Proven Solution For Depression And Anxiety Through Breath And Cold: Wim Hof Method Research For Mental Health Transcript

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Introduction and Welcome

– Hello everyone and welcome to the Microbes and Mental Health Summit. I'm your host. Dr. Miles Nichols here today with Wim Hof. Who doesn't really need much of an introduction as many people already know Wim Hof or the Iceman. He's become more than a sensation.

And Wim has been an inspiration to me personally and has done immense amounts of work in scientific research and understanding of the immune system and of the brain and of mindset and of mental health and the physical health.

And welcome Wim thank you so much for taking the time. – Thanks Miles. As I said, we will go older Miles until we have done the distance. – So when you have your own history with mental health, back when you got started with cold exposure and breathwork, how did that begin for you?

– Yes, I just explained it once again to people here with who are suffering from A. L. S. And I they asked me how did you start? I said I was 17. I was quite a philosopher, had read a lot of books for a guy of my age.

Discovering Cold Exposure and Breathwork

But then you know, you get into your head and it's so much that I was always pondering and debating with myself the question who we are, what we are, what is this all about? What is the more And that may brought me in a Sunday morning out there in the park and there I saw a thin layer on the ice and I just felt attracted. That is the God led me by attraction into the cold water. And you know, without a doubt and there I got this I got it.

This is it not in words, but in feeling and that gut feeling that felt like I was high on my own supply all day long. And then I thought this cannot happen again. So I went again the other day and yeah, really exceeded my expectations. So it felt so good and when something feels so good, so profound instead of debating and philosophizing about what is the purpose of life, what does control look like, what is, what is there more than meets the eye and all that.

It was quenched right over there. And that feeling brought me gave me the motivation to go every day. And I did that for 25 years, not only for 25 years, a few months after I initiated at all going into the by gut feeling into the court order, I began to be conscious of my breathing because every time when you go into the cold water, you automatically reflects by reflex you want to go and breathe deeply and that is to change the biochemistry deeply.

So if we augment deep breathing within our daily say practice or daily life, then we bring extra nutrition to ourselves. And that feels like great because I was mirroring that with the cold water in the cold water and I could prolong my time every time or just by controlled deep breathing.

And so as a certain moment I began to separate one from the other. So going into the court that was already like I'm gonna do this is mine. And I did that for 25 years of my life and where people said I was crazy an idiot. And also who goes into cold water and all that.

But I did it anyway because it felt so good. But then I separated also. I did the breathing, just deep breathing at home. And then what I saw and the rats in all the esoteric books.

Now I saw in the front of my eyes, I could feel it, I could see it. I understood the sacredness of life, the possible manipulation of the nervous system which is the light which is the electricity. And then of course in many years I saw many things and I began to debate about it, talk about it, Contemplate about it, observe it. Practice more

etcetera etcetera etcetera.

And then when the time was apparently right or you get the lessons of life and the way you get the lessons and you got to take them. Mine was I lost my woman in 95 from a traumatic, I mean, she jumped from eight stories down suicide that that means I was not transmitting what I was seeing in my daily practice tried to but it didn't get through and the whole psychiatry could not help her and with all these injections and pills and all nothing nothing with it. And she was the love of my life.

And it's so tragic then you cannot describe it, you cannot understand you can't cope with it. That's where I began to consciously go into cold icy cold water. Like as a remedy as a Now the emotional agony stops when I go into icy water, I just survive. The brain stops, the thinking stops, the hamster stops. The whole thing stops, you shut down is where the healing began and that emotional healing I needed it and I was left once again by the gods to do it because I was left behind with four kids. So what do you do?

You just survive and you take the me you follow your gut. It's not thinking anything. No method was there nothing was there was just an emotional wreck coming back to life.

– That's incredible. – Yes, I had to.

Grief, Trauma, and Emotional Healing

And so now those four kids, I work with them and we have a very successful company into say breathing into emotion into trauma healing into icy water. I make jokes on stage.

I say I must be a very good salesman because I sell gold and and bloody air you know. But there is more to it if you see the world how it is making money out of farmer gynecological means it is so corrupted. So so yeah, it's money does that.

So the thing is I bring back through science our innate capacity to heal coming from nature following my gut, I found something I got something passed on. It's not mine, it's for humanity.

That's why I bring it on and I can challenge any scientist to do. So I'm doing a lot of studies right now also in mental health care. Just yesterday morning we started a new study together with Doctor King for God's sake for Dr. King from Queensland.

