Raise Your Standard Of Nutritional Input Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Udo Erasmus

– Hey everyone, welcome back to the Medicine of Mindset summit. I'm Jana Danielson. Your host for our next conversation is with a gentleman that probably you may have seen his products on the shelves at your local health food store. We get to have a conversation today with Udo Erasmus. Now let me tell you about this legendary man, he's the co founder of you does choice line of products which can be found at whole foods like I said, health food stores worldwide.

Udo designed the machinery for making the oils with health in mind and really pioneered the whole flax seed oil industry which is topping a billion dollars at this point.

And so as a former farm girl, um this is really cool for me to be, you know, having this conversation um Udo really walked a difficult path and you might know about him through his products, but here's what you might not know.

He was a child of war and his life began with Intense Struggle, as you can imagine. And then as an adult, he got pesticide poisoning in 1980, it really left the doctors that were trying to help him at a loss with as far as treatment. And so he decided as I think many of us do in this health and wellness realm to take his health into his own hands.

He began researching and his discoveries led him to his passion for finding answers to life's big questions which will hopefully one day bring this entire planet world peace. He is an acclaimed speaker and author.

He has a best selling book called fats that heal, fats that kill. And maybe for some of you, you have it in your home library. That book is sold over 250,000 copies.

Health Crisis and Research Journey

He teaches at events hosted by Tony Robbins and Deepak Chopra. He's key noted international brain cell conferences and has traveled to over 30 countries, conducted thousands of live presentations, media interviews, staff training and this one soul has impacted over 25 million people on this earth. And today he gets to impact us at the medicine of mindset summit.

Udo has an extensive education in biochemistry, genetics, biology and nutrition, including a master's degree in counseling, psychology. Udo welcome to the virtual medicine of Mindset summit stage. – I am so glad to be here. This is gonna be so fun, – It is gonna be fun. And so let's you know, let's start at the beginning. What was the impetus for your quest to gain better health?

– That's very simple. My marriage broke up. I wanted to kill something. I took a job as a pesticide sprayer. I was really careless. After three years of really careless really working with them. I got poisoned by pesticides, went to the doctor asked her, what do you have for pesticide poisoning.

She said nothing and that day the penny dropped oh my God, my health really is my responsibility. And so because I had background in biochemistry and genetics. I went to the research journals on MEDLINE.

It's like 16 million research studies were published there. There's now it's somewhere in the neighborhood of 30. And I looked for everything that had to do with health and nutrition, disease and nutrition because and the idea was, well your body is made out of food, it's also water and air. But I was just thinking food, your body is made out of food. So and and that's always turning over.

You know, your body is a construction site, 98% of the atoms in your body. Today, Jonah will be gone, will have been removed and replaced if we meet on this day next year, 98%. So it's always turning over.

And of course lucky for us. So what you if you raise your standard Of intake of the building blocks for body construction in one year, you can have rebuilt 98% of your body to a higher standard.

And so then I started looking at all of the different stuff and I got stuck on fats because it was the most confusing area That I like to take on the things that are most neglected or most difficult because I'm pretty good at it. Right?

And so what I what I found out uh like a contradiction in the fats arena Omega six is an essential nutrient, which means you can't make it in your body, but you have to have it. So it has to come in from outside.

If you don't get enough, you can't stay healthy. So your health will deteriorate and it'll get worse with time and you get deficiency symptoms as your body is falling apart.

And if you don't get enough long enough it kills you. So this is like really important stuff. The essential building blocks for body construction and the third part is this is the good part if you're going down because you're not getting enough of an essential nutrient. But before you die, because death is not reversible. By definition.

Before you die, you bring enough back into your body. Then all of the problems that come from not getting enough are reversed because life knows how to make the body, provided we take responsibility here at our mouth to make sure all of the essential building blocks land in the body so life can do the job.

And that definition fits describes 18 minerals, 13 vitamins, nine, essential amino acids that come from proteins and the two essential fatty acids that come from fats. So, I'm reading Omega six is an essential nutrient. It's one of the two from the from fats and oils.

And the next study I read on Omega six is said Omega Sixes give you cancer and kill you and I'm going what it's I have to have it for health. And then I get cancer and it kills me. It's like it drove me nuts and it made me look deeper and discover for myself because the industry doesn't talk about it, that it is the damage done by processing and by food preparation of these essential nutrients that are very, very sensitive to damage by light oxygen and heat.

