Your Mind Never Stops — This Monk Explains How to Find the Still Point | Ishan Shivanand | Ep. 183 Transcript

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Introduction to the podcast and meditation topic

Look at how a whale breathes. For a moment it leaves everything. It goes to the surface, it breathed and then it comes back. We are so busy living our life that we don't go to that still point, that connection with the higher self, the point of healing.

When it come to meditation, what type of diseases have you worked with that you've seen true relief? in a matter of just two to three weeks, saw that there was almost a 75% reduction.

A healthy point of view podcast, your top rated show. We're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

21 generations of yogis, 20 years in a Himalayan monastery, Eshan Shivanan left all of it to bring meditation into hospitals, boardrooms, and military bases as founder of Yoga of Immortals and author of The Practice of immortality.

One trillion dollars annually is lost to depression and anxiety. A lot of money. Are you saying that we're underestimating and we have poor emotional regulation?

Yes, we are spending a lot of money fighting and combating these illnesses, but are we looking at the outcome data as well? Is the graph of mental illness going down or is it just rising?

And if it is rising, then maybe we should try to look at other modalities that can maybe help bring the graphs down. The more awareness we create for mental health, it creates more mental help.

Misdiagnostic is a big problem. Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata. Today's podcast. We're gonna go deep into talking about breath work and meditation. What can that truly do to bring you to the still point?

You're probably wondering, well, what is the Still Point? You know, we deal with a life full of depression, anxiety, stress. How do we manage that? How to we managed that without having to go to the pill?

These medications, this is not the solution. There's better technologies that are in place that can establish how these things work when it comes to meditation and breath work.

Who do we have here today? We have a rep who's studied research, has taught, he's a monk. We Have Ishan Chavanan. Pleasure, pleasure to be here on a Healthy Point of View podcast.

I appreciate what you've been doing, and I wanna get straight into this. And the first question I'm gonna ask you, Ben, I want you Ishan, to feel free, there's no censorship on this podcast and say it how it is.

Are we able to heal disease through meditation and breath work? Definitely. I have seen countless examples where a person is able to trigger the healing mechanism that lies within the body.

Because the society that we live in, we really limit the bodies potential and capacity. And meditation is all about unlocking the power, the strength and the heeling mechanisms that lie within.

To answer your question, yes, definitely we can heal ourselves through meditation. Absolutely. You know, when we look at the data, the stats that are out there, over a billion people live with mental health disorders.

What is it that modern medicine is missing about the mind? First of all, if you are talking about the billion people who are living with mental health disorders, we also have to look at the care that we are providing to the million people.

So a lot of the times if we look the data, for every 100,000 people that are sick, you only have 1 to 10 trained professionals. So a lot of these people never get the care and the systems that we have in place in Western medicine is not capable enough to provide care on such a vast level.

So we need to think beyond the system of care that they have made to really understand the problem and also when we look at the Western care models.

Ishan Chavanan's background and monastic training

they are fantastic to provide acute care when a person is having an episode but when we look at chronic care or rehabilitation we do not have any model that exists or even if we have a model either it is too very expensive or it's not widely available and that is why I really like to talk about lifestyle modifications like meditation, breath work, yoga that we can bring in our life and prevent a mental health episode before it becomes an episode.

And that can really help these billion people that are suffering. I appreciate you getting into these first two questions. But before we continue, one of the things that I want to make sure that we establish here is the validation of who you are.

When we put this type of content on social media on the different platforms, people are quick to judge. And people quick are to say and put labels on people.

There might be people out there that says, oh, Ishan, he's just a yogi. So I want you to kind of get into some of the details of this kind training that you've done.

Let us know what is the difference between you as a monk versus a yogi, right? And then the type training you had to go through. to be able to speak at the level that you're speaking at now.

So I grew up in a monastery in Rajasthan, India, where I was there for almost 20 years of my life. So a yogi is someone who practices yoga. You could go to a class every day and that makes you a Yogi, someone whose on a path, on the journey because yoga in itself means union and it means the union with the higher self, union the power that lies within you and anyone who's on that journey of yoga is a yogi.

But In the 20 years when I was in the monastery, I could rise to the level of an Acharya. And what is that? An Acharya is two things. An acharya, is number one, who has mastered his acharan, meaning everything that he says, he has imbibed it into his life.

So if he is speaking about meditation, it is something that has he mastered and he's imbibed, has lived it. You cannot be an achary until you have made it part of who you are.

And the second thing that an acharya is that now you're at a level of being a teacher. Right. So now anybody who comes, you can guide them into these systems, into the path of self-realization.

It is not just the yoga practices, it is the part or self realization. A person who can do that for you would be an Acharya. Wow. Now, do you come from a family of this type of practice?

Yes, so my father was taken in by the monk, Eksoat Swami Jagannath, who is from the Shaivite parampara. So, when we think about India, In ancient India we think about these monks in the Himalayas with long beards and they are sitting in meditation and at the same time they're writing these scriptures on like Sushruth wrote a lot of scripts

on even plastic surgery thousands of years ago or Patanjali wrote about cognitive health and sciences.