I mean the Queen and the King are coming together and we are doing a study on depression, sleep, psychic well being. And another one, the thing is they know they can see that this method is really an answer to modern day ailments and whatever inflammation based kind of diseases come and in the end to cure a pandemic spiritual pandemic called depression.

People do not no longer find how to pressure the pressure of the life force within. They get under pressure. That is depression and its spiritual but spiritually with two ft on the ground, I learned it the hard way and then I'm willing to share that of course because it's not mine. It's for humanity.

The humanity's awakening of the innate capacity to heal themselves and their Children isn't that logical that that that should be like in everybody's covered The ability to heal to be happy, strong and healthy.

Boom, that is a little bit my story. So I got challenged in the in the 1999 by television because they saw me doing stuff in the eyes and all and then they began to challenge me.

And I said I can do a lot more. What I've learned in nature is much more than we think as possible. And then in the end, after I did 26 world records in there with Guinness World Records.

They began to experiment on me in in academic universitaria in hospitals and then they saw I was doing things that in the book, it was not existent. And then we broke the paradigm in 2014 by showing that the inflammatory markets,

the inflammation, the cause and effect of disease.

Any disease can be brought down by breathing exercises and some cold training and using your bloody motivation or the the effect of placebo consciously.

Hey man, I want to get down what the bacteria is going to inflict upon my system. I don't want to become sick. That that mentality plus breathing brings the inflammation boom down within a quarter of our But first I did it and then they said, but you are an anomaly. You are a superhuman.

You are, I don't know what kind of names they called it. Always outside, outside outside. And then I said, no, everybody can do this. And then the professor said, when do you see all these books around here if that's what you are stating right now that everybody is able to bring to control deeply the autonomic nervous system and the innate immune system then we need to change all these books And now they have to change all these books you see. Because I showed with the comparative study with a whole group of people within four days to bring them after 16,000 people showed all not to be able to do that.

Suddenly 12 people I trained four days there were all able to go deeply influencing the innate immune system and the autonomic nervous system by which the symptoms of a disease, fever, headaches, agony caused by e coli bacteria injection was no longer It was just so much dampened that they made jokes, they made jokes like ah these doctors they just insert injected us with sugar water. So you know they made fun out of it.

There was nothing going on. And that after 16,000 people, 12 people 100% showed otherwise. So the whole wide world should have awakened right over there.

But now we know why that is not because trillions and trillions and trillions are related to our dependency on vaccines, on pharmaceutical means. And yeah corruption. And we just let it, it's our psychology. We gotta break it.

We gotta break it. So people like my wife back then with the cycle, all of psychiatry, all the injections, all the therapies didn't work at all. We gotta bring back sense into real medical care and that is in autonomy. Everybody has the innate capacity to heal that is the RKS of Paracelsus. So if people from hundreds of years ago knew it, then what are we doing guys?

– It's incredible. And your story, you learned by being drawn from your heart to go into the cold. And then that taught you the breathing to become aware of your breath. And then that taught you to shift your breathing. That taught you to practice that even outside the cold. And then you dealt with incredible tragedy, a kind of experience to be with four children and a wife and to have the tragedy of suicide and to be able to to deal with because it's one thing to have a practice that you think can be helpful.

But then to be put it to be put to the test, anyone would have a hard time dealing with that situation. And for you to say you could go into the cold and it would stop the mind when whose mind is going to stop when you have four children and no more mother. And why did this happen?

And you the mind does this, why did this happen? What could I have done? How could I have helped prevented all this stuff to stop? Stop that by going into the cold. It's incredible that can happen.

And I myself I had my father passed when I was 15 and when I go into the cold, I'm brought back to that moment where I got the call, where he passed on and I feel that sense of peace internally.

Like it's training the physiology, it's training the physiology to relax. – Story is so beautiful only we cannot touch upon our emotions anymore. And that is such a shame because we are into the circling of the mind.

We are brought by schooling like every day. You have to know about mathematics and history, language. But how about happiness, strength and health. How about knowing how to deal with deep emotions and feel them and see them and being able to process them when they need processing trauma.

Deep trauma. So this is what we did. I showed that in Detroit in the Wayne State University and we found out now we have the key components, the key components of the autonomous processes in the brain like emotions.

The now we have the key components of the autonomous processes in the brain related to mood regulation. How about that? And that is a fundamental shift in the paradigm because we found them.

