fifty, crunches, just like all the other adults. Next day, when I got out of bed, and I could hardly stand up, because I'm so sore.

That was the very first time I did all those exercises. And from that day on, I was hooked into this no pain, no gain, more is better, modern fitness mentality.

So I continued that, you know, wrestled in high school, boxing. I kickboxing with the, the captain of the Jordanian national Olympic team. Um, and then I training for MMA and at age 19, supposedly in the peak of my fitness career.

Rich Christopheru2019s Background and Near-Death Wake-Up Call

but I had no energy. I was exhausted. Really? And so I training for my next fight and my heart rate shot up to like over 200. It wouldn't go back down.

And I got rushed to the hospital. Almost died, just severe exhaustion. and I, I get out of there and asked myself, it doesn't make any sense. How could I be so healthy and fit and near death at the same time?

So they were missing something. So what was it at that point? That was almost like a near-death experience for you, right? Yeah. Basically, you know, we can call it a few different things.

Exhaustion, overtraining syndrome, adrenal fatigue. My body was drained. I had nothing in me. Wow. But, you know, I went to all these specialists, got all my tests done, all the tests were always normal, or within normal range.

And I mean, to me, that just tells us that our tests, our modern day tests all this technology is just not sensitive enough to gauge what condition the body is really in and all our organs are in.

So I had to look elsewhere. So do you think like when we're talking about Western medicine right here in the US, when looking at like allopathic doctors, is there like a big health lie that is happening that they need to unlearn?

I don't think it's a lie. I mean, the modern technology is amazing. We can bring people back to life. If something goes wrong, you put them in acute care and we can stabilize them.

Every form of healing has its own strengths and weaknesses. Why didn't that work for you though? I was getting to the point where I almost dead and I got, went into an acute care facility and they saved my life and stabilized me, but I still exhausted.

My body was spent, you know, they didn't catch me. They couldn't get me going all the way down. You know they caught me here. So I don't think it's a lie.

It's something that we're just, we are ignoring. I'll tell you this. What do we learn in school, right? We learn about the electricity in the body, brain, spinal cord, heart, pacemaker, muscle contractions, all the nerve signals, the sodium, potassium pump, electrons, electrolytes, everything.

But then we ignore all the circuits in which the electricity flows that they mapped out 3000 years ago before any of this modern technology research or AI.

So as advanced as we get. We're ignoring it. And I think it's because you know when you're in high school and you are dissecting in biology, you can't dissect your stomach channel or your kidney channel.

They're not physical wires. Right. Their channels and their circuits, which absolutely… I know are real at this point,

you know, the energy is real, bioelectricity is, but it's not a physical circuit.

So I think that's why we, we just look past it in biology class. Let's talk about these circuits in the human body. What are these circuits responsible for?

In short, everything, literally. We're born with a certain amount of energy. It's called vital essence or this vital substance that we're borne with, and it's stored around our kidneys.

So the kidneys in ancient healing methods are very important. They store our vital energy, But the circuits, they go through all the major organs, and they through every part of the body.

And basically, anything going wrong with the bodies is one of two things. Either you don't have enough voltage going through, you have not enough current going though that channel, or it's blocked.

It's like short circuit. In short, it is everything. Wow. So how do you manage these circuits? How do measure them? It's hard to, but you have to use these ancient healing forms, Chinese medicine, Ayurvedic medicine and feel different parts of the body, ask the right questions, look at different part of body and you can get an idea of the strength of that organ and that circuit based on somebody's talking to someone and seeing the signs and the symptoms, observing them, different parts of their body.

It's old school, but it's a thousand times more accurate than what we got here because again, I was near death and everybody, was proclaimed perfectly healthy and fit.

The pinnacle of health and fitness, 220 pounds solid muscle. Every specialist just look at me. You're a perfectly healthy and fit young man. I don't know what you're talking about.

Go to, you know, I went to an acupuncturist and he looked at me and after an in-depth consultation, the first real consultation where he listened to me, he said, yep, your, all your organs are starting to shut down.

My hands and my feet were ice cold. So my body was restricting all my energy to my internal organs to as like a survival mechanism. And. Yeah, after everything you told me to do, I started to get better.

What made you seek out to this individual, to the healer? You know, a lot of times in this country, unfortunately, last resort. You tried everything else.

I got sleep study done. Oh, your sleep's fine. No sleep apnea. Well, why do I wake up exhausted half the week and other maybe a couple of days I woke up OK.