And Boger wrote on alchemy. So these are monks who are not just meditating, but who in a way are scientists. They want to explore the natural world and they want the secrets of the world to be revealed to them.

through the practice of meditation and yoga. So, Ekswar Swami Jagannath was the last of his lineage and he took in my father when my Father was 8 years old.

Eight? Eight. Oh, eight years. Eight years old. OK. And then he initiated my father. He trained my Father. My father meditated and medicated and he became the highest level of the monk, which is an avadhut.

It is from him that I learned everything that. Wow. You've been learning since you were a kid? Yes, since I was a child. This was the only life I knew.

And when you went off to the university, what was it that you were learning there? So I wanted to do research. Actually, it happened with me that as a monk, first I was training around the world and I teaching people about these yogic sciences and once what happened was, that I had to give a lecture in one of the universities and then they said that, who are you to be a lecturer on yoga?

And the crazy thing was that the person, the professor who was teaching yoga in that university, he had come to our monastery to learn the yoga. But then he is now being the expert in the university whereas the actual yogi who taught the professor, they do not recognize him.

So I thought this was a bit unfair, and this system is not nice. It was at that time that I taught to myself that, I would want to do research on these modalities, what we call the IKSs, these Indian knowledge systems, this yoga, meditation, the sciences, to research them in their truest form.

Because a lot of time what happens is when somebody comes and they learn, and learn whatever that they can, they bring whatever they have and based upon their understanding, then they try to research upon it.

So a lots of the time the essence and the core of teaching is lost. So I wanted to research and I want to show to the world the beauty and the benefits of the teachings in their truest and purest form.

And the result was phenomenal because when we started doing our work, we were working upon the mental health data. And each time we would run the studies, we will see that people were not just benefiting 30%, 40%. There were benefits of almost up to 80%, which was phenomenal.

And these are such simple and easy practices. that are so simple to bring into our daily lives. And I believe that if we can just somehow teach these practices to children when we are teaching them ABCD, when are we teaching geography, so that they can navigate in the world that we're living in.

But if you don't teach them the techniques that can help them navigate their own emotions and their mind, Then they will be sad. And if we can teach them this, then they would have the power and tools of emotional regulation.

Wow. That's powerful, man. Let me ask you, when you were 20 years in the monastery, what is it that you learned there that the university cannot teach you?

There's a story in which a person has a guest come into his house because he's making duck soup. But it is so delicious, the duck's soup, And it's so fragrance that the neighbors start to smell it.

So a neighbor comes and says, you are serving duck, fruit, soup to your friend. I am the friend of a friend, so serve me also. Then another neighbor, comes he says I'm the Friend of the, Friend, of, the.

Friend. Serve me some soup also, then another comes, I, am, The, friend, of, the, friend Then the person says, okay. And he gives hot soup to everyone.

The first person takes the soup and he says oh my God, this is the most delicious soup I have ever taken. Second person, says that it's okay but it is a little bland.

Third person he takes and says this just hot water. So the man replies that, you are my friend, I gave you duck soup. You are friend of the friend so I give you soup of soup, You're friend or the friends of friends so give soup the soup soup and I think this is what happens in the university.

That many times the teaching is so far removed from the core and the essence that It looks the same. It's soup, but it doesn't have that same impact. Whereas when I was in the monastery, we were living that teaching.

We were experiencing it. Like in university, you memorize the benefits of meditation. In monastery you experience the benefit of mediation. That's the difference.

I love that man. You know what? I'm the kind of guy who wants the soup of the suit. I don't want the super, the Super, The Super The Soup. Exactly. Oh, I like that.

That's a good analogy there.

Research on meditation and mental health outcomes

Awesome. So when it comes to disease, meditation, right? Breath work. What type of diseases have you worked with or illnesses that you've seen true relief of those type So every disease under the blue sky.

But right now, a lot of my work, especially in the United States, because see, when we are in a monastery, people who come to the monastery are people, who have lost all hope.

So medical science has completely failed them. and they come and accept this path as the final path and there is a lot of surrender into the practice and then they become one with the practices because they have hit that rock bottom and finally they've come to the monastery.

So if I give their examples I won't think that it would be a true example because Not every one of your listeners would be the one who's ready to leave everything and go to a monastery in Rajasthan.

So I will give you the example of people that have really benefited in North America, in the work that we have done, and in studies that are doing. So the first studies that we ran was in mental health.

We wanted to study the impact on insomnia, anxiety, depression. You wanted see how the quality of life gets impacted. And people think insomnia is simple because everybody is living with it.

It's so common now that we are not even realizing that it is the root cause of so many problems that everybody faces when you're not having a good quality of sleep, it has physiological impacts, psychological impacts.

The more you live with, the more there can be a scope of burnout. So people who practiced meditation in their life, the correct meditative modalities in a matter of just two to three weeks saw that there was almost a 75% reduction in severe cases of insomnia and they were able to get a high quality of sleep without any pharmaceutical aid.