That is to blame for what Omega Sixes are blamed for. It should be blamed on the processing, not on the oil itself. And then I said, okay, I can't get healthy on oils like this, We should make them with health in mind.

So the year after I got poisoned, which was in 1980, It was, it was established that Omega three is also essential And 99% of the population doesn't get enough. Every cell needs them.

They are five times more easily damaged than the Omega six. Is there a nightmare to work with.

Building Better Oils and Flax Oil

And I just I just got so excited. Oh my God, they're essential, hardly anybody is getting enough if we could make them with health in mind because you can't get healthy undamaged oils.

That was my take home from the Omega Sixes cause cancer. If we could make them with health in mind and bring them back into the population. Oh my God, we could help almost everybody. And I got so excited.

I was like, oh my God, this is worth doing. I just found a purpose for my life. It was like and that and it was that enthusiasm. Oh my God, we could help so many people. That's what drove the whole thing.

Because I had no business background. But I had enthusiasm and I had good knowledge in, in science, in biochemistry and genetics and that's what drove it.

And then and then why flax oil? Because it's the richest source of omega three, that's that's easily available to us, but it's poorly balanced. So I became omega six deficient on flax oil.

So I said, you know, we need to blend it properly. So that ratio between Omega three and 6 our properly balanced

because they both have essential functions. But if you get too much too much of one, it will crowd out the other and vice versa. So we then created a blend and then we put it in glass because plastic leaches into oil. And then we keep it refrigerated because the lower the temperature the longer it stays fresh.

And we built the whole the whole factory really has to be a really tight system so that no air, no no oxygen, no light gets to the oil from the time it's in the seed, in nature's packaging, which is really good through the pressing and the filtering and the settling and the filling till it's a brown glass bottle, in a box, in the fridge, in the factory, then in the health food store, then in your house and you use it not for frying, You put it on food after they come off the heat source frying is unbelievably damaging.

And you should really throw out your frying pan and cook in water and then add good oils after the food comes off the heat goes with any foods and you take about 2-4 tablespoons a day and that gets you an optimum and you can tell if your skin is dry, you need more oil more in, you need more in winter than in summer.

– Do how does this work for kids? Like do kids need these as well or is it mostly by that? You know, we reach adulthood and that's when we need to start focusing? – No, from the day of conception, from the day of conception and the way we do a tablespoon for 50lb of body weight per day.

And if the kid weighs 10lb Then it's 1/5 of a tablespoon and you mix and you mix it in food. And when when, when a woman is pregnant, she needs more of the omega three and six. Sixes are okay because we have lots of sources of it. She needs more omega threes because she's not only having to maintain her brain. Omega's trees are very important in brain function, but she also is building a brain in her body, another brain in her body. And if she doesn't have enough omega six, the child will get her brain omega threes and then she gets baby brain right.

And because people aren't getting enough, they've shown that every child gets less than the previous child. Every child depletes the mother further. And the researchers think that's why women get 2 to 15 times more depression, chronic fatigue, fibromyalgia, college and inflammatory and autoimmune diseases than men do. And it's the depletion of essential fatty acids during childbearing years that is responsible for for that.

And they say women need to make sure they get both essential fatty acids and I add in the right ratio and both made with health and mind both for their own health and the health of their Children. – Okay, So no one was doing this before you started creating, you know, the factory and the processing.

That's that's right, correct. And so tell us, what were some of the obstacles that you faced and how did you overcome those? How did you make sure that you stayed in the right frame of mind?

Because you made it very clear and you can, I can tell through the way you speak. You found that passion and you saw what would happen on the other side when you brought this idea to fruition. How did you manage those obstacles?

– You just answered it. Oh, I didn't see any obstacles. Okay, Because enthusiasm gives you energy, right? And the goal was so inspiring. There was never short of short of energy. I mean, we we drove in a van without air conditioning for the hottest 100 days of the year in the United States, went to 35 states, 17,000 miles by road 101 days and basically worked all day and then drove all night from place to place.

And it was, and we, we didn't have air conditioning in the van. So every few days we'd go into a Marriott hotel, like we owned it and go to the workout places and take showers and wash our clothes in the showers and then get back into the van and keep going.

Children, Pregnancy, and Essential Fatty Acids

And you know, it was like intense and I don't remember ever feeling like I was working. I don't remember ever feeling, oh God, maybe why am I doing this?

Because the inspiration was so clear. You know, there's something that feels really good when you can help people

with quality of life, you know, more joy or less pain.