Blood tests, CAT scan, MRI, everything. How did you find them? So, my best friend always told me there was some herbologist out in the country. So I just went looking for him one day and I went into this whole church looking building.

And I say, hey, have you seen this or biologist? And he's like, yeah, it's me. And that's how I found him. Now, this isn't the master you trained. No, This was about 15 years ago.

OK. All right. So so all right, so fast forward. You get treatment. What was the next step? So it was, um, man, it, I call it my holistic rehab. I just, changed everything, right?

You know, started eating different, sleeping different. Um, thinking different and moving different Acupuncture was, was a huge part of it going for treatments.

Um, yoga was huge. Part of. And, you know, eventually I developed, the muscle release system, which is, has made yoga easily accessible to get all the benefits, without having to be super flexible.

It was a lot of breathing yoga meditation and really just focusing on the energy model of the body and opening up

all the circuits so that the energies can flow and get to all of organs and permeate all organs to get energy and blood and nutrients and energy.

You know, building back what they call the the yin, you know the yen of all the. The organs in the body and you in Chi. So when you say the game right, people might have heard of ying yang, right?

Understanding Body Circuits, Vital Essence, and Blockages

So you really only focus on one side of of the yang yang model, Right? It's it's always it. Always a combination. And so every every part of body, every organ is it has yen and yang.

Yin is more of the substance. So what's the actual digestive enzymes? If you're low on digestive enzyme, your stomach or your spleen, yin, is deficient.

You have to build that up. The yang is the function. Is your GI tract moving too slow, you know, or it's not doing a certain function that it supposed to be, your heart is not beating correct.

That's yang, that's function. So yin is substance, yang is function, and it always, there's two parts to every organ, every part of the body. Nice. These things that you're talking about, is this part your daily practice that do for yourself?

I mean, I've, focused on building. Yeah, absolutely. Building the energy in the body and opening the in body, two things. You got to build the, but you also have to open it because if it's blocked, you know, You can build all you want.

There's a break in a circuit. It's not getting to a certain organ or certain part of your body. So let's go a little bit deeper in that. How do you build energy within your.

So to build it, you have to, a lot of times you got to go for acupuncture, different herbs, even just cooking herbs like ginger and things like this can help you start to building, eating hot foods, drinking hot liquids, resting.

You know, after, you know after I hit the wall and got out, that whole near death thing, I spent a lot of time resting. And yoga, it's called shrama. It's like, how we have sleep debt.

We don't sleep enough for a while. it kind of builds up, doesn't go away. I had like exhaustion debt. So all this exhaustion of it's kind of a combination of sleep debt, but I have all these built in exhaustion that I've had to heal.

Resting, acupuncture, yoga, breathing. eating truly clean, not just like what they tell us in modern nutrition, but truly cleaning, and all these things can help do the right things on a daily basis.

You will build and you will open your energy up. Okay, so you're building energy that way. Now you said eat truly queen. It's a health and wellness podcast, I think a lot of the listeners are wondering, well, we listen to this podcast.

We hear about eating clean. What is truly cleaned? Truly clean, man. It's whole foods. Whole grains, fruits, vegetables, lean protein, beans, peas, lentils, healthy fats, like olive oil, avocado, nuts and seeds.

And it's really sticking to that. There's a lot of food products today. Yeah. And I even wrote it in the book. There was somebody who studied the voltage of different foods, and the fresher it was, the more voltage it had.

It literally just has more energy. Doesn't mean that we don't eat cooked food, but fresh food just, it has energy to it. And the chemicals and more additives that you start to put in, Faces just not organic.

We weren't designed, you know by intelligent design with to to process we have to Process that and it's always it takes energy to processes all the things that aren't Organic, right?

Right. So okay, so we eat whole foods. Were doing all of these other different Modalities to help really build up the energy Now, what if you got some blockage?

How do we how do. We release that that blockade and that energy get in it flowing the way that you're talking about? Yeah. So blockages come in many forms.

Sometimes it could be from an injury, sometimes sometimes it's emotional. Emotions get stuck. They get struck in our body. So that's one of the things that I always work with people is I could give you the perfect diet and you could be doing all the right things, but if you're holding on to this grudge or this regret or sadness or something, that literally creates a blockage and can feel that.

Have you ever had an emotional block? I have. I'm trying to think. Trying to thing of one that stands out. Man, that's one of those questions I wish I would have studied ahead of time.

