Introduction and Lama's Background

Hello gang, and thanks for coming back to the event. I'm really proud and honored today to have the Lama on top with us. He's is the lineage holder of Tibetan Shamanic qigong.

He has over 40 years of experience practicing and teaching Aikido, Taichi, qigong and other healing and martial arts. I'm going to tell you, as the, as an experience martial arts practitioners, it's just a real, real, real treat for me.

And, he's an ordained lama in the Tibetan semantic tradition called bone. And he's so much on Tantra, but Lamas is more his title. But we're going to call him Lama.

And, he received religious asylum in the US in 1997, and since then he's been sharing his art of being art, of being in the flow and teaching thousands of people how to experience spiritual awakening in the dream called daily life through dream yoga.

Now, being the lineage holder of shadow Lama Tantra founded Academy of Shadow in 2000. So he's been doing this quite a while, really experienced gentleman and became the first and only school in the world offering professional certification training in qigong coaching.

So we can be really excited to hear about qigong coaching and what it is and how it's different from other things. And that's the position he pioneered by integrating the ancient arts of qigong and dreaming together with the modern methodologies of health and life coaching, which which we know a lot about.

So I can't wait for this, introduction to something new and something that might be helpful for people. So Lama is also known for producing and hosting over ten years, the award winning talk show The Secrets of Qigong Masters, publishing Mastery magazine, organizing so much of qigong masters and creating mastermind groups for tea Gong and Tai Chi teachers, as well as yoga instructors interested in collaboration and achieving greater success together.

So I'm tickled to see. Hello Llama and nice to have you here. Thank you for being with us. Thank you Richard, it's nice to be here. Yeah. Good. So, I have some questions for you, and, it's a lot about your programs.

Is a chance for you to shine. Well, I want to tell you that we have many thousands of health coaches listening in, and we've got about 30 plus speakers on this event.

And, what I'm trying to do is provide some leadership in the area of health coaching and how expensive it is and how helpful it can be to the world. You know, there's there's medicine.

And most people today don't want to take medicine. They want to know what can they do, how can they work on themselves, become better people and healthier people, and obviously more joyful people and so, you know, you have this wonderful, wonderful program.

I want to get into that. But would you mind tell us a little bit more about your background first? Like you get some really interesting things thrown in there.

Certainly. Yeah. I was born 50 years ago, and the former Soviet Union and, my family was involved in the practice of, tradition called, True horror, which is the Tibetan shamanic qigong.

So I've been exposed to it since childhood. My grandfather was after his practice, and, the lineage holder, once he passed away, appointed me to become lineage holder.

So in a sense, it's kind of skipped the generation. My father also studied in practice, but I guess not as in-depth as I did. He spent most of his life working as an engineer for a pharmaceutical industry.

Believe it or not. But, I definitely got exposed to a lot of other arts along the way. And the context of martial arts in the context of healing arts meditation practices.

So after serving in the special forces in the Soviet Army, I decided, you know, I need to find something better for me to do than being a career diplomat, which is what I studied for.

I went to school, to think I'm a career diplomat. And I was like, oh, the whole country is falling apart. It was around the time when the Soviet Union was collapsing, and so I couldn't figure out what to do with myself.

And that was the time when I got approached by to Tibetan lamas, actually, they had found my grandfather first, and they talked to him and he said, you know, oh, what do you want from my grandson?

And they said, well, we found that he is a very kind of lama. And, you know, through oracle and divination, we basically wanted to connect with him and see if he is interested in pursuing this line of inquiry.

Further. And he said, well, you guys, you got to pray real good for him because in his military and his in action now. And, I guess they prayed, all right, because I survived and, even though I had a near-death experience.

But, I figured, well, I might as well take them up on their invitation, but they didn't invite me to come to Tibet. They actually invited me to come to Siberia.

Siberia, which is where my family originally was from, is actually traditionally, Tibetan Buddhist country. Many centuries. And parts of the area are still traditional Buddhist countries even to this day, including transport.

Calia the area between Bicol Lake and Mongolia, and also on the west side of Mongolia on the border of Russia and Golden China, there is the area called Altai, and the Altai Mountains became another area where Buddhism and Tibetan shamanism have persevered for a long time.

Ever since, the Mongol Empire and the Chinese heart. And so I basically continued studying and got deeper and deeper into exploring both the energy arts as well as the spiritual disciplines.

And, eventually got ordained as a lama. Then I experienced ceremonial persecution. I moved to Ukraine when my parents live and actually, got, into quite a bit of, trouble with the local authorities who threw me in jail once.

And I also got kidnaped once, and all kinds of other crappy things happened that basically made me feel like this was not a place where I would be able to survive.

Qigong Coaching vs. Traditional Teaching

And I talked to His Holiness the Dalai Lama about that. I met him twice in 1992 and I believe in 1994. And, yeah, literally said, well, you know, when the going got tough and my that, I left the country and, moved to India.