The same goes for anxiety because chronic anxiety can lead to a lot of problems that people live with. And if a person has anxiety, then a of the times we have seen that they start to self-medicate with either some substances or some form of comfort that may be unhealthy for them.

And the same we saw that there was a drastic decrease in anxiety, depression. People without any pharmaceutical aid saw a huge reduction in depression After we did the mental health studies, then we even worked with the veterans who had urinary incontinence.

Hmm, so like if you Look at some of the statistics one statistic that I was looking in in Japan. It's a very interesting

statistics that in 2005 adult diapers sold more than baby diapers because diapers so more the baby diaper Yes, because of the aging population and because all the troubles that come with it.

So urinary incontinence is a big problem that a lot of Americans do face with. And we did a study with Princeton and we saw that there was, again, there were no urinal incontinent after the said practices.

We taught them the yogic practices and when we think yogi practice again We are thinking what we see in a gym, on a yoga mat, stretching and doing all this.

This is not that. Working with energy. And again, when I say energy, it's more to do with your mind than anything else. So there was a complete reduction in that.

We worked a lot with MD Anderson, people who had fought cancer, who were beaten cancer. And then, you know, there is always a fear that cancer can come back.

So there's a huge cost on their mental health. Right. People who are rehabilitating, we worked upon them and they saw that there was a lot of benefit.

So what I'm trying to say is that everywhere where we have applied these modalities and everywhere that we had studied, we only seen good things happen.

So now we are only limited by the funding and the research. And if tomorrow we can do some research on arthritis or diabetes, I can give you some excellent results there as well.

What I am trying is good, but if you are looking at long-term health, we have to look at integrative health. We have look to at our social and emotional well-being as well.

And meditation, combined with medication, can give you so much more than just medication alone. Right, right. So, you know, one trillion dollars annually is lost to depression and anxiety.

A lot of money. Are you saying that we're underestimating and we have poor emotional regulation? I would say that you have bad accounting and administration because a lot of the times you know it's like our attitude is throw something on the wall till something sticks.

And yes, we are spending a lot of money on fighting and combating these illnesses. But are we looking at the outcome data as well? Is the graph of mental illness going down or is it just rising?

And if it is rising, then maybe we should try to look at other modalities that can maybe help bring the graph down and sometimes the modality can be low cost to no cost because the research that we did You know, people, when they think of meditation, they have to wear certain branded clothes, have certain yoga mat, a subscription to a very expensive studio.

But the modalities that we taught, that's low cost to no cost. You're working with yourself and they are scalable. Then that is the trouble. Nobody is making money.

So a lot of the times, the system promotes ideologies that help some people make money. So I would not look at depression and give up and say that, oh, we've spent so much money, nothing is helping, and maybe the society has to be depressed.

I would just say that, you know, it's not the correct way to fight depression. And people who want to make money off of it, let them make many off it.

But at the same time, someone who's actually suffering, we must give them access to every single tool that we can, because that is the ethical thing to do.

These low-cost modalities, no-cause modality, they are beautiful, phenomenal, and they can really help someone. Absolutely. You know, when it comes to mental health, there's, in today's world, a lot of awareness for mental.

Do you think that the more awareness we create for Misdiagnostic is a big problem. Well, what I mean is, for example, when I worked at the fire department, the first six years, no one really talked about mental health.

No one talked of PTSD. Six years in, they started bringing people, therapists, to come in and give talks. Hey, if you need help, If you ever have suicidal thoughts, we have therapists that can help you out.

And all of a sudden, it became something that was consistent. I wouldn't even think about suicide as a thought, not about committing suicide, I'm sorry, but suicide in general, like even somebody else committing a suicide.

I just wouldn' t think of it. But all of a sudden when they started creating this suicide awareness, now this is like, top of mind, like now I'm thinking about suicide.

Not committing suicide, but now, I am thinking just about one of my co-workers committing a suicide and this whole suicide thing and what does that feel like?

Now I think in my head, am I getting bad thoughts when I never had bad thought? So my question to you is, creating awareness, you start seeing all these campaigns, mental health awareness.

Is that potentially creating more people self-diagnosing themselves and creating a thought of them having some kind of mental health issue when they probably don't have it.

But it's been fed to them so many times that they've been programmed that the now have. Do you follow what I'm saying with that? Yes, and I always say that anxiety is a communicable disease.

You know, we think of communicative disease as if we sneeze in a room, then everybody gets a cold. But anxiety does the same. A mother will have anxiety.

She will project it on her child, that if you don't study, you'll fail, fail and fail. Then the child will get anxiety, so anxiety definitely communicates.

This is something that is a side effect that we have to look closely and try to figure out how to overcome because self-diagnosis definitely is very big problem.

I worked with a lot of universities and in that university there is this university above New York in I can't take the university's name but it's near Boston and Massachusetts and all those places.

So I was working with that university and a lot of children would rely on TikTok tests to then self-diagnose themselves and the mental health professionals in that university were just holding their head that this is such a big problem, that people self-diagnose themselves, then they psych themselves and then the people who actually need the help and support.

they fall behind because they are the most vulnerable parts of the community and they're not loud and obnoxious about their mental health journey. It's a lot of times people who are self-diagnosed or psyching themselves are very loud about it.