Science, Inflammation, and Mental Health

We found them and I want to pass on the keys to the people to learn to regulate their own mood, especially when somebody has passed, especially when you don't know what is a soul and when it passes on and what you do here and what you do now. It's all been expressed by the sanity and the profound itty, the depth of our emotions and there it is and it should be, not only when we are in love, it should be all the time there.

I remember I was in Finland to run half a marathon barefoot in wintertime outside frozen and the night before it was really cold going to be called the other day and there I was like whoa, I've never done this. I was and I was talking to the audio man and he said to me just run like fuck I got that man, I got that. It was a great mantra.

They said, yeah, fuck you all, I'm gonna do it. You know, I'm not gonna think I'm gonna feel that's what I did. It was one of the those are great spiritual moments.

The but the thing is we should not be needing all that we should be emotional aware beings all because if we don't we don't listen then to our soul. And when our soul gets in conflict because we suppress our emotions is when we become sick, when we become depressed because without their soul we are zombies.

Without the soul, there is no life force, there is no purpose and it's all these signs, they are coming and we are just suppressing them for a system that is sodomizing the soul and the soul and and the earth's soul and soil and all that.

They're the governments need to go and because they don't because they are in the into the system into the whatever they call it, the Matrix and the patriots and the same tricks and the and the Dominic Dominic tricks and I don't know what kind of tricks they use, but it's a lot they got a lot on their sleeves, only they lost the magic of life itself.

And now that's why we work here together. I go miles and we go the distance. – Yeah. The underlying feelings are have been lost touch with and by going into the cold by doing the breathwork.

There's this sense of an ability to train the body because normally going into the cold, the body everything tense so hard. But by training and for me, I've learned this from you by training too relax and everything in the body wants to tense up, but to feel deeply and to relax, the system changes the relationship to when the stress comes. Even just two weeks ago, my mom passed on an and the feeling of being able to have trained my physiology to relax when something bad happens, when everything in me wants to tense up and wants to run away. I can hold the intensity.

I can be present in the moment with the intensity in part because I've been present with the intensity of the cold and I've learned to do that. – How beautiful do you explain through the story, the ability to hold the moment to not lose yourself because you don't understand somebody passed on.

I think life is eternal. Once we get in connection with the soul, the soul is unbreakable. The soul is a plastic. So there is no fear there only we have learned wrongly. That's why we cannot deal when somebody is passing on, we have to mourn, we have to do this and then we have to do that all these things and we're lost and we are emotionally the damage.

We got to pick up the pace of life and all that. Where is the sense where is the purpose? I just love my mommy, I just love my dad. What is this? We cannot deal with these emotions and that is wrong. We should be able to understand and that's the biggest challenge. The soul is forever and we are here to with a purpose and let's live up to the purpose and then then I come to.

Yeah but don't be too self indulgent about it about your emotions. I always say on stage fuck enlightenment, fuck enlightenment. And especially when it's blue light in your room.

You know they use red light now it's a different frequency you know thing but that's not the thing. – My house is red light at night only. – Yeah. Yeah. So all that is great.

We are doing a study with a W. H. M. With the method and red light. Both are enhancing like mitochondria li like 2015 to 20% better. Just using the red light. Okay.

But and then the method is also very much into aerobic dissimulation on the mitochondria which means a lot more energy will be coming and less dit eerie.

Less shit is being produced. And so you've got You just have more energy more 80 p. more at the end of senior magistrate. And that should be common knowledge all you know very logic that that logic is there.

And with that logic we are able to deal besides of the maintenance of our body and soul and say emotions. We are able to deal with a loss with a loss which goes beyond our capacity to understand from our normal conditioning and that that we have now if you go into the court you learn to exercise the cardiovascular system which then becomes so much stronger by which the heart rate goes down.

Energy goes up because the transportation is just a lot better. All the millions of little muscles are going to help with the blood flow. So logically the pumping needs to be less. Yeah it goes to a natural state of tranquility instead of being to higher rate which is causing a cortisol in the liver and glucose.

And the sympathetic mode all the time depleting all the energy. And so that is over. So you you learn to have a system in physiology that is able to deal with any situation. You always have the energy and with that the cells understanding the cells memory of why we are here because without our D.