So if you think that you can survive your native land, maybe I need to move somewhere. And so within just a few months, I received an invitation to come to teach martial arts in America, where the airfare already paid for me.

Already, visas arranged. So I felt like, well, that was, destiny. I had to just, use this opportunity to come to this new world and also share what I have to share about my experience and my knowledge.

And so that's what I've been doing for the last 25 years. That's fantastic. You know, I think you showed up pretty young. Of course, I was even younger when I was getting in trouble.

But, you know, it's a different story. Know, it's amazing where you end up or where you land, isn't it? So you you

landed in America and, having this very successful endeavor.

I see you and your teacher during the Academy of Shadow. I can't wait to start talking about that. Now, in our world, you know, we have, you know, practiced martial arts for many years.

And including some qigong. Not too much. We have a little course in Saigon included in our in our in training, but it's not much. It's just just a little minor kind of an introduction, actually.

But what is the difference between qigong coaching, which is something you created? You know, we're health coaches. We're a coaching and teaching qigong were taught here.

Why are they not the same thing? What's the difference? That's a really good question. As you know, training, any type of martial arts, be that tai chi or any other style or qigong for that matter, often boils down to learning certain techniques or katas or doing forms.

When most people think of qigong, they're mostly equated to practicing some forms. Essentially the teaching boils down to the teacher or the instructor downloading his or her knowledge into the students minds, and the student just needs to replicate the moves of the teacher.

And if the student moves similar to the way the teacher moves, great. The students get promoted. They consider the good student, they get the belt and martial arts or what have you.

In coaching, it's radically different. Instead of, teacher teaching the student what you know is and downloading this information into his brain, the coach actually invites the coach and client or student to that matter to discover certain principles.

So I do not include any study of forms into qigong coaching methodology. Instead, we learn about the principles which mostly underlie all forms. We understand how to test the principles.

So instead of the student being tested by the teacher, instead the student is invited to test the principles, and that's something that is going to give the person an opportunity to really discover what works and what doesn't work.

And understand why, and connect the dots in a sense, you know, be reinventing the wheel if you go through this process. But guess what? You you'll never forget how the wheel works if you reinvented it.

In other words, it gives you much greater ability to dive deeper in understanding what works and how. And also you will retain that knowledge and be able to apply it much more likely in your life.

So that's why I say that I don't just want to teach another qigong style to my students, I want them to learn that you're doing a lifestyle, something that they would be able to apply to their daily life and transform the quality of their lives for the better.

Yes, I'm starting to understand, you know, because I take taken some qigong classes and basically you stand up there and you do the you do the moves, you know, and you put yourself on the best, but it doesn't really get you to change much, you know.

And so, so when you see you, you model and you invite, that's kind of what we do is invite our, our clients to follow a certain way of thinking and these kind of things.

Well, so let's look at it from the other way around. I asked you how how is it different? How is it the same as health coaching? How's qigong coaching the same as health coaching?

It's. Well, obviously the primary objective of health coaching is to promote health. And that's what happens when people engage in qigong coaching as well.

They increase their ability to deal with health issues and also learn how to prevent. Many of these issues are nipped in the bud. In other words, one of the reasons why people experience ill health is because they have energy blockages in their bodies.

Anyone who studied Oriental medicine or Chinese medicine is familiar with this concept that the needs to flow freely through all the meridians in the body, and if there are any energy blockages usually associated with undue tension, that will create the stagnation and deficiency.

When that happens, it will obviously wreak havoc in your health. If you don't want that to happen, well, I need to do something about, these blockages.

And in second coaching, we don't just remove the blockages, which is what most acupuncturists, what they're doing. We actually learn to recognize that tension which causes most of this blockages.

It's not something that is done to us. Nobody does tension to us. We're the one tensing up. If we do it unconsciously, we cannot stop doing it because we don't even know that we're doing it.

But once we become conscious of it and we understand the root cause of this tension, then we have the freedom of choice. Then we have the sense of self agency.

We become the captain of our own ship, so to speak. That gives us the ability to have the most direct effect on an outcome of our health, and also be in charge of how we prevent any further health issues, instead of just trying to fix what is broken.

So it makes sense that, yes, it makes a lot of sense, because we deal with blockages as well. And there within you, I'm not sure that there's so much like the, the, the sort of spiritual, mental, emotional or consciousness ones you're talking about.

We we remove blockages. And I'm familiar with acupuncture and lots of tumors like that. So let's go into that a little bit more. It sounds like kind of almost a meditation because you have to be in a conscious state, a self-aware state, kind of connected to some higher consciousness or, you know, being part of that higher consciousness.

Can you explore that a bit with the so how does that fit in? Well, absolutely. When you start paying attention to yourself, you actually start discovering more about yourself.