Do you think you could have an emotional blockage more than once? Absolutely. You could build them up and open them and close them back down. In Chinese medicine, emotions are the number one cause of internal You know, disease, internal condition, you know conditions chronic conditions caused by internal, not by like a pathogen or outside so emotions over time can lead to, heart fire, liver fire.

stagnation, you know, if you're scared, it can drain your kidneys. Emotions have huge, huge effects on the body. So yeah, making sure that, in my book, I call it the new wellness.

We've got to come out of the stone ages of wellness here, and we've gotta come into acknowledging the energy of body, but sleep, diet, hydration, movement, flexibility, Energy, you know, paying attention to your, your energy system in your body and where you have blockages.

And then the mind, emotion, and relationships, huge part, then you gotta balance all of them. How do you work on the emotional part just to stay on that topic?

You know, is there something that is done for emotional fitness to be able to compensate for what that emotion is doing? I think I. Think emotions are sometimes your thoughts create emotions, you know.

And sometimes emotions can create thoughts. The biggest thing I would say is I have an outlet. You know, especially for guys, you know? Like guys are supposed to be, like when I was growing up, in college, guys were supposed be tough, right?

They were suppose to suck it up. Yeah, suck up it. I mean, I wrestled, that was a wrestler, okay? My coaches were like from the 70s, so we didn't complain.

But you gotta have an outlet. If there's something bothering you, You gotta talk about it, and you don't have to talk to a therapist, but you talk somebody.

What's your outlet? So many, man. So, many. Give me some. Going out for a walk sometimes. Sometimes I'm just like in the house. You know, my kids are all, you know.

Maybe they're, not playing well together or, it's loud in house, I got a lot of work, backed up on. I just need to go outside, go for walk by myself. It allows you to kind of like decompress a bit.

Absolutely, you know, therapeutic. Connecting with the outside, man, nature, the elements, playing music. Man, if you can play music or even just listen to music, it just puts you in a mode where you're just, your woo way you are doing without thinking.

But basically anything can be met, anything you love. That's why I always tell people, do something you Love, at least weekly, if not daily. But I think talking about it, If you want to work through something, Anxiety is the hardest one because anxiety means that there's something bothering you but you don't know what it is.

So that's when the yoga and the muscle release system that decompress your spine. When you decompressed your spines and open up your muscles, it literally can pull that out to the front of your consciousness.

Taking it from the subconscious, bring it into the sub-conscious or the run of consciousness, Then when you're conscious of it now you can deal with it.

Now. You can talk about it Now you know what it is. So it's it like that thing where they say you got a fight, you gotta find out what the problem is the level of awareness when You solve a problem has to be different than when start the problems.

Give me Richie's Definition of emotion And it It's one of the most powerful things in the universe. It, it's a, a feeling.

Building Energy Through Rest, Food, and Daily Practices

There's like, I forget with how many different, but there's six or seven different major emotions, happiness, sadness, worry, pensive-ness. all these different emotions, but they're, man, it's what makes us human.

That's a tough question, that's extra credit right there. What's the difference between a good emotion and bad emotion? I think also, and I talk about this in the book, they have different frequencies.

You know, I thinks as you raise your overall energy and your wellness, you start to jump different frequency. You know, in fear and worry and grief and anxiety, he's just having like a lower vibration.

But I'll tell you, man, the more I work on myself and the healthier I get and more energy I have, it's happiness, joy, fun. These emotions, I don't feel those emotions that much unless something really difficult or bad happens and then you just have to work through it.

You got to go through the grieving process, deal with things, talk through things. don't let things fester in here and in hear because it literally it's like a swamp.

You ever see standing water? It starts to form a Swamp and you know, it turns, It turns polluted. If you got something stuck in, here, and here you literally you're creating a swap and that creates blockages and got to work through it.

Yeah. Do you, um, Do you see the difference, is there a difference between good and bad emotions? I don't know if there's, I think you can focus on the wrong things and create more negative emotions and you could, if you ignore emotions, that's bad.

If you let the emotions run through you, it goes through, oh things, just like a river, things gotta move. Who's in control of your emotions. Sometimes I think it's our subconscious.

I we're governed by fear. Fear makes us do things and it makes run away from things, and makes it run towards things. Is it really us? Is our true selves that's living or is it our sub-conscious fears that are holding us back and making us avoid certain things?

Well, let me give you an example. Can someone like myself control your emotions? Can you control my emotions. I don't know. You know, is there a difference between inner and outer emotions that does anyone trigger you?