N. A. We are nothing. Only now we learn how to influence into the D. N. A. The past the time space barrier of our mind because the results of ancestry genetics and that is of the past, the past our time in space consciousness which is the rhythm through our prefrontal cortex.

So there are different areas and once you begin to get into that and this is what we are showing that a simple guy like me who is a drop out of school, I'm able to get along with doctors and professors all over the world and even teaching them. We are teaching.

We are finally learning about the investigative spirit to bring solutions to real modern day living problems instead of shooting rockets to the moon and to mars we we're gonna go and solve the problem on happiness, strength and health. Just to be bloody happy, happy man doesn't go to war. No equal Ukrainian Russian war.

It's all conflict and politics and bollocks all that sh it. Where's the mind of the people gone while we have a innate capacity to understand and exercise the power of his healing ourselves. So that's where I go where you go and and together and no ego fuck enlightenment we go and we want to share and into sharing there's even more happiness and more common sense and then we are the future miles we are the future. That so we are just in the middle of the paradigm shifting and we just keep on pushing.

Future Vision and Expanding the Method

– Yeah, but the problems of today really are, we look at the Centers for Disease Control in the United States, say six out of 10 americans have at least one chronic disease, four out of 10 have two or more chronic diseases.

And that's a very conservative estimate. And when we look at mood, when we look at depression on the rise, anxiety on the rise, we really see that the biggest problems of today, the kinds of problems that modern medicine is not solving, that are getting worse, That are potentially going to bankrupt the economy because so much money is being spent trying to deal with these issues on very high tech solutions where we have some simple capacity to

activate the innate Healing. As you showed in that seminal study that 2014 where they took an exogenous talks and they took dead E.

Coli and injected it direct into the bloodstream. Where everyone up until that point showed all the signs of chronic illness, they showed the inflammation and they showed the symptoms of feeling ill and simple breathing with cold training was able to be able to overcome those underpinnings of chronic disease and depression. Now there's a lot of research on depression, having inflammation. There's a whole side a kind theory for depression that show that inflammatory cytokines are making depressive symptoms worse when they're higher and better when they're lower.

And you've shown that the breathing can with cold training or even without cold training in the most recent study can lower those inflammatory markers dramatically.

And this may be a huge part of a solution for depression. And in the survey that was done for the Wim Hof method, anxiety was one of the top things to become better as well. So depression anxiety in this new study looking at depression as well, I think you're showing some amazing capacity for people to without high tech solutions. Be able to resolve some of the underpinnings for the immense problems in the world today, practical solutions and simple solutions are really happening here and you're showing it with science, your demo, demonstrating it in yourself, your training other people and they're showing it with science as well and that is absolutely incredible.

What what do you hope is going to come of this? I know you you feel yeah you feel like you want to change the world. – And I do that new studies are coming up and I just did a big study in san Francisco with the best D.

N. A. Researchers and some crazy beautiful outcomes related to depression at least at the least. And there is more and I'm doing a study in Queensland now says since yesterday I'm doing a study with a neuroscientist here Rotterdam and Penn State University Pennsylvania. It's a collaborative a university Arian study and Adelaide in Adelaide. I'm doing a study on the phone to get it in schooling system how to bring up cognitive awareness is related directly to emotional awareness. Isn't that logical – In the schools we really need that. – Yes, that's where it all starts.

We need to bring people the Children, the new pupils, the new generation, the ability to control and guarantee their own control over say the immune system, endocrine system, energy systems inside that is a the dopamine serotonin is the adrenals, the adrenal axis system. And it can all pass what you say.

Simple techniques take away the underpinnings of out immune disorders which is a long term chronic chronically built up slow level of low levels of acidic state of being and we just need to take that all away. And it's so simple by which we are able to create a new generation that is able to guarantee their own happiness, strength and health. Imagine a happy man doesn't go to war is not into position and all that and there's so much more and it's so close to us a breath away. So what is my future vision, my future, we are the future. Miles you me like like minded and just level Leveling up and I see beautiful stories of yours, but everybody has beautiful stories. The stories need to come back that is the emotionality, the real body of our spiritual, not just being part of the system that is sodomizing the planet and the soul of the planet and the soul of ours.

We are the avatars, the real ones I'm making right now, a Hollywood film. They are making a Hollywood film about my life etcetera. But the Holywood is every day on that's us.

We are in the middle of it and let's shine like stars in this and move it all. That's what we do. So into the future. I go very excited especially after this beautiful creative a conversation. I love you, I love you for your work for your being for your smile for being present and to bring it on to so many others that that is love. That is the happiness that is enlightenment. Let's enlighten each other guys.