And knowing yourself is the holy grail of pretty much any spiritual tradition that I'm aware of that is worth its salt.

Health Coaching, Breath, and Self-Awareness

In other words, how can it be possible for us to get to know ourselves well, there is only one way to achieve that is by paying attention to ourselves.

Because if you don't pay attention to something, you're not going to be able to learn about it. And a lot of people don't pay enough attention to themselves.

It seems almost selfish or self-centered or egotistical to pay attention to oneself, but without doing it, you won't be able to learn anything about yourself.

And the way we do it is very specific and also very embodied. So in other words, we don't just think about it, we actually develop the ability to pay attention to certain parts of our bodies.

Usually for those parts that need the most attention will raise their hand, so to speak, or even start yelling at you, hey, pay attention here. It hurts.

And if you pay attention to that area of either injury or that has been compromised in some other ways, where of

attention goes, energy flows, that promotes healing.

It's hard to heal something without bringing some life force into that area. And the healing is the insider job. It literally is done through empowering that part of yourself.

And so what we'll do is we'll learn how to connect with ourselves and how to empower the disempowered or injured parts of ourselves. And we also, of course, recognize the many blockages that we develop as a result of holding tension in our body are actually caused by emotional imbalances and certain traits of our character, and certain stereotypes of consciousness and beliefs, misalignment of our values.

So that's where coaching comes really handy, because we start working with our values and our beliefs. We understand where we have certain lack of integrity that manifests semantically in the form of this integrity and the physical body.

We also recognize that in order to be able to transform our quality of life, we need to learn a great deal about ourselves. And that is exactly what most of my coaching clients and students spend time doing.

They learn a great deal about themselves and also learn how certain principles apply to energy awareness, to body awareness, to kinesthetic awareness.

So a lot of things that we do in our practice of qigong coaching are embodied. So we actually engage the physical body and exploration of these principles and testing them because it's not like muscle testing, but the principle is similar.

Instead of isolating a part of the body where, you can do muscle testing like you're probably familiar with muscle testing, let's say you're pushing arms and we are.

It's very subjective, right? There's always the is the person push arm down, pushing at the same level of intensity style. Right. And also over time, the muscle will get tired and we'll start getting erroneous results.

So there is a lot of, and at questions about whether or not this is a trustworthy testing method, when we do muscle testing instead of that, we use the whole body, and we use our breath and our general sense of balance for testing.

For example, if you have any tension in your body, it will affect your breath. You can just tense up your hands and it would already affect your breath. Why?

Because the central nervous system, when it sends signals to contract to certain muscles in the body, becomes more agitated or in general, and actually sends more signals of contraction to other muscles in the body inadvertently, including the diaphragm.

Your breathing muscle, which of course, will affect your breathing. So instead of learning how to breathe right, coaching clients and students of mine actually learn how to use breath as the gauge that allows them to gauge how much they are tensing up or relaxing when dealing with certain issues, with exploring certain course of action, or even holding certain thought form in their consciousness.

And then when we remove the obstacles on the path of natural breath, by learning how to focus on things that we resonate with or courses of action that we resonate with, or physical alignments that will resonate better with the breath, will naturally become smoother and deeper.

We don't have to fix it. We don't have to breathe right. We actually need to remove the unnatural obstacles on the way of breathing to become natural and spontaneous, and what can be healthier than being natural.

So in a sense, we're learning how to be natural. But most people who've grown up in this or many other cultures literally learn how to contrive or not quite natural.

And so we are rediscovering that sense of naturalness and spontaneity, not becoming childish, childish, but becoming childlike in terms of holding less tension in our bodies.

If you look at the way that most 3 or 4 year olds hold themselves, not really relaxed, and they're not trying to pretend somebody who they're not. But when and we go through the process of domestication, so to speak, we learn how to pretend somebody who we aren't.

And the more we try, the more tension we develop, the more we cause ourselves grief, because we develop energy blockages and we stifle the flow of energy for ourselves.

System. So we learn how to remove those obstacles and how to feel that flow and how to be in a flow. That's why one of my first books was actually entitled the Art of being in the flow.

Yes, beautiful. I love that expression. Anyway, you know, you you kind of know when you're in the flow, you know, and whether it's in a physical sense, you're doing some kind of it could be doing physical manual labor and work.

And, you know, when you're in the flow because it seems easy, even though you're doing very strenuous work and the same thing in business, when you're in the flow, you know, you're you're investing and it's coming back to you in some way or other.

You're, you're you're leveraging that investment. And it's just work. And for it, you could be sitting at your desk and be in the flow. And it I wonder so we all have experienced it, but we're seeing is this, you know, coaching and qigong coaching is a way to help others experience it, invite them to feel that way and it starts with the breathing kind of.

And I totally get that. We've always been taught, look at the way a baby breathes. And I'll kind of look at your stuff and it's like, well, it's two different things.