There's just something that's very satisfying about being able to do something like that. That's what drove it. So, so were there obstacles? I, I don't know. I don't remember any obstacles.

We made decisions. You know, we had people who wanted that. We created a bus and then p everybody wanted to carry the oil. So, I would say to them, so you have refrigeration in your storage.

If they said yes, I would, I would get my partner who was my driver to do the business deal. See if they could make a business deal and if they said no. My second question was, are you willing to bring it in if they said yes, I would say call us when you got it, if they said no, I would say this is a good time to end the interview.

We would not do business with people who aren't weren't willing to follow our standards because the oils are sensitive and they need that kind of care.

So in that sense is that an obstacle? No, we were just so clear what we're doing and we were not budging from the standards we sent and it was like, I think uh you know, and then basically we didn't do business with some people, but is that an obstacle? No, not really.

So, so I I literally don't remember that we had obstacles. My driver and I had a fight in the first two weeks and I ended up sleeping in the van and he took a hotel room and then we sorted that out and said basically listen, you know, we're here to do a very particular thing, let's be focused on that.

And so was that an obstacle? No, it's not an obstacle either. And we ate a lot of raw food and we mostly did it on raw vegetables because we had better energy, you know, carbs made us fall asleep and and animal products made us feel heavy.

So we basically did it on all raw foods, We had no place to cook. We're just munching away carrots and cabbage and stuff like that, and it was just like on fire, Right? So, so fundamentally the fire burns the obstacles. – Yeah.

So in a world where we have at our fingertips, through the google machine, all kinds of overwhelming information and the fact that there are, you know, lots of people talking about healthy fats and oils these days.

What do you think people, those people are getting right and what are they missing in that in that realm of of educating us about the oils and the fats?

– Well, let's talk about keto because keto is one of the big deals, right? So it's a diet that's low in carbs and high in fats. Almost all of the key to diets don't pay attention to the omega three and omega six essential fatty acids, which is the only thing from fats that you have to get.

They don't pay attention to it because they don't want to have to take the care. So mostly they work with saturated fats because they keep, it's not a problem. There are 100 and 50 times less sensitive to damage than some of the omega omega three derivatives.

So there's a huge difference in stability in the different oils.

Overcoming Obstacles with Enthusiasm

So they give you, so you can lose weight on a keto diet. Some of it is water loss, some of it is is fat loss. You're not making more fat out of carbs that you ate but didn't burn, but it's not sustainable if you don't put Omega three and six if you don't give them priority, because they're the only thing from fats, you need everything else.

Your body can make, your body can make saturated fats. Your body can make mono unsaturated fats. Your body cannot make omega three and omega six, and your body can make omega three and six derivatives in the body.

Like what fish oils contain your body can make if you get enough omega three in its basic alpha linolenic acid, omega three plant based form. But you have to get enough. The biggest issue is people are not getting enough starting material. So I would say that's the biggest and fundamentally in market, everybody says what they need to say to make it sound like they got the best thing since sliced bread, of course, sliced bread is not that great, but you know, you know, and and so everybody says, oh yeah, we've got the best product and if they don't have the best product, then they're lying about it. That's that's marketing in marketing.

Okay. And there are a lot of people who don't like oils, they haven't done their homework because they still think that it's the oils that are the problem instead of the damage done by processing.

So they haven't looked deeply enough into the topic. And so some people are saying you shouldn't use omega six is no, they're essential. If you don't get any omega sixes, you, it will kill you if you don't get them long enough, you should not get any damage to Omega Sixes and they need to be balanced with undamaged omega threes and you want to get the ratio right and you want to not put them in plastic because plastic leaches into oil and you want to get them from organically grown seeds and nuts because if they're not organic, then the oils have pesticides in them.

Right? So there are things to do that have to do with the standards and you really have to be particular. And if you're not willing to do the work to give them the care they need, then you're not going to be able to do something that really helps people the way people could be helped.

– So I found it really intriguing that you mentioned a few minutes ago that we should be cooking with water and then drizzling the oil on top. Is that the, the oil itself will get damaged and then it becomes toxic if it's heated. Help us understand what happens there.

– Yeah, When you put oil in a frying pan, you're damaging the omega six and omega three that's in the oil. If it is in there by light, oxygen and heat all at the same time frying is the dumbest thing we've ever invented in terms of health, you're taking the most sensitive nutrients you have that need the most care you throw them in the frying pan, you turn them into smoke. Smoke is carcinogenic.

