Unlock Stress Relief in 60 Seconds: Raj Khedun’s 33 Metaverse Breathing Method Transcript

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Opening Thoughts on Breathing and Squats

So I thought, hang on a minute. What's really going on here? Is it the squats, the actual physical exercise? Or is it the breathing rate that occurs when you're doing squats?

Then I started to dissect it even more. So today was actually going okay. When I did the breathing, I isolated the breathing. I didn't do squats. And then I realized it was really the depth and the quality and the rhythm of breathing that was helping me.

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This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hi, everybody. Welcome back to Rad Cars. I am your host, Doctor Melissa Grell Peterson, and together we are here to explore the frontiers of radical longevity and human optimism.

Today, we are diving into the power of breath as a key tool for super longevity. Our guest, Raj Kadin, is a transfer animation coach and the creator of the three three metaverse breathing method.

I cannot wait to learn about this and it is helping people reduce stress, heal insomnia, and improve well-being in just minutes. His mission through Keep Fit Kingdom is to help 4 billion people live to 100 years happily and in a vibrant state of health and well-being.

Raj, we've already had so much fun and we are going to dive in. I'm so thrilled that you're here. Welcome to the show. Thank you so much, Melissa. You know, just talking to you a little bit about your wrestling background and, you know, dialing in on that whole wrestling thing has just been amazing, you know?

And I think there's so much even beyond this podcast, I think there's so much collaboration we can potentially do.

Doctor Talks Intro and Guest Welcome

I think it'd be amazing with that kind of energy. So we will have fun. Yeah, absolutely. Again, if you guys are just tuning in and you just heard a word, you're like, wait, am I tuning into Rad Cass and talking about super longevity or are we talking wrestling? Maybe a little bit of both.

Today is going to be a very illuminating conversation, and I'm so, so thrilled to have it. Raj, I want to jump right in and we're going to circle all around.

But you have been a relationship and transformation coach for years. You were sharing with me before we started that for more than a decade. Now. You've had come Kingdom and to you, you've been in this zone of performance.

You've been in this zone of optimization. And just like really, you know, kind of leveraging this physiology to to express our greatest potential. And yet, in the core of it, through this, you have developed A33 metaverse breathing method.

So share with us a little bit kind of this journey that is you and drop us into this, this metaverse breathing. I'm excited okay. I mean, I'll take you a little bit back to the Genesis.

I think this will make everything kind of contextualize it. So, you know, people can relate to the story that somehow I think happened. So basically it all started when I was three years old.

My mother took me to nursery for the first time, and I went to the library and the first two books I picked up the shelves, right? One was on dinosaurs, all right, and one was on planets.

Right. And for whatever reason, I don't know why, but those images etched in my mind all throughout my life and these themes would pursue me no matter what.

I like it whenever I was by myself, whenever I was in a library, I'd always move towards these things like astronomy, astrology, you know, these kind of sciences and the dinosaur thing.

Why evolution? I was obsessed with what? How do animals evolve from what to what? How do they have higher degrees of intelligence? How do their brains evolve?

How do they become more sentient? How do they become more powerful? How do they become more, you know, expressive of their ultimate potential? How does that happen? Right.

So those themes, as silly as it sounds from the very young age of three, just in my mind, and believe it or not, they were more important to me than my entire education.

Wow. Okay, so I and I, McFly, they were your education. I mean, what an amazing thing to start at such a young age. So they informed they literally, you know, so this is interesting because there's a lot of research around your first memory, your first memory that you have and how it literally informs the trajectory of your life. Yes.

And there I mean, there's phenomenal research about it. And I'll maybe share my story at another time. It's it. And it's so interesting. Okay. So so this is part of some of your first memories that was really etched in that then was kind of your education.

So so continue taking us on this journey. It literally was more it was your education more than your formal education. How has it landed you to this to to where you're at today in looking at human evolution?

Well, as I grew up, I go into health and fitness as most people do. I went to the gym regularly.

Raj's Early Curiosity and Fitness Journey

You know, I did the silly alpha male things with guys like pushing the most weights on the bench press or the overhead press, all the squats. And I was quite good.

I was, I was he loved wrestling to everybody. He was a great big wrestling mark. He was like doing it in the gym. Even before I went to I step foot in the gym.

I was watching wrestling, you know, as a kid, five, six, seven, eight, nine, ten years old, every single week religiously. And, you know, it just kind of it was kind of a natural progression that I would go to the gym.

I'd look at martial arts, I would look at Taichi and Wing Chun. I did Wing Chun for ten years. You know that Bruce Lee made popular from the Wing Chun.

So go into all the fitness stuff I would. I realized that there's something not quite right because I was battering my body with weights and I, you know, became strong and, you know, imposing and whatever.

But I realized that I was only 25 and a man with all these weird aches and pains, and I had lactic acid. I takes me two days to recover from heavy squats.

And I was thinking, this is strange. Like I'm a young guy. Why am I acting like an invalid after a couple of days? You know, doing squats and I can't walk anymore.

