Introduction to Jason Prall and Longevity

I'm very excited for our next guest is someone I just met recently, but I can't wait to dig into his work because as someone who just turned 60 years old, this guy's got some great information that I need to learn.

And his name is Jason Prall. He is a filmmaker. He's a health educator, author, speaker. He's he's done some amazing work around longevity and even did a nine part film series that you have to watch.

I just started I just started watching, by the way, Jason, the first session, which was amazing, but it's all about how we can live longer and not just live longer.

A lot of people don't want to live longer, and then they have aches and pains and then they're not very healthy. That's not well, that's not what anybody really wants, is just live another day being sick and achy.

But what you've delved into, which I really love, is like, how can we live longer but be pain free, be healthy, be vibrant, not having to take prescription medications.

So I'm really excited and I know everyone watching is really excited to learn from me today. So Jason, thanks for being on today. Yeah, thanks for having me. It's a pleasure.

And you said it. That's that's just it. That was my big thing around this longevity discussion is why do we keep focusing on the number of years and when really all we're concerned about is this is the moment.

That's really what we're always in the moment of now. And so so it's a it's a completely different perspective. And so I'm glad you you mentioned that. Yeah.

And I really am looking to learn from me because I'm always as I grow older, trying to reverse even just the stereotypes I have in my head of what it means to be old.

And, you know, because we go, oh yeah, I'm a little achy today, almost, because right now I don't want that in my head. I destroy those beliefs. But I want to learn more from you on on how to just thrive as I go through, hopefully the next 40 or 50 years of my life and 60 years old.

Yeah. And that's just it, right? Like it's just like in business or whatever your, your focus is if you're going to master it, if you're going to get really good at it, a lot of times you've got to break down on beliefs.

We've got to examine our own beliefs. We've got to shift our perspective. We've got to reframe our thinking. Right? Because we often get caught in these patterns of thinking that you mentioned that are really given to us, that as we get old, it means we we get worn down, we get achy, we get old, we get kind of crotchety.

We don't. Right. There's this like demise that comes with aging. But but so often we're not reflected back to us in our culture anyway. The beauty that comes with aging, the wisdom that comes with aging, the the gift that is the the new perspective that life has this, this, finite time.

Right? Which is not something that most of us think about when we're 18 or 19. Right? So there's real gifts in, in the beauty of growing older. And I think there's a lot of, misconceptions that also come with growing on it.

Yeah. And one thing I was joking with you about when we first met was you're a young guy. Why are you why are you so focused on this right now? You're still in your 30s, right? You're.

I'm 40. I'm just. You already have a really good. Yeah, but you've been you've been focused on this for a few years now. And I know you're you've been a medical practitioner and, and then really started focusing on this, longevity project, human longevity.

Why Aging Should Mean Vitality, Not Decline

What what was it about longevity that got you that caught your interest, that made you at a young age, a guy that's still healthy and vibrant? Naturally, because you're young, you take great care of yourself.

You do lots of great things. I think you said you have a one year old son now, right? You're just you're just getting going here. But what what what made it so attractive for you to delve into this?

Well, there's a lot of things. I mean, I think one of them is the perspective that I see in our culture with longevity and with with aging. Right. And some of it comes out of silicon Valley and this tech idea that we can just inject things and, and implant things, and that'll somehow get us over the finish line of 100 years old or living forever or the disease.

Aging is a disease that we need to cure. And so a lot of it was to combat some of that sort of narrative. But then the other part is that there really is, some wisdom that we can gain from studying people that live a long time.

Right. So, you said it perfectly. I'm fairly young, and so it's hard for me to espouse what it takes to make it to 100. I had I'm only 40, so it's pretty arrogant.

And and I don't mean to to to deny anybody that has opinions about what it takes to to live a long time. But for me, I wanted to go ask the people. I wanted to go ask somebody who's 105, who's 94 or whatever, and get their take on what it means to be healthy, how they got there, what their thoughts are, and all this and and that would inform me hopefully, so that I can live a little bit wiser even in my youth.

But but at the same time that I think we forget that in order to make it to 100, it takes 100 years. So what I do today matters to to make it to 100 or 120 or whatever.

We have our, our sights set on. So, what I do and I would actually argue that the most important years when it comes to long term health are what happens between essentially pre-conception before we even hear with our parents and probably seven eight, nine years old.

So that is really what sets the foundation of our thoughts, our beliefs, our bodily systems and how they're going to function. Essentially, the epigenetic triggers or switches really get ingrained at that period of time.

And so sometimes if things are operating in a sort of maladaptive way because of our experiences in our environments when we were young, and we it may take ten, 20, 30 years of for us to investigate re, you know, rewire, re pattern some of these things.

So, so getting to an old age in a healthy way can be a multi-decade process, right? It's not something that I just instantly discover. That's awesome.

Now what if someone is just discovering your work and they're, let's say 60 years old? Is there still hope? Now I feel like I'm healthy already, but if I weren't, is there still hope from for someone in their 60s or 70s at least to extend or recover or even recover, maybe some of their ability to live not just longer, but healthier and more vibrantly.

Absolutely. And there's there's plenty of examples. In fact, when I was a practitioner working with people, on a more regular basis, I often work with people that are in the 50s, 60s and 70s.

And, some of the things that they were dealing with on a chronic illness, chronic illnesses or chronic issues, chronic symptoms, they were quickly resolved, and, and quickly remedied.