When you burn foods carbs or proteins or fats. When you overheat them, they increase inflammation and the increase risk of cancer, always all of them in individually independent of each other.

That's what you do with frying. But if you cook in water, you already not in line with nature because nature's mandate for all the creatures that eat food is fresh, whole, raw, organic, in season, local, and for human beings from a health perspective, mostly plant based.

So if you're cooking in water, you you're already destroying probiotics and that are on raw food and digestive enzymes that are in food. So then if you cook, you have to replace those two.

What Most People Miss About Fats

And that's the second thing I started working with digestion because next to oils which are the most neglected area in nutrition, digestion is the most difficult area. Everybody's got something.

Either you've got gas or you're burping or you've got pain or you got bloated or have food sensitivities, food allergies, sometimes autoimmune diseases, you know, incompatibilities with certain foods and so digestive enzymes and probiotics are the second thing that you pretty much need to do with every meal to replace what you destroyed by cooking the food.

So when I say, cook with water, that seems, Oh my God, that's such a big step. Yeah, it's, you know, from cooking with water go in the direction of eating more raw, as much as you can. As long as not as it's not contaminated and – So let's loop into the brain and mindset. And I first, I guess I want to know from your perspective, do you see those as two separate things? Do you see them as pieces of each other?

Brain versus mindset? And how do oils optimize brain health? – Okay. Yeah, I see a different distinction between the brain and the mindset and why is that? The brain is an instrument, It's a computer and it's a physical computer that tracks everything that's going on right through the senses, what's going on in the outside world and then attracts it and then from memory and experience and figures out, oh is this friend or foe?

And then you get then it creates a response and then it drives the physical response. So you start with sensor, you end up with physical response. The brain does all that mindset is just a program in your head.

It's a set of beliefs and you know, you can you can train the mindset from, I'm not good enough to I'm good enough or why is this always happening to me too. Oh, I can, I can handle that, right? So you can change your mindset, but that's a completely different thing. That's literally is a, you know, and your mindset, you get a mindset through childhood experiences sometimes pretty negative if you had your share of trauma and then you make decisions while you're in trauma about things that maybe only ever happened once, but then become direction giving for you for like years, decades, sometimes the whole whole lifetime.

But there's something beyond mindset that is actually even more important because from there you create the mindset as you go along and it becomes second nature to you and then your mindset becomes, becomes effective in whatever situation in whatever situation you find yourself right? Because those situations evolve.

So your mindset needs to evolve with your situations. What if you could be on top of it or what if it was never threatening or what if you always felt that you're capable because you are when you're fully present in all of your being, you actually feel, I mean honestly if you go deep enough into the space you are your body occupies. So we're now talking but we're usually out here in the world, over in our thoughts, um you know, over in nature or were in our emotions which are also in our mind.

We spent very little time in our in the in the nature of our nature. What is what is the foundation of it? The foundation of your existence is peace. The foundation of the universe is peace and peace is like space.

It's like, it's it's something like there's nothing in space itself, right? It's just a container. Space is a container and a whole bunch of stuff goes on in that container.

But the container itself is content free. Peace is like that pieces of container. It's everywhere, it is everywhere all the time.

Why Frying Damages Oils

And in that. And then the question becomes, what do we put into that container in your Ukraine? They put war into peace? The container of peace, right? There's peace in the warriors.

There's piece of round the warriors, there's peace above them, below them everywhere. And in the container of peace they have they have an idea in the head, you're my enemy, I'm gonna kill you.

And the other guys on the other side have I'm you're my enemy, I'm gonna kill you. And then in perfect peace, they have a war right now, somebody decided to put that into peace. Now if you looked at what's above the foundation of peace, there's unconditional love. Your life is unconditional love. It is actually solar energy.

So you're a solar energy gadget. And that solar energy goes in plants and plants uh store it in bonds between atoms they make to make molecules. We eat some of those molecules there are food in ourselves. Those bonds are broken.

The solar energy is released. That's what we live on now. We call it life or life energy, right? And that life energy, if I had one phrase to say of what its mission is.

Life energy says to your body, I am come, not to judge, but to love. It is unconditional. Life is unconditional love for your body, it weighs nothing.

It runs everything. It is omnipresent in your body everywhere present? It is all powerful in your body and it knows everything in your body because you know once you swallow the food, you know not in charge anymore. Life is in charge.