Like, why is this so I started thinking about, like, how do you optimize your energy? How do you create more energy? How do you think to do your thoughts help you recover quicker or not?

So I went through this whole research thing of studying body anatomy, breathing, the nervous system, the digestive system, circulatory system, you know, the hormonal system, all these different systems.

I start to look at the more carefully. And I had I used to have really bad colds as a kid, but really bad, you know, great. You know, green and damp country of the UK.

You know, it's easy to get colds and flu and stuff like that. And I was getting four times a year. And it would take two weeks to recover every single time.

Oh wow. Because I would have you know the ear nose and throat connected I would get inflamed throat. And then I couldn't hear I was almost deaf. Right.

And I couldn't answer the phone, I couldn't listen to music. I was like again like almost disabled for two weeks, four times a year. And I thought, this is silly because I'm young, I don't want to take flu jabs because I give flu jabs every year in the UK. Right.

And I said, that's for old people, isn't it? Like, why am I, why am I taking flu jabs? So I took the flu jabs and I thought I was always thinking in the back of my mind, it's got to be a better way than this.

Yeah, right. So what I found out is that squats helped me to really level up my immune system and my just, just general health in terms of feeling good.

So I experimented with squats only for a year or so. Just squats. Okay. So and you write a book How Squats can Change Your life. Now I know we're taking the long road to get to the to the breathing method.

So everybody keep listening. But this is sounds really important. And there's actually some phenomenal research about how just taking little squat breaks throughout the day, every hour or two, is quite powerful in regulating blood glucose.

And, you know, adjusting cortisol levels. So there's a huge impact on metabolic health. But you did your own kind of end of one study. And so how did squats for one year doing squats for one year change your life?

Well, I noticed that I did a mixture of squats like weighted squats, heavy squats, light squats, high reps, low reps, partial reps, full reps, and also bodyweight squats as well.

Just to say, if I'm in a foreign country, if I'm, you know, waiting in line in the post office or what, can I do something to just keep I do that I do that, yeah, yeah, yeah.

Continue. People think I'm crazy, you know. What are you doing? But is it, you know, are you inspired? You maybe you can do something. You. Right. So, do I do Tai Chi even in the QE, but now.

Yeah, just to kind of keep my mobility up, which is fun thing to do. Yeah. So what I realized, Melissa, is that when I was doing squats I use I would recover from flus quickly, much quicker kind of because there's more hormones

being released in the bloodstream.

Cardiovascular system is, you know, moving quicker and you're getting more life energy into your lungs and through your body and through your heart and everything.

So instead of taking two weeks to recover, it would take me two days. Right. When I was doing squats. Yeah, that's pretty impressive. Yeah. So I thought, hang on a minute, what's really going on here?

Is it the squats, the actual physical exercise, or is it the breathing rate that occurs when you're doing squats? Then I started to dissect it even more.

And so today was actually going okay. When I did the breathing, I isolated the breathing. I didn't do squats. And then I realized it was really the depth and the quality and the rhythm of breathing that was helping with the longevity.

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Meet the people you want to make forever with Rad Fest 2025. Take advantage of lower advanced pricing now at Round fest.com. Well I mean there is and so I I'm okay.

So let's continue because so there's so much within you know squats. You're working one of your largest muscle groups. And there is a tremendous amount.

So the the breathing yes that rhythmic breathing. Would you do in and out through the nose in and out through the mouth. How are you kind of finding that rhythm.

So I want to make sure we continue to go there. And there is also a lot of benefit of what is happening. When you're doing resistance training, you're putting a load onto that large muscle group because it's such a muscle of metabolism.

It's going to, you know, help to increase circulation. It can enhance immune function. It can actually reduce chronic inflammation. You know, when we're we're helping to to really decrease or decrease even just some of the stress hormones and things of that nature.

There's there's a lot that can happen with it. There's a lot that can happen within the muscle itself and the mild kinds. But what did you find in the rhythm of your breathing?

Again, in and out, through the nose and and out through the mouth.

Discovering Breath as the Real Driver

Faster, slower. What was happening there? Yeah. So certain breathing methods help release hormones from the brain. Easier than others. So, going back to the squat squat book and then we'll go move into the breathing.

Rob Van Damme, who wrote the the foreword to How Squats Can Change Your Life, he alluded to a similar kind of thing, that self-care routine, spending time to be by yourself, to kind of meditate, be more thoughtful, be more mindful.

His way of stretching would help you increase your appreciation and your gratitude for having a body in the first

place. Because if you're not having that inner dialog and that communication with yourself that you feel thankful you're happy, you're grateful.

You can never be too grateful, right? I agree, yeah. You know, that's an infinitely compounding idea that can completely expand your consciousness. Yeah, yeah.

To infinite reaches. There's no end to it. So Rob Van Damme, he did, you know, a fantastic forward to kind of bring this idea that you should take care of yourself.