Personally, I always think of a dog, really. A dog goes, you know, and then they just, they go into this natural rhythm and they're totally in dreamland somewhere chasing rabbits or whatever they're doing in their dreams, you know?

So how did that come to you, that this was different than regular type teaching is? Well, I operate at Academy of Out as law. And alongside I also developed one of the first clinics dedicated to take on therapy.

And I think Portland's second clinic, I was doing therapy. I was offering sessions to clients who would come for health reasons. And I realized that they were not doing any homework during the sessions.

They would benefit a great deal. They would transform. They would improve right in front of my eyes. But then I would give them some homework. So in meditation practice, to do some lifestyle changes, to do so that, some self-awareness to practice.

And then I would see them the following week or two and I would backslide. So I started investigating why that was happening. And of course, I found out that they didn't do any homework.

Most people didn't do the meditation practices that I prescribed. Most people didn't implement of the those lifestyle changes or postural alignments and things like that.

And I started wondering, why is that? Why is that also, people who studied qigong or tai chi or similar disciplines of yoga often do not practice it on their own.

They just wait for the next class. And basically the only benefit from this disciplines in the class, but one class the rest of the week. If you take one class a week, what about six days and 23 hours between the classes?

Don't you want to experience benefits of this wonderful practice as well? Well, that's what really matters. But most

people didn't do the practices because they were not the ones who decided to do that homework.

I was the one prescribing it to them. I was the one telling them what to do.

Integrating Ancient Arts with Modern Health Insights

And as you can imagine, most people don't follow through on those decisions that they didn't make. So I started exploring alternative ways to working with people, and I stumbled upon this awesome community of coaches, and I started learning coaching from well known teachers and experts, from Tony Robbins and Brandon Burchard to build their own.

And, have been pagan and a number of other great coaches. And I still continue I continue exploring coaching. I always at least once a year, I signed up for a new training program.

Mike just graduated from a program on group coaching with, Michelle Chanel, for example. It's, an ongoing process of learning, even though I've been doing this ever since 2005, when I pioneered the profession after going coaching, I still continue learning each and every day.

And that's something that also is the role modeling that I offer to my students and clients. Never stop learning. Like every coach needs a coach. Why?

Because you cannot become a better coach if you're not receiving any coaching. And at the same time, you also have to be a role model of what you try to offer to your students.

Coaching clients. So if I talk about being in the flow, I need to demonstrate that ability to be in the flow at will. I need to be in the flow of myself.

If I'm not in the flow, talking about that would be just talking the talk, but not walking the talk. And what we do is you go in coaching is we're literally learning to embody these principles.

When to learn how to walk the talk instead of just talking good talk. Yeah, that's an expression I use daily. And one of the best tips I have for health coaches is, And I'll use some numbers.

No, you can't invite anybody in to do something that you're not doing, or at least giving it a really good shot, you know, and, on the health continuum, I've said many times on these interviews that, you know, if we're going up the stairway to to health, I don't know anyone at the top really.

We're all just on the stairway. And, you know, we're kind of reaching up and we're getting that mentoring from those that may have had to be a few steps ahead of us, but we're also, reaching, you know, down and bringing up those who have a lot more steps to go than we do, you know?

So that's a great, metaphor for that. And, you know, I think you were very astute to, to know, you know, most people might think of, you know, Dalai Lamas and people who just sit around meditating.

It's it's good to know that they're actually thinking, working, living here in the modern world. They're doing things and and, you know, you've done this, this amazing favor for everyone by creating that.

So we thank you for that. And, another question I think people are going to be asking is, how does how do you integrate these things? How does cheekbone coaching integrate with the ancient arts?

You know, like, yoga, tai chi and and qigong, of course. How do you integrate all of that with the modern technology? Because, I mean, I teach a course in functional lab work.

So we go deep and so we know about mental, emotional, spiritual, mind, body and, and things. But we also look at a lot of data. We do blood testing, saliva testing, urine testing.

And we're looking for some of those. It's just a way of identifying for us Lama it's healing opportunities. And so you know I'd love to explore the, you know, the combination of the ancient arts regarding those healing opportunities and because you already mentioned breathing and directing energy and things like that.

But tell us more about if we were able to identify healing opportunities. You know, this person had their hormones are out of bounds. Their immune system is overactive, your digestive system isn't working, they're not assimilating food and so on.

You know, their liver's clogged up. It's not detoxifying properly. How do you come good to combine these things. Well, so for example, you mentioned the immune system.

One of the things about immunity is that it is a somatic expression of certain, psychological states that we're in. So if you are, for example, really reactive emotionally or psychologically, what do you think your immune system is going to be like?

You're going to have a overreactive immune system, you know, more likely than average person to experience anything from allergies to autoimmune diseases.