You don't know how to digest food. Life does it for you, right? You don't know how to pick the molecules apart and figure out how to how to absorb them into the body.

No life does that for you. You don't know how to take a you know, a molecule of vitamin C. Let's say right? You don't know how that gets to the the cell in the back of your left calf to the cell that needs it right now, life does all that and you hang out and you party around and you think and you dance and you do whatever you do and life is taken care of all of the business. So it is your it is the master, it is the ceo it is the benevolent dictator and it's unconditional love for you. And then if you actually begin to think about it, then you are you are actually that unconditional love because if I say to you Gina whose body is that appointed you, what do you say?

It's my body. So you know you've just told me that you're not the body right? If this is my body then it means the body is my possession. My I own the body.

I am the owner of the body. Then you gotta ask, well who is the owner of the who are you? As the owner of your body? Well, I guess the one that I guess the one that owns the body is the one that runs it, right? And then and then when that owner is done with the body and separates from it, the body is finished.

So yeah, so the body is actually your instrument and you are life.

Brain, Mindset, and the Nature of Peace

And when you get in touch with life and you actually experience it in in the space your body occupies, you feel so loved and so cared for that. You can look around and say, oh, it's not about me anymore.

I'm I'm good, right? And if I'm if I don't feel good, I know where to go to feel good because it's always within you and then you say, okay, what's left to do in my life? What's left to do, where can I help?

So, so purpose one is to get present in the peace and the love and the inspiration that live inside the space your body occupies. Always unconditional.

That's first job because nobody else can enjoy that for you. If you don't enjoy it. So then it would be a wasted gift. But you were given that gift to enjoy what is it like to be able to have life in human form could have come as a dog to could have come as a treat to write, but here you are, you got you got the you won the lottery, the human lottery, right?

So that's that's purpose one. And that purpose too is help where you can with whatever talent you have and the more fully present you are, the more gifts you you have that you can bring into the world.

– You know, I love where you've taken us because I feel like we are on this autopilot life that just we just, it's it's like rinse and repeat and we're not present with, you know what I would say, Simple things like what we're putting in our mouth and what is it, what is it doing? Because don't you feel like it is challenging to do everything that you just said, if this life force is not optimized.

– Well, if the life force is not optimized, it will probably go elsewhere and then your body is not going to do anything because then it's done right?

But what we're doing and what we've been doing for as long as we've been around on this planet, we have not given being fully present the energy, the the attention that we should and because of that, we don't feel whole and we don't feel unconditionally loved or loving and we are not in peace. And so we're doing all this crazy stuff, trying to get ourselves taken care of and we're actually destroying the planet doing it And it's and and everything we're doing out there. There's always the hope when I make $1 million dollars or when I get rich and famous or when I

get the Nobel prize or when I get the Oscar for the movie or when I when I when I went I then ah then I feel like I'm okay, then, I feel like I'm enough. No, you're already enough enough from the beginning because if life didn't think you were enough, it would have recycled you.

If you're alive, you're enough. And and so you have to think, think of yourself, not the way other people think of you or tell you that you're not enough for you should be different because they have an agenda for you. They want to milk you for something, right? So you take your sense of yourself from the energy within you, that is solar energy, that is life, that is the master of your existence that loves you unconditionally, that you in your essence are. – So, so good. And so I want to ask and you, my sense is that you've touched on this already.

But I'm going to ask the question, what do you feel is not being talked about enough based on your, you know, your your career and your passion for how you show up.

What's not being talked about enough? – Just what we're talking about because this is true for eight billion people on the planet and it doesn't matter what you call it Master.

You know, if it's it's life is the Master in every human being also the Master in all animals. Also the Master in all plants, also solar energy also in all the microbes. So all life on the planet, almost all life on the planet is run by solar energy.

All the creatures actually are run by solar energy and the trees probably already know that because they don't get spaced out, the dogs are pretty good, They go out and come back to their, to their to their body.

We get spaced out and then come back in our head and live in our head and then we're disconnected from our body. And when that happens, we get heartache, You know what heartache is? We always think heartache is caused by what triggers it. But what triggers heartache is not what causes it, what triggers it just brings you back to the fact that you've become disconnected from yourself that happened at birth because when you're in your mother's womb, I call it the buddha tank.

