Is Brain Retraining Just Nervous System Regulation? Live Event with Ashok Gupta Transcript

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Introduction to Nervous System Regulation vs Brain Retraining

Hello everybody and a warm welcome to Hello everybody and a warm welcome to our live event today with myself Ashok our live event today with myself Ashok Gupta. Where we're going to be Gupta. Where we're going to be discussing a really important topic, discussing a really important topic, which is what is the difference between which is what is the difference between nervous system regulation nervous system regulation and brain retraining?

and brain retraining? Now often the two Now often the two get talked about in the same breath. get talked about in the same breath. They're often equated.

They're often equated. And yet what we want to really And yet what we want to really understand is what is the difference understand is what is the difference between these two concepts? How do they between these two concepts? How do they fit together?

fit together? Because ultimately we don't care whether Because ultimately we don't care whether we are engaging in nervous system we are engaging in nervous system regulation or brain retraining. We want regulation or brain retraining. We want to understand are we going to feel to understand are we going to feel better? Okay, that's why we are engaging better? Okay, that's why we are engaging in these practices.

in these practices. And therefore [snorts] whether it's a And therefore [snorts] whether it's a chronic inflammatory condition that you chronic inflammatory condition that you might be suffering from like ME or might be suffering from like ME or chronic fatigue syndrome or long COVID.

chronic fatigue syndrome or long COVID. Perhaps it's a sensitivity reaction like Perhaps it's a sensitivity reaction like mold or food sensitivities, mold or food sensitivities, environmental sensitivities. Perhaps environmental sensitivities. Perhaps it's a pain disorder that you have. Or it's a pain disorder that you have. Or you've got something more related to you've got something more related to mental health such as anxiety or panic mental health such as anxiety or panic or burnout which a lot of people are or burnout which a lot of people are experiencing in the modern population.

experiencing in the modern population. Whatever it is, we're often prescribed Whatever it is, we're often prescribed this idea of nervous system regulation this idea of nervous system regulation and there's a separate concept of of and there's a separate concept of of brain retraining. And today we're going brain retraining. And today we're going to dispel the myths about these two to dispel the myths about these two concepts and really bring them together concepts and really bring them together into a holistic model of how you can into a holistic model of how you can heal from a chronic condition that you heal from a chronic condition that you may be um experiencing.

Why the Event Matters and What Will Be Covered

may be um experiencing. So why did we decide to have this event? So why did we decide to have this event? Because many people are coming to us Because many people are coming to us saying saying saying well I'm doing vagus nerve exercises.

well I'm doing vagus nerve exercises. How do you have vagus nerve exercises? How do you have vagus nerve exercises? Uh I'm doing somatic work. Uh I'm doing somatic work.

Yeah. I'm doing regulation practices Yeah. I'm doing regulation practices right now. right now. And yet they may be engaging in those And yet they may be engaging in those practices, which definitely are very practices, which definitely are very important and improve a particular important and improve a particular person's condition.

person's condition. But many people still feel stuck despite But many people still feel stuck despite engaging with those practices. So what's engaging with those practices. So what's what's really happening here?

what's really happening here? So today what we're going to do is we're So today what we're going to do is we're going to be talking about, once again, going to be talking about, once again, the neuroscience behind nervous system the neuroscience behind nervous system regulation and brain retraining, what regulation and brain retraining, what the commonalities are, and what the the commonalities are, and what the differences are.

differences are. And we're also going to have a patient And we're also going to have a patient interview with someone reflecting on interview with someone reflecting on their recovery and how they see these their recovery and how they see these two concepts.

two concepts. And at the end we're going to really And at the end we're going to really talk about how this can benefit you and talk about how this can benefit you and your condition.

your condition. And we're going to talk about how we And we're going to talk about how we want to make the program more accessible want to make the program more accessible to you. So many people have said that to you.

The Three Rs of Recovery

So many people have said that they find sometimes the upfront payment they find sometimes the upfront payment for a retraining program is too much. So for a retraining program is too much. So we decided, we've been listening, and we we decided, we've been listening, and we want to offer want to offer a way that you can engage in the program a way that you can engage in the program in an installment plan. So it's not a a in an installment plan. So it's not a a big upfront payment, but it makes it big upfront payment, but it makes it easier and more accessible for everyone.

easier and more accessible for everyone. So we'll talk about that towards the end So we'll talk about that towards the end of today's session. And of course we'd of today's session. And of course we'd love for you to like today's session.

love for you to like today's session. Please Please Please send us a like. Please share it on your send us a like. Please share it on your social media. Perhaps share it with social media. Perhaps share it with other people on in Facebook groups, other people on in Facebook groups, because the concept we're going to be because the concept we're going to be talking about, the neuroscience behind talking about, the neuroscience behind this, is something that I spent the last this, is something that I spent the last 25 years researching and trying to 25 years researching and trying to understand and get my head around this understand and get my head around this specific types of concepts. And we've specific types of concepts. And we've now probably seven clinical studies on now probably seven clinical studies on this topic as well. So this is something this topic as well. So this is something where I really want to share what we've where I really want to share what we've learned so it can make an impact on you learned so it can make an impact on you and the wider public.

and the wider public. Now, I want to start off with this Now, I want to start off with this important point that nervous system important point that nervous system regulation regulation regulation is incredibly important and is like the is incredibly important and is like the starting point.

starting point. And in our program we talk about this And in our program we talk about this idea of the three Rs of recovery. idea of the three Rs of recovery.

The first R is regulating the nervous The first R is regulating the nervous system. system. system. That is the foundational basis. That is the foundational basis.

And there we use, obviously, what some And there we use, obviously, what some people call vagus nerve techniques, people call vagus nerve techniques, breathing techniques, meditation breathing techniques, meditation

techniques, and we do a lot of deep techniques, and we do a lot of deep somatic type practices as well, which somatic type practices as well, which are very powerful at are very powerful at regulate the nervous system, helping it regulate the nervous system, helping it feel safer. So, that's the first R.

feel safer. So, that's the first R. Then the second R of recovery is then Then the second R of recovery is then the retraining of the brain. the retraining of the brain.

And the third R, we talk about And the third R, we talk about re-engaging with joy. And what that re-engaging with joy. And what that means is for a person to understand at a means is for a person to understand at a deeper level their stress patterns.

deeper level their stress patterns. Because we don't just want someone to Because we don't just want someone to get well, we want them to stay well. And get well, we want them to stay well. And therefore, learning about their own therefore, learning about their own stress patterns, their parts, how they stress patterns, their parts, how they respond to their environment, and how respond to their environment, and how they can connect with that inner they can connect with that inner stillness and joy for the rest of their stillness and joy for the rest of their lives. It's an important part of lives.

How Learned Threat Responses Form

It's an important part of remaining well. remaining well. Okay, so that's what we use We use the Okay, so that's what we use We use the dove analogy. That a dove needs three dove analogy. That a dove needs three things to fly, two wings, things to fly, two wings, the regulation of the nervous system and the regulation of the nervous system and the brain retraining, and the third is the brain retraining, and the third is then that re-engaging with joy, that then that re-engaging with joy, that direction in life.

direction in life. And let's go deeper now into And let's go deeper now into understanding understanding understanding uh these two concepts. So, the way I uh these two concepts. So, the way I want to introduce these concepts is to want to introduce these concepts is to talk about what we call the river talk about what we call the river analogy. All right? So, when we have a analogy. All right? So, when we have a certain chronic condition, certain chronic condition, many of us experience that our nervous many of us experience that our nervous system is wired. We might be wired but system is wired. We might be wired but tired. It feels that although we're tired. It feels that although we're trying to rest, our nervous system won't trying to rest, our nervous system won't let us rest. It's on high alert.

let us rest. It's on high alert. And this is what we call the stimulus And this is what we call the stimulus interpretation response model. interpretation response model.

So, let's take the example, um So, let's take the example, um let's say of long COVID. let's say of long COVID. So, initially when someone had COVID, So, initially when someone had COVID, the stimulus would have been the arrival the stimulus would have been the arrival of the virus, the interpretation would of the virus, the interpretation would have been this is a virus that's have been this is a virus that's threatening to our well-being, threatening to our well-being, because survival is what our brain and because survival is what our brain and bodies are built to do, and the response bodies are built to do, and the response would be stimulating the nervous system would be stimulating the nervous system and immune system.

and immune system. Okay? Okay? Okay? Now, you imagine that's like a river in Now, you imagine that's like a river in your brain. It's like a neural pathway.

your brain. It's like a neural pathway. The stimulus is what is at the beginning The stimulus is what is at the beginning of that riverbed or that of that riverbed or that river.

river. river. The pathway is that interpretation and The pathway is that interpretation and that response is the water flowing down that response is the water flowing down that pathway.

that pathway. All right? All right? And And And that's the right thing for our brains to that's the right thing for our brains to do is to protect us from danger. And so do is to protect us from danger. And so that's what it is doing that's what it is doing uh uh uh each moment is protecting us from that each moment is protecting us from that virus or that bacteria or that toxin or virus or that bacteria or that toxin or that traumatic event, right?

that traumatic event, right? But then what happens is But then what happens is if if if the exposure is repeated again and again the exposure is repeated again and again and again, that groove that river flow and again, that groove that river flow gets deeper and deeper and deeper into gets deeper and deeper and deeper into the ground.

the ground. So that it becomes more automatic. All So that it becomes more automatic. All right? right? right? And then what happens is if it's there And then what happens is if it's there for a long time, for a long time, other environmental stimuli that are other environmental stimuli that are otherwise unimportant, otherwise unimportant, they now become they now become a proxy for the COVID.

a proxy for the COVID. All right? So, All right? So, what then happens is a brain the brain what then happens is a brain the brain thinks, "I'm experiencing symptoms in my thinks, "I'm experiencing symptoms in my body.

body. body. Maybe these symptoms mean that the virus Maybe these symptoms mean that the virus is still present or the bacteria is is still present or the bacteria is still present or the mold is still still present or the mold is still present. Okay, we must restimulate the present. Okay, we must restimulate the nervous system and immune system." nervous system and immune system." Which then creates more of the water Which then creates more of the water flowing down the left hand path, which flowing down the left hand path, which then creates symptoms in the body, which then creates symptoms in the body, which double back to the brain telling the double back to the brain telling the brain there's something wrong. And brain there's something wrong. And that's where an acute illness can turn that's where an acute illness can turn into a chronic illness. So this is what into a chronic illness.

Predictive Processing and Deep Conditioned Pathways

So this is what we call learned threat responses, where we call learned threat responses, where following an illness, stress, trauma, or following an illness, stress, trauma, or inflammation, the brain can get stuck inflammation, the brain can get stuck in a loop where it keeps over in a loop where it keeps over stimulating our nervous and immune stimulating our nervous and immune system.

system. system. And to build on this type of approach, And to build on this type of approach, there's something called predictive there's something called predictive processing. And this is a hot topic in processing. And this is a hot topic in in neurology. So bear with me. I know in neurology. So bear with me. I know this is going in deep into the science.

this is going in deep into the science. I'm going to make this really simple in I'm going to make this really simple in a moment, but there's something called a moment, but there's something called predictive processing.

predictive processing. What that means is that our brain is What that means is that our brain is constantly constantly constantly predicting what's going to happen based predicting what's going to happen based on what happened in the past.

on what happened in the past. Uh for instance, when you Uh for instance, when you read the words on a page, did you know read the words on a page, did you know that actually that actually your brain is not looking at every your brain is not looking at every single letter single letter of every single word. It's at some level of every single word. It's at some level filling in the gaps, and that's why you filling in the gaps, and that's why you can read fast because it's assuming can read fast because it's assuming based upon its previous predictions that based upon its previous predictions that that word is a word that it recognizes.

that word is a word that it recognizes. It doesn't need to see every single It doesn't need to see every single letter. And so, in a similar way, the letter. And so, in a similar way, the brain thinks about, well, the last time brain thinks about, well, the last time that I had that I had this fatigue, this pain, etc., this fatigue, this pain, etc., it was in the

presence of a virus or a it was in the presence of a virus or a bacteria or a threat. So, perhaps now I bacteria or a threat. So, perhaps now I need to continue need to continue stimulating the immune system and stimulating the immune system and nervous system. And that can then lead nervous system. And that can then lead to learned patterns in the brain of to learned patterns in the brain of fatigue, pain, hypervigilance, fatigue, pain, hypervigilance, dizziness, and so on, sensitivity to the dizziness, and so on, sensitivity to the environment, anxiety, burnout.

environment, anxiety, burnout. It's what we call deep conditioned It's what we call deep conditioned neural pathways. So, that's where the neural pathways. So, that's where the water keeps flowing down the the water keeps flowing down the the left-hand path. The river is now left-hand path. The river is now continuous.

continuous. continuous. And then, to introduce another concept, And then, to introduce another concept, there's something called salience and there's something called salience and inter- inter- interoceptive predictions.

inter- inter- interoceptive predictions. Difficult word to say. Difficult word to say. What that means is the brain constantly What that means is the brain constantly looks at, what's the most important looks at, what's the most important thing I need to focus on right now.

thing I need to focus on right now. That's the salience network. That's the salience network. And the interoceptive network is, And the interoceptive network is, what do I need to be aware of that's what do I need to be aware of that's going on in my body right now? And all going on in my body right now? And all of that is predictive predicted of that is predictive predicted predicted. So, the brain gets stuck in predicted. So, the brain gets stuck in what it's experienced in the last 24 what it's experienced in the last 24 hours or 48 hours and continues to hours or 48 hours and continues to create that experience because that's create that experience because that's what it thinks will keep us safe. And what it thinks will keep us safe. And so, the brain gets stuck in these types so, the brain gets stuck in these types of pathways.

of pathways. Okay, you might say, "Well, what's this Okay, you might say, "Well, what's this to do with nervous system regulation and to do with nervous system regulation and brain retraining?

brain retraining? So, imagine we are now stuck in a So, imagine we are now stuck in a learned response in the brain. The learn learned response in the brain. The learn The brain has learned illness.

The brain has learned illness. And in order to change that, we need to And in order to change that, we need to now reroute the river. So, the water's now reroute the river. So, the water's going down that river, going down that going down that river, going down that river.

river. river. We now need to create a new pathway in We now need to create a new pathway in the brain. the brain. A new right-hand path. A new right-hand path.

And we need to dig new pathways using And we need to dig new pathways using repetition and emotional repetition and emotional uh intensity and consistency.

uh intensity and consistency. Now, this is where nervous system Now, this is where nervous system regulation comes in and is very regulation comes in and is very important. Because imagine that that important. Because imagine that that ground where the river is flowing, ground where the river is flowing, imagine it's completely frozen.

imagine it's completely frozen. And if it's frozen, And if it's frozen, it's very difficult to dig a new river it's very difficult to dig a new river pathway and divert the river.

pathway and divert the river.

Why Regulation and Retraining Work Together

So, then what we do So, then what we do is the purpose of the nervous system is the purpose of the nervous system regulation, calming down the brain, regulation, calming down the brain, calming down the body, calming

down the body, is it is it thaws the ground. It loosens up the thaws the ground. It loosens up the ground. It gets rid of the ice. So, our ground. It gets rid of the ice. So, our brains become more neuroplastic, brains become more neuroplastic, more flexible.

more flexible. So, imagine that ground is all icy. As So, imagine that ground is all icy. As we regulate our nervous system through we regulate our nervous system through breath work, through meditation, through breath work, through meditation, through calming exercises, through gentle calming exercises, through gentle movement, movement, movement, all of these are designed to calm the all of these are designed to calm the nervous system, nervous system, stimulate then the parasympathetic stimulate then the parasympathetic nervous system by the vagus nerve, nervous system by the vagus nerve, and then enable the brain to loosen up, and then enable the brain to loosen up, become more flexible. And then we can become more flexible. And then we can start digging the right-hand path.

start digging the right-hand path. So, that's where nervous system So, that's where nervous system regulation comes in. But, a lot of regulation comes in. But, a lot of people get stuck at that level thinking, people get stuck at that level thinking, "Well, I'm doing all these amazing "Well, I'm doing all these amazing techniques. Therefore, I should heal, techniques. Therefore, I should heal, whether it's from anxiety or burnout or whether it's from anxiety or burnout or long COVID or any kind of condition long COVID or any kind of condition where there's overstimulation." where there's overstimulation." However, that's only However, that's only a part a portion of the the story.

a part a portion of the the story. Because once the ground is loosened up, Because once the ground is loosened up, we now need to dig that new neural we now need to dig that new neural pathway again and again and again.

pathway again and again and again. There's no point unfreezing the ground There's no point unfreezing the ground but then still allowing the water to go but then still allowing the water to go along the left hand path.

along the left hand path. And that's where And that's where consistency and the repetition comes in consistency and the repetition comes in where we're digging the right hand path where we're digging the right hand path and making the water flow. And that's and making the water flow. And that's where brain retraining becomes very where brain retraining becomes very important. So nervous system and important. So nervous system and regulation and brain retraining are not regulation and brain retraining are not opposites, they're not competitors.

opposites, they're not competitors. They are completely They are completely dependent on each other dependent on each other to work. to work. As an example, As an example, if you're someone who keeps reacting to if you're someone who keeps reacting to a certain person in your life, right? We a certain person in your life, right? We all know that one person that knows how all know that one person that knows how to press our buttons.

to press our buttons. We can do all the meditation and all the We can do all the meditation and all the breathing and everything to calm down breathing and everything to calm down our nervous system our nervous system which will be very useful and very which will be very useful and very important. But until we then start important. But until we then start reflecting on our reactive patterns, reflecting on our reactive patterns, start working through them, start working through them, the pathway itself has not changed. The the pathway itself has not changed. The condition network has not changed.

condition network has not changed.

Research Evidence and Clinical Precedent

And therefore, when we uh relax our And therefore, when we uh relax our nervous system, nervous system, we we we open our minds to new insights and to open our minds to new insights and to new awarenesses and it helps us then new awarenesses and it helps us then retrain and reprogram uh retrain and reprogram uh uh uh uh Yeah. So I think that's where these Yeah. So I think that's where these these kind of pathways work together and these kind of pathways work together and And there is precedent for this because And there is precedent for this because in neurology we know that in animal in neurology we know that in animal studies we're able to studies we're able to

um take, let's say, a rat and we give it um take, let's say, a rat and we give it in inflammatory bowel disease. So in inflammatory bowel disease. So they're able to create an irritant in they're able to create an irritant in the gut that creates inflammatory bowel the gut that creates inflammatory bowel disease, right?

disease, right? And they measure the signature in the And they measure the signature in the insular part of the brain. insular part of the brain. Then they bring the rats back to Then they bring the rats back to baseline baseline baseline and they just stimulate that part of the and they just stimulate that part of the brain in the insula. This was Dr. Asier brain in the insula. This was Dr. Asier Rolls' team that did this. This was Rolls' team that did this. This was groundbreaking research that should have groundbreaking research that should have been made world headlines because it been made world headlines because it proves probably 50% of the illnesses you proves probably 50% of the illnesses you go to see a doctor for was proven by go to see a doctor for was proven by that one study.

that one study. And when they restimulated the insula And when they restimulated the insula part of the brain, it recreated part of the brain, it recreated inflammatory bowel disease in the gut.

inflammatory bowel disease in the gut. Which showed us that when our bodies Which showed us that when our bodies react to the environment, viruses, react to the environment, viruses, bacteria, toxins, bacteria, toxins, it actually creates a particular pathway it actually creates a particular pathway in the brain that if it's restimulated in the brain that if it's restimulated unnecessarily, it can create the same unnecessarily, it can create the same immune and nervous system response.

immune and nervous system response. Okay? And there's precedent for this Okay? And there's precedent for this because during COVID, because during COVID, uh during that unfortunate time, when uh during that unfortunate time, when people were were dying from from COVID, people were were dying from from COVID, it wasn't because of the COVID infection it wasn't because of the COVID infection per se.

per se. It was the brain over stimulating It was the brain over stimulating inflammatory responses through a inflammatory responses through a cytokine storm in the lungs, which cytokine storm in the lungs, which overwhelmed the lungs, reduced oxygen overwhelmed the lungs, reduced oxygen flow, tightens the airways, and flow, tightens the airways, and eventually left led to asphyxiation. So, eventually left led to asphyxiation. So, COVID was classic example of when our COVID was classic example of when our nervous system and immune system nervous system and immune system overreacts. And in these other chronic overreacts. And in these other chronic conditions, it's when our nervous and conditions, it's when our nervous and immune systems overreact in the immune systems overreact in the longer longer term.

term. term. So, in summary, So, in summary, nervous system regulation nervous system regulation is for calming, for safety, for down is for calming, for safety, for down regulation, regulation, regulation, that then prepares the mind and prepares that then prepares the mind and prepares the grounds for brain retraining, which the grounds for brain retraining, which involves the repetition, involves the repetition, the emotional shifts, the attentional the emotional shifts, the attentional shifts in the brain, so we can shifts in the brain, so we can experience safety at a more magnified experience safety at a more magnified level.

level. level. And we're also changing the predictive And we're also changing the predictive processing of the brain. So, the brain processing of the brain. So, the brain isn't stuck in what it's always isn't stuck in what it's always experienced in the past and recreating experienced in the past and recreating that as a way of predicting safety and a that as a way of predicting safety and a way that we should live and survival.

way that we should live and survival. Instead, we're creating a new predictive Instead, we're creating a new predictive processing code in the brain, so it processing code in the brain, so it learns that this is what we want. This learns that this is what we want. This is the new is the new safety that we want to experience. So, safety that we want to experience. So, this is where we have active this is where we have active neuroplastic learning, changing those neuroplastic learning, changing those predictive patterns and processing predictive patterns and processing interrupting those conditioned interrupting those conditioned responses. And that's what we do through responses. And that's what we do through brain retraining. It's training the brain retraining.

