



Getting Good at Life Through Meditation | Emily Fletcher

[00:00:00] Podcast Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 20 years devoted to improving health, protecting the environment, and finding ways to live a more sustainable life. In this podcast, I have honest conversations with people that inspire me. I hope that through their knowledge and unique perspectives they'll inspire you too. We talk about all kinds of topics, from amping up your diets to improving your well-being to the mind-blowing stories behind the human experience and the people that are striving to save us and our incredible planet. We even investigate some of life's fatal conveniences, those things that we are told might be good for us but totally aren't. So here's to making better choices in the small tweaks in your life that amount to big changes for you and the people around you and the planet. Let's do this. This is my show, The Darin Olien Show.

[00:01:11] Guest Intro - Emily Fletcher

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. I'm stoked for this one. This is an amazing conversation with Emily Fletcher, founder of Ziva Meditation. I know this is another meditation, it's another meditation technique, etc, etc, but this one got my attention. I've been meditating for decades using all types of techniques. I sometimes quit one, start another one, guided one, visualize one. I always meditate, I always do something, and I always journal. I've always done it and sometimes I have long stretches where it's the same thing. Doing this episode, she caught me at a time where I actually wanted a little guidance, and this was perfect, literally, perfect. Emily has figured this out with the Ziva technique because it's like a combination of mindfulness and her walking you through what that is to gain mindfulness almost in any scenario. Then moving into meditation, what is actual meditation, because it's kind of gotten this broad stroke idea, and trying to stop your mind, and she very clearly says, "You can't, no one can," and then manifesting. So it's this trifecta of mindfulness, meditation, and manifesting, which I love because this is not trying to be the best meditator. This is trying to be the best human and having the best life, which is what I love. She has been an international speaker. She has taught over 40,000 people on how to meditate, manifest. She has a best-selling book, Stress Less, Accomplish More. It debuted at number seven out of all books on Amazon, translated into 12 languages. It really gets into what this is all about. She has been featured in Good Morning, America, The Today Show, Vogue, ABC. She has been named one of the Top 100 Women in Wellness to Watch and has spoken at Apple, Google, Harvard Business School. It just makes a lot of sense. Listen, we recorded this thing and now it's launching. I have already went through her 15-day online training. It's freaking fantastic. I've gone through it and now I'm continuing it. So from Emmy Award winners, Grammy Award winners, Oscar winners, Navy Seals, NBA players, you can be the next person experiencing this stuff. I don't get anything for promoting the Ziva technique other than I think it's amazing. If by the time you're done with this episode and you want to give it a shot, they are



offering all of you the first three free days of the 15-day online training course. Believe me, they're powerful and you can just walk away with three days of the Ziva online program. I don't think you will because the 15 days rock and you get the online course. It will be in the show notes and the links. Before I get into this amazing conversation with Emily, I have to raise your attention and shout out to my sponsor. Believe me, don't tune out. This is the best thing for your feet. I promise you. You guys know I do not like shoes but these are my shoes. These are the only shoes I wear, Vivobarefoot. They allow your foot to be your foot, literally by just wearing these shoes, your feet go back to how they should be. Your foot strength actually increases by 60% in a matter of months just by walking around. Our feet are the foundation of our body, and how we're connected to the earth. I love them so much. If you want to try them out, you literally can get 20% off of your purchase with a 100-day money-back guarantee. All you have to do is head over to vivobarefoot.com/darin, D-A-R-I-N, or you can use the promo code DARIN20. So enjoy the amazing conversation with Emily Fletcher.

[00:05:58] First Part of Interview

Darin: I am so excited to talk with you. You got me when I read, "No one cares if you're good at meditation. Everyone cares if you're good at life." I was like, man, isn't that true? Don't we all know of the teacher that has meditated for 40 years? And then you're like, okay, well, alright.

Emily: You're still asleep will all your students. Still seem like kind of a dick. How's that meditation going for you?

