Unlocking The Fifth Circle: Spiritual Alignment For Longevity Transcript

(Transcripts are generated by AI and may contain errors)

Spiritual Alignment and Connection

Okay, so I want to continue on. We've been talking about this exponential strategy for longevity that involves the four circles life, energy, longevity, health and performance.

And there'll be a fifth circle also, which will have to do with the environments that we reside in. But to continue on with the life energy circle, we left off at Joy and we'll start up with spiritual optimization, spiritual health, if you will, spiritual alignment.

So the reason this is so important is that every study that's ever been done has shown that people that feel connected to something greater. It could be through any form of that.

They actually do better. They live longer, they have less stress. They have more equanimity. If they're in the ICU in the hospital, they recover faster.

And so I think this is such an important thing. You know, a lot of people are disenchanted with religions, per se, and religions have a tendency to be dogmatic, to be binary in their thought process.

We're right. Everybody else is wrong. But in the context of spirituality, it actually transcends all binary thought. And so there are pathways into spiritual experiences and spirituality that really, in a way, bypass or even transcend the dogma of a particular, religion, if you will.

And I think this is very, very important to take into consideration. The next one is feeling worthy.

Worthiness, Wisdom, and Safety

So a lot of folks have, shame or guilt around certain things that they've either done or potentially were done to them. And because of that, they're also living on tilt.

It's another form of trauma, but it's the kind that actually makes them feel like they're not worthy of, you know, optimal health or abundance or living with, youthfulness for a long time with a 30 year old body and a 300 year old mind, and it becomes an obstruction to them in terms of their ability to access what's actually possible.

So being able to, again, do a deep dive here and resolve those issues, where you deconstruct them, understand how they got implemented, heal those situations and then transcend them and become grateful for them.

This is part of the process as well. And then optimizing wisdom is so important in how do we make wise decisions. Not just they're self-centered. Like, I win, you lose, but where we both win, right?

Or you win, I win, but then it's bigger than that. It's like, how do the people around us win? How does the company win? How does the community win? Has the city win the state?

When the country when the globe when how do we how does the entire planet win from the decisions that we're making here? When we make really wise decisions, we feel really good about them.

We really, actually feel in resonance with the rest of the planet in our a bigger sense of purpose. And I think this is very important to focus on. We need to move out of that mindset of scarcity, where it's like, I'm just going to try to get as much as I can.

And then this concept of feeling safe, my feeling is that all anxiety, worry, stress, fear, even greed, and anger for that matter, really is stimulated when I kind of dissect it down.

It really comes down to not feeling safe. And so when you think about it, what history has taught us is that there's nothing external to us that can ever make us feel safe.

There's no amount of money, there's no health situation we can have. There's no family, no relationship, no degree from school, no job, no place of residence.

None of that can ultimately feel make us feel safe. Because what history has shown is that all of that can be taken away. All of it can be taken away in one form or another.

Purpose and Resonance

So then the question becomes, well, then how do I actually give myself safety, right? And if I don't feel safe and I feel anxious, how do I actually understand that my anxiety is really about me not feeling safe?

And if I can solve the internal central problem of allowing myself to feel safe in any situation, right then I'll have true safety. And that, again, is the psycho spiritual question that's about being connected, that's about having self-love.

This triangle here, we're actually all really interrelated. And this is very, very important to crack this code as well. And then when you get all these things working together, then you start to feel this energetic sense of resonance with the universe, with the greater good, that is, if you will.

And it's in this place that we end up finding our sense of purpose and why we're here. I know why I'm here. I'm here basically to really contribute and help crack the code on aging, to actually change the glide path of aging for the planet so that people don't have to live with disease and decline and loss of function and disability.

Right. It's a huge strain on them and a huge strain on society at large. I want people to actually be able to expand into this concept of living young for a lifetime, with a 30 year old body and a 300 year old mind.

And that's really why I'm here. That's my purpose. And as you go through these and you work through them, by yourself or in conjunction with some of the people that we know or people that, you know, this will become a very, very central part of your journey in, exponential longevity.

I hope you find that helpful.