If, on the other hand, your immune system is sluggish, for example, it doesn't even deal with, viruses and infections that enter your organism or may not even take care of the cancer cells that, propagate in your body and allow them to turn into tumors.

That means there's also a psychological and emotional component where, you know, basically are too friendly to all those, cells are the microorganisms that are invading your system.

And so what we do is we learn to find optimal balance. Not too much, again, not too much young using the Oriental philosophy, or in other words, finding the optimal functioning where homeostasis is being supported at maximum, where the digestive system is not compromised because your, hormones are out of whack.

For example, if you are, let's say, constantly stressed, you're going to be producing a lot of cortisol. Cortisol inadvertently will be affecting your digestion and actually often leads to events such things as leaky gut syndrome or inflammation throughout the body.

We don't want that to happen, thank you very much. But we need to understand the root causes. If we just try to suppress cortisol without addressing the reasons why we produce so much of it, we will still be producing it.

We will still be in a stress mode. We will still be potentially losing ourselves to, adrenal fatigue and chronic fatigue and, yeah, similar issues that are associated with being chronically stressed.

But how do we get stressed and what is it we're stressed out about? We need to really dig deeper into understanding why we react to stimuli in a certain way.

And as we develop, different approach to reacting to stimuli instead of being reactive, we actually learn how to become responsive. Something really amazing happens a responsive consciousness, a responsive mind manifests genetically as a responsive immune system that is not reactive.

It's not going full bore into, the self self-defense mode whenever the pollen, for example, enters your sinuses. But at the same time it's not too sluggish.

So it is capable of responding in the most optimal way. The same applies to, for example, emotional tension or emotional armoring that people often develop in our body, in their bodies.

Most people have someone do attention. As a matter of fact, if you have personality, almost guaranteed you have some tension in your body because the personality manifest physically has certain way of presenting yourself to the world.

It's like a mask that we all aware no personality. The word that comes from the word persona, oh, was in the Greek theater in ancient Greece, actually was supposed to be like a mask.

Those actors weren't very good actors, so they had to wear a mask, the smiley face or sad face or something like that. Right? Well, if that mask is something that you present to the world, but you don't really feel that yourself that way, your identity or the inner side of that mask that sets your face is different from your personality, what other people perceive to be or how you present yourself to others.

And the greater the discrepancy between the identity and personality, the greater there's going to be struggle and internal tension and, that we basically are going to be constantly pretending to be somebody who we are not, which takes a lot of energy.

Yeah. And if you constantly do, you're going to be constantly struggling against your authentic flow. So what we'll do is we'll learn how to stop struggling, how to uncover this unconscious strategies for struggling against the flow that our associated with different personality types.

We identify which of the strategies we utilize, and then we exercise the freedom of choice. If we become conscious of these strategies, then we have the freedom whether to keep doing it or to stop doing.

And we constantly test this as to whether or not we hold ourselves differently and our physical bodies. So with a very precise way of looking at the physical structure, we can actually tell what state of consciousness the person is in, what energy center he or she is using.

More. What is the likely reaction that, any stimulus would engender in that person what they are capable of, what to expect of them? And basically, you can read the person's mind by just simply observing their body.

It goes way deeper than just understanding body language or just, you know, basic holding patterns. But we have to start somewhere. So we have to start with understanding and holding patterns and body language and translate that into energy awareness.

How does this have to do with your energetic state? In other words, we look at the whole human body as a unified organism, combining the physical body, soma, the psyche, the mind, just like the proverbial coin that has two sides, heads and tails.

But what we really pay attention to is the goal that the coin is made up and the substance that a coin it is made up. What is that material and how can we work with that energy?

Because that's really the energy that keeps the mind and body and one living organism, the life force. We work with a life force that allows us to affect both mind and body and bring them into alignment.

And when the person experiences the alignment, often they say for the first time in their life, they feel the most profound sense of wellness and well-being, and they're no longer struggling against the flow of things, against the devil, if you will.

And they learn how to do this on a consistent basis. So they create a lifestyle where they can be in the flow and will. Now that is, as far as I'm concerned, the most healthy and intelligent way to be.

Yeah, I understand, I think, I mean, I don't practice as much as some people, but I am pretty self-disciplined. But you bring in a whole new light and meaning to that phrase.

You know, self-disciplined person controls the urges. The, you know, can do things that other people won't do. You can accomplish a lot, you know, with self-discipline, and you also stay out of trouble that way.

You know, someone says something to you. You would you wouldn't punch him in the mouth. You know, you got too much discipline for that, you know? I mean, unless they really deserved it.

Right. But, just kidding. But, you know, you get. Yeah, you actually develop the ability to respond instead of reacting.

Certification Program and Business Training

A reaction, by definition, is action against the oncoming force. It's the school textbook definition of reaction. Now, when we react emotionally or physically to another person, we basically push back.