So they tend to come in the system, exploit the systems and the people who really need it, they are left behind. And that is again a problem that definitely we also faced.

So then we changed our outlook. Rather than leading with first diagnosing a problems and then trying to give a solution to that problem, we started talking about resilience training.

and how people can benefit from being much more resilient. Or we started to talk about compassion training. That

how life can be so much better if we learn compassion.

So rather than saying that if you have anxiety then come and we will teach you. There is trouble. We talked about first responders and veterans. A lot of the times veterans will have pride that they don't want to admit that the have PTSD or anything, and they live with it.

They suffer silently. And whereas people who may not have a PTSD, they will come first in line just to say that we have the PTSD. we took PTSD out completely of the picture and we said this is resilience training, compassion training and the modalities that will teach it will benefit you and that really helped overcome this issue of misdiagnostic and you know like again I would like to give you an example so there's this doctor who is treating his patient and his patients comes to him again and again saying I have stomach issue Three times the patient comes, three times, the doctor give medicine and nothing happened.

So then the patients angry, doctor, you've given me three time medication, nothing's happening, what should I do? The doctor says, jump into cold water and then stand out in the cold naked.

And the person says will that cure my stomach? And then doctor say no, that will give you pneumonia and that I know 100% how to cure. So a lot of the time people will diagnose you on something that maybe they have the cure for rather than really actually trying to understand what it is that you are going through.

So we must train people. to get better at dealing with their own emotions, dealing their stress, change the relationship with stress. That's why I call it rather than a mental health protocol, I called it compassion training, resilience training.

And I think that people can drop the pride, come and learn because everybody can be more compassionate, everybody be can more resilient. So this has helped me overcome the issue that you were talking about.

Now, one of the things that you mentioned earlier is talking about, you were talking helping people with sleep. Yes. Right?

Sleep, wearables, and first responder stress relief

Is that an oral ring you have in your finger? Yes, sir. So you're big into sleep data. Amazing. You use that on a lot of people that teach? One of research that we did, they were using this as a diagnostic tool, variable technology, yes.

What's your typical readiness score? My typical readiness would be about 89 to 94. 94? I have trouble getting into the 90s. I wear an O-ring, I had it on this finger.

Yours is more beautiful than mine. Yeah, they give people like me nice exclusive ones. Nice. Now this one came out for less than a year. It's a collaboration that Oro did with Gucci.

And they came up with it and it was about $800 or $900. When you pay for it, it included the subscription for life. But then something happened between Oron and Gucci and now you can't get it.

I have the simple tip one. Yes, they have for some reason they don't have the collaborations, but I love I'm big into data data is important for me I feel I've always said that you can only improve what you measure so Utilizing tools like that will help people at least have a better understanding So utilizing the AuraRing in doing what you do and understanding what do, what are some of the things that you put into practice when you have a data tool like the aura ring?

So I'll be very honest with you why I started to wear Aura. As I said that we were using it as a wearable tech in one of our researches on mental health.

So with me, I'm a professor in a lot of universities in India where I teach these meditative protocols. And at the same time, I'm working in the United States as well.

So many times my day would not be an eight hour day, it would be a 20 hour. And because I meditate, It doesn't really impact my cognition, my thinking, but Over a period of time, it did affect my body because I like to do martial arts as well.

I liked to Muay Thai. When I came to America, I started practicing Jiu-Jitsu. And again, when you were a monk in the monastery, if your mind is good, your cognition is, good your emotional well-being is.

Good you know you forget the body and you will find a lot of these mistakes in India that they don't really have that Shaolin monk Kung Fu body because they.

Don't think about it. And when I was having that 20-hour day, I stopped thinking about the body. I would not sleep for long periods of time, maybe a week or two weeks, and then the bodies would get impacted.

So then I started to wear it just so that I could give myself a set amount of sleep after a certain amount time. And then I saw that, yes, now my body is repairing itself and my mind is doing as well.

So this is why I like wearable tech because it helps me keep accounts. Monks are very bad with accounts, we are not good in accounts and administration and logistics.

This helps. not to give my time unnecessarily away. To give time to the body, to get time for the mind. So many times I would get up in the morning and I will look at the statistics and see that okay, today is the day where I must give a little bit more time maybe to my exercise, little more to sleep and then it helps me work as well.

Nice, so you definitely use it as accountability. Yes, yes. Right. You know, obviously, myself as a retired first responder of 12 years, in the fire department, there's a lot of things that we deal with.

A lot a sleep deprivation, these work 24-hour shifts. We deal a with a a stress, a of adrenal fatigue from the sleep depravation. we do with with lot hormonal irregular issues.

We have PTSD, post-traumatic stress disorder. So when it comes to meditation and breath work, and I want to be hyper-focused with first responders, police officers, firefighters, paramedics, military, what can meditation truly do for these individuals that are serving our country?

help bring full stop into their lives. Like you said, there is no full-stop. There is hyper-focus in work, adrenaline at work. And then you come back, and then the sentence continues.