So the body has an amazing capacity to regenerate even in our, our advanced ages. And, and even then, no matter what our potential is, right, our health potential may not be as high as we get to those ages, but still, it's greater than what it is today if we just do the right things, if we if we shift some things to to be more in balance so

we can we can do a lot of things to bring ourselves into alignment with, with how our body's going to operate.

And I think without really diving into a whole lot of those, one of the things that I can say right now is, especially as we get older, the number one thing we need to do is engage life, right?

So this is something that I think there's this interesting thinking that you kind of alluded to, which is that, okay, I'm getting I'm getting older, 60, 70.

You know, there's there's no hope. Right? I it is what it is. Right. And you see this a with old people, my grandparents with this way. They're so funny that way.

But that can get into the sort of negative slide of just like, okay, I've, I've done it. I've made my life. I can't really recover from here. Yeah. If we switch that thinking, if we reframe that and instead reengage with life, whether that be with our passions, playing games, engaging with our grandchildren or children, walking, picking up an instrument for the first time, I met a lady that was 94 years old to pick up the violin at 92.

I was learning the violin at 92. And every Wednesday she'd go and join her little group class to play the violin. Now, I played the violin when I was younger, so I have a sense for what good violin skills are.

And when she got on and started playing, she was awful. She was absolutely terrible. But it wasn't the point. She was playing exactly it. She was enjoying something.

It's music, which is speaking of energy and healing. Music itself is healing. Through sound. We can actually infuse energy, infuse intention. This is the whole idea of chanting, of singing in churches back in the day.

You know, this is it, this profound, healing in music itself. Tuning forks are used, right? In gongs are used. The didgeridoo is was used to heal broken bones.

And in indigenous cultures, there's all kinds of ways that we can we can look to for for music itself is healing. So she's doing a lot of the things right there.

She's working her brain in a new way. This is massive, right. And she's actually fine motor skills with her with her fingers on the strings.

What Inspired Jason's Longevity Focus

There's a lot of little things, nuances that we can point to that are actually improving her health or for extending her life. So it's stuff like that that we can do.

The main thing is not to give up on life and to continue to engage as we get older. That is massive when it comes to that last 30 years. Yeah, I love how you broke down playing the violin and all the benefit.

It's like you say, okay, I'm playing a violin. No, you're you're getting a vibration from it. The fine motor skills, the passion and excitement of learning something new and also just to stimulate of the brain, learning something new, like so many things from one little activity that you.

I am just playing a violin. No way. More than that. You know, with my father in law who passed away at 90, didn't make it to 100. But it was interesting.

I noticed that because he was this vibrant guy and, you know, former FBI agent and, you know, kind of a, you know, a tough guy and never went to a doctor and but the the when I saw him make really his kind of downfall was there was something happened in his mind and it was where he started to lose confidence.

Right. And and so then he would start, you know, shuffling his feet and looking down all the things he never, probably ever did before in his life. Maybe some little thing happened or I don't even know.

Or he saw someone else that, hey, you need to be careful and look around. And when he lost his confidence, he lost his health. And it went pretty quickly.

And so one of the things I and I always believed in that like, you need a purpose, you need a passion and you need you need a little inner swagger to go through life too, right?

You need that confidence. And when that was gone, he probably passed away within about six months, six, seven months. And, you know, lived in you, so you can't complain.

But but there was probably a little more life in him, too. Well, and this is what's interesting, right. And not to put a sort of morbid twist on this, but what's, what's interesting when you talk to people that are in their 90s and 100 and you even see reports of this, there was a famous scientist in Australia, I believe, who was in his late 90s, or maybe he was in over 100, maybe 104.

He was very old and he was just done. He was ready to call it. He was still alive, but he's like, I'm done. And he went to Europe to, have medical euthanasia.

And so I'm not here to debate the morality of any of this. Yeah. What's interesting is that when you talk to people that are in those advanced ages, there seems to be this universal reality that there's this acceptance of like, at the end, like, it's okay, I'm ready to go.

And, and and it's, it's it's so it's interesting, I guess when you, when you think about some of the people and the, the dialog that's going on around longevity, that I want to make it 120, 150.

I'm going to be a child. And and I find it's very and this is why I want to talk to these people. A lot of them that I spoke with, they were saying, it's up to God, I don't know, whatever.

You know, it's it's this, it's they don't care. They've lived a good life. They it's there's always a time to go. Right, like a lot of their peers and a lot of their friends, and they've even their children have gone before them.

So, yeah, there's, there's an acceptance of a finite reality. And I think that's a really important point when it comes to life itself. We're only here for we don't know how long, right?

So make today count. Do whatever you can today to to show up as, as purposefully and as presently as you can in whatever you're doing, even if it's doing nothing, even if it's a sort of meditation, it's present as you can be. Right?

So there's there's a really important teaching in death. There's a really important teaching in, in this finite life and in this reality that we're probably going to get to all get to this point where we're ready to go.

So, so until then, you know, engage with life as much as you can. That's right. And, and and so I love that you brought that up because we're not saying if you're a loser unless you live to be 120.

I mean, that's ridiculous. We're here for as long as our purpose needs us to be here. And sometimes, though, we still have work to do, but because we haven't treated ourselves well, the body wears out, the mind wears out.

And so that's what I believe. You. You're you. And your work can help people with so that they still have choices. And and, you know, there's, I know several very famous, religious, sacred people, the spiritual people that it didn't matter how long they lived.

I mean, they could literally choose the exact moment that they wanted to leave their body. That's right. I mean, there was it was to that level, but while they were here, they were here.