You should appreciate yourself. You should be grateful. Talk to yourself in that positive manner. So moving on to the breathing methods. What I found was that have you had a Wim Hof?

Yeah. Yeah, yeah, yeah. You probably have tried maybe some of the courses or maybe you've tried some of the methods. So certain breathing, hyperventilation through the mouth, it helps you relax.

It helps you get into the parasympathetic. But it takes some time. It could take, you know, five, eight, 12 minutes. We know several people who do, you know long routines as well as that cold exposure.

Right, right. So I experiment I experimented with rapid breathing through the nose by itself. That's still breathing, both rapid and slow. Yeah. As long as, what they call conduct breath retention and the yoga and they call it conduct, which is breath hold or breath retention, and I, I, you know, did a whole lot, you know, different types, different speeds and everything.

And they were good. They helped me a lot in terms of, you know, keeping my nervous system strong, my immune system strong. But then I evolved a bit further because I was looking for what's the easy way, the simple way in this day and age because people are always looking for quick fixes, right?

I'm also a relationships coach for women. I've been doing that for 15 years, and when they get stressed about relationships because the guy's not texting, they send me screenshots all he said this, he said this. I said, what should I say?

Like you're getting too stressed for nothing. I, it's the stress itself which is causing you to react in a way that is different, powering and causing more negative vibrations to be attracted to you.

So when you type a message, you're actually typing with the feeling that he's not going to like it. And so that's what happens. You get a message back that's unfavorable to you.

Yeah. So what I did is I said, what's a simple method I could help women with help my clients with, I did all the notes for breathing. I did the Wim Hof.

They said, yeah, that's great. Roger feels great. But then when that problem would come up, they would forget to do it. Yeah, right. And I said, did you do the breathing to help you self-regulate?

And they go, oh, I forgot, it's not part of my lifestyle. Can you teach me again? I'm like, it's not working. Is it? All this breathing for six, hold for eight, breathe out for ten and then hold.

Physically, it's not working. They were not doing it right. So what I did, I said, okay, all these methods. What's one simple, easy and elegant way? I was thinking about that even before the pandemic.

Yeah, I was researching it, looking into it because I also studied metaphysics and yoga, you know, intensively. Been doing that for 25 to 30 years now.

And then I realized that if you do something like what's called the three three that we're going to talk about, maybe we'll demonstrate it even. Yes, we are going to demonstrate.

Just so you know. Yeah. Excellent. I want to take our listeners through. I want them to get to benefit. So yes. Absolutely. Okay. So what I found is that this simple soft method, it's very much like opening up the parasympathetic side.

Correct. And it can do that very quickly. Within 60s you can get into a flow state. Yes. And you've probably seen a lot of the research by the Hungarian physicist, a missile, I think his name was quite a long name.

And the books that he's written, there's lots of them on Amazon, the great. However, people are lacking a specific technique to get them into a flow state quickly.

So this method, it releases endorphins from the brain, which is, you know, pain relieving hormones. Also releases dopamine and serotonin, which are feelgood, happy hormones from the brain and also activates the vagus nerve as well, just behind the throat, behind the face and in the gut as well.

So because it does all of these at once, smooth motion, very gentle, very easy, very elegant, it works, you know, immediately with everyone. Yeah. So that's where the three three.

That's the kind of genesis of of the three three. Are you ready to redefine aging and unlock your full potential as a longevity leader at the Human Longevity Institute?

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I and I want to come back and talk about your time in yoga. I want to say that you had a really interesting experience that I want to make sure we have time to talk about, but so you've got us right here.

So now we're all cued up the, the, the idea of this elegant, simple, beautiful process. Will you, will you explain it like I how it's done and maybe guide us through a quick little 62nd process?

Okay. Absolutely, absolutely. First of all, are you familiar with breathing methods? But do you do any like I'm very familiar with breathwork. So, you know, in my TEDx talk a few years ago about saying yes to stress, actually, it's understanding that.

Introducing the 3-3 Breathing Method

And we need stress in our system. Yeah, yeah, it's regulated by the autonomic nervous system. So think of the demands as the foot on the gas of life. And when we have too many demands and not enough resources to keep up with the demands, we go into that distress, kind of the stuff that's going to break us down, overwhelm us, put us in a pro-inflammatory state.

But there's a good type of stress that helps the system to actually get stronger. So in biohacking, we think of our misses, little bouts of, you know, an increased load, little inoculations.

But you stress is the anticipatory. It's the good stuff. We're looking forward. Our systems are amped up but it will put us in flow. It'll put us in high states of productivity.

And actually it produces it actually lowers cortisol. It increases testosterone. It increases, you know, helps to regulate really our our overall metabolic chemistry.

And one of the fastest ways to help to modulate stress across the body is through autonomic nervous system, because that is the gateway that helps to either pump the brakes and put us in the parasympathetic, or push the

gas and put us into sympathetic fight or flight.