It is not full stopped to that adrenaline, that hyper focus. Over time, it can have chronic repercussions and impact on the body. So you know like like in music when you are reading music notes There is music and then there is a stop and there's music then There's a Stop and that stop is as important as the musical note because if there Is no stop then the Musical note will continue and it would be Horrendous sound in the same way in our life fine.

We have to be first responders you You are the first line of a person life being saved and you have to really push yourself. But then just as there is that hyperactivity, there should be a hyper relaxation.

So meditation can help bring those full stops in your life so that when you go back from work to home, you are leaving the work behind and your embracing the home in all totality and compassion.

Right. That's powerful. I think it's underutilized with first responders. You know, for years as first-responders you kind of have that alpha manly mentality where you just have to kind suck things up and deal with it.

And I people have be a little bit more vulnerable and tap into things like meditation and breath work. Actually I won't call it vulnerability because Like in my culture, meditation was not for soccer moms.

In America, yoga is seen in a certain way. Mostly I see a lot of women doing it. It's become completely feminine. And it's good that feminine is embracing that part of wellness and energy.

But if you look in the culture from where yoga originates, the warriors were the ones who used to do it, But did they do it, like, over here, where they'd do all the different yoga poses and, you know, pretzel stands and all that?

Part of it. But not completely and totally. Because the warriors would be doing the martial arts. So the Martial Arts, is the dynamic version of yoga and from that the static poses were extracted and that's what is being practiced.

But when I'm saying yoga, I am talking more about the meditation aspect, the cognitive aspect and it was practiced more by the warriors. Because it was the kings who would go to war, and the yogis, the acharyas, they thought to themselves, if the king loses his marbles, then the whole kingdom goes down.

So they would make it a point that they will take the King's sons and put them in a gurukul, where the Kings' son was taught administration, warfare and meditation.

So that the king's son could regulate himself, because they had seen it's one of the longest continuous civilisations in India. So they saw that when a mad king comes, really bad things happen.

They would warn if at least nobody is going towards Zen, nobody's going toward peace and calm, the King should go. So the king should know where to war, the King should where know to peace and the kings should now where put a full stop.

So, and even if we look at the Bhagavad Gita, one of the text, Indian text which is very famous in North America, It was given by Bhagawan Krishna to the warrior Arjuna on the battlefield.

So one of the greatest texts of yoga is transferred to a warrior. This mentality I think it needs to change in North America that we have to understand yoga, is beneficial to feminine as well, but it comes from the warriors.

And the warriors must embrace it also. And if that can happen, then I am sure the police, the firemen, especially the military, can really benefit from it.

Because this is the king's yoga, and the warrior's Yoga. the man's yoga also because you know Shiva and Shakti, man and female. So the female has already embraced it in North America.

It will be beautiful if the men can also embrace it. Now do you have a preference between self meditation and guided meditation? For a person like me, self-meditation is good because I have been practising for a long time.

But for the beginner, I believe guided meditation works wonders. Otherwise the mind tends to drift away. Yeah, that's kind of what happened to me for years.

My mentor in the functional medicine space, there's a shaman also. He's Dr. Robert Willicks. When I was at the fire department, he said, hey, you need to start meditating.

You have adrenal fatigue, and one of the first things you have to do is you've got to really calm down your nervous system. Too much adrenaline happening, the sleep deprivation and everything.

And he gave me a book. The book was called The Stillpoint. And I read it and I was trying to meditate first thing in the morning, going into the closet, lights off.

My mind just wouldn't stop. I couldn't get myself at that still point. And it wasn't until I actually started doing guided meditation with the technology called BrainTap, Dr.

Patrick Porter's technology, where it really put me at a whole different level, put my mind at different levels. It was able to do the job. And that's what I use now on a daily basis.

I do guided meditation. So, you know, do you feel like everyone has the ability to self-meditation or are there some people that will just always have to be guided in meditation?

So if you want to do self-meditation, you can. I would recommend three breath works before you start the self meditation. That will help the brain get into the zone.

Like you said, hyper, focus, adrenaline. So the three breaths works are, the first one would be fast breathing. It will be like this for one minute, do like I invite you to try with me.

So, you know, just fast breathing in and out as fast as you can. Imagine you've just ran for a long time and forget that. Like a dog. Our dog hyperventilates.

How they pant. Yes, yes. Right. We want to do that for some time. The second breath is deep breathing, it's called Agnisar, fire breathing. So we go…

And the third is Kapalbhati. That one is just forceful exhalation. Imagine a fly has gone up your nose and you want to throw it out. Do one minute of each after that.

You can do self-meditation. I promise you, you will feel amazing. At the end of this podcast, I want to do it. That's amazing. I can't wait to try it.

Can't waste a try So, you know right now, we're talking about all this self-regulation emotional regulation and In how to really take control of that mind in a form of rewiring the mind through meditation and birth work Right now.

There's a big movement called make America healthy again the maha movement What do you think about this movement that's happening? I don't know much about it.

