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

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Introduction to Wim Hof and Mental Health

Instead of shooting rockets to the moon and to Mars, we bet. But we're going to go. Go and solve the problem on happiness. Strengthen out just to be bloody happy.

A happy man doesn't go to war. No. We quote Ukrainian, Russian War is the whole conflict, the politics and ballocks all that shit. Where's the mind of the people gone?

This is doctor talks. Hello everyone, and welcome to the Microbes and Mental Health Summit. I'm your host, doctor Myles Nicholls, 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. Thank you. Miles. As I said, we will go, all the 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, suffering from ALS. And now they asked me, how did you start today? I said, I was 17, I was a quite a philosopher.

I had read a lot of books for, a guy of my age. 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 that more, and, and that 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. The God let me by attraction into the cold water. And you know, without the doubt. And there I got this. I got it. This is it kind of, not in in words, but in feeling and that gut feeling, that felt like I was I on my, own supply all day long.

And then, I thought, this cannot happen again.

Discovering Cold Exposure and Breathwork

So I went, again the other day, and, yeah, it 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 and all that? It was quenched right over there. And that feeling brought me, it 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 it all, going into the by gut feeling, into the cold water, I began to be conscious of my breathing.

Because every time when you go into the cold water, you, you know, automatically reflex by reflex, you want to go and breathe deeply. And that is to change the biochemistry deeply.

So if we all augment, deep breathing within our daily, it's a practice, or a 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 that good prolong my time every time more just by. Controlled deep breathing. And so, as I showed the moment, I began to separate one, from the other.

So going into the cold that was already like, I'm going to this is my. And I did that for 25 years, of my life. And, and, people said I was crazy and idiot and ultra 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 rest and all the esoteric books. Now I saw in front of my eyes.

I could feel it, I could see it. I understood the sacredness of life, that a minute possible manipulation of a nervous system, which is the light, which is the electricity.

And then that, 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 as he tried that.

Right. Cetera. 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 means I was not transmitting what I was seeing in my daily practice.

Try to, but it didn't get through, and the whole psychiatrist could. Don't help her. And, with all these, injections and and pills and all it and nothing, nothing more.

And she was the love of my life. And it's so tragic that 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, now the emotional agony stops when I go into icy water.

I just so by, that the brain stops, the thinking stops the hamster stops the, the whole thing stops, you shut down. It's where the healing began. And that emotional healing, I needed it, and I was led once again by the God 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 you anything. No method was there and nothing was. There was just an emotional wreck coming back to life.

That's incredible. Yes, I had to. 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, into icy water.

I make jokes on stage. I say, I must be a very good salesman because I sell gold and and and bloody. Yeah. You know, but there is more to it. If you see the world how it is making money out of pharma.

Gold. Logical means it is so corrupted. So, so, yeah, it's my 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 past, 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 the new, a new study to, together with the doctor King for Gothic for Doctor King from Queensland.

I mean, okay. Yeah, the Queen and the king are coming together, and we are doing a study on, depression, sleep,

psychic well-being, and, and another one.

And, the thing is, they know they can see, that this method is really an answer to modern day, ailments and, and whatever, inflammation based kind of diseases come and in the end, to cure a, 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, it's spiritual, but spiritually, with two feet 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 humanities awakening of the innate capacity to heal themselves and their children. Isn't that logical that that that that should be like and that everybody's here covet the ability to heal, to be happy, strong and healthy.

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

What I've learned in nature is much more than we think is possible.

Grief, Healing, and Emotional Regulation

And then in the end, after I did 26 world records and with Guinness World Records, they began to experiment on me and, in, academic universities, dairy and hospitals and then they saw I was doing things that in the books it was not existent.

And then we broke the paradigm in 2014 by showing that the inflammatory markers, the inflammation, the cause and effect of disease, any disease can be brought down by breathing exercises and so called 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 an hour.

But at 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, then I said, no, everybody can do this. And then the professor said, when do you see all these books around you? If that 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 up to 16,000 people, showed all doc to be able to do that.

Suddenly 12 people I trained four days, they were all able to go deeply influencing the innate immune system and the autonomic nervous system by which the symptoms of, a disease fever, the agony caused by E coli bacteria injection was no longer it was just so much rampant that they made jokes.

They made jokes like, these doctors say 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, hundred percent showed otherwise. So, yeah, the whole wide world huge have awakened right over that. 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 and we gotta break it.

We gotta break it. So, people like my wife back then with the psych, all of psychiatry, all the injections, all the, therapies didn't work at all. We got to bring back science into real medical care, and that is enough autonomy.