And that's really what you're espousing, you know, be here, do what you want to do, what you're meant to do and have choices of, of how long you're going to live and how healthy you're going to be, which is what I really love about your work.

So let's start diving in a little bit and then also, your new work I'm really interested into it's, indigenous, medicine and, and how that can help us too.

So I want to cover that also. But tell us what are some of the things for those, for those people that that you are either younger or older and want to, to continue to be full of life.

What can we do to, to, to to have that energy and that passion and, and that health within us? Yeah. So there's a couple areas where everybody always wants to know what does it take, what do I eat and what can exercise?

Do I do right. And of course those are very important. But just just in speaking with, the people that I interviewed and spoke with that lived a long time, they didn't have an exercise routine.

They weren't out running marathons every day. You know, there was no leisure really, because their entire day was filled with with activity. They were they were manual laborers.

They were, shepherds walking 30, 40km a day, right. There is so much work to be done manually.

Staying Engaged and Active as You Age

And in fact, one of the gentlemen I spoke with in in Greece, in Ikaria, he said, you know, when I was young, the, body was busy and the mind was still.

The problem I see today is that the mind is busy and the body is still. Yes. And I thought, My God, what a profound and simple way to think about this.

And it's so correct. So, so whatever you got to do generally move more. Right. And it doesn't have to be super vigorous if you're young, high intensity interval training, weightlifting, resistance training, fantastic stuff.

Right. Particularly when you're young, as you get older, this is when I think we should start transitioning into a little bit more yin type movements.

Right. So some of the more yogas in tai chi and qigong and just walking is what, it's walking is the only type of exercise that has actually been researched that is connected with longevity.

So, it doesn't mean that all the other stuff isn't good. It's all good, right? But see where you're at if you're not able to do this sort of vigorous, intense exercise because, you know, you're a little bit older or you're maybe overweight, you've got some injuries or what have you, and listen to your body and do things that are a little bit more in harmony with that.

Just continue to move and move a lot. So that's the main thing with movement, with with diet. This is a such a complex thing to describe that it's hard for me to even cover.

But I will say that the universal truth when it comes to diet for one, is when you eat. So are you eating at at 9 p.m., 10 p.m. 11 p.m., when the body's naturally starting to wind down, the digestion is starting to decrease and your body's switching modes.

Because if you are, that's not very good. You're going to wind up with some problems. That's over the over the long haul. That's going to create problems.

So you want to be eating essentially when the sun's that's the best time. So sometime between generally 8 a.m. and 7 p.m., something like that, in the sort of 12 hour window.

Yeah, there's intermittent fasting and some of these other things that you might have heard about, and that's all great too. So I'm not saying that's the schedule, but eating three times a day, I mean, it goes back to kind of like what our grandparents did, right.

And our great grandparents, they ate three times a day, eight pretty, balanced meals. They eat organic, generally great because my grandmother didn't have organic tomatoes.

She just had tomatoes. You know, so, so eating close to the earth, hopefully locally, if you can. Real foods. Right. Instead of buying the organic Apple chips, buy the organic apple.

Right. Better yet, taken off the tree near you if there's such a thing. Right? So you get the idea. Right? Is we're going back to real food. And the other thing is to eat in a way, that is that is in harmony with your body.

So do you are you eating with people? Are you eating a good setting? Are you unhappy setting, or are you stressed eating in front of a computer? Right.

Late at night or eating a book or reading a newspaper while you're eating. So yeah, you can actually bring awareness to the digestive process and it will increase your digestive capacity.

So a lot of people are taking digestive enzymes. They're taking, all kind supplements to help them digest food. Well, you can actually just slow down, bring awareness to the digestive process, smell your food.

All of this is increasing the all the various chemicals and hormones and processes that are required to digest that food. So slowing down, chewing your food thoroughly, right?

I mean, this is simple stuff. It's not it's not rocket surgery. And it's also not sexy. So people tend to disregard it and don't really have a sense for how important it is.

But this is the way to improve how food interact with your body. And then from there we can go a many different roads. But but that's kind of the core with food.

They ate beans and bread and wine and cheese and meats and everything that we demonize all these all people eat. Yeah. And it's because they eat different differently.

They, their for their bread was was organic grains that were grown, their ancient grains grown near them, processed at home in like a, a grinder that was usually moved by a donkey.

And like, I mean, this is like old school stuff back in the 1930s and 40s, right? So. Yeah, so so they ate in a different way. So how do you know that?

You know, the way you talked about the other things, you know, the way that they energize their body around food, their digestive system, the way that it was a joyful.

So even if, let's say I don't eat meat, for instance. But but you can transform the energy of that food by the environment, the field around it too. And it sounds like that's a lot.

What that's a lot of what they were doing. The the food was cleaner. It was organic. There weren't pesticides. That's all great. But also just the energy that they consumed that was very different than the energy that people consume today.

One thing that you said that was really interesting, you said that, you know, the body was so busy, the mind was quiet and one of the things that is happening and I find myself, this is why I meditate for this exact reason.

I over the years have tended to think, and I've changed my thinking. But I tend to think that if I'm not thinking, if I'm not trying to figure things out in my head, it's not going to get done.

It's not going to be brilliant. It's not going to be, you know, phenomenal. I won't make as much money. And that is, you know, that creates a lot of stress.

And not only that, it burns up a lot of energy. You don't have that energy then to move and do all these other things. And and then it goes into your sleep and you don't sleep as well.

How can people what what do you and maybe, maybe there's some things from, you know, ancient wisdom here or what are you saying or what are you recommending for people to kind of calm the mind?