But it sounds good. If you can make America healthy, it'll be amazing. I remember in the 90s, America gave to the world Arnold Schwarzenegger and what was the name of Rocky?

Sylvester Stallone. And everybody wanted to make muscles. And I believe whatever America does, the world looks at it, and it sort of becomes the set standard.

I see it a lot in the field of wellness, even in my field, of yoga and meditation, that America always sets the standard, so if America can become healthy, it would be amazing, because whatever happens in America, It's a premonition to what's going to happen to the world.

We saw obesity come to America. Now we are seeing obesity and lifestyle disorders coming to even developing countries in Southeast Asia, South Asia as well.

And as I said, America sets the standard not just in good, but in bad as So if America is now looking at make America healthy again, I am very happy because I know that five years from now, if American succeeds, then it will be the whole world becoming healthier.

That's amazing. Wow, never thought about it that way. You know, Ishan, recently there were the flash floods in Nepal. Yes. How has that hit you personally?

What happened? It is an extreme tragedy. It has hurt me deeply. And we have been working with the ambassador of Nepal here in the United States. We asked how we can help.

Our people got hurt. Nepal is a very beautiful country. And when something like that happens, it hurts the whole world. But I do believe in the resilience and strength of the Nepalese people.

I believe that they are doing everything that can be done. And we all stand in solidarity with Nepal and we hope that very soon we can heal and come out of this tragedy.

Till that time, everyone who can do anything, they're doing what they can to help the country. Absolutely. Have you ever been there before yourself? Yes.

I have been many times to Nepal and why this tragedy is so great and pain so much because Nepal is the gateway to Kailash. And Kaelash is a place of great divinity for many of the world's religions.

So you could say that a lot of yogis, they got their enlightenment in Kielash, it is their holiest place for many people. And when this flood came, it impacted those pilgrims a lot that were going to Kailash.

So these were the people who in their deep spiritual journey, in that quest, they wanted to go to Kalash and it just came and took a load of those Pilgrims first because it was the China-Nepal border and from there it entered into Nepal.

And there was the great tragedy that happened. So I have been to Nepal and from there I visited Kailash and I've meditated in Kailsash. Everything that I'm seeing in the news and media, I sat there, eaten there and medicated there.

It's very close to home. And you know right now I've seen you, know through the different news outlets that Globally a lot of countries are sending as many resources as possible, and I think this is the time that People have to show that unity And extend that that hand to help the people there in Nepal yes So I want to talk about this still point When we talk about the still point, what is the Still Point?

Still point would be when we have disconnected from any and all external influences, and we have found peace inside us without any impact of even the internal influences.

So internally, we our thoughts. We have our emotions. we Have our unresolved issues that are constantly floating in our head. And externally, there are so many other things that may impact our thought consciousness and judgment.

suddenly cut off from that and even the inside and reach to a point of healing. How I like to explain it is look at how a whale breathes.

The Still Point, compassion, and the book's message

A whale is inside the ocean and its kids are in the oceans, its life is in ocean, it's food is ocean. For a moment it leaves everything, it goes to the surface, It breathes and then it comes back.

And if it doesn't breathe, then It won't be alive. The same is with people. We are so busy living our life that we don't go to that still point, that connection with the higher self, the point of healing.

And the point of healing that's supposed to energize us, refresh us and give us much more power to deal with all the issues that we have in our life itself.

And what happens is we become weaker and weaker until slowly we get overpowered by those issues. So still point is finding that place of feeling. Find it that placed where your mind can repair itself, the body can prepare itself finding the place for wisdom.

Finding that place of counsel with the higher self where your own being can give you answers to the problem that you are facing and For me that would be the still point I Get it Still point What is Something that if you had to share one thing to entrepreneurs, entrepreneurs that are putting day in, day out into their business, and you had to share something for their wellbeing.

What is that one thing that you would share right now? Compassion. Compassions towards their own self, compassion towards the teammates, because human resource is a very powerful resource.

the world in which we live in, we start to feel that humans are disposable, dispensable, that if this resource doesn't work we have a line of so many more to come.

And I believe that developing the human resource in a certain way is much more beneficial than just replacing it again and again. And that's why I believe that if there can be some form of compassion training for the entrepreneur, then that entrepreneur can really grow their business to not just make money, but to create value in the world.

Give me a real world example of what that compassion looks like. I call it enlightened leadership. then what are the hidden costs to that monetary benefit?

In a lot of developing countries, in the pursuit of that, monetary benefits without compassion. The water gets poisoned, the food gets poison, and the air gets poisonous.

And then the entrepreneur who has all the money in world and has to buy that air, food and water, whereas the whole of the country dies. Instead, if there was compassionate leadership, it would have been ethical, where it's not just monetary benefit, its value creation.

And the world remains a good place, the word remains beautiful place. Yes, the entrepreneur is getting success, at the same time the whole world is not losing something for the success of that entrepreneur.

That's why I believe that all entrepreneurs need compassion training. Otherwise, they will be the richest guy in a sinking ship. What's the point? Thank you for that.

Your book, The Practice of Immortality. That's a very strong name. Unpack that for me. What is the book about? So. Let me teach you in. In an example.