We definitely have triggers. Okay. People, I think everyone has triggers and I that's the hardest thing is that triggers are when you find out, you know where your emotions really are.

And if you have anything blocked and you, The reason why I ask is, I know a life coach that speaks on this, and he brought one thing up that really stuck when he bought it up.

And he was talking about how his son was kind of mad that he said no about something. He told his sun, he says,

well, thank you for giving me the remote control to control your emotions.

Right. And I say, man, that was pretty powerful. It's like you get the remote control to control someone's emotions because you said something. But where he was going with this as a life coach is don't let anyone else have that remote controller.

Right, right. Because you can't control the outer world. The outerworld is you're going to be throwing all kinds of issues, problems, people are going test you.

but if you have the ability to self-regulate, then no one else has that remote to control your emotions. Absolutely. And I think the more that you meditate and really clear your mind, stop your thoughts, the that more you can get really in tune with yourself, find your center, and connect with your higher self.

Because I there is a higher While we're talking about this, I think there's a couple things that Jesus said that I thing a lot of people forgot. Or they forgot or they just kind of ignored it or looked past it.

But he said, the kingdom of heaven is within you. That's a strong statement right there. Where is it? It's within you. It is within your. Your body's the temple of God.

So I mean, I've been in meditation. I cannot tell you I have been to the highest of highs where it just like it's it a feeling of everything is just perfect in this moment right here.

And I couldn't ask for anything else. Like, it is perfect. Bliss, euphoria, happiness, whatever you want to call it, joy. The problem, the difficulty for me now is not getting to that point.

It's staying in that state when triggers happen or, you know, when we get so into our mind we lose that State. So, after years of You know, just opening up blockages and working through emotions and feelings and thoughts.

You can get to this, this consciousness. The other thing he said was all that I have done, you will do in greater. So what are we waiting for? All right, let's go.

Time to perform, right? Yeah. So you open up these blockages. Now you're talking about the shredding release. I want to get into a little bit more of what you do.

What are these release mechanisms that you talk about? The muscle release? Yes. Because I think most people would just say, I'm going to go stretch. Absolutely.

That's the only thing we're taught. Right. Stretching that word? So I'll give you this analogy and you tell me anytime in life, you have something that's tight.

Okay. Let's say you. A rubber band, a wire, uh, string, shoelace, whatever it's type. And you pull more on it. What's going to happen? Got a snap is going to get tighter.

Yeah, eventually it might snap, but it's definitely not going. To relax. So why do we do what's different about the human body? You know, we're all the same molecules.

Stretching doesn't work. All it does is yank on tight muscles. It doesn' loosen the muscle up, though. It's like if I get a new pair of shoes, right? And I started stretching them.

They get it a little bit looser, Right? I mean, that's a good analogy. But what happens in the body is that loosening are the joints. You're yanking on the joint because if the muscle stays tight and you you're pushing or pulling on it, it stays.

Tight. So what you end up yanking are are to the joins. And that's not that not what you need to to stretch out. I mean, you want your joints to be elastic, but you have to release the muscle tension.

OK, understood. So how do you do it? What's the trick? It's putting yourself in the right position. It it's your intention. You know, we have the focus and it it like, um, if I told you to make a fist, right?

Tighten as you can. Now open it up. That wasn't hard, right? No. Why is that? Because we have amazing neuromuscular control. Signals coming from the brain to the muscles in our hands.

So you could do this all day long, you know how to release muscle tension. The problem is, we lost that control, that neuros muscular control in all these muscles.

Emotions, Stress, and Releasing Internal Blockages

You know deep deep, deep in our spine connected to our Spine that's holding our spines together and compressing, you know compress in your spine as we get older So we've lost that neuromuscular control in different muscles in her body like how many people after a certain age?

They can't even wiggle their toes Wow I saw that when I used to teach yoga. So we lose this and the muscles get tight. What happens is we end up storing 10, 20, 30, 40, 50, whatever, a lifetime of muscle tension and spinal tension.

Now this is slowing down our circulations, cutting off our circulation. It's slowing blood, oxygen, nutrients, and energy to all our trillions of cells.

aging us so much quicker than we have to, so aging does not have be such a quick decline as it is right now. So the stuff that you're talking about, what are you learning?

I've traveled the world. I have trained with some of the most powerful human beings on the planet. Like you said, my master can literally shoot electricity out of his hands like some kind of…

I always call him like a street fighter, like Raiden. You know, I went to temples when I was in India and talked to some… I think they were Tibetan monks.