Everybody has the innate capacity to heal. That is the case of Paracelsus. So if people from hundreds of years ago knew it, then what are we doing? Guys?

It's incredible. It's incredible. And your story, you 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, to deal with.

Because it's one thing to have a practice that you think can be helpful, but then to be put it puts 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 you get.

Stop that by going into the cold. It's incredible that that can happen. And I, I myself, I had my father passed when I was 15. And when I go into the cold and I'm brought back to that moment where I got the call, where he passed on.

And I feel that sense of peace internally, that sense like it's training the physiology, it's training the physiology to relax. It's so beautiful. Only we cannot touch upon our emotions anymore.

And that 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? Strengthen 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 a fundamental shift in the paradigm because we found them.

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 on, 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 being, expressed by the sanity and the profound ity, the, 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, too. It's a I remember, I was, in Finland to run a half a marathon, barefoot in wintertime, outside frozen.

And, the, the night before, it was really cold. Going to be cold the other day. And there I was. And, I was like, whoa. Yeah. And I've never done this.

I was there 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 that they used to fuck you all.

I was going to do it, you know, I'm not going to think I'm going to feel that's what I did. It was one of the those are great spiritual moments and the but the thing is, we should not be meeting 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, it's when we become sick, when we become depressed, because then without this.

So 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 so and, and so and soil and all that, that 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 matrix and the matrix and and 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 the underlying feelings are have been lost touch with. And by going into the cold, by doing the breath work, there's this sense of an ability to train the body because normally going into the cold, the body, everything tense, so hard.

Scientific Validation and Immune System Research

But by training. And for me, I've learned this from you by training to relax in the everything in the body wants to tense up, but to feel deeply and to relax.

The system changes the relationship to win the stress comes even. Just two weeks ago, my mom passed on, 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.

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.

And same with the breath. 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 everlasting. 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 we have to do that. All these things and we have lost and we are emotionally, damaged.

You gotta pick up the the, the, the pace of life and all that. Where is the sense? What 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, 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, they, But that's not the thing.

My house is red light at night only. Yeah. Yeah. So that, all that, that that is great. When we are doing a study with, with the method and the red light, both are enhancing, like, mitochondrial Lee, like 2015 to 20% better just, using the red light.

Okay. But and then the method is also very much into aerobic discrimination on the mitochondria, which means a lot more energy will be coming and less, deuterium, less shit is being produced.

And, and, and so you have, you just have more energy, more ATP, more, adenosine triphosphate. And that should be common knowledge. All the, you know, very logic that that logic is there.

And with that logic, we are able to deal besides the of the maintenance of our body and soul and 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 cold, you learn to exercise a, a cardiovascular system, which then becomes so much stronger by which the heart rate goes down and it 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, too high a rate, which is causing, cortisol in the liver and glucose and the, sympathetic mode all the time, depleting all the energy.

And, so that that is over. So you, you learn to have a system, a 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 DNA, we are nothing. Only now we learn how to, influence into the DNA at the past, at time space. Barrier of our mind because there is also ancestry genetics and that is, of the past and past our time and 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, I'm, I'm able to get along with doctors and professors all over the world.

I'm even teaching them. But we are teaching. We are finally learning about the investigative spirit to, bring solutions to real, modern, daily living problems instead of shooting rockets to the moon and to Mars.

We met. But we got to go. Go and solve the the, the, the problem on, happiness. Strengthen out just to be bloody happy. A happy man doesn't go to war.

No, he quit Ukrainian. The Russian war. It's all conflict and politics and ballocks all that shit. Where's the mind of the people gone? Well, we have an innate capacity to understand and exercise the power of 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 and and to share when there's even more happiness and more common sense.

And, we are the future. Miles, we are the future. So we are just in the middle of the paradigm shifting, and we just keep on pushing. Yeah, but the problems of today really are we look at the centers for Disease Control in the United States, say six out of ten Americans have at least one chronic disease, four out of ten 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 exotic illness toxin, they took that E.coli and injected it direct into the bloodstream, where every one 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 cytokine 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 that was done for the Wim Hof method, anxiety was one of the top things to become better as well.

So depression, anxiety and 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. You're demonstrating it in yourself. You're training other people and they're showing it with science as well.

And that is absolutely incredible. What do you hope? Yeah, I say say what? What do you hope is going to come of this? I know you feel. Yeah.