You know, there was nothing to do with nowhere to go. Everything was taken care of pretty safe, no thoughts, no beliefs, didn't know who your mother was. Didn't have a culture, didn't have a religion, just this little live thing hanging out in this little tank of water and just floating around. You didn't have to build your body that was just happening automatically and you're hanging out, there was nowhere for your focus to go.

So it was inside at rest in its source inside your body and you were in deep meditation for nine months if you were normal term baby and then you came out into the world. So you were fully present inside but completely absent outside in your focus. Then you come into the world now, you got to get to know the world, your focus goes out through your senses, got to get to the all of the complexities figure out for survival, what how you need to be. And in that process you became present outside and absent inside. And that's where heartache began.

Your disconnection from yourself, not caused by trauma. Automatic trauma sometimes is the first reminder for you that you're disconnected from yourself and what that heartache is.

It's like hunger for food, it's like thirst for water. And this is the heartache is life calling you to a need, you have to feel whole within your own being, calling you home. And if we didn't have heartache, we would never find our way home. It's the greatest gift we have other than being alive, that doesn't get any attention. And 88 billion people need to know that they need to know both.

Heartache, Presence, and Coming Home Within

That heartache is the call to come home and they need to also know that there's a home to come to within them that is extravagantly magnificent and awesome, no matter what their story and their history and their culture and their religion and their past is everybody has them that in them and that place of peace and love and inspiration is not affected by any of the stuff that happens in the world. So I call life perfect Health, never get sick, never dies. And I call peace beyond health because it's beyond even life and death.

So that is what needs the most attention. If eight billion people found their way back to their Magnificence, we would all be helping each other live better lives because there wouldn't be anything else to do right.

– And so, like, I'm finding this conversation very profound. You're making me think in ways I haven't and I hope our audience is experiencing the same thing you've brought us on a journey that started with your own, you know, your personal experience with, you know, your your pesticide poisoning and then this passion to find a way to help millions and millions of people and now you brought us into this very beautiful yet simple, esoteric way of looking at how we can come home into ourselves again. Like, the vision of this summit is to remind you that within something beautiful, we've become conditioned to be searching and searching and searching And we have forgotten what mother Earth and our own our own vessel can provide. And so I'd like to know, as we wrap this conversation, what are some of your personal mindset strategies that that you that you use in your own life? – Okay.

I had an experience when I was in 1970 and I had, what I had done is I had gotten to a point where I wanted to understand The story of Jesus because I come from a Christian culture and I and my parents were not religious and I realized one day nobody remembers my grandfather, he hasn't been dead for 50 years.

I never knew him. He was before I was born. They're still talking about this guy 2000 years later. It's like why? What was it about this guy that made him memorable? There had to be something right?

And so I got the red letter edition and I started reading what he said and I tried to do little experiments to put to the test. What he said had some really magical experiences. And then I got in with a group of people that I thought were like me trying to figure it out and we would all share stories and we'd all leave enriched from whatever we had all individually experienced, right? Beautiful would be beautiful.

So they had a coffee house. I walked into the coffee house and I looked at the guy, I didn't introduce myself or anything. I just looked him in the eyes and I said it must be possible to see God and live because when I was a kid we were told if you see God you die and I'm and my thought was, wait a minute, he's my father, he loves me, You know, he takes care of me, he takes care of everything.

And then if I look at him, he kills me like what? So I wanted to find out. So the question was, what did john feel that inspired him to write in the beginning was the word and the word was with God and you know, and word became flesh and dwelt among us full of grace and truth poetry. And I get you know, the hair goes up on the back of my head when I say it. So what was he experiencing that inspired the poetry? I want to experience that.

And then a couple of weeks later I said, no, no, no, forget John, I wanna experience with Jesus experienced, what is it that made him memorable? What is it that makes these men masters memorable?

What are they experiencing? Because they're not reading from books, they're not memorizing positive affirmations. You know, they're talking spontaneously from an experience and it touches people, I want to have that experience. I don't want to be Jesus, I don't want to have a religion named after me, but I want to have the experience and after.

So, so I said that to the guy and he just jumped out of the chair and he was like, his arms were flying and he says, you're from the devil, you're from the antichrist, get out.

So I go slinking out of this place and I'm standing on the sidewalk in the dark and I say, well let's see, I haven't seen God. So maybe I shouldn't have said that, right, Because how do you know right? And I was like, I got really this, this, I got really confused and it was really desperate and I really wanted to know this was like the culmination of understanding what Jesus was about.