That's what I want. That's give it to me because I'm going to give it to you. – That's amazing. And what challenges are you experiencing because you're doing so much work in the world, you have all these stuff, what is happening, you're really Hollywood movie, you did the BBC thing that there's lots happening, you're doing studies – Just made a book in 10 hours, audio made, a New York times bestseller.

– Amazing. – Imagine if it is 10 hours, once we break through, it's not like I think a couple of 100 million people know this now, but it needs to be billions and when we reached the 25 critical mass I think the population of the world.

It just runs off its spiral. Really goes to the positive to the future. To harmony with nature and inner nature is gonna breathe again like synchronized like the way it should be. But then all consciously that is autonomy, autonomy is the future and people. And we give it just it's a breath away and a cold shower. Come on man, you feel so so good afterwards.

You first take a warm shower but don't stay all day warm. This is the way we keep our dicks and balls in all day. In the heat. Of course you get prostrate cancer man.

It needs a retraction and needs exercise and it does in nature it does when you run in nature the dick goes in the balls go in its exercise and now every day that and so as our whole body, our whole body logically we are suffering all those diseases.

So take the damn cold shower. It's good for you to remember yourself that you are present, that you are present. Not some comfort zone, learned behavior.

And then breathing, breathing is going into the depth and giving nutrients to this on cell level. And even yeah, there's so much I mean we go to the deepest of the brain with that we are into a new study with cardiology and it shows if we do these breathing exercises, we uh we can make five times more blood flushing into the brain and into the heart.

They saw it in heart films. It's new. This is the future of cardiology. Imagine if you can reboot the heart with so much more blood flowing in. Where it's because of the wrong condition of the cardiovascular system. Long term creates the deficit every time a little bit. But until attack collapse.

Arterial arterial collapse uh aneurysm shit in the blood flow. Because it doesn't a good river flows. It takes all the sh it out. It flushes like any toilet that flushes well. So I can keep on going.

I got a very beautiful poem on the toilet. To me. It's best meditation temple in the house. It's where you let go, you release you, let it go. And that's why it's a momentary lapse of reason.

That's the reason to be here on the toilet. Great meditation.

Energy, Purpose, and Serving Others

Gosh! It. You know, we make fun out of it. But let's make our lives sacred again. Let's be holy as we are. We are holy beings. When we're once we connect with our deep emotional ability to express the soul again. And it's nothing, it's nothing abstract.

It's real. It's a part of the brain for God's sake. We see it in neurology, how it all works. So when that works again then we become 100% of the brain at work.

It's amazing. It's like Alice D. But now get high on your own supply – Now, it's very clear that you're you're speaking from the heart, you're passionate, you're on fire, you're just exuding this energy, I can feel it. I think the audience can feel that this isn't just a mind interest of yours, this is whole body, this is art, this is soul, this is everything in you. And a lot of people when they're becoming more well known and when they're when they get some fame, when they get a lot of attention, when they're they're dealing with a lot of people wanting their time and energy. This can do weird things to people, power can do weird things to people, people can become bir I doubt it can be hard to deal with.

They can get very stressed, but you seem so passionate, so on fire. How do you keep up the energy? Keep the momentum? – Just starting Miles. I will go all the way all the distance and I like it more and more and more and

more. Why?

Because I want to share this, I want the bullshit out of the world and make everybody happy strong and healthy and it's simply there and I go through signs, I'm not going through speculation and I took it on, I took the heavyweight and signs on and they cannot prove me wrong. No, they become fans, they are doing it themselves. The biggest critics, they do it themselves suddenly and why is it? because the sh it works and it's good and once I heal somebody else or bring them a lifestyle suddenly which gives them so much more energy and mind control, mood control and and all that.

They pass it not only to their families and make their families happy and strong and healthy, they bring it back to me and they show they are happy and that makes my soul blessed man. That is, I'm very egocentric Darren.

I want to heal the whole world and I will go do it and if I can do it then what can we do together? So let's move on, do it. And I'm just starting the more I get I said always on stage, I'm going to be the president of the world.

And the first thing I decreed, I will enforce is to abolish politics and enforce a police that if you are depressed, you're gonna be going to the cell to meditate until you're happy, strong and healthy.