And one of the quickest ways to activate that autonomic nervous system is by way of that vagus nerve, which is actually through breathing. And there are multiple types of breathing exercises.

So yes, I'm a big advocate. I teach some of myself, but this isn't about me. Today I want to know about your breathing method because I don't know about it yet and I'm super excited and I have after we do it.

Raj, I want to understand how this kind of stacks up to some of the most commonly known, like box breathing and cyclic breathing and some things like that.

Absolutely, absolutely happy to walk you through it. Yeah, it's very exciting time that we're in. So yeah. So what we'll do first is if I can ask you which are the ones you do on a regular basis, is it alternate nostril breathing?

Is it breathing through the mouth like, you know, self hyperventilating with half or what kind of method I actually do. So I'll do different types. It depends on the day and it depends on what's going on.

So I'm a big so when I'm in it. So one of the things I do that's a 62nd or less is the cyclic breathing. So it's going to be two quick in one long foam out through the mouth.

So that one's got phenomenal research around it. And so I'll meet the system in the stress. And then I help to de-escalate. So two fast one long slow I will do I'll do box breathing at night if I want to just soften the system I don't really like.

I'll do Wim Hof when I do cold immersion. I personally I don't like to just throughout my day do a ton of mouth breathing because then, you know, if we're releasing too much CO2 too fast and I talk a lot all day as it is, so mouth breathing is not my preferred like as my go to.

Right. But again, it kind of depends what is it that my system needs? So I've got several and I do love a good alternating nostril breath, especially if I'm feeling out of balance.

Right. So if I'm kind of feeling like to help to center up my system really quickly and help to ground me and create just a sense of, of almost kind of like that that drops me into a nice kind of meditative flow really quickly.

As far as that goes, if I'm sticking with that for a minute to three. So just a few. Excellent. Okay. We'll go through this for for a minute. I'll walk you through everything.

Okay. So this one is as I mentioned, it's very soft. It's very gentle. I try to design it in such a way that it's as accessible to as many people as possible.

So you don't have to worry about being, you know. Oh, do I breathe in my belly? Do I breathe my diaphragm? Do I worry about my. I'm a high stress breathe.

I breathe in my sit. Yeah. Right of I don't need to worry about anything. So we've tested it on young children as young as five to adults up to 85. And it works cross state.

Right. So all right. Yeah. So what we'll do first what we do first we check the nostril flow to see which side is open. And so it doesn't matter. But just to get an idea.

So we block the right nostril breathe out once through the left. Yeah. And then block the left nostril free. That works through the right. And get a sense of is it like 5050 or is one which is 5050.

And on a scale of 1 to 10, how would you say you're feeling right now? Overall, that one is not great. Ten is amazing. Merges. I mean, I feel really good today, but also because I know I like to do this too. We want to have a scale to see pre and post, so I will say so I have a measure.

I'll say eight and a half. Hey you know okay x great. So this method is done by breathing three times through the nostrils in three parts and then three parts out of the mouth with an elongation on the third exhale.

Nice. Yeah. So it's like this I probably the the software is going to cancel out the snipping or the that breathing sounds. So I'll just make it audible as well just to for paper.

So first it's sniff sniff sniff through the nose. So. And then through the mouth. Through the back throat. So just sniff sniff sniff. And all okay. It's an elongation on the third outbreath.

Try that for a couple of times for for me. Here we go. You can guide me through the sniff sniff sniff okay. Sniff sniff sniff okay. And then, One, two three and then, you open about a little bit more.

Okay. So just like you're saying. Hahaha. Like you're laughing, Oh yeah. Back to the throat. What about open like this? Oh, okay. Okay, okay. Good good good.

So those of you that are listening, you're going to want to see the video so you can see the demo. Okay. Here we go. I'm going in through the nose again.

Sniff sniff. Yep. Yeah yeah yeah. So it's very gentle. It's very soft. Yeah. I sometimes see the and it's good is opening up the jaw, stretching out the facial yoga too.

It's perfect. That's right. So it comes from the back of the throat. And that helps to activate the parasympathetic. Nice. Yeah. So you're also getting that vibration.

So you're getting it in a couple of ways. It's nice. Good accurate. Also women who are giving birth also do something with the H sound. And I'll tell you about that.

Oh tell us, tell us tell us about the H sound. Yeah. So it's a very deep yogic idea in the yogic Vedanta philosophy, H is is a very powerful exhalation which synchronizes with the hormones.

This is where you go very deep into the philosophy. That's why when women are giving birth in the, you know, they tell women to say he hope he hope, he hope he ho me.

Well yeah. So I like that. Yeah. And that's what you think in birth. But after the women's giving birth they tell, oh you don't need to worry about breath anymore.

Like, what are you talking about? Hello. You know, there's life. We need that good oxygen. Yeah, yeah. So what we do instead of he ho ho ho, we do the ha ha ha, I love it.

Yeah, that's really nice. That's great. And hey, because laughing is another way to stimulate your vagus nerve, friends. All the things to help. Exactly.