So if person pushes our buttons, we start pushing their buttons and that becomes, the button pushing for our contest. And instead of pushing back or reacting, we learn how to respond to what other people are doing or other circumstances in our lives, including our own health conditions, including our own emotional and mental processes.

Even our dreams. We actually incorporate this study of dreams, yoga and qigong coaching. And what we do is we'll learn how to recognize that everything is energy.

You know, anyone who's graduated from high school kind of theoretically at least recognizes that everything is energy. You know, equals MC squared. Well, T equals m c squared.

That mysterious life force that we're talking about, everything is made of it. And what we learn is how to pay attention to the flow of energy. If someone is pushing you or punching you, for example, using the context of martial arts.

You don't have to block, you don't have to go against them. What if you actually do this punching is coming and you just simply redirect or move yourself out of harm's way or turn and let the punch slip.

In other words, you develop the ability to flow with that energy projection. Rolling with the punches. Now, if you learn how to roll with the punches in the physical body, you're much more likely to be able to embody that.

Whenever you go into a boardroom meeting or have a relationship issue at home or any other dynamics where you could use response instead of being reactive.

If you do that, you do not experience stress. People who are reactive are almost always stressed out or it's easy for them to just trigger the stress response because they're on the verge of of that stress.

They're kind of a hair trigger. But if we learn how to respond, something really amazing happens. We just roll with the punches and we smile and we're breathing easily and deeply.

And when other people would become really stressed out or reactive, we actually can function at a much higher level. So we become more functional human beings.

When you compare the functioning of, a person who is reactive, for example, in the business context, as opposed to the person who's responsive and responsive and the same business context, which one would be more likely to be successful.

So, you know, thank you. You know, again, I'm, I'm, I'm getting it, you know, and I, I'm not unfamiliar with, with those things, but, I need to ask you now to have the sing a little bit about your certification program, which is different from other programs.

So tell us about that. Why is qigong coaching certificate program different from all the other programs? Well, there are several reasons of why our program, the our program is different from other health coaching programs.

First of all, because qigong is such an embodied discipline and the way that I approach the study actually gone is especially physically oriented. We're not just imagining visualizing energy, although that also has its own place, but we also learn how to pay attention to our physical bodies.

We learn how our physical bodies usually don't lie. We can tell ourselves all kinds of lies about our lives, about our relationships, about our state of affairs.

But our bodies don't lie. If we pay attention to our physical bodies and align our mind and our body in such a way that they are not in conflict, instead they're in concert with each other, something amazing happens.

They actually experience harmony, and that harmony translates into everything else that he's experienced in your life. When we experience harmony within clarity of purpose and supreme confidence, it immediately starts translating into greater clarity with the way we communicate with other people, greater confidence that we deal with any challenges in our lives, greater resilience, and most importantly, we learn how to develop a lifestyle based on this new way of thinking about ourselves, developing, quite literally, a new sense of identity.

Now, when we do that, we constantly use energy awareness and testing methodology that I mentioned to check whether we are on the right track so we don't fool ourselves.

Even when the coach says, I wonder if this is going to work better for you, or would you rather do that? It's up to the coach and client. For the person who's learning this methodology, it's up to them to test.

Instead of just taking the coach on faith or doing what is being told, you're constantly being encouraged and empowered to make most intelligent decisions.

You develop the most intelligent decision making mechanism based on energy resonance, where you're not just thinking in terms of good and bad, right and wrong.

You actually develop ability to sense energy to resonance. And since everything is made of energy in our world, you develop the ability to make decisions, apply to anything.

Just simple example, if you eat food that you don't resonate with, even before you put the first bit of that food in your mouth, your body already reacts to it.

If you pay attention to how the body reacts to the food, you will know whether or not this is the right fit for you to consume. If you feel like your body is relaxing, then you have sigh of relief.

You feel like your breathing becomes deeper and smoother. Your body resonates with us food and it can apply not only to the food, but to virtually anything.

And then when you don't, well, when you resonate with something, you also develop the ability to feel the flow. Because when you resonate with something and you actually move in that direction, how does it feel?

Good. It was effortless. It's like you're not struggling anymore. Now, if we learn how to stop struggling against the flow in our lives, how will it affect our health?

So that's a definitely, unique approach when we bring what we bring into the health coaching industry. Another thing that we also do is we, focus a great deal not only on the methodology of check on coaching and our certification program.

We also focus a great deal on the business development. Literally just as much time and energy and resources are spent on developing understanding and expertise and check on coaching methodologies and how to coach it up using qigong coaching.

We also spend just as much time and energy on developing business expertise. So in our program we learn how to become a successful qigong coach, how to develop your sphere of influence, how to identify not only your niche but create your signature program.

How to establish yourself as an authority in your field, how to develop online presence, how to work with people

using modern technologies. Just like we're talking, right now on using video chat and other video communications.

Remarkable. It's amazing within the first century, but many people are still not comfortable with using online technologies or don't even know how to start a blog or create an online course.

We cover all of this. As a matter of fact, I even provide the graduates from our program a new website designed specifically for it. You're going coaches, so you just put your name and your, bio and your headshot, your logo into it as your contact information.

But basically the meat of the website is already put together. And that's not all you also receive, marketing funnel, complete with a webinar that explains the benefits of coaching and leads to a marketing, like a magnet, like a lead magnet.

Basically a simple online course that you can actually sell. So you can offer it for free or sell it so you don't even need to create it. Of course, if you don't want to or don't have time, it just hit the ground running right away.

And all of this is included in our program. So this would be for health coaches or people who want to help others. I mean, it sounds like the practice itself would be good for everybody.

Let's talk about the who it's for and what the prospects, for, what are the prospects for your graduates if they do all that? Well, first of all, who is it for if, you studied martial arts?

Yes, you will. Totally different, because you will immediately see how the principles that apply to martial arts also apply to healing arts also applied to personal development and to relationships and business communications.

Most people don't think about it this way, but once we start exploring this deeper work, you begin to understand that if you want to have any power in your punch, for example, you need to stop using force.

You start using power. Using power rather than force is also a profound philosophical transition. And then it starts bleeding into your daily life and all other spheres of your life, which would be a powerful martial artist?

Or would you rather be a forceful martial arts? Yes. Well, my my mind was jujitsu. So. So it's all about, you know, power. And, we didn't do any striking, although I also boxed.

But but jujitsu is a real discipline, you know, and you'd be surprised. Yeah, but, you know, I I'm very familiar. Well, and if you apply this, for example, to business, would you rather be a powerful businessman or a forceful businessman?

Yeah. Yeah. It seems between you and me, it seems obvious that the power, you know, the powerful. Of course, you can reach most people. You can do the most good in the world.

Let's let's go on to what are the prospects for a graduate to your program? So, just, to round up that, answer and not only martial artists, but also people who study other disciplines, be it yoga or meditation or coaches, any coach would benefit a great deal from learning the methodology of qigong coaching and also receiving tremendous support in terms of business development.

If the person, for example, is already, successful qigong teacher, for instance, they cannot teach classes these days, they cannot teach workshops, they cannot leave the retreats. Why?

Because the coronavirus pandemic. So they're pretty much unemployed or they cannot really do most of the things that they used to do. Right. How do I know.

So I interview a lot of them. I have the talk show called The Secrets of Qigong Masters and I organize qigong summits and mastermind groups. So I am constantly keeping the hand on the pulse on my industry.

I know they cannot really do their work now. What if they learn how to become a dragon coach all of a sudden they can work with people from anywhere in the world as long as they speak the same language and have internet connection.

If you're, for example, an acupuncturist or other health professional who have received training in oriental medicine or similar holistic discipline, he also would probably be able to benefit from working not only with people in your local.

You know, there are only so many people in your town, in your city, in your neighborhood who would come to your clinic, or who would seek your services because you kind of really expand much more or expect people to travel hundreds of miles to see you unless you're absolutely amazing.

And that may be the case. But what if you could actually work with people? Also, long distance, perhaps as an adjunct to your holistic healing practice?

And many of my graduates are not only doing qigong coaching 100% of time full time, they combine it also with other practices, be that practice, not acupuncture or massage or natural medicine.

Many of them are not even healers. Many of them are singers or artists because they want to learn how to be in the flow. And they went through my programs, and now they offer this to other singers or to other artists.

Many of them are lawyers, believe it or not. A lot of my students actually are lawyers. Would you want to be in the flow when you go to the court of law to present the case?

Of course, if you're not in the flow, you'll be bumbling and stumbling and will not be very effective and successful as a lawyer. And plus, lawyers and many people in similar fields are constantly stressed out and drink alcohol and literally wreak havoc in their health.

What do you do if you don't want to burn out, say, well, you need to actually change your lifestyle and alignment with your highest values.

Who the Program Is For and Graduate Outcomes

Well, we need to actually know what our highest values are. And so a lot of people who work with me in this capacity actually integrate qigong coaching principles into other modalities.

And they also, of course, offer to go and coaching as a standalone service. Many of them do. Those of them who are particularly successful also start living workshops.

Also start developing their own programs for people, perhaps dealing with particular type of issues, be that parenting or, stage fright or other issues, gamut of of, issues can be addressed with qigong coaching.

But most importantly, they learn how to become more functional human beings. And in terms of physical functioning, emotional functioning at the functioning of their immune system, their relationships, and developing greater self-knowledge.

That is the key to enlightenment, to awakening and this dream that we call our life. And that's what I'm most interested in, and that's what I support my students and clients to experience as well.

Remarkable. I'm going to change gears here just a bit. Because we're on a hard break coming up. So what what do you think of the most, so what separates professionals from others and European and the ones who are, able to help the most people?