And just the things that they told me about the body and how it works. just made me understand how we're forcing things. We're trying to force things with our stretching and everything.

And it's, you have to be more intelligent than that. You have be gentle and you gotta get those muscles to release. But it works. Yeah, traveling the world, spending a lot of money.

I always bring the family and we make a trip out of it. Have fun. So body as electric longevity lenses. Let's talk about that. The electric in your body, how does that relate to longevity?

So, again, anything wrong with the body. Now, you told me about problem you were having. And so I'll tell you after the show how I think what what we got to do to help that out.

But It's everything that's wrong with the body is either one of two things You don't have enough energy going through that circuit or it's blocked right, you know too much resistance You know what happens with electricity if it too resistance that wire gets burned out.

Okay, so What was your question? You're you're electric in your body. How does that relate to longevity? So, um, you need, if you're, If you've drained yourself, You have to rebuild that energy.

You gotta rebuild the Yin. Um, whether it's an organ or eventually gets to the kidney Yin, which is the mother of all Yin and that's draining yourself.

And you have to keep things open so that the, again, the electricity, bioelectricity can get through and permeate all your organs so they're at peak functioning and peak condition.

So in the book, I make this very simple graph where it's like, you're born with a certain amount of energy. What is this, the y-axis, vertical one? It's been a while.

And then as you get older, what happens? Your energy just starts to decline, right? That's a natural progression. Now how quickly and how steep that decline is, how you live your life kind of determines that.

Whether you are fast and furious or you kind Preserving your energy as you go along so you have to build your Energy you Have to preserve it and you got to keep it open so that all your organs get the energy the voltage the electricity that it needs right, right so so Tell us more about what you do.

Right. Because you work with the breath and everything else based off of what I was reading about you. Yeah. So so I want to get into those details so the listeners and viewers can really understand how you're helping people.

Absolutely. The thing that I love to do is to just work on everything. Like I'm a dietitian by trade, you know, but Diet is one component. You know, you can eat the perfect diet, I can give you the diet and you follow it.

But if you're sleeping three hours a night, every night you are only going to get so far, right? So as a recharging wellness coach, I bring all components together.

So we work on your diet, we fix your sleep, you know, how your cardio and your strength training, but making sure that you're not tightening up your body and closing everything down.

And we worked on mind, emotion, and relationships. We try to find out where your weakest links are with all your organs and where you energy is at. Find out any blockages you have and work through those.

just creating complete balance because you know wellness is what you do on a daily basis and so the biggest component I would say is the muscle release system because when you again when can open up 10, 20, 30, 40, 50 a lifetime of muscle and spinal tension in your body you're opening up that circulation so you get maximum blood, oxygen, nutrients, and energy to all your trillions of cells.

And that's what we need. If you're a cell or an organ doesn't get oxygen for a few seconds, it can die. So you think about being oxygen deprived little by little over time, It's just like it's causing hypoxia in all our cells and our organs over the time.

Our circulation is cut off and we're aging quickly. Uh, wellness, recharging wellness coaching. And I have a, uh, feel 10 years younger program where I'm a hundred percent confident that I can help people feel at least 10 year younger and you're going to feel it.

We're not just talking like on paper. Like this, I calculated your true age here. Here's your two age. Well, if you feel, If you are exhausted, what's that true aid is going do for you?

Health is how you. Wellness is. So I love making people give people that energy back. Rich. I want you, this next part, take a second and think about it closely.

I wanna give you a couple minutes and tell me what you want people to really know about what your do. Break it down to us in a few minutes. And tell us what want the world to know.

Hit me with it. So if I can get one thing, one message out to people, it's that, We are truly amazing beings, we are electric.

Muscle Release, Longevity, and Recharging Wellness

And if you don't have your health, what do you have? Nothing. You can't anything. So to me, to be able to Like my, my life philosophy is have fun, help others learn and grow and respect the earth.

So, and again, you can't have anything without your health. Helping people. I love helping people, what do you want the world to know about Richie? So I think my whole life has been a progression of proving that the energy in the body is real.

I feel like we're still in dark ages of wellness and I almost died. While everybody was shouting in my face and all my tests kept saying, you're perfectly healthy.

We are ignoring the main component of the wellness that has the ability to heal us make us happier than we ever thought possible, give us more energy and access higher levels of wellness and energy that we don't even know exist.