We have milk. Yes. Right. Milk has a shelf life. Within the milk, cheese is hidden. Cheese has a longer shelf life. cheese has health benefits. It has so many properties.

But you have to learn to find that cheese within the. If you just have milk the, milk will die so soon. But if you take out the cheese, if take even the ghee, the ghee, If you took out from the milk, The ghee doesn't ever go bad.

It's immortal. You could put it in a pharaoh's tomb and after 3,000 years, when they excavate the tomb, they ghee would still be edible. So imagine from something that expired so soon and fast, milk.

you can get immortal ghee. But you have to find it. You have to know how to take it out. So our body and the life, the way we live it, it is that milk.

But somewhere within this milk, somewhere in this consciousness lies what you can call the God-consciousness. What you call a connection to the higher self.

And through certain processes, that God consciousness, which I call Ghee, you find it. You can bring it up. Embrace it and you can live your life as that and that would be the immortality Stop being the milk Start becoming the ghee but then to find it the practice is needed.

Hence the fact is of immortally So, what is the book going to the Book goes into my life in the monastery, the lessons that I learnt, trials and tribulations that Inside each chapter my focus is, yes the story continues and a person can gain whatever philosophical benefit it wants from the Story, but my main objective is giving them the meditation practices.

So after each Chapter there is the Meditation Practice and these are ancient meditation Practices that were found in texts like Vijnan, Bhairav and Mahanirvantantra which are thousands of years old.

Yogis and Acharyas and Sadhus in India have been doing these meditations for the longest period of time and they build upon each other. So when you start from the first chapter you learn something.

By the time you get to the last chapter, you have this very powerful, perfect meditation practice that you can

continue your spiritual meditation journey with.

So that is my main give with the book, that anybody who wants to learn meditation in this purest form, after each chapter, there is like that exercise so they can learn from that.

Awesome. Cool. Ichan, we're going to have a little fun here. Conversation cards that were put together by Steven Barlet from the diary of a CEO you'll go ahead and grab that.

Yes, sir You'll take that sleeve off the top. Yeah, so and then Just dig in there pull out two cards anywhere You can shuffle it if you want. Oh Hey, I am not good with cards.

I'll just take out to yes And then what you're gonna do is you gonna read whatever's on the card and answer it Scan here to discover Liver King's answer.

Let me see that. Oh, other side. Thank you. Tell me something you have never told anyone before. I've never withheld any information. So what have I not tell anyone, before?

I'm wearing blue socks. That has never come into the conversation. Are you really wearing a blue sock? Yes, sir, I am wearing the blue socks, but they are inside the boots, you see.

I share with you an inner secret. All right. When you are near the end of your life, oy, suddenly it gets morbid from the blues sock to death. when you are near the end of your life and looking back over it, what will you be proudest of and what would you regret the most?

Don't say the blue sacks. Not the blues. I think it's the same thing. It's. The same. Thing.. I. Think the proudness that I would be is that., I left the monastery.

Because I see that The world is evolving. And I felt that if my people won't evolve with it, then we are heading towards extinction. An extinction happens with ways of life, with way of thoughts, ways or spirituality.

Norse mythology went extinct. Egyptian mythology went extinct. Whatever existed in Tenochtitlan went extint with the Aztecs. And extinction doesn't mean that it becomes ruin.

Extinction can also mean it become so diluted, so deluded, soup of the soup, of soup that the core essence of real knowledge is lost. That's what I felt was happening with with the teachings of the sadhus of India.

That I felt it was getting so diluted, so dialuted it, was heading towards extinction. And the simplest thing that I can give an example of is you go to the copyright part of the world or internet or the legal office and you'll find every single Sanskrit word has been copyrighted by some wellness brand selling some form of tea or underwear that is exclusive for yogis.

Imagine branded yogi underwear. I never thought that existed. And each time the narrative was that somebody from the West goes to India, brings the secret back home.

And then they become the spokesperson for that secret. Whereas the people who actually gave that to the world, they have no voice. I wanted to help prevent the extinction of my way of life.

So I want to be the spokesperson for it, to tell in reality that you can't just take the name of a yogi and say anything. there is a living, breathing culture behind it.

I think that is the proudest moment for me that I came out, I learned so much, experienced so, much I'm so glad and blessed that i was able to research with some phenomenal health care professionals, scientists, doctors, partner with very good educational institutions.

It's the one thing I regret also the most. That if I would not have left And I would have just continued that journey of

being a monk. And maybe I will have sat in the Himalayas under a tree and be an avadhut.

But those are the two things. I hope that that regret doesn't come. and I can be the one who can find a way to be living in society, to living civilization.

and be an urban monk. Because if monkhood and enlightenment can only be in forests, then the trouble is every year millions of hectares of forest is disappearing.

And a day will come and probably there is no forest. Then how will people be monk? Then you'll have to have find a place to be not enlightened on top of Himalaya, but maybe sitting in an Empire State building.

And I hope to find that way, to not have that regret, and to say to myself, I made a good call. That's it, man. I love that. Love that Thank you. So, you know, what did that stuck that I like with what you said?