That's another great thing I love it. And also when the fifth chakra also has the sound hum hum. It's a ha again. Hum. So, Kali, take us for a moment.

I know I'm kind of going off course, but you you're bringing up a really great point about the sounds, right? Sound chakras. So take us into for a moment.

Your your a great study or like you said, of, of yogic traditions, you've spent time in India, you had a pretty transformational experience yourself there.

I want you to walk us through that. And I want to come back to understanding this vessel and maybe our chakras and the the impact that sound as a whole, obviously paired with breath like in your breathing technique.

Guided 3-3 Breath Practice

But what impact can sound have in helping us to, to, you know, open up our own channels of of of key of life force, if you will, because obviously we're talking about radical longevity, super longevity, living better today for longer, tomorrow's.

And so breath as we're hearing the three three method, the three, the sniff sniff sniff haha is step one. That's something you can do a few cycles through any time, any place you're in a distressful situation.

You want to soothe your system. You want to get into flow, you want to clear your brain. It's free. It costs nothing. It works. Use that tool. But there's a lot of science and there's also a lot of great.

You know, I don't want to say mystery because it's not. But there's a lot of ancient wisdom embedded in what you're teaching us as well. And so I want to take a moment and hop from the science into the ancient wisdom, and maybe you can take us to the roots of kind of your own experience and having a greater appreciation for this.

When you went to India, that's so wow, that encapsulate that so well. I'm fascinated that you dialed in the esoteric with the esoteric many outer with the inner.

That's amazing. So you you again, I don't know if people appreciate what you're doing, but you're on a totally different level than what most people would even imagine.

So I want to thank you for sharing that. But but this book will definitely cover all of that. What I like to do with you, if I may, is go through this with you for 60s.

Okay, let's do it. Yeah, yeah, let's do it. Okay, okay. So sniff sniff sniff as you know. And then hahaha. All right. So we're here for a minute together for this one Melissa, keep your eyes closed and just relax.

I just feel how the is moving in thought okay. All right. So I'll put this time on for a minute. So 321 and go. A bit faster, a little bit. Me in a rhythm. Okay. All right.

Okay, I'll follow your lead then I'm going to listen to you. Eyes are closed. Here we go. Oh. Now, you don't have to say the ha. It's it's quiet. So. Oh, okay.

Okay, okay. So no worries, no worries. So my eyes are closed, y'all, I don't know, I'm just gonna. You're okay. No worries, I can go. I want you to because you.

Once you understand it and you do it once, you see how so? Okay, I'm going to take you through. I'm going to do it quietly now. Okay. Here we go. So it's so fun.

I'm just going to make it for your listeners and viewers. Audible. So sniff sniff sniff that. And then it's but without the vocal cords. So it's soft. It's like a whisper.

Perfect. Okay, okay. Snip snip snip. Hahaha. Hahaha. So snip snip snip hahaha. Snip snip snip hahaha. But without the vocal sound, right? We'll do this for a minute together.

So three ready? Yeah. Okay, listen 3 to 1 and go. Just relax. Melissa. Keep your eyes closed. Just relax. Gently feel what's happening within. Just relax.

Whilst keeping your eyes closed. Melissa, tell me what you notice and how you see. So it definitely creates in the increased sensation of light headedness because there's a lot of oxygen coming in.

And so lightheaded I'm seated not dizzy but just like I don't know okay. So for me I'm then I then focus on wanting to go around it into my body because I don't I want to just like allow that to move through me.

So for me I'm really feeling it in my head a lot. And definitely it quiets the mind completely. Right? So it helps to eliminate any other thinking, any other busy brain or thoughts.

So you can just so there's just a nice peaceful. Silence. And just a nice gentle flow. Yeah. Okay. Okay. Let me ask you, do you feel any cool sensations around your sinuses, around your forehead or top of your head, around your body, anywhere?

I mean, I. Not in my sinuses. I, you know, I think as I was doing it like immediately right after again I felt a lot of a lot of pressure and lightheadedness and so maybe like a little bit right at my temples, maybe a bit up towards my crown.

So just more. Yeah. Kind of up in here is where I was feeling more of, the movement, if you will. Okay. Okay. Excellent. Okay, great. And do you notice, Melissa, your heart rate slowed down a little bit.

Breathwork, Longevity, and Data Tracking

Probably. Yeah. And the mental the mental chatter, the monkey mind that most of this happiness super busy world is that that's decreased a bit. I again, like when I'm in a state like this with you, I'm just totally present.

I don't have other things racing through. However, just been going through your exercise for you. Yes, as you go do this, it's already just creates a quietness for sure.

And yeah, it's, you know, just a kind of growing expansive awareness beyond the body. Like, do you notice the kind of spaciousness of mind that perhaps goes beyond the flesh and bone kind of body, you know, as anything?

Yeah. And I feel like if I were not in an interview with you and then thinking of our time stamps and the stuff, and just in a room with you doing this exercise or by myself down grounded that I would be able to just completely be present with it.