You know, as life goes along, you know that our energy just declines and we get used to it. Oh, I'm at this level and now I am at that level. Well, guess what?

At age 19 I was almost dead. And now it's been a parabolic upward journey of reaching higher energy and wellness and, you know, to bring it all to, bring in all together, we were designed to function.

at a certain level. And I just see way too much chronic disease and suffering and depression, anxiety, and just struggling. We don't have to struggle when you really take into account the energy model of the body and you balance things.

When you are fully balanced and full of energy, we're just happier. I agree. I wish everybody could experience it at least once in their life, but this higher consciousness, some people call it the Christ consciousness.

You know, again, have fun, help others, live a good life. You don't enjoy time with your friends and family and be able to do that as long as possible.

And is good to be, be to live as you can in as good a shape as can so that you're not declining in function. I used to work in a nursing home. So people in their forties and fifties couldn't even wipe themselves.

What kind of life is that? It doesn't have to be that way. You know, you can still be okay up here, but I've noticed that when my body feels better and things are working better, I'm having better thoughts.

I have a happier thoughts I'm having better emotions, happier emotions. And when I have more energy, I am able to give other people more. Absolutely. To help other and to encourage other.

I think encouragement is one of the most powerful things in the world. You want to be someone's best friend, encourage them and see how they react to you.

And see how much better they do. Encourage your kids and see see, how, much, better, they, do see. How, was better. They, feel see? How much. Better. they.

Perform encourage your your co-workers your friends your family if everybody just encouraged. My son goes to school and they had this teacher who in the morning he would just high five everyone.

He would hype people up so much. Everybody just looked. I could see the happiness and the excitement on the kids. They just wanted to see him and high five him in the morning.

And he would tell them, you're great. You know, man, your beautiful. Your awesome. Think about that. How good those kids are going to feel going into school.

In a place where it's just full of other kids and expectations and scary things for the first time. And these are kids, you know. But if we can just all encourage each other, help each.

Other. And just give each, other more energy. Man, I think, You know, we. Can solve a lot of the world's problems. I

agree, man, agree. So, Rich, i got this cool thing here from one of my favorite podcasts is called The Diary of a CEO.

Right. Steven Barlett. These are cool conversation cards. i'm going to have you open it up. All right. Pick one card. Take it from the middle. Got game time here and game night.

You got to go ahead and read the question and answer it. All right. I got an answer. OK, what is one aspect or feature of your life that causes you the most friction or discomfort and how can you change it or fix it?

I pick another one. No, that's it! Oh, man. most discomfort. I mean, for me, it's trying to regain what I lost. But again, you know, if I didn't struggle, If I hadn't almost died at 19, I wouldn't be on this path.

But I continually try to regain what I lost because all I was trying to do was be healthier. You know? I doing my strength, doing cardio, eating what was supposed to be healthy and nutritious.

And I ended up just, you know, working myself into the ground. So to me, getting over all those years that I was just exhausted and I couldn't accomplish half the things that wanted to accomplish.

And, I wasn't as nice to all the people around me that were close to be as I could have been because I exhausted. I'm struggling. To me getting the past.

And I think a lot of people realize that you have to get over the pass to move forward. But again, everything is a mindset. If I just sit and focus on everything I lost, I can't go forward, but if I realized that they brought me around the world to learn all this stuff, to help other people feel 10 years younger, have more energy and just not suffer, I can't complain at all.

Yeah. Rich, if there's one person out there who resonates with your message today, what is that one thing you can leave them off with in a couple of sentences?

I would say whatever it is. That you want to do in your life, whatever problem you're having with you physical, your mental or your spiritual wellness.

If you do the things that I tell you on a daily basis, you will have more energy. You will be happier and you'll get down to connecting to your true self on the inside.

And when you connect with yourself, You'll be able to connect With others and. you know, are you going to be Able to just. Again, access higher levels of energy and wellness and happiness that you never thought possible, right?

Which where can people find you? Uh rich chi wellness at rich wellness on all social media And then get recharged now.com. That's recharged past tense now amazing, brother It was a pleasure having you on the podcast And uh, let's get this message out Appreciate it.

Thanks, man Guys, you heard Rich, it's all about the energy, right? You have to release a lot of that stuff that's just locked inside of your system. And there's certain steps you have take.

It's not just one thing. Make sure you subscribe, follow, reach out to Rich and he can lead you on the right path to figure out exactly how to released a lotta those blockages and let that energy flow the way it needs to.

Guys we'll see you for the next one.