I consider that being, professional, instead of being a, hobbyist. You know, you could do this as a hobby. You can do health coaching as a hobby. It's a great it's a great hobby.

Generally, though, for me, hobbies cost you money. You know, like, I have hobbies, and they. But they cost me money. But my profession makes me money.

You know, the guy couldn't imagine a lawyer saying, well, I'm just a hobbyist, you know? No, they're damn professional, and that's how they make their living.

So how do you what do you think separates one from the other? Integrating that you're going coaching. That's a really good question. What's the difference between amateurs and professionals?

Well, amateurs by and large dabble and do not go very deep. If you go deep, you almost are operating already at the level of a professional. You know, the difference is that professionals charge money also, at least most professionals do.

Many professionals work for themselves, so they also are their own boss, which is a great benefit from being, a health coach or qigong coach. Because you work for yourself, you're your own boss.

It's a dream job for most people. How to transition from, avocation to a vocation is a really important transition question. And we need to do this while we are going through the certification program.

Because as you start the certification program as a hobby, it costs you money. Or I would say you invest money into it. But how do you return or receive return on investment?

How do you become a professional? Well, in order to graduate from my program, I require that my students would have a minimum of 25 documented to go and coaching sessions.

If you have 25 documented coaching sessions over the course of three months or however long it's going to take you to actually coach 25 people. If you do one session per person, that's 25 people.

You can also coach five people in one five sessions each, right? You don't charge them minimum. If you don't charge them anything, you just explain to them, look, I'm going through the certification program I'm learning how to become.

You're going to coach. Would you like me to help you? To the extent of my ability? I will be getting better and better at it as I continue working with you.

Well, some people will say yes. Some people will say no, even if you're not charging anything for it. But as you do this, you first learn how to enroll people as your coaching clients.

Second, you learn how to coach them. Third, if you're given person several coaching sessions free of charge, you can ask them, well, I have given you several sessions.

Now I'm graduating from my program. I want to actually start my practice. Would you like to continue working with me? Some people say yes, some people will say no.

Those who will say yes. Well, actually becoming the first coach and clients and you literally will graduate from our program and already have a coaching practice built for you.

That's great and interesting. It's it's an important transition that many coaches struggle with. How do you transition from getting certified to actually being successful as a coach?

Well, we actually take care of it. It's embedded in our program. When you go through it, you will you will experience this transition and we will walk you up by the hand so that you make this transition successfully.

That's that's really innovative and remarkable. Lama, thank you so much. We're going to put all the information to get in touch, do into the show notes.

Of course, we're going to encourage everybody listening right now to go and purchase the recordings, because, you know, you're not gonna be able to watch all of these things in the free time allotted.

Once we're off the air, then, you know, you opportunity is going to go up to, another price. So, so get it while it's hot and at the best price you can, you can listen to, the Lama over and over again and not to mention all the other speakers, of course, also, there's just a tremendous number of freebies we're giving away.

I think we estimated the value of the the freebies at about $2,500 just for the price of, you know, paying your VIP pass. Sort of memberships in there.

And, you've really brought a lot of light to the idea of coaching from, a more centered and, and spiritual manner, a more conscious manner. The idea of being instead of reactive, to be responsive is, you know, just just an art form in a sense.

Closing Remarks and Free Resources

I know you consider qigong in these tai chi and things to be a martial art. And, you explain it. Very well done. Stick up for yourself real good. There, Lama, with all of the most respect, I say that, and I want to thank you again.

Would you like to leave some parting words with our tribe here? You know, you probably speaking to 20,000 people right now. Absolutely. One of the things that I would love to invite all our viewers and listeners to do is to take advantage of the, free gift that I'm offering.

I'm offering an online course, Qigong Fundamentals, that literally introduce you to the fundamental principles and practices that will get your trading practice going.

If you have already started qigong, you will discover an alternative way of looking at many of these, approaches, because my approach is quite unique and distinct from the way that most people practice qigong.

But, you know, coaching that. Com, of course, is my website, and I would encourage you to dive into it because it has a wealth of information. You don't have to even sign up for my coaching program.

You will be able to benefit just very reading articles and watching the videos on it and also watch read for testimonials. There are dozens of testimonials of people who've gone through our programs, have received our coaching, and you'll be so surprised and amazed by the transformations people experience as a result of cheap oncology.

Thank you so much. You can count on a lot of people, including me, to take advantage of that. And, you know, come around to looking at your your full blown certification program.

I think it's amazing. I think it's a fantastic, integration with what health coaches want. They want to be joyful and happy. They know that health is, is a way to get there, or a good place to start.

And so I just can't tell you how much I appreciate. So glad we found you. And, so glad you're willing to participate in this event. So thank you very much.

It's my pleasure. Thank you so much. Read. I want to stay.