Right. So to really feel that anytime I do any kind of intentional meditation, self-care, I mean, absolutely, it's the 100%, it's feeling the expansiveness.

But I think right now it's kind of like, yeah, yeah, it's excellent, excellent. And almost all of the time you said you felt an eight. I think it was eight and a half.

What do you feel now? You said. Yeah, I mean really like I mean I feel great, I like, I said, I felt great to begin with, so I, I am for sure. I mean, I do feel, I think I feel a little bit more even lifted in my mind, a little even more bright.

So I for sure say like, we'll give it a nine and a half 100%. Yeah, yeah, okay. All right. Okay. And one last question on that, if that's okay, please.

On a scale of 1 to 10, how surprised are you, how quickly this would I think that would be a great question for our audience because I know how quickly breath work.

So I'm not surprised at all. I mean, to me, again, I've been doing this for a long time, so I think the the person who's doing this for the very first time or is new to it, it is such a powerful experience, right, to all of a sudden drop in to our body and realize that just by changing our the rhythm of our breathing, we can radically change our our mood, our how we are perceiving our body, how we are noticing our energy.

So yes, I think that I think that's really powerful for our listeners for sure. Yeah. Yeah. Amazing. Thank you sir. Appreciate it. Welcome. All right.

Listen, I only get a few more minutes with you. So. And this was great. I'm glad that our listeners I would love to. I want to ask you, do you know, have you looked at any of the data sets, the research around what this breathing technique does and how it specifically?

So when we are breathing in this way, not only lowering stress, but have you correlated that because part of your mission, right, is to help over a billion people live to 100.

So have you correlated the data with longevity and how it can impact Healthspan lifespan? Absolutely. That's what that's what we're working on. That's where it gets really exciting, because if you think about it in the school system, you're not really taught meditated practices, you're not taught about the power of your brain.

And there's some things in your brain which are so powerful, and you only need to secrete a little bit of hormone from your brain into your bloodstream to have a huge impact.

So there are more esoteric practices that I do which even go even beyond. But they they take a lot more training and a lot more focus. But this one is simple. It's accessible.

It's almost immediate, pretty much immediate. Yeah. We've had Novartis, the health, the medical company doing an Oracle software company doing it, NHS, National Health Service in the UK doing it.

They're all amazed at how simple and how quick it's so, so are you doing so as of right now for your students that are doing it, are you doing any measurements of like tracking, for example, how it correlates over time?

So not just the one off because I know there's an immediate before and after, but what's the longer people are doing it? Have you been looking at just some even fundamental biomarkers maybe like how it's affecting their HRV, how it is affecting their resting heart rate, how it is affecting their blood pressure?

So maybe some simple things like that versus maybe the bigger things like, you know, actually looking at biological age testing, which is a whole different category, but we can tell a lot just about how our system is recovering and how it's responding to stressors.

When we start to see trends over time to some of those basic biomarkers, have you correlated any of that type of data yet? Yes. I mean, we're we're looking into this.

This is the kind of next step. So a lot of people have, you know, yes, they benefited from it. They know it. You know, it works. It helps them in their life.

Because now it's the next question is like, can we collaborate with, you know, people like yourselves who are now able to demonstrate the science or speak to the science of it, and to in terms of heart rate variability, a lot of people wear fitness trackers when they do this, and they notice that they're able to bring the heart rate and things like that, you know, within 60s bring it down 10 to 15%.

And they find it quite surprising how something this simple can also have a longer impact in terms of a person's day. So if you do it for 2 or 3 minutes, you can't really compound unless you really compound the effect.

And we do it for five, three, 5 or 7 minutes. And then it puts you into flow state. You stay in the zone. Yeah. It's like bullets. Yeah. I think it'll be interesting to see some of your data when you've got these groups of people doing it over a period of time, because again, it's like the one, the, the one off, meaning the doing at one time absolutely has an impact.

Right. And that you can quickly measure and see. And so I think that's a great place for anybody to start. If you're not sure if you're doubting this, it's not going to hurt you.

Start seated. Don't do it while you're driving. Don't do it. You know, while you're anywhere else. Just be in a grounded position so you're stable. Because if you were to get a little lightheaded, we don't want you falling.

We don't want anything happening to you. We want you to be nice and safe and supported and, you know, check your heart rate beforehand. Just simply put fingers to the neck or fingers on the pulse and see where you're at before.

Do what? What Raj walked us through. Give yourself a 1 to 10 score how you feel in terms the best ones, the worst. Where you at start. Do a minute of it. Set a little timer.

Stop self assess where are you at on 1 to 10? Just kind of be in the system. Slowly open the eyes. Make sure you're grounded. Make sure you're present. Make sure you're there.

Recheck your resting heart rate right. See what it does for you. So be curious. Be the own end of one. First and foremost, if you haven't done any tools like this.