Depression, Anxiety, and Practical Healing

You feel like you want to change the world. Oh, yeah. And I do that. Yeah. New studies are coming up, and I just did a big study in, San Francisco, with the best, DNA researchers and, some crazy, beautiful, outcomes related to depression.

At the least. And there is more. And, I'm doing a study in Queensland now. So since yesterday, I'm doing a study with, neuroscientists, here, Rotterdam and Penn State University, Pennsylvania.

It's a collaborative, university in, study. And, and, Adelaide and Adelaide. I'm doing a study on their flow to get it into cooling system, how to bring up, cognitive awareness that's related directly to emotional awareness.

Isn't that logical? Amazing. Yeah. In the schools, we really need that. Yeah. That's where it all starts. We need to bring people, the, children, the new pupil to the new generation, the ability to control and guarantee their own control over, say, the immune system and the clean system energy systems inside that is the dopamine, serotonin, the adrenaline, the adrenal axis system.

And it can all be what you say. Simple techniques. It take away the underpinnings of, autoimmune disorders, which is a long term, chronic, chronically built up, slow level or a 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 possession and all that. And it'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, the you me, like a like minded and, just level, leveling up and, I, I see beautiful stories of yours, and but everybody has beautiful stories.

The stories need to come back. That is the emotionality. The real body of ours is spiritual, not just being part of a 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, the Hollywood is everyday, 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 a into the future I go very excited and especially after this beautiful create a conversation I, 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 me to other guys. That's what I want. That's that. 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 studies happening. You are really a Hollywood movie.

You did the BBC thing that there's lots happening. You're doing study with, and I just made a book in ten hours, audio, made a new New York Times bestseller.

Amazing, amazing. Imagine if it is ten hours. Once we break through, it's now like, I think a couple of hundred million people know this now, but it needs to be billions and and, when we reach the 25 critical mass, I think, the population of the world, it just runs off.

It's only goes to the positive, to the future, to to harmony with nature. And inner nature is going to breathe again, like, synchronized, like the way it should be, but done all consciously.

That is autonomy. Autonomy is the future. And people we give a just. It's a breath away and a cold shower. Come on, man, you feel so, so good afterwards you at birth and take a warm shower.

But don't stay all day warm. This is a way we keep our dicks and bold and all day. And the heat. Now, of course, you got prostrate cancer, man, that needs retraction.

And it's exercise. And it does. In nature it does. And when you run in nature, the dick goes in the bulge, go in. It's exercise. And now it's every day, that and so as to our whole body, our whole body is logically we are not putting all those diseases.

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

Breathing is going into the depth and giving nutrients to, its own cell level and, and even. Yeah, there is so much I mean, we go to the deepest of the brain with that.

We are into a new study with the cardiology, and it shows if we do these breathing exercises, we, we can make five times more blood flushing into the brain and into the heart.

They it in heart feels 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, because of the, the wrong condition of the cardiovascular system long term creates a deficit every time, a little bit.

But what that until attack collapse? Arterial, arterial collapse, aneurysm hit in the blood flow because it doesn't a good river flows. It takes all the shit out.

It's flush. It's like any toilet. It's flush as well. So I can keep on going. I got a very beautiful, poem on the toilet. To me, that's meditation temple in the house.

It's where you let go, you release, you let it go. And. And that's why it is that, a momentary lapse of reason. That's the reason to be here on the toilet.

Great meditation. Goodshit. You know, who make fun out of it. But, let's make our life sacred again. Let's be holy

as we are. We are holy beings. When we, 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. I we don't work. So when that works again, then we become 100% of the brain at work.

It's amazing. It's like LSD, but now get high on your own supply. You know, it's very clear that you're you're you're speaking from the heart. You're passionate, you are 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 your body. This is art. This is so.

This is everything in you and a lot of people, when they're becoming more well known and when they're 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 burnt out. 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? I'm just starting. Miles. I will go all the way, all the distance.

And I like it more and more and more. 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 science. I'm not going through speculation. And I took it on. I took the heavy weights 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 shit works and it's good.

And once I healed somebody else, or break them a lifestyle suddenly, which gives them so much more energy and mind control, mood control and, and all that, they pass that 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 when I want to heal the fucking whole world.

And I will go do it. And if I can do it, then what can we do together? So let's got 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.

Future Studies, Autonomy, and Public Health

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

They you will be released. So we gotta be just a happy bunch altogether, because that's the way we are built. We are all families, man. Families is full of love because nobody listen to that shit.

In the 70s, with the flower power and all. That's why I came. This is what Russell Brand say in the 70s. They missed out on you because I'm a, I'm a, I'm a it just a practical shaman with a fucking big belief.