The urban monk. Like that, thank you, sir. You should think about making that your Instagram name. if it's already not taken. Right. Awesome, man. All right.

So what I want to do now before we wrap up, I'm going to give you the breath work, the meditation breathwork. Yes. Um, so I wanted to take a few minutes, you know, guide us through it.

The guys will participate as well, too. And you tell me what to need to. I am ready. Done. Let's do this. To the first thing when you want meditate is Start with body awareness.

Close your eyes and commit to yourself that your eye will remain closed. Relax your head, relax your neck, chest, stomach. relax you back, legs.

Guided breathwork session and closing reflections

And let's start with something very simple. Focus on the head. Completely and totally. As if nothing else exists. Just focus on the head. Your thought goes somewhere else.

Let it go. But your focus and awareness is on your head Now take your awareness to the heart. all your awareness to the heart. Take your awareness down to your navel and then down the sole of your feet.

Excellent. Now let us connect this awareness with account. I'm going to say one, two, three, four and I want you to move your awareness in your body like an elevator moves up and down in a building.

One means the top of your head, 2 means heart, 3 means navel, 4 means sole of the feet. If I say 1, awareness to the head 2, heart 3, naevel 4, feet Then four feet three navel two heart one head.

Let us try. Move your awareness. Visualize. A ball of energy like an elevator going down. One, two, three, four. Four, Three, Two, One. Two more times.

1, 2, 3, 4. 4,3,2,1. Excellent. Let's make this process more powerful now. Connect your breath with my count. With my four count, inhale as you take your awareness from the head to the feet.

Deep breath, powerful, like this. And with my 4 count exhale, deep exhalation. So if I say 1, 2, 3, 4, or 3 2 1 your breath is going to be Let us try.

One, two, three, four. Four, Three, Two, One. Little bit deeper, more powerful. Show me that power. The awareness is going from the head to the heart to navel to feet, then back up.

Breath is flowing. as deep and as powerful as you can. Let us go. One, two, three, four, Four, Three, Two, One. Great! One Two Three Four Four Three Two One One two Three four Four three Two one One Project your most powerful trait, if it is compassion, it's willpower, love, courage, valor, the most-powerful trait that you hold inside

you.

Let that emotion become an energy, a very powerful divine and positive energy at the top of your head like a ball of fire. And once again with my account, you will breathe and move this energy from the head to the feet, from feet to head and you'll feel as you are breathing this energies blasting away all blockages, dissolving all negativities, empowering you, giving strength to your whole body.

And you breathe three times deeper and three time more powerful with me. Let us go 1 2 3 4 4 3 2 1 1,2,3,4, 4, 3, 2,1 1,2,3,4, 4, 3, 2,1 two three four four three two one one two 3 4 4 3 2 1 1 2 3 four four three two one one two three four relax Visualize the body filled with this light.

Be grateful. And slowly come back. Slowly open your eyes. Excellent. How do you feel? Relax. Then we succeeded. Yes, sir. So that was the breath work.

That is all the essence of meditation into one. Because meditation would be breath, awareness, visualization, and sometimes mantra. What's mantra? Mantra would not be music.

Sound as healing. Sound is healing like… Then you are using sound as heal. This is then advanced versions of that meditation. visualization, awareness and breath.

This is a good starting point. So any one of your listeners, they can practice and feel good about it. That's amazing. When I do brain tap, the guided meditation, there is the visualization portion of it.

And you did that. Think about what your powerful trait is and what's your superpower. Then there's the breath. Yeah, getting into that still point. That was good.

The first time I've done it that way. So I like it, so I should do that how many times a day? Do a few minutes. So I would recommend, before you go to sleep, just to switch off.

Do it at least five to 10 minutes to put the alarm on your breathing. After you have created a rhythm, then it's like a self-regulated metronome. You don't even need to count.

And the breath becomes more and more powerful and deeper. Yushan, as we wrap up here, if there's someone listening to the podcast over here in the podcasts that truly resonates with today's message, what's that last thing you can leave them off with?

If you want to know more, go deeper. I really recommend the book. It can help you get an introduction to meditation, because the thought that I want There is cheese hidden inside this milk.

We are so used to being milk that we get spoiled, we don't realize there are many flavors, so much beauty, fragrance, health, benefit. It's inside us, it's there.

And we just need to find ways to extract it. And anybody who's listening to me, no matter who you are, you could be driving a truck in Illinois, You could a scientist in New York or you can be a hedge fund manager in Miami.

There is great divinity inside you. All we need to do is extract it. And I hope that you find it in your heart to allow yourself to meditate, to find that Brother it's a pleasure having you here on a healthy point of view podcast.

Thank you Thank You sir. Thanks for having me and thank you to all your listeners amazing Guys you heard him he took us through the process on how to get to the steel point don't be the milk find the cheese and even the That will be lasting forever the immortal Make sure you check them out.

We'll put all the links down below on how to reach them, how get the book. Make you subscribe, like, share this with your friends and family, and we'll see you for the next one.