And so I used to go in nature to clear my head whenever I got too crazy in the city. So off I went to a beach on Vancouver Island, west coast of Vancouver Island, nobody on the beach. All these driftwood logs, somebody had draped plastic over logs made a little dwelling.

I went in there. I spent this is gonna is where I'm gonna spend the weekend. I go in, I go to sleep and in the middle

of the night I will bolt upright from dead asleep. And there was this being made of light.

Couldn't tell if it was male or female. Couldn't tell if it was old or young. Didn't have wings. So I guess it wasn't an angel, right? There was this being made of light embodying a message, No words, no label, who was this?

You know, it was like, wow!

Personal Mindset Practice and Stillness

And the I could put words to what that being embodied and the words were, I've already told you I am come, not to judge, but to love. And instantly all my confusion was gone.

I have never had a question about what was the Master's message to humanity and then thinking about it, who was this? Was this, jesus, was this christ, was this my spirit, was this life? And of course I don't know, but the thing is they're all synonymous, all synonymous.

The solar energy that is life is also the energy that is Christ when you go subjective on it and you experience and you merge in that energy, then you are merged in the master energy and that takes time, it takes practice, right?

So yeah, so and then and then it became a memory, so it got dimmer, so when I happened it was like oh I was just like so ecstatic and then I said there must be a way that you can live in that experience on a moment to moment basis.

And that led me to somebody who said the piece you search for in the world is within you and I can show you how to get to that piece that was big for me because I was a war baby.

I was born during the Second World War. I'm definitely interested in peace. I don't think he can show me because I'm pretty smart and I've been around and he was half my age and what's he gonna teach me, but I said you know, I better check it out because just in case he can just on the off chance that he can, I don't want to miss it. And then I, so I learned a method for bringing the awareness that's always going out through the census.

You want to find a safe space in a safe space where you don't have to deal with survival. You wanna go sit down, get really quiet, get really still see how still you can become, see how deeply still you can go see how long you can stay there, see how slowly and gently and lightly you can breathe. And and while you're doing that and sitting doing nothing, tapping into being Experience what there is in that space.

I've been doing that now for 50 years. I figured out I didn't think it was gonna work because it seemed like too easy. And uh, and I thought, well we haven't made it to the, we made it to the moon. It was really complicated.

We haven't made it to peace. Peace must be more complicated than going to the moon. It's completely not true. But that's what I was thinking. And within six months I noticed I wouldn't rise to the bait of the arguments I used to get into with my with my then partner And by six months or over and said, Wow, this works.

So I've been doing it for 50 years is and the idea that we take time for stillness. You know, you take time for the bathroom and you take time for breakfast and you take time to put on and take off your clothes and you take time to sleep and you take time to go to movies somewhere in your life.

If you want to be fully present and get all the gifts that you've been given and appreciate them, you have to make time in your day for stillness. You literally say, let the world wait, it'll still be there when I come back and I'm going to spend this time tapping into how awesome and magnificent is to be alive in a human form.

– Oh, such a great message to wrap our conversation with. I just, you know, I appreciate how you show up and how you shared, you know, stories from your life and your business and just your wisdom is um has been absolutely amazing. And so if we have audience members that want to connect with you is where's the best place for them to do that?

Is there a website to send them to or what would you say? – If you want to know about the oils and the just events on probiotics, udos choice U. D. O. S choice dot com (udoschoice.com). – Okay.

– udoschoice.com. And you can find those in the health food stores in the fridge. And if you want to talk about this, I'm working on it. I haven't written the book yet. It's a it's a big topic obviously and I have UdoErasmus.

Closing and Where to Find Udo

com uh so that's my other website and I have some, some interviews there and a couple of courses and that's under construction and then other than that, I have a YouTube channel under Udo Erasmus and I'm on Facebook and I'm on Instagram and so I'm not, if you d o you know a name like that, you go punch in U D O. You'll find me very quickly because there are not a lot of Udos around. – No one of a kind, I would say one of a kind again, you know Udo from the bottom of my heart, thank you so much for saying yes to this project and for just giving us you know, a dose of inspiration today that I know our audience would have appreciated just as much as me.

– I hope that this gets out to eight billion people and they can benefit a little from what you're doing because what you're doing is awesome. – Well thank you, thank you. That means a lot.

That means a lot coming from you. I will receive that compliment. Okay, gang, we are wrapping this part of the summit for today. I want you to take a little break from your tech and I will meet you back here for our next amazing speaker at the medicine of mindset summit.