Yeah. I mean, so this is the thing, right? None of the people that that I interviewed in my career and okay, now I'm meditating or meditating, they weren't doing yoga, they weren't doing breathwork.

Yeah. So this is the interesting thing about sort of the work that I did is that you can't just look to them for all the answers. They have some wisdom that we can carry forward.

And because we live in a crazy different reality here. Yeah. They didn't have computers and cell phones and TV and traffic and exactly. We're hyper stimulated, right.

And I have to turn off my phone for this interview because it's going to be all right. So. Right. So so this is the thing. So we can recognize that. And instead of saying, I'm going to abandon this reality, we can say, okay, this is the reality.

How can I shift this? How can I balance this out? And what you're saying is perfect meditation, right? Is that is a fantastic tool. Going for a walk in nature is a is a type of meditation.

Food, Timing, and Mindful Eating

So, so meditating is a perfect way of, becoming aware of what's going on. So just the fact that you said, if I wasn't thinking, then I wasn't going to perform well.

Well, that's a recognition. That's an awareness that you were eventually made aware of. You say, oh, this is how I've been operating. So sometimes just observing the way we operate, the way we think, the way we see or the way we believe that is a fantastic tool so that we can then make a decision to to bring harmony to that, that pattern.

So that's a fantastic tool. Just bring awareness to things. Meditation is a great tool. I would say finding community is a really important topic. And that's that was universal among the people that we we interviewed.

And and there's something deeper with this idea of community. And Harvard did a happiness study that spanned decades. Right. And one of the things that they determined was that the thing that leads to happiness, that the number one thing is community.

And and I take issue with this a little bit, which is to say that we're making a lot of assumptions when we use the word community, right? We can actually be in involved in a community and feel totally disconnected because for whatever reason, I don't feel that fit in.

If you work on a conference, you're like, oh man, this is just not my group. How to get in there connect. Then you have a community around you, but you don't really feel the connection right there. Support.

So there's key factors within the community that are really the key. One is, is connection. Do I feel connected to the people in this community? And two, do I feel supported by that by the people in this community.

And that's really what you're looking for is connection and support. So it's not to say community is good or bad. It's really to say, do make your connection and do actual support and you can feel that out absent a community.

Community is a great tool for that because it just sort of naturally brings that up for for many people if it's an online community. Right. But I can sit here meditation or even just doing work and be in tune if I'm if I'm keen with my awareness, do I feel connected because you're connected to people regardless of the physical connection?

Right? I know this because you have parents and kids and brothers and sisters and people that you love, right? So you can feel that connection without them being there.

You can be connected to God or the great mystery or whatever you believe is something bigger than yourself. You can feel connected to the earth, right?

Or supported by the earth because it's nurturing me constantly. I can feel supported by the sun. Right? So there's there's there's areas and things and concepts that we can feel connected to and support supported by.

So that's the thing that we want to find. Where can I find connection? Where can I find support. And and if I'm not feeling that connection and support when, when I, let's say should when I feel like I should, then there's probably something in my past generally what we call childhood trauma, but it's essentially, it's something that happened with our attachment system.

Generally, bonding with our parents or caregivers is the main thing that actually brings forth a pattern that makes us feel not safe. Connection. So it's very counterintuitive.

But when we find connection we actually feel whoa. It's not safe. Let me disconnect because every time I felt that it was unstable and it it left. So I didn't want to get into that connected that state.

So sometimes we have to go resolve some of these, these childhood traumas or these patterns that we carry for with us to protect us in our in our adult years.

Yeah. No, absolutely. I heard one of your talks where you were saying, I think you said that the average person or maybe was the average child. I'm not sure we'll spend 95% of the day indoors is not out in nature.

You know, getting sunshine, exercising, walking is that is that was that right? Am I right on that? Yeah. And I don't know the exact number, but it's something like that.

Yeah. It was a it was a study that was done. They, they just surveyed and they, and they looked at and that's what they came up with that the crazy part about that is that what they looked at, they looked at prisoners and they actually get more time outside than the average child.

That's what I heard you say. Yeah, that's that's nuts. Right. And here's what's here's going back to the connection piece of the community piece. Think about prison prisoners.

Right. No matter what level of they're they're at, they're going to be in some level of community in prison, right. And actually provide safety. So there actually is support there.

And there's some level of connection. What's the worst thing for a prisoner is to get get sentenced to isolation. Yeah, exactly. Well terror, confinement away from other humans, even though the people amongst them are, you know, not exactly the greatest people when it comes to having your back necessarily.

Right. Like there's some sketchy people all around you, and yet you rather be with them than by yourself, right. So there's interesting things, I guess, in prison that we can learn from that's interesting.

And there's so much there's so many creative ways to connect. One of my friends is, was a P. O. W. in Vietnam. Captain Gerald Coffey is a speaker, and I've had the chance to work with him.

And he was they were put into solitary confinement. They were not allowed to even speak words out loud to someone that, you know, would be potentially within the same, hearing distance of them.

But what they would do is they would tap Morse code like little signals, like, you're going to be okay, we gotcha. And even just that little sense of feeling because they were getting fed like 500 calories a day.

It was like some ridiculous number. They they, had malnutrition, but they survived because of this connection. It pulled them through years and years of super harsh conditions.

So that's amazing that you're talking about that. Well, and you're hitting on something I think even a little bit deeper too, which is, is this idea of connection and also service.

Right. So so somebody needed to hear you're going to be okay. But also somebody needed to be the one to to recognize this is going to benefit him if I tell him he's okay.

So if you've seen people your friends or what have you, that sometimes they just need a hug, right? They just need to be told, hey, I'm here for you, right?

So that is something important, not only for the person to receive it for for me to receive it. Right. That's going to benefit my health and my longevity, but also when I'm giving it right.

So to be in service. Right. I know you can do a lot of work with Tony Robbins and his group. I mean, massive service, right? Like there's there's something so powerful in that.

And you don't when you're the one giving or you're being of service. Sure. It's a you're doing it for the other, but you're there's also a selfish, selfish motive, a positive, aligned, selfish motive in that.

Which is that God? It makes me feel good. It was a reason that makes you feel that. Right? Because it is aligned. And so it's not a brain thing. We said we're it's like this, this dopamine hit.

It's an internal feeling that comes from the heart, that comes from deep places within. So anytime you're doing something like that, you know you're on the right track.

You know, you're delivering medicine, energetic medicine to all the cells in your body. Right. So so there's something powerful about being connection to receive the support.

And there's also something really, really powerful about giving that support, about offering that support for others when they need it. That's really beautiful.

That's one of the things I try and do in my day is to light up at least three people, and I've got a, you know, big network of people over all these years that that I've met.

Calming the Mind Through Meditation and Community

But I'm just always thinking, okay, who can I throw a compliment out to today or who can I just, you know, check in with and let them know how awesome they are?

Important they are. And you're right. You know, I mean, I don't do it so that they come back and go, hey, Tom, you're so cool. You're so awesome. Thanks for thinking of me.

I mean, that does happen, but it's not why I do it. I do it just to. I think there's an energetic bank account we all have to set. Right. And, and, and a lot of people think, well, if I expend energy and give them some of my happiness or passion or joy, it's gone.

It's not gone. Yeah, right. Mirror neurons, number one. It feels like you just gave it to yourself anyways. And then just the the energetic component of it that you talked about, it feels so good inside.

You feel alive. You feel like you're really doing, you know, good work here on this earth. So, that's a great habit for everybody. And and you know what?

Whether it makes you live longer or not, it's just a really cool, awesome thing to do so well. And to kind of hammer

on that point a little bit more. Lynn McTaggart some, some really great work with your planning.

And one of the things that comes from her work and others is that when you have one person in a group that's receiving sort of good intention or good healing energy, even if you don't know what you're doing, you're just sending sort of might say, today's positive vibes, right?

Like you're sending good healing thoughts and love and prayer to this person. And if everybody in the group is doing it to the one person, that person receives more massive, massive healing benefit, more than than just the sum of each individual putting it in.

And what's crazier is that the the people offering this the healing sport, also received healing benefit. Yes. Been greater in the person you know I don't know.

Yeah. I don't know how this stuff works. It's wild right. But we know that that this does work. And we know that there's something really powerful about this sort of group dynamic.

Right. We also see it in the Maharishi effect, which is this idea that, in this there's tons of data on this now on the Maharishi effect, where you have a large group of people, let's say, a million people meditating on all the positive stuff. Right.

Love and compassion and and peace and harmony. And they're just meditating. This will send out, a ripple of energy outward and actually have an impact on the, the surrounding population.

Right. And depending on how large this group is, is going to be dependent on, it's going to depend on, the healing effect will depend on how large the group is.

And so we've seen this have effects on entire cities, on entire global networks, drying weather and all sorts of things. Yeah, exactly. So so this is something to really appreciate.

And this is why we can really get into these groups, right. And come together and on these certain days you see this stuff online now or people are gathering to pray or to meditate or to whatever.

And it's like, that's an opportunity for you not only to contribute to the external world as we perceive it, but also to our internal world. Right? Because there is no difference, there is no disconnection.

They are one in the same. And so I think it's just more that the more we realize this stuff, then the more we can start to create habits for not only ourselves, but but for everybody.

And this is how we change the reality that is around us. You know, I love it, and it's an opportunity to be part of a community with lens work. And she's going to be a guest on here, too.

And she's a friend of mine, from the Transformational Leadership Council. But one of the things that, like you just said, she said, one of the best ways to heal yourself is to send healing to somebody else.

And and through doing that, you will heal faster. You will have a higher likelihood of healing. So really, really good stuff. Maybe one of the things that people that are coming to hear you and coming to the Global Energy Healing Summit can do to heal and get a sense of community is to find a group that because there are groups that do healing meditations for different people.

And I know Lin holds one that I've been part of on some different Mondays in the morning where we will have a someone we know that is going through something, we meet together, and every time I do it, I can't always do it because sometimes I'm scheduled there.

But I always feel so good afterwards. And I'm not. We're I'm not I'm not sending me any, any energy. No one's sending me. But this whole group effect of sending energy out.

You do feel super replenished. So. Yeah. Yeah, there's a lot of what you're talking about. Yeah, there's something here that's interesting too, because a lot of us will run these patterns of wanting to help the other and not.

And they neglect themselves. Right. Like, I'm, I'm actually this is mine. It's a lot of, like, healer or medical types will actually run this pattern when we're trying to heal the rest of the world, that we neglect ourselves.

So it's something to watch out for. Are we are we trying to heal the other too much? Because a lot of times we want to make sure we're focusing on ourselves, too.

So I just wanted to sort of put that out there. But but there's, there's, there's so much that we can do, when we heal others, we heal ourselves. When we heal ourselves, we heal others. Right?

So again, there is no difference. And and sometimes to focus on the self is okay. Right. So I just want to position that because that's that's really where a lot of this comes from anyway.

The more that we fill out our own cop up, the more we can then help others, right? So it's it's really recognizing where you're at in the process and not over giving, and trying to and neglecting your own needs.

But something else that I think is really important that you it out there. Is that when we're, when we're working with energy healing, so to speak, right.

Whether we're sitting in these group sessions or whether maybe you're working with the Reiki master or any of the subtle energy stuff, sometimes when it's when we're new at this, like, for me, I was very sort of frozen, right?

I couldn't feel much on those sort of super subtle levels. Right. So I always had an open mind, thankfully. So I never walked away going, oh, that didn't work.

But it's something to look out for that and something to recognize that sometimes it's going to take some time to really crack ourselves open and and sort of work these muscles of fine tune, energy.

This stuff is so subtle. And once you get to the subtle energy and you can feel the subtle energy, it gets even subtler and subtler and it can become so fine, so subtle, so precise.

And and it's going to take some time. Perhaps some people just naturally have this super, super subtle feel and they're so sensitive to this stuff. I wasn't one of those.

I was hardened because that's how I was. I was raised in that way to not feel I was an athlete, so I was told not to get too high, not to get too low, basically shut down all this feeling.

And then I had to learn how to feel into the body. I had to learn to feel the subtle energy. And now as I work with that, I can go, oh, whoa, Holy smokes, I can feel that.

I can feel the vibration, I can feel this, the sensation. And so there's a, there's a learning sometimes that goes along with this. Oh that's great. I was like you, I was an athlete.

Push through, grind it out. You know, if it hurts, just keep going. Right. You know, don't feel it. You know the pain. Is it just all those messages and that's that.

This is really good stuff. I'm really glad you're addressing this too, because a lot of people may have an energy healing session, like you said. And, you know, I didn't really feel anything yet or when I first was learning, energy healing.

Like pranic healing. I'm like, I don't did I feel anything? And it is so subtle sometimes. Yeah, but but the the the way that we change often is very subtle.

Like, if you look back ten years from now and look at the advances we've made or even just the aging process, it didn't happen like overnight. Like all of a sudden I got pepper gray hair, right?

It was subtle. Like there was one thing I was like, oh, that's interesting. I got one gray hair and now I've got more of them. But it was subtle, and that's the way that a lot of healing works.

I'm glad that you pointed that out. Hey, talk to us a little bit about your your new work and your, your new project. And I know you've got a summit coming up too, that I hope everyone will check out.

Connection, Service, and Healing Energy

So talk to us a little bit about that. Yeah. The summit's called Awaken the Healer Within and it's very much aligned with this type of thing. Right. It's it's physical health.

It's the mental emotional health. It's the spiritual awakening. It's personal development. Right now I'm having you want to talk about this. What I'm excited to perform.

And and the idea here really is that we're we're simply awakening to our true nature. So that's really the core of, of, of this. And how do we do that?

And there's a process and there's, there's things that come along with that. So that's really what that summit is about. And that's going to be in in mid-October.

So so I hope I hope to have as many people join us for that. The work I'm really focused on now that, you know, we're filming our next docu series, which is on ancient and indigenous healing methods.

So we were up to the Himalayas, at 13,000ft. And we, we worked with some monks up there. We went into, worked in, in Peru with a they, shaman that does what Tuma which is San Pedro.

And there's some other amazing healing type work. We went and studied with that doctor. That was the guy who brought our weather to the West, and, 50 years ago.

So the idea there and in the Maori or some of the people that I wanted to study with as well. And the idea here is to really examine the, the methods that they use, but also the philosophy.

What does it mean to be sick? Is there sickness or is there just imbalance? Is there just ignorance? Is there just, limited view, right, that we all hold?

And what does it mean to heal what is here? I mean, I don't know if we really thought about this. Truly. What is healing, actually? Because it's it's a I think a little bit more sort of simple and also complex at the same time.

And from my perspective and from what I picked up from a lot of these indigenous groups and shamans and, our Vedic masters is that it's just energy that we're holding on to.

It's just energy that's not flowing through. Right. So essentially we get kind of caught in time. And this is this is what trauma is. If if you've experienced trauma as a child, you know, you actually haven't had the prefrontal cortex developed fully.

Your brain is not fully developed. And so your limited capacity creates a situation whereby you got to figure out a solution to deal with the experience that is overwhelming your system because you don't have the tools.

And so because it gets caught in, we create this strategy and the strategy we take with us into our adulthood, which treats somebody like, you got to perform, got to succeed, got to turn it on, got it right.

And that's not a bad thing. That becomes your gift as well. So the question is can we dial back the maladaptive, the

maladaptive pattern so that it's not running our lives, but rather we can turn on the skill.

Right. Because I have the same type of thing. One of mine is the perfectionist. Right. So everything's got to be perfect. I got and that's a really maladaptive pattern if I let it run my life.

But it's a really good gift if I need to use it. And so these things get stuck in time, these energies get stuck and they get stuck in our mind, not our brain, but our mind.

You get stuck in sort of the body or the body mind, right? And the various levels of the body, it's the subtle level or whether it's the ethereal, the emotional body.

We have these sort of layers, so to speak, energetically, and they can get caught. And so a lot of the work that that they're doing in these eastern traditions in the shamanic world is actually working to, to free this stuff to, to allow us to finally metabolize these stuck things that we're holding onto. Wow.

That we were still in this is if you think about ayahuasca, this is what they're doing. You're vomiting the stuff out, the stuff that's stuck, you're pooping it out.

This is what they're doing. It's a very good it's like visceral way to do it. Yeah. But they're using music. They're using chanting. They're using tobacco smoke. They're using the medicine.

They're doing a lot of crazy advanced energy work, right? In literally magical ways. They can move, they can alter the weather like they use the elements.

The wind in the fire in the roof. They're they're magicians in, in sort of the Earth energies. And so they're using that to, to move these things that are stuck within us, to bring us into our bodies so that we can recognize our true nature.

And that's it. That's really what they're doing. And as we recognize our true nature in a more holistic, more integrated way, then the diseases don't exist.

These, these, these depressions and the anxieties don't exist because we recognize who and what we really are. And this is the same thing with our Veda and Chinese medicine, is that there's just there's just a way of, of bringing us into our body, fully embodied, integrated, aligned, awake.

And when we do that, all the stuff falls away and we don't have to try and we don't have to manifest anything. Think we're just in the flow, right? A leaf flowing down a river doesn't try to manifest its way to the end.

It doesn't try to find its way to the end either. It just does nothing. It just rests. Right. And that's when we're fully awake. This is this are the enlightened, the body chitta that the is satori.

This is the thought of fully light and the experience is just full rest. We're not doing anything and everything is just flowing in perfect harmony. There is no judgment, there is no right.

And so that's kind of the the end path. Right? But along the way is the journey, the realizations, the awakenings, the joy, the sadness and all the emotions that go with in.

So the key is, can we feel these things? Can we metabolize them and recognize that I can sit in well being and be angry, I can sit and well being and be happy.

I can sit there being and be sad and lonely and all these different things. But it comes from a core of well-being. So that's really what I've picked up from a lot of these ancient traditions.

And, and to me, there's just so much wisdom that we still have so much to learn from these people that have been doing this for thousands of years, to go along with some of the modern science that we're learning.

Yeah. Well, what I love, too, is you've studied so many different things, but take away the label or take away even the techniques, the core of what they all believe in for health and healing is the same, right?

That when the when the blockages of energy are gone, the body heals, the body flows, there's there's health and the mind and body, which is really, really cool.

You know, we live in a society where growing up, you and I learn, you know, you sick. You go to the doctor. What's the doctors see you as? And they're well-meaning.

They just have been educated that were science projects. Right. And so, you know, you tinker with this and you tinker with that, and you give this medication and you cut this out, and the populations you're discovering, you know, they you know, oh, poor them, they don't have the advantage of having all this modern technology.

Now in a, in a, you know, in a, in a, in a, an injury or things like that. You know, obviously it can be helpful, but chronic diseases.

Ancient Indigenous Healing and Energy Blockages

That's right. A lot of one of my, one of our guest was a good, medical doctor friend of mine, Doctor Cheng Ron. He said I can't remember the number, but it's tens of thousands of people die every day from prescription medicine, from something their doctor that's trying to help them gave them.

It, killed him. Depending depending on the year. I at Virginia death, which is basically medical death. And this is accidental, but the known medical death is like the number 2 or 3 killer.

So it's it's it's just behind heart disease. Yeah. Cause we're had a cancer. So again, this isn't to demonize the medical system, but it is to recognize that there is risk there too. Right?

So so this idea that that the medical system is there without risk and it's just just doing nothing but good things and saving us is not true. There is risk.

And the more we can keep ourselves out of that, that need for medical assistance, the better, right? Because what you're saying, I think is, is just that if I'm in a medical emergency, if I'm in a car accident, whatever.

Yeah, I thank God we've got the medicine that we have. Yeah. And especially because it can even some of the medications and the drugs can ease our suffering.

Yes, yes, sign me up for that. Right. And we can recover from that. But so I'm not all just pure natural, all the herbs. And that's the way to go. There is balance to be had.

But what I'm trying to do is prevent myself from needing that medical stuff as much as I can. And doing this sort of acupuncture and the herbal remedies and, and the even the sort of modern sort of biohacking in a sense, can be really, really beneficial in that way.

But the ultimate recipe for health and longevity and happiness is, is alignment. It's alignment with the way that that your body functions, the way that the natural rhythms of the day and the seasons.

And so I elevate it provides fantastic, prescription for that or framework for that Chinese medicine. Again, fantastic framework. So this is why I think it's valuable to sort of pull from these these are the traditions because they have great frameworks that we can learn to incorporate with.

Our should have Western ways of approaching this. Yeah. And I love and I love your inclusiveness. Right. Everything at some level can help. Yes. Biohacking.

You said biohacking. I'm I've always been a little bit concerned with because I didn't feel like it was addressing, like

you said, the root cause. It's like, you know, hacking in and and fixing this little aspect or altering, you know, this and, and, and but there are some great little bio hacks for different, things like maybe sleep or things like that.

Yeah, yeah. And I'll give you a great one in this, in this instance. Right. So, a bio hack that, that I would use is to use orange light bulbs in my house at night or to wear the blue block or glasses.

Right to your point, I'm not solving the real problem, which is that there's artificial light on at night, which is not in alignment with with the natural rhythms and the harmony that my body's essentially wisdoms or accustomed to.

Sure. So I can make that choice. I can acknowledge that and say it's not in alignment, it's not in harmony. So I'm going to just do a little hack here to bring it a little bit more in alignment, knowing that I'm not perfecting this and I'm not doing what my ancestors did 500 years ago, but this is the sacrifice I'm willing to make, because I've got work to do, because I want to help people, because this is the life that I live.