But I think for you, Raj, I'll be excited for to hear back from you ongoing as you guys collect more and more data. Because like I said, I think, I think the interesting thing is to look at cohorts over time.

So your students who have been doing this for months for a week, the month, a year like what? Differences. What you know, where do we see that they are fundamentally did they start that they, you know, their lab markers looked a certain way.

They had had a resting heart rate of 76 forever. And then they were healthy and they went to the gym and they did your other programs, but they started this breathing technique, and they've been doing it pretty religiously now for three months.

And their resting heart rate is now 64. Every morning. Right. Kind of thing. I just I'm just giving an example. I think that because that correlates in the data with the pace of aging.

So I'd be really interested for you to, to keep in touch with us on that absolute. Absolutely. Great. So I think so, yeah. So okay.

India, Sai Baba, and Heart-Centered Living

Listen we're going to save the best for I mean that way I don't wanna say that wasn't the best because that was a wonderful experience. And I'm so glad we got to go through it.

Take us to your time in India. Let's talk about what's behind me. Because because we literally have just a couple of minutes left. And I think there's such what you're about to share with us, I think is, is for all of our radical longevity lovers out there, and for anybody that's really trying to understand what is possible in this human experience and how to truly tap in to greater states of self.

And where does self emerge from, you know, whatever your religious philosophical backgrounds are, that how can we know of our own longevity, potential immortality, all of these concepts.

And I think the story you have is going to give us a glimpse into that. So tell us about what happened when you went to India. Absolutely. So when I went to India, I was an obnoxious 18 year old thinking, I know something.

You know, I didn't know I was all noxious. I just realized that afterwards. So, it's I went to India. You're thinking I know something, you know, as kids do now, I completely forgive myself for being so ignorant.

But anyway, I went to India. I'm an avatar, right? Who was I who had a huge influence on me? His name is such a Sai Baba. And his power, his energy was so overwhelming.

I felt this love which was so unbelievable that it just magnetically influenced me in such a way that I could feel in a sense that, hang on, what you've learned is nothing.

There's so much more to you than you could ever imagine, but you need to commit to your heart space. You need to get into your heart, your mission, your purpose.

You need to live that life. You need to. You will not find it unless you're committed to it. So his energy was so huge. It's just overwhelming, you know?

And I never felt that from any human being before. And you could say, well, he's not just a human being. He's a

Yogi of the highest order with all his track was fully blazing.

Right. And when you're in the presence of someone like that, you pick up what they call prana, life energy, magnetic power. It's it's so it's immeasurable.

And it touches everyone who comes within the sphere of their radiance. And that was just it just changed my entire mindset in such a way that swept away all the debris, all the doubts or the worry.

And then I realized, you know what? This is real life. This what? You're living here. You think you know something you don't know. You don't know where you come from.

You don't know where you're going. You don't know what life is. You don't know how the planet works. You know how your body works. Being in that magnetic influence teaches you that everything is in the heart, everything is in the heart.

And you access that through a disciplined mind. That's what you do. You have to control the senses. You have to control the body. You must not allow the world to make you feel or think negatively.

And that that's that's I mean, that's a whole other conversation because that's really one of our greatest challenges, right? Is and it's not about and I think that gets us into we've come into such a time because I understand exactly what you're saying.

And I've, I've had moments and I've not been in front of a Yogi. I've not had that same type of experience, but I can say that even through some of my own yogic practices, as an example, in some of my own journeys and in sessions, I would have really touched states of of incredible, deep, profound love like source love.

And I know it to be so real and true through me. And it's like, truly this infinite source of, of just the fullness that we all originate from and that we will, you know, that we will always be and we will stream in, in these avatars as long as possible.

And so, yeah, in this modern world, we've come into a time. And that's kind of at the crux of what we always talk about. Right? Radical longevity, living longer.

But are we living well today? And many of us get just unconsciously caught in the swirls in the throes of everyday life and the stressors and the demands and the things, and we go into worry and we go into wonder and we can.

And I think what we've been almost marketed to and taught to do is think happy thoughts. This idea that then the term toxic positivity has almost come out because we think, well, I can just have a disciplined mind and I can look happy and I can.

That's where love is. That's where happiness is and what makes it, how to do it. And then we get so stuck up here. So I'm wondering, how can you help our listeners maybe discern the reality between a disciplined mind, but how does that actually bring them into their heart?

Because love and the thought of it's not about being positive and happy and loving mentally as a construct, it's how do we truly access it and get out of our mind and drop into our heart so that we can more fully experience that?

That's such a great question. Again, you've encapsulated a lot there in a very, you know, in a short, compressed sentence or two or paragraph. It is me with you.

I think the thing is that you repetition is absolutely critical. And if you look carefully at the school system, I think I believe it's built on the the Rockefeller model, which is all about consumerism.

So what we need to do is we need to get back to repeating positive phraseology, positive phrases. They call them mantras, bunches of is a popular word all over the world.