Darin: I love that you went right there with it because I don't know how many times I've met those kinds of people. I was just having this conversation about through my 20s navigating the spiritual awakening, but also navigating the spiritual worlds of bhakti-yoga and Hinduism. I was in Bhutan, all of these places, and then willing to kind of do the blue-collar work. There was a moment when I was studying with these Native American shamans, a medicine man in Colorado for years, and then finally, I was looking at the whole crew and I was like, they haven't changed at all. It's just all kinds of energies all messed up. I really love what you said there, and we'll dig into that through mindfulness, meditation, and manifestation. Thank you for doing the work you're doing, and bringing it into what I feel is a pragmatic way of integration of expressing. That's what I take from it and I want to hear your thoughts on it. I'm now so curious, how did you get to that slice of your uniqueness? How did you get to your practice, and then be able to share it? What happened to you where you saw something?

Emily: Who hurt you?

Darin: We all have, some form or fashion, but how did you get to your awareness about what you're doing? By the way, I love just saying the name so I gotta say it, Ziva, like Ziva meditation, I love it.

Darin: Thanks for saying that out of the gate. Ziva Meditation, Ziva is a Sanskrit word that means bliss but it's also a Hebrew name that means one who is radiant, or kind. I just think inside of the word, it just feels good to say it. It has an invocation around it and that's why we're



doing this stuff, to create more bliss, more radiance, more kindness because again, no one cares how many or few thoughts you're having when you're sitting with your eyes closed. Nobody cares, actually, what style of meditation that you're doing. Everyone cares how your sleep is, how's your sex drive, how's your immune system, how's your creativity, how's your innovation. We're living in a time where innovation is paramount, where your ability to adapt as a human is paramount. I mean, how much has the world changed in the last year and a half? We're just getting started. Climate change hasn't even really shown her face yet. This is like the ushers performing in the aisles before the overture before the warm effect. So, we're gonna have to adapt. I really think that the single marker of human success besides the basics, food, water, energy, is going to be our ability to adapt, but that's all sort of future-facing.

[00:09:13] From Broadway to India

Emily: That past-facing, I used to be on Broadway for 10 years, the thing I wanted to do since I was a little girl. We all have that one goal that we're like, once I achieve this, then I will be happy. So I got it, thankfully, at a very early age at 22. Three weeks after I got my Broadway debut, satisfied as I've ever been because I was really in that I'll-be-happy-when syndrome. It felt like my goal had been taken away from me and then I didn't know what to work towards. I was actually more interested in the happiness of pursuit than I was the pursuit of happiness but I didn't really know that yet. What is that next show, next boyfriend, next job, next zero in the bank account? I did that rat race and was also familiar with it for about 10 years. Then my last Broadway show was a chorus line where I was understudying three of the lead roles. So you show up, you have no idea which character you're playing. Sometimes I would switch from one to the other, constant stress, constant anxiety, sort of going gray in my 20s, insomnia for 18 months, which is brutal, getting sick, getting injured. So here I am living my dream, it's actually a nightmare. Then I found meditation and it cured my insomnia on the first day of my first classes. I slept through the night for the first time in 18 months. I did not get sick for eight and a half years after learning. I stopped going gray. I'm 42 now and I think I'm in better shape now than I was actually when I was dancing on Broadway in my 20s. What I see most dramatically is my performance started changing. Instead of being on stage being a needy actress of like, please love me, please like me, which is unwatchable, I started to be able to plug into the very source of fulfillment, the source of creativity, and use my art form as a means by which to deliver fulfillment, and that changed everything. So I was like, alright, I got to know more about this thing. I left Broadway. I went to India. I started what became a three-year training process to teach. I was not in India that whole time that my training process was very intense. Since graduating, I've taught almost 50,000 people how to do this stuff on their own. That's one of the things that I'm really proud of is that I think apps serve a purpose in the marketplace. I think app is a great gateway drug and they get people started but at the end of the day, it's an addiction model. It's like I gotta keep coming back to my phone, I'm tethered to electronics in order to unplug, which doesn't make sense to me. One of the things that's unique about what I do and one I'm really proud of is that Ziva trains people to do this stuff on their own so you don't need Wi-Fi or headphones or binaural beats, or a dude playing drums in your ears in order to meditate. You just close your eyes and then flood yourself with dopamine and serotonin, which are bliss chemicals. The first six years of my career was just teaching meditation. Then I