Angus's Recovery Story

It's training the brain when it got stuck. So, in summary, brain when it got stuck. So, in summary, the brain can get stuck. the brain can get stuck. It learns how to over-respond. It learns It learns how to over-respond. It learns illness, and it can unlearn illness illness, and it can unlearn illness essentially. And that's where, you know, essentially. And that's where, you know, as you know, we've done seven clinical as you know, we've done seven clinical studies, five randomized controlled studies, five randomized controlled trials. You read all of that on our trials. You read all of that on our website, and that can explain to you and website, and that can explain to you and show you how we're not just saying this show you how we're not just saying this is a hypothesis, but actually we've got is a hypothesis, but actually we've got lots of clinical proof behind this now, lots of clinical proof behind this now, as well. So, once again, we'd love for as well. So, once again, we'd love for you to share this on your social media, you to share this on your social media, with your friends, your family, perhaps with your friends, your family, perhaps on different groups, different patient on different groups, different patient groups, because we really want to get groups, because we really want to get the word out about helping people the word out about helping people understand that nervous system understand that nervous system regulation is a very important part of regulation is a very important part of the healing process, but it's not the the healing process, but it's not the whole story by any stretch, and the the whole story by any stretch, and the the two work together. All right?

two work together. All right? Okay, what I'm going to do is I'm now Okay, what I'm going to do is I'm now going to share going to share a little video from someone who has a little video from someone who has navigated this particular journey and navigated this particular journey and has experienced exactly this in terms of has experienced exactly this in terms of looking at looking at the various um the various um differences between the two. So, this is differences between the two. So, this is a little interview with someone called a little interview with someone called Angus. He's going to just share his his Angus. He's going to just share his his story.

story. story. >> Well, hi there, Angus. Thank you so much >> Well, hi there, Angus. Thank you so much for taking out some time of your day to for taking out some time of your day to join us.

join us. So, yeah, first we'd just love to know So, yeah, first we'd just love to know briefly a bit about your your story, briefly a bit about your your story, like when you got unwell, what like when you got unwell, what condition, and as a contrast, kind of condition, and as a contrast, kind of how you're feeling now.

how you're feeling now. >> Well, my story I start it started about >> Well, my story I start it started about 15 years ago. 15 years ago. Um Um Um I was doing a lot of I was doing a lot of work. I was doing a lot of exercise, work. I was doing a lot of exercise, and these things sort of came together, and these things sort of came together, and and and I kind of I got to a point where I I kind of I got to a point where I couldn't really couldn't really Well, actually, I was I was running one Well, actually, I was I was running one night and and my legs stopped working, night and and my legs stopped working, basically. So, that was the start of it.

basically. So, that was the start of it. Literally stopped working. I had to drag Literally stopped working. I had to drag myself back home. And myself back home. And yeah, from that point, I mean, I got to yeah, from that point, I mean, I got to a very low point where I was kind of a very low point where I was kind of literally I couldn't eat at all. So, I literally I couldn't eat at all. So, I was on liquids. So, yeah, I mean, a was on liquids. So, yeah, I mean, a recovery for me at one stage was getting recovery for me at one stage was getting into a wheelchair to get out of the into a wheelchair to get out of the house. So, it was a seriously house. So, it was a seriously debilitating illness at that time. So.

debilitating illness at that time. So. >> Right, I see. >> Right, I see. And how would you kind of contrast that And how would you kind of contrast that to now in terms of what you're able to to now in terms of what you're able to do and how your life is now?

do and how your life is now? >> Yeah, I mean, the >> Yeah, I mean, the just so much so much beauty and just so much so much beauty and gratitude in my life at the moment.

gratitude in my life at the moment. Um Um Um What I mean, tonight I went I mean, What I mean, tonight I went I

mean, literally tonight I went down with my literally tonight I went down with my family and we went down to the beach. We family and we went down to the beach. We I mean, the beaches are so beautiful I mean, the beaches are so beautiful here in Australia and we went kangaroo here in Australia and we went kangaroo watching. And my daughter's just there watching. And my daughter's just there with a with a you know, you know, a doodle pad drawing pictures of a doodle pad drawing pictures of kangaroos and the the joy and the kangaroos and the the joy and the gratitude to have that health to go gratitude to have that health to go walking down by the beach with my family walking down by the beach with my family um um um after spending the day with them as after spending the day with them as well. It's um with a with a school well. It's um with a with a school event, you know, just event, you know, just Yeah, um yeah, yeah, my my life is a lot Yeah, um yeah, yeah, my my life is a lot more fulfilled with energy and more fulfilled with energy and >> Lovely. What a beautiful >> Lovely. What a beautiful What a beautiful story. And what were What a beautiful story. And what were you eventually diagnosed with?

you eventually diagnosed with? >> Um it was >> Um it was So, they called it at the time chronic So, they called it at the time chronic fatigue syndrome and fibromyalgia. So, fatigue syndrome and fibromyalgia. So, it's, you know, ME, so, yeah.

it's, you know, ME, so, yeah. >> And before you kind of came to the Gupta >> And before you kind of came to the Gupta program, did you Had you tried other program, did you Had you tried other healing modalities? Had you had tried healing modalities? Had you had tried any kind of nervous system regulation any kind of nervous system regulation type stuff?

type stuff? >> Yeah, I >> Yeah, I um hadn't really No, I I was under the um hadn't really No, I I was under the doctor's um doctor's um medication, and I can't actually medication, and I can't actually remember what it was called that I was remember what it was called that I was taking, but um taking, but um I was getting desperate for things. I I was getting desperate for things. I was taking I got um you know, tablets, was taking I got um you know, tablets, and I was just taking them and hoping and I was just taking them and hoping for the best. So, I had no idea of for the best. So, I had no idea of For me, coming into the Gupta program, For me, coming into the Gupta program, thought um looking at thoughts, looking thought um looking at thoughts, looking at meditation at meditation was completely new. Nervous system was completely new. Nervous system regulation, I I I was not aware of these regulation, I I I was not aware of these things. No, it was all new for me. Yeah.

things. No, it was all new for me. Yeah. Yeah. Yeah. Yeah. >> Mhm. And as you were kind of taking the >> Mhm. And as you were kind of taking the journey, I guess you kind of see these journey, I guess you kind of see these pieces fit together. So, in the program, pieces fit together. So, in the program, we talk about how does the dove fly?

we talk about how does the dove fly? Well, it needs three things. It needs Well, it needs three things. It needs the left and right wing, and it needs the left and right wing, and it needs the tail feathers for a direction. And the tail feathers for a direction. And the wings are obviously nervous system the wings are obviously nervous system regulation and brain retraining. So, as regulation and brain retraining. So, as you came into the program, obviously in you came into the program, obviously in the program, we start with the nervous the program, we start with the nervous system regulation and and the somatic system regulation and and the somatic retraining, retraining, retraining, and then we move on to kind of more and then we move on to kind of more in-depth retraining. How did When you in-depth retraining. How did When you first started, how did you think these first started, how did you think these jigsaw pieces fitted together, and how jigsaw pieces fitted together, and how how did it flow for you?

how did it flow for you? >> Yeah, um when I first started, um I was >> Yeah, um when I first started, um I was um um um trying to stop the thoughts in the brain trying to stop the thoughts in the brain retraining sense.

retraining sense. Um and I worked with um a Um and I worked with um a absolutely wonderful person called Deb absolutely wonderful person called Deb My Arm, and she helped to guide me with My Arm, and she helped to guide me with the nervous system um the nervous system um regulation. We started to find safe regulation. We started to find safe spaces. Um she taught me about safe spaces. Um she taught me about safe spaces. Um spaces. Um we used to use she uses a wonderful tool we used to use she uses a wonderful tool where we look around a room and we find where we look around a room and we find you know, relaxing or calm safe objects you know, relaxing or calm safe objects in the room. So, I worked I I understood in the room. So, I worked I I

understood it with that and then I started to use it with that and then I started to use that that that and then I used and then I used to use the brain retraining as well in to use the brain retraining as well in conjunction with it. So, yeah. Yeah, it conjunction with it. So, yeah. Yeah, it worked that way.

worked that way. >> Fantastic. So, you saw how they they >> Fantastic. So, you saw how they they kind of interconnect and how they How kind of interconnect and how they How would you say them dependent on each would you say them dependent on each other? The nervous system regulation and other? The nervous system regulation and the brain retraining.

the brain retraining. >> Um >> Um >> Um well, absolutely because I well, absolutely because I I mean I mean Yeah, but Yeah, but it it's like kind of sowing the seed or it it's like kind of sowing the seed or or laying the foundations.

or laying the foundations. Um Um Um being in the right being in the right being in the right being in the right state to be able to see these parts or state to be able to see these parts or these thoughts. Um these thoughts. Um if we haven't regulated our system if we haven't regulated our system in very can become identified with it in very can become identified with it and very difficult then to retrain at and very difficult then to retrain at that point. So, it's it's kind of like, that point. So, it's it's kind of like, you know, um you know, um you So, it's just laying the foundations you So, it's just laying the foundations with the regulation and just being able with the regulation and just being able to to to calm the system like I mean in laughter calm the system like I mean in laughter yoga I would say I would say, you know, yoga I would say I would say, you know, turning down the dial, turning down the turning down the dial, turning down the dial and then being able to retrain dial and then being able to retrain them. So, that the you know, this is the them. So, that the you know, this is the regulation dial we just turn it down.

regulation dial we just turn it down. So. So. So. >> Mm. >> Mm. >> Mm. Yeah, that's a lovely way of putting it Yeah, that's a lovely way of putting it actually. I like that.

actually. I like that. Um Um Um What kind of role do you think What kind of role do you think repetition and consistency repetition and consistency plays in in progress and recovery?

plays in in progress and recovery? Because obviously in the the program we Because obviously in the the program we talk a lot about people having dips, talk a lot about people having dips, people feeling disheartened and then people feeling disheartened and then kind of kind of falling off the wagon as it were. How falling off the wagon as it were. How did repetition and consistency matter in did repetition and consistency matter in in your recovery?

in your recovery? >> Yeah, I am >> Yeah, I am I grew to love the the meditations and I grew to love the the meditations and I I I I was very I have to be clear and and I was very I have to be clear and and honest. I was very very disciplined like honest. I was very very disciplined like I I I you know I I you know I I I like my meditations now and I'll start I like my meditations now and I'll start my day with meditations and end it as my day with meditations and end it as well well well and I was and I was I was doing I was doing I would say I was probably doing three I would say I was probably doing three times a day a meditation in the morning times a day a meditation in the morning a meditation around lunch time and one a meditation around lunch time and one in the evening and then obviously brain in the evening and then obviously brain retraining in and around that as well so retraining in and around that as well so I was I was keen and I was you know I was pretty keen and I was you know I was pretty thorough with that and but it was thorough with that and but it was helping me so and I was enjoying it. You helping me so and I was enjoying it. You know finding the joy as well finding the know finding the joy as well finding the enjoyment and the laughter and the fun enjoyment and the laughter and the fun in it. And finding the and the community in it. And finding the and the community as well and interacting I've been as well and interacting I've been interacted with literally hundreds of interacted with literally hundreds of people on the Gupta program. It's been a people on the Gupta program. It's been a great part of my life to be honest with great part of my life to be honest with you as I've recovered and um you as I've recovered and um I I'm really grateful for that but but I I'm really grateful for that but but by immersing myself in it um I know you by immersing myself in it um I know you you know obviously I've been on webinars you know obviously I've been on webinars with yourself and it's been with yourself and it's been well it needs to be like cleaning your well it needs to be like cleaning your teeth and I definitely become became teeth and I definitely become became like that for me so like that for me so that was it

was a big part discipline that was it was a big part discipline was repetition yeah.

was repetition yeah. >> Yeah and we see that as the critical >> Yeah and we see that as the critical success factor we ask people who success factor we ask people who recovered recovered recovered we sometimes people expect there's going we sometimes people expect there's going to be some magical thing that they say to be some magical thing that they say or some new revelation so you sort of or some new revelation so you sort of keep at it keep consistent. It's like keep at it keep consistent. It's like you know you're training your brain it's you know you're training your brain it's like learning a musical instrument or like learning a musical instrument or learning a piece of music or learning a learning a piece of music or learning a a song it's that repetition that then a song it's that repetition that then brings it deep into your brain your brings it deep into your brain your nervous system and then it becomes a new nervous system and then it becomes a new habit that your your body follows and habit that your your body follows and as you say it's that it's that as you say it's that it's that discipline, that repetition that really discipline, that repetition that really makes it.

makes it. >> Great. And what advice would you have >> Great. And what advice would you have for people then who are thinking about, for people then who are thinking about, you know, they might be thinking about you know, they might be thinking about just doing nervous system regulation just doing nervous system regulation because there's a lot of things out because there's a lot of things out there that are just focused on that?

there that are just focused on that? Or they're thinking, you know, just Or they're thinking, you know, just brain retraining. Is it different? Is brain retraining. Is it different? Is that the important piece? How would you that the important piece? How would you What advice would you give them?

What advice would you give them? >> Um >> Um >> Um Uh yeah, I mean, 100% is just first Uh yeah, I mean, 100% is just first I I'll spend time now in my in my um I I'll spend time now in my in my um meditations and just just taking the meditations and just just taking the time to become in your body. I I time to become in your body. I I actually did um I did some chi gong actually did um I did some chi gong qualifications and just to just becoming qualifications and just to just becoming into your getting into your body, taking into your getting into your body, taking the time first to regulate your system the time first to regulate your system prior to retraining. And And you know, prior to retraining. And And you know, no pressure and no worries. This might no pressure and no worries. This might take It might like turning down the dial take It might like turning down the dial might take a bit of time, you know, and might take a bit of time, you know, and just do what you can. So, if it takes, just do what you can. So, if it takes, say, 25 minutes of say, 25 minutes of regulation and then just 5 minutes of regulation and then just 5 minutes of retraining and then just being aware of retraining and then just being aware of how you're going to oscillate between how you're going to oscillate between the two, basically. And the two, basically. And sometimes it might be the opposite way sometimes it might be the opposite way around. It might be 25 minutes. You around. It might be 25 minutes. You know, it's just being aware of what's know, it's just being aware of what's right for you and just sort of laying right for you and just sort of laying the foundations with the regulation and the foundations with the regulation and then obviously that the retraining comes then obviously that the retraining comes afterwards effectively.

afterwards effectively. >> Mhm. >> Mhm. >> Mhm. Great. And yeah, so as you mentioned, Great. And yeah, so as you mentioned, you're now living, you know, a fuller you're now living, you know, a fuller life, you're able to do most things. Um life, you're able to do most things. Um and and how does that feel?

and and how does that feel? >> It's just amazing. I mean, I I did >> It's just amazing. I mean, I I did I mean, as you can gather, a lot of my I mean, as you can gather, a lot of my things around I I when I Matilda, my things around I I when I Matilda, my daughter, is like nine. She was nine the daughter, is like nine. She was nine the other um day. And other um day. And I had a lot of upset around not being I had a lot of upset around not being able to be a dad to her when I was able to be a dad to her when I was obviously been ill for 15 years, so that obviously been ill for 15 years, so that was, you know, was, you know, she came along during the illness, and she came along during the illness, and that was really upsetting to be a father that was really upsetting to be a father to my daughter is the best thing. I to my daughter is the best thing. I cannot tell you.

cannot tell you. I, you know, it just she had a birthday I, you know, it just she had a birthday party the other day,

party the other day, and there was 13 children there, and I'm and there was 13 children there, and I'm there. I mean, these are just memories there. I mean, these are just memories that will stick with me forever, and I'm that will stick with me forever, and I'm cutting this cake, and just, you know, cutting this cake, and just, you know, these hungry kids all around me and these hungry kids all around me and handing it out, and I'm just think this handing it out, and I'm just think this is a 3-hour party with kids running is a 3-hour party with kids running around at a pool here in Australia and around at a pool here in Australia and lovely warm weather, and kids are just lovely warm weather, and kids are just having having cake off me, and I just having having cake off me, and I just thought this thought this is what I always wanted, to be honest is what I always wanted, to be honest with just to be a father to my daughter, with just to be a father to my daughter, and, you know, is the most pri- is and, you know, is the most pri- is priceless. Absolutely priceless, so priceless. Absolutely priceless, so yeah. And thank you, Ashok, for that as yeah. And thank you, Ashok, for that as well.

well. well. >> Yeah, thank you, and congratulations to >> Yeah, thank you, and congratulations to you for keeping up that consistency and you for keeping up that consistency and that momentum to get to where you are.

that momentum to get to where you are. So, thank you, Angus. It's been so So, thank you, Angus. It's been so lovely to have a chat with you, to get lovely to have a chat with you, to get your your reflections on this topic your your reflections on this topic today, and I wish you all the best in today, and I wish you all the best in the future.

the future. >> Thank you. Thank you. Thank you. >> Thank you. Thank you. Thank you.

Program Access, Installment Plan, and Q&A Invitation

Okay, well, that was also a really Okay, well, that was also a really touching story from from Angus there. touching story from from Angus there. So, really beautiful to So, really beautiful to to kind of have his reflections and his to kind of have his reflections and his input. And what like you to know now is input. And what like you to know now is that that that we're going to be having a live event we're going to be having a live event with Q&A with myself with Q&A with myself on Zoom right now. So, our team will on Zoom right now. So, our team will share the Zoom link in the chat and we'd share the Zoom link in the chat and we'd love for you to join us love for you to join us for that Zoom event where you get to ask for that Zoom event where you get to ask questions, find out more about the questions, find out more about the program. And as we've mentioned, program. And as we've mentioned, we previously had just an upfront we previously had just an upfront payment that people made for the payment that people made for the program, but we want to make this more program, but we want to make this more accessible. We know there's a cost of accessible. We know there's a cost of living crisis and we try to make the living crisis and we try to make the price of the program as low and as price of the program as low and as reasonable as possible for the amount of reasonable as possible for the amount of things that we support you with. So, we things that we support you with. So, we have daily live sessions on Zoom Monday have daily live sessions on Zoom Monday to Friday, to Friday, live nervous system regulation, live live nervous system regulation, live brain retraining each day on Zoom, which brain retraining each day on Zoom, which is, you know, a really powerful way of is, you know, a really powerful way of being in community being in community and supporting each other. So, I think and supporting each other. So, I think that that that that kind of thing is really powerful.

that kind of thing is really powerful. And then secondly, And then secondly, we have weekly webinars with myself and we have weekly webinars with myself and so on. So, love for you to join us on so on. So, love for you to join us on Zoom right now. So, if you can our team Zoom right now. So, if you can our team going to share the Zoom link in the going to share the Zoom link in the chat, we'll be going on Zoom for a live chat, we'll be going on Zoom for a live Q&A and we'll be introducing our Q&A and we'll be introducing our installment plan where you can pay for installment plan where you can pay for the program in installments, as well.

the program in installments, as well. Now, some people in the comments are Now, some people in the comments are talking about trauma and the importance talking about trauma and the importance our program is our program is trauma informed in the sense that most trauma informed in the sense that most of our coaches, they work one-on-one of our coaches, they work one-on-one with people, as well, and with people, as well, and we make sure that people understand that we make sure that people understand that trauma and understanding how trauma fits trauma and understanding how trauma fits into the jigsaw puzzle is very important into the jigsaw puzzle is very

important part of healing and so that is important part of healing and so that is important part of our program, as well. So, once part of our program, as well. So, once again, please do share this on your again, please do share this on your social media with people around you and social media with people around you and let them know now that we have this let them know now that we have this installment program. So, if our team installment program. So, if our team could also just share a link to the page could also just share a link to the page with the installment program with the installment program where you can pay for the program over where you can pay for the program over the space of 6 months to make it more the space of 6 months to make it more Okay, so thank you so much to everybody Okay, so thank you so much to everybody for watching and for watching and and listening. I I think this is a and listening. I I think this is a slight technical issue. You may not be slight technical issue. You may not be able to see me right now, but hopefully able to see me right now, but hopefully you can still hear me. So once again, you can still hear me. So once again, please do share the link uh please do share the link uh to our installment plan and we'll see to our installment plan and we'll see you on Zoom very shortly. So there you you on Zoom very shortly. So there you are. There you can see the link to the are. There you can see the link to the installment plan and that gives you an installment plan and that gives you an opportunity to spread the payments out opportunity to spread the payments out and we really want to make sure that and we really want to make sure that sure this there's no barriers and it's sure this there's no barriers and it's accessible as possible. And with whether accessible as possible. And with whether you buy the program up front or you buy you buy the program up front or you buy using the installment program, we do using the installment program, we do offer a one-year money-back guarantee.

offer a one-year money-back guarantee. So our program is a 3-to-6 month So our program is a 3-to-6 month program. After 6 months, if you don't program. After 6 months, if you don't have improvement, you can return the have improvement, you can return the program, no questions asked. And program, no questions asked. And finally, when people return the program, finally, when people return the program, they used to say, "Well, we have to send they used to say, "Well, we have to send it abroad if they're based in US or it abroad if they're based in US or Canada." But we now have a returns Canada." But we now have a returns address in the US as well, so it's very address in the US as well, so it's very cheap and easy to return the program, cheap and easy to return the program, have a refund, and then you can spend it have a refund, and then you can spend it on something else. So on something else. So really looking forward to seeing you on really looking forward to seeing you on Zoom. I hope you get an opportunity to Zoom. I hope you get an opportunity to start the program and we have our start the program and we have our webinar series starting on Monday the webinar series starting on Monday the 1st of June, so it's now is a great time 1st of June, so it's now is a great time over the next few days to join us. We'll over the next few days to join us. We'll be starting our weekly webinars on be starting our weekly webinars on Monday.

Monday. Monday. So thank you so much everyone for So thank you so much everyone for watching and we'll see you again soon on watching and we'll see you again soon on the Zoom.

the Zoom. We'll see you in about 10 minutes on the We'll see you in about 10 minutes on the Zoom link. Zoom link.