Right? So there's these little hacks that I think as long as we're acknowledging a reality of it, then, then it's a nice sort of happy medium. Yeah. And and what I found though, for myself is that I've done all the hacks, and now I'm just even more committed to going down to the root cause.

Like, if I'm if I'm not sleeping well at night, I can do the orange lights. I can, you know, you know, take a, I don't it's not a sleeping pill, but, you know, melatonin or whatever.

But what's the real issue? I don't know how to calm my mind. So if I, if I, if I fix that, if I'm able to, like, whenever I want to just calm my mind which meditators and and practitioners of, you know, qigong or tai chi or yoga like my wife, they can do that.

My wife can fall asleep in a minute. And so I got, hey, that's what I have to do. That's right. Yeah. And that's, that's inside. So absolutely. Yeah, I totally agree.

And there's a lot there too that you can and, and I think even more what you're pointing to is really, really key in terms of longevity, which is that you're actually interested in this in this regard.

You're not saying I can't sleep, so let me look for an external solution. You're actually asking the right questions. What is it that it's it is really causing me to not fall asleep easily and quickly.

It's this thing here, right? And so let me address that. So, so simply going back to the mind of a child. Right. The beginner's mind is, we might say in Buddhism is a really, really cool way to, to tackle life even as we get older is, is we kind of drop this, this hardened reality that we've created for ourselves.

We ask sort of children the childlike questions. We start from beginner's mind, what's really going on here? What's really the problem? Why am I thinking in this way?

Why is this pattern like this? What's happening here? And in doing just in doing that, even if you don't get to the answer right away, you're on the right track.

Yeah you are. You are just a wealth of wisdom. It's been so awesome having you on, Jason. And I know we've just literally scratched the surface. Hey, what what would be the top?

You've already given us some great ideas and maybe, maybe it's just taking those back and bringing them up at the end. So people that heard them in the beginning get it reinforced.

But give us your top three tips or top three things to focus on to live a healthier, more vibrant, longer, fulfilling life. Get moving so you're moving more.

Just move more like it's so critical. And it's sort of cliche in our in our modern world. But that's the truth. Move as much as you can. It doesn't have to be exercise in a formal way.

In fact, the best way to move is to play. So play and move. That's fantastic. I would say, simplify your life. So simplify your schedule, your routines, your your clothes closet, your your refrigerator and your pantries, your chemicals and the cleaners.

Simplify all the things that you can. And what I mean by that is, don't you don't have to learn how to make your own cleaners, because that may add more complexity to your day.

Practical Longevity Tips and Closing Thoughts

Stress. Right? So I truly mean figure out ways, almost like the Tim Tim Ferriss approach where four hour workweek, how can I free up as much time as I can, free as much of my mind as I can?

And that is a really, really important thing in our society. So simplify and free up as much time. Because if talking about here is time, right? So if you're if you're so overwhelmed with time, then what are we talking about?

You're just going to be overwhelmed for 100 years. Like that doesn't make sense. Right. So that sounds like a lot of fun. Yeah. So simplify I think simplify is a huge one.

And then I think the third one I would say is, is again, it goes back to that community, but really the connection and support. So are you do you feel just sitting here right now today, do you feel support around you.

Do you feel connection? And if the answer is generally no, unless you're in some specific group, then there's something there for you to look at. So and inside of you, inside of you.

And I will say this from because I'm not there yet. I'm not in a position where I'm constantly in it feeling connection and support. Like throughout my day.

It's not stable in my system fully. So that's something that I'm looking at. There's something there in my childhood, in my experiences, in my karma, perhaps so that that can be worked.

And again, energy healing and various practitioners that that can do this type of thing, that use awareness, that have all these tools to kind of resolve traumas and what have you.

There's something stuck in your system, because that's our, our, our true state is to feel connected, to feel support, to feel totally aligned. And, and and that's where that's our true nature.

Yeah. So there's something getting in the way. Right. And so so for me that's what I'm constantly looking at. How do I feel more support more often. How do I deepen and broaden that that level of of feeling support and feeling connected.

And so that's a really, really important one to to focus on. So if nothing else, just ask yourself and start inquiring how do I feel? How do I really feel?

Do I feel like I'm supported by by the universe, by God, by people? Right? Right by my body? Yeah. And if the answer is, not really working kind or sometimes then then there's, there's, there's deeper ways to get into that.

And so I think that's, that's a really, really good place to start. Yeah. I love it when you've got another very strong reason to have longevity and health for a long time.

And that's your little one year old. And I don't know if there's more on the way. But you know, I know you're going to stay healthy and vibrant. It has been so amazing having you on.

Thank you so much for blessing us with your presence here, and we will be getting the word out to everybody in our summit to know about yours. And again, just tell us, quickly, the name and how they can register or we'll be sending things out to them.

But just when will that be? It'll be in October. And the name of the summit again? Yes. Yep. It's awaken the Healing within and it'll be October 18th as a kickoff date.

And it'll be free to attend, just like this summit. So yeah, we'll give you guys a link so that you can just drop that into your to your people. And, I hope everybody, can join us because it's got some amazing speakers, yourself included. So yeah. I'm excited.

Thank you Jason, thank you again. And I can't wait. We live in the same, town, pretty much. You're like a town away. So I'm looking forward to meeting you in person and meeting your family.

But what, what a beautiful soul you are. Thank you so much for being on our summit. We really do appreciate you. Likewise. Thanks for having me. Appreciate it.