So you have to have some power words that work for you, that you have to repeat that whenever you are in a funk, whenever you get stuck, you repeat them, you know, six times, 12 times, and it gets you back into your emotional HQ, back to your home place.

And it's not this world. It's not you have a heart space within yourself. That's your true home. That's where you have your private space and build upon that.

So even if you're on a train, you're in a party. Wherever you repeat that mantra, it gets you back into your space. And it's a positive place. It's a happy place.

It's a place that gives you strength. Even in the difficult situation. You repeat that 12 times, 24 times, however many times that begins to open up your heart space and that protects you from a lot of negative influences.

Yeah, repetition is key. I, Bruce Lee, said. I don't fear the man who does 10,000 kicks. I fear the man who does the same kick 10,000 times. Yes, yes, yes, that's true.

And you know, one of the things Roger I've done is because for me, the word discipline doesn't actually doesn't work for me. However, when I rephrase it and reframe it to devotion, can I be devoted?

Can I be devoted to a practice? Can I be devoted to and and so again, and I think for some people and especially you coming from your martial arts and come back background and I understand there's so much beauty and wisdom in all of the different philosophies that you have studied that have shaped and influenced your life.

And so I respect it completely. And if there's anybody out there that's like me that you're kind of like, well, discipline feels like work. And I don't want to do it and like and then it's a stressor.

It's like, well, what if it were devotion and an act of devotion? And so, you know, I want to potentially offer up as we get ready to wrap you, I like this idea of you saying repetition because maybe it can just be that easy.

The repetition of breath, the repetition of a practice. And could you, even as you're breathing, possibly pair with your three three methodology the the finding with the intention.

So if we think of heart math and how to really create coherence, there's heart brain coherence, right? So how do we devotional? We take the time to connect with our breath and move it into our heart.

Mantras, Devotion, and Closing Remarks

And in that act five and our self. And so maybe it is finding a word or phrase like you said, your powers, paraphrases of could we even be willing to start with I am love something, something like that is that powerful?

Because when I think about what you shared with the Yogi, what was so impactful to you is you. Yes, he was wide open, like his every energy center. He was fully alive, but the presence of what you that field that you were kind of brought into was that field in that frequency of love, of just this.

Sure. Like just, you know, and presence of that. And so I think, like you said, it exists with all of us within our heart space. And so maybe the breath and the awareness, the devotion, the mental devotion of taking the time to bring the breath to the heart.

And as you're doing the sniff, sniff, sniff, hahaha, I am love. Haha, I am love hahaha. You know, something like that would be a really beautiful way to to help people implement the beautiful science and soul that you have shared with us today.

So I really want to thank you. Yeah. No, you're very welcome. It's absolutely fine. You know, in terms of opening up that neuro plastic window so you can code it with mantras.

Huge. Absolutely. So beautiful. So beautiful. Man I wish we had more time. We have already gone over, but it's been worth every moment. I've enjoyed our talk immensely.

Raj, where can our listeners find out more about you? Of course we will have links in the show notes to all the things available through Raj, but where's the best place they can find you?

The best place? I think the where the biggest demand is for stress reduction and anxiety and insomnia as well, because this method works within 30 to 90s of people fall asleep when they've told us that they've had insomnia for 5 or 10 years or whatever, taking sleeping meds.

So best places to go to keep fit. Kingdom.com. There's a tab on that. Call three three products which you can click and find out more information, testimonials from the NHS, Novartis, Oracle and so on.

And you can watch videos, you can ask questions, you can email us, WhatsApp us and all that stuff through the website. That's a good place to find us.

Yeah. Love it, love it, love it. So definitely go check out keep getting them and those links will be below us. What a beautiful conversation today. It was a fun conversation.

It was a soulful conversation. It was. And you gave us an experience today. So I truly I'm in deep, deep appreciation and gratitude to and for you, Raj, thank you for the work you're doing, and thank you for the time with us today for sure.

Absolutely great to be with you and the food stick and see. Thanks. Yes. My pleasure. All right. All right there rad cast fam. Listen, if you want to have more amazing experiences like this, do not forget that we will be at Rad Fest this summer.

There's incredible things going on. You want to keep your finger on the pulse of everything radical, super longevity. You want to make sure that you are checking things out.

Over at the coalition for Radical Life Extension. You want to join us? This summer? We are going to have our ten year anniversary. It is going to be an incredible experience.

Amazing humans just like Raj. So many opportunities to connect and to be inspired and empowered with actionable insights to truly live better today for longer, more vibrant tomorrows.

I can't wait to personally see you all there and until the next time we are together! Listen, if you liked the episode, like us. Subscribe. Give us a review, share it out. Just keep sharing this.

This is a beautiful conversation and we all need to know that more is possible. Aging is optional. It truly is. And we get to be the masters of our own destiny, the curator of our tomorrows.

So until next time, continue to be bold, stay curious and express your greatest state of aliveness. Take care everyone. Thank you for tuning in to Doctor Talks.

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