Again, you will be released society. We're gonna be just a happy bunch altogether because that's the way we are built. We're all families, man, families is full of love because nobody listened to that ship in the seventies with the flower power and all that's why I came, this is what Russell brand is saying in the seventies, they miss out of you because I'm just a practical shaman with a fucking big belief, you know what he says on stage, he says Wim Wof is a mighty dick that fox you back to consciousness, I think okay, whatever it takes man, I just keep on going through science than to sense to bring this most sensitive which we should share with all of us uninhibited without fear, our soul, our sensitivity, our inner child, we should be able to feel it all the time once we feel that there is no need for more and that's where we got lost.

And then we get these alternatives substitutes. Then their whole commercials, they begin to to advocate their shit and they promised us disguise while it is hell. So let's stop that ship and get back to ourselves, get back to some love power to you, love to you who is watching this, listening to this, We love you because we know what it is.

And once you get the love, you bring it back when when you are in love with life, then then I see it and that makes me fucking happy. That's my enlightenment. So fuck enlightenment as self indulgent yoga shitty practice. But if I heal you, if I make you a little bit happier that enlightens me, I go for that – And that feeling of that you're saying that it's enough, that sense that for me it was this sense of that I was seeking, I was trying to get something for myself in seeking enlightenment, trying to like I o I want the next practice, I want the next thing I want to and then after some time I felt like I was complete inside there was nothing more that I needed, nothing different. The piece was already there.

And then it became now it's not I don't need anything more for me now, I want to help others to feel this too. I want to help others to find that because I believe and I know you to to that that the the default, that the underlying innate default is this incredible love that emanates out that can handle anything, no matter what comes, it's not conditional, it's not based on the external, it's this energy that is no matter what profoundly loving and at peace and content and whole and nothing can touch it. It's unbreakable.

– Now, it is through the interior receptive focus that we are able to ignite to activate that. So we got it, we got it. And this time it's not a terrorist or so or it is taken out the terrorists of our mind and bring peace, profound peace and love and unlimited reservoir of energy every day with great purpose.

I go for that – As you're busier. I know some people want to be more productive. They want to be not just happier, but they also want to do good in the world.

They also want to help others what practices and perspective sustain you in being able to continue this high level of work. – Yeah, I just see it all the time around me.

The amount of people awakening and healing of their depression, that if I walk over the street now, that's now, then people stopped me and they say not like I'm famous.

No, they stop me and say you changed my life, you saved my life. And they look me in the eyes man, what kind of motivation do you need more? And then they ask, can I make a photo? Are you not bothered to make a photo?

I say, hey man, I'm bothered if you don't, I'm honored, I'm bloody on it with it all. But I'm also just at the beginning, I want to get power now I want to break the wall, I want to break the wall of ignorance and I'm still at the beginning, so I am not sitting on my chair like, oh look at what I did because it's still shit where I am.

If I look into the world and until I don't I keep it's not stopping, I just keep on going. – This is wonderful. And I think that there's this sense of ability to have the default mode of profound peace and love and then an energy that comes from serving and supporting others, They're telling you that they change their life this energy that comes and I think that's there for everyone, this sense that there can be this motivation not around feeling better yourself because once you feel fine yourself and you get to that wholeness, the motivation comes from serving and supporting others and that other feeding back and saying my life's been transformed feeds the energy to keep going to keep building, to keep motivating and the science supporting this builds that energy even further.

And I think this is really inspiring to people, the transformation that you've gone through from being in very intense and stressful situations to finding a solution for yourself to showing in science that solution can work for others to training others and having others demonstrate that it does indeed work for them and that scientifically shown and then to be able to be engaged in media and movies and starting to become something that is on the ability for people to access and see and go to the website and learn more and go get the app and learn more and it's so accessible to people all over the world and it's not something that only a few have access to and that is brilliant and that is going to be an inspiration to the audience here who want to do something for themselves, but not just stop there.

Don't stop there, don't stop at doing something for yourself.

Getting Started with the Wim Hof Method

Doing something for yourself is just one step to being able to serve and support others in a way that brings them love and transformation if you can do it for yourself, do that first and then inspire others to see your transformation to see that you found peace, You found contentment so that others can feel weight if you can do it.

So can I. And that's how it spreads. – Wow, that's a bloody real coronavirus. But then positive, you know the coronavirus, we while the coronavirus was going on, it was Dr. Kevin Tracey who called me and he said, you know what you have found, you have found a pathway of the corona raid iata, Caronia radiator is the nerve endings in all our brain. And you can compare to the crown chakra in yoga, the highest of yoga. Now we can make that highest of exercising yoga in the crown chakra, Braemar andra somebody and all that sh it also is esoteric.

We can make it work in seven minutes, eight minutes. And so that's what he said. So we are spreading a consciousness a ability to ignite the the highest of our brain. Where in expanding consciousness is neurology is, perception is physical and we can bring that onward to anybody.

Everybody is not just by symbol a king or queen. You are there to be like, I feel like a king on earth, like a queen on earth to be proud of who you are and to reign with radiant energy throughout your blessing the people with your energy and know that happens exercise the right to be like a king, like a queen to be like a healer instead of to be holy instead of half.

And that will bounce back and it's such an amazing energy. What you don't feel? So if you really want pleasure do this, sh it because it's gonna work and this now is universal.

So it's good for anybody and it's very accessible, very effective and very powerful. So guys, whomever is listening, if you are not motivated or convinced, hey, that's okay because we are not a religion, we just want to make you

divine.

– And I know many are motivated and do want to get started. Where do you suggest that they start? Where is the place to begin? – I saw that the breathing bubble has been downloaded like 60 million times.

I think that one is good because that's why people take it on and it's you know it's nothing commercial or something. Yeah, just look into it. It's so simple.

It is a breath away. We have been talking about it, I heard your story about your dad, about your mom, about you, how to contain you yourself and now to bring it onward and transcend within yourself past your conditioning of mind and body into becoming you your your beautiful self and it's a breath away, just go do the breathing bubble or as I very eloquently say in French, breathe motherfucker.

– So the Wim Hof method app has the breathing bubble available and that's something that you can download for free from the app store, and that's a way to begin with the breathing bubble. Anything else for if people want more information is the best place to go. The website for that – Yeah, wimhofmethod.com that is our website. If you're, if you want to go deeper or further or anything, you know, if you maybe have generic diseases in your family, I don't know what, it doesn't matter, we can deal with that all because we have a big, big community and all the people, there is no taboo, not even over sex, not nothing, anything is a condition and we are able to deacon dish in ourselves to become to get into our true nature, which is marvelous. It's amazing that nature.

So if you've got some difficulties and who are you gonna call Wim Hof? No, don't call me, just get into the community and there's so many people healed and they can. Exactly, it's like a natural hospital of experienced people to work with natural ways how to heal themselves.

It's just bloody amazing what we can do. Get there. Wimhofmethod.com. Find out another thing is I've never been on my own website, you know that and I'm not planning to because a man, I'm just talking to you now, you know my I'm talking to miles and my having great conversations and I keep on, I live my talk, I walk my talk, I live what I do. I live from what you say to me once again your beautiful story and everybody's beautiful story should be told, should be lived, should be aware of that. Everybody is beautiful and until that is not happening we keep on banging on your heaven's door there.

– Yes, the corona radio to this sense of activation and the crown area. So the Wimhofmethod.com website, the Wim Hof method app. There's also the book, method book and that's audio or written.

And then there's also the BBC series, the freeze, the fear. There's also the the, the Hollywood movie that will be coming at some point. So lots of resources and ways – Documentary is also beautiful.

Vice Dockery documentary, and Yes theory, a lot of documentaries going on. So – Youtube is a great resource as well. – Yeah, yeah, yeah. There's a lot of resources in the end.

You are the source. – Yeah. So final parting words. What do you want to inspire people with? What do you want them to take to heart as the main summary for what we've discussed today, – Find your beautiful self because it's there and it's closer than you think closer than you think is stop thinking be it.

And if you cannot be it because thinking is so strong then do the breathing and do the cold showers because that will activate your deeper physiology which is connected to the deeper parts of your brain and learn to get a hold over that, learn to get a hold over disease of depression over inflammation, which is the cause and effect of disease itself.

So you are able to innately cap capacity at yourself consciously now to connect with that ability to heal yourself and to prevent from disease coming in and with that, I wish you a very happy life and a great purpose and make all your not, I wish you all your dreams come true.

They will become true. It's you, it's your choice, all the love, all the power. – You've heard it direct from the Iceman

himself, Wim Hof. Thank you so much for watching.

This has been another episode of Microbes and Mental Health Summit. I'm Dr. Miles have a wonderful, healthy and happy day.