You know what he says on stage? He says Wim Hof is a mighty dick that. Fuck you. Back to consciousness. I

think, okay, whatever it takes, man. I just keep on going through signs.

Then $0.02 to break this most sensitive, which we should share with all of us uninhibited. Lay without fear our soul. I was a 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 got these alternatives substitutes, then that whole commercials, they begin, to to advocate their shit.

And they promised us a disguise while at this hell. So let's stop that shit and get back to ourselves. Get back to some love. Power to you, love to you.

Who is watching this? Listening to this. And 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 fucking alignment as self-indulgent, yogic, a shitty practice. But if I heal you, if I make you a little bit happier, that enlightened me.

That I go for that. And that feeling of that. You're saying that it's enough that that sense that for me, it was this sense of that I was seeking. I was trying to get something for myself and seeking enlightenment.

Like trying to like, I oh, I want the next practice. I want the next thing, I want the. And then, yeah, after some time, I, I felt like I was complete inside.

There was nothing more that I needed, nothing different. The peace 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 do too, that that the the default, 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 entire 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 it's taken out the terrorist of our mind and bring peace, profound peace and love and unlimited reservoir of energy every day with great purpose.

I go for that. And as you're busy year, 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, the amount of people awakening and, healing of their depression that, if I walk over the street now, that's not way, that people stop me and they say, no, 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 it for you?

Are you not bother to make about it? I say, hey man, I'm bothered if you don't. I'm honest. I'm a bloody honest with it all. But I'm also just at the beginning.

I want to get power in how 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 on, 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 stone.

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 it. Doing something for yourself, 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've 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 that that's a bloody a real coronavirus. But then positive you know, the coronavirus we while the coronavirus.

What's going on. It was Doctor Kevin Tracy who called me and he said you know what you have found? You have found the pathway of the corona radiata. Corona radiata is the nerve endings in all our brain.

And you can compare it to the crown chakra. In yoga, the highs of yoga. Now we can make that highest of, exercising, yoga in the crown chakra, Brahma, Rudra samadhi and all that shit.

Although it's as rhetoric, 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 highest of our brain.

We're in, expanding consciousness. It's neurology, it's perception, it's physical. And we can bring that on word to anybody. Everybody is.

Getting Started with the Wim Hof Method

It's not just by symbol, a king or queen. You are there to be like a 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.

Yeah. Blessing the people with your energy and know that that happens to exercise their right to be like a king, like a queen, to be like a healer instead of, to be holy instead of heart.

And that that that will bounce back. And it's such an amazing energy what you then feel. So, if you really want pleasure, do this shit because it's going to 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 Bible has been downloaded like 60 million times, and I think that one is good. Because that's why people take it on and it's, you know, it's 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 debt, about your mum, about your how to contain you yourself.

And now to bring it onward and transcend within yourself as you conditioning of mind and body into becoming you, your, your beautiful self. And it's a breath away.

Just go do the breathing bubble. But, or as I very eloquently say in French, breathe, motherfucker. You. So the Wim, 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 and the Wim Hof method.

Dot com, that is our website. If you, yeah, 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 does that 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 deep condition ourselves to become, to get into our true nature, which is marvelous. It's amazing that nature. So if you got some difficulties, what are you going to call Wim Hof?

No, don't call me. Just get into the community. That, that 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. Wim. Off method.com. Find out. Another thing is, I've never been on my own website. You know that.

And I'm not planning to. Yeah, because I am an, I'm just talking to you now. You know, my. I'm talking to Miles. Am I 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 you. You're heaven's door. There.

Yes. The corona radiate to this sense. Yeah. Activation and the crown area. So the Wim Hof method ecom website, the Wim Hof method app. There's also the book Wim Hof 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 the documentary is also beautiful. Vice Dockery documentary and yes, theory. Yeah. lot of documentaries going on. So, YouTube is a great resource as well.

Yeah, yeah, yeah, there's not 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 the thinking, be it. And if you cannot be it because the 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 part of your brain, and learn to get a hold over that.

Learn to get a hold over disease, over depression, over inflammation, which is the cause and effect of disease itself. So you are able to innately, capacity to your self 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 you not. I wish you all your dreams come true. They will become true. It's you cured yours.

All the love, all the power. Yeah, you've heard it direct from the Iceman himself, Wim Hof. Thank you so much for watching. This has been another episode of the Microbes and Mental Health Summit.

I'm doctor Miles. Have a wonderful, healthy and happy day. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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