realized that meditation alone is not enough because too high of a percentage of my students were starting and then quitting. I was just befuddled. I don't understand how you can get the keys to the kingdom and then put them down. This is literally the thing that everyone's looking for. All that money, all those girls, all those jobs, everything we're looking for is actually right here and I just gave you the key to unlock it inside of yourself. So I started asking deeper questions like what's actually going on? I know you say you're busy but for real, why are you not meditating? What I realized is that it was people's resistance, that this meditation thing is not about relaxing. It is not about quieting the mind. This will be on my gravestone. We meditate to get good at life, not to get good at meditation. The mind thinks involuntarily, just like the heartbeats involuntarily. Basically, I was like, why are you quitting? One is that people thought that they were failing because they thought they had to clear their mind, but that's actually more people that weren't starting. The people who are quitting, it's that the meditation is ringing them out. It was like detoxing them from a lifetime of accumulated stress and sadness and trauma and they weren't really equipped or trained to deal with that detox.

[00: 13:00] Why do people give up on meditation?

Emily: That's really when I created the Ziva technique because there has to be a buttrussing, there has to be the appetizer and the dessert on the main course if we're really going to set people up to do something that they've been trained to do the opposite of their whole lives. Most of us have been trained since infancy to not feel our feelings, have a bottle, have a toy, have an iPad, have some pills, have some Xanax, have some Facebook, but don't feel. Now the meditation comes along and starts ringing people out and they're not really equipped or trained or warned to know that this stuff can happen. So this is where we need the mindfulness piece where we have to give people a runway in and then also tools to lean into the sensation when that detoxification happens. So that's the first piece of mindfulness. But in manifesting, it was really speaking to high achievers and high performers because that's who I tend to attract and work with. I wanted them to be able to hook the steam engine but is meditation up to their dreams? And that to me is the point of manifesting or it's just setting your core strategic objectives for your life.

Darin: We're not geared to sit in a cave and just hang out. Certainly not the activation that's going on in the world right now.

Emily: That's an interesting point because a lot of people in this day and age are doing styles of meditation that were made for monks, for people who were actually bred and designed to sit in caves but it's less than 1% of the world's population that is monastic by nature. So if you're not a monk and you're trying to do monk meditation, you're going to feel like you're failing pretty quickly. That's why the whole world thinks that meditation is hard because they're trying to clear their mind, they're trying to focus, they're trying to sit still for hours and hours. Dude, you're not a monk, you're a householder. You like having sex, you like making money, you like being in society, so let's use mental techniques that are optimized for your nervous system, and not for someone who is naturally reclusive.



Darin: Let's unpack the differences because we hear these terms all the time, mindfulness, and the way, at least your one liner, around that which I really like and kind of intuitively get to read yourself of stress now, to deal with the now, something's going on, I'm out of control, I feel I'm overwhelmed with the situation. Unpack mindfulness for me and position it in a way that what you have positioned it for to then build up from that meditation to that next step of that manifestation or from the meditation to manifestation.

[00:15:27] What is mindfulness?

Emily: Where this gets tricky, and I think can be confusing for folks is that most people are using the terms mindfulness and meditation as synonyms and they're just interchanging them. I would define them as very different things. I would define mindfulness as the art of bringing your attention to the present moment, and it's very good at handling your stress in the now, going through a breakup, boss yells that you, get into a fender bender, your cat pukes over your new rug, you're just like, there's like an annoying "stressful" day. Mindfulness will be very good in all of those instances. It's good at creating a state change. Interestingly, that's what almost all of the "meditation apps" are. They're teaching what I would call mindfulness, which is again, the art of coming into the now. So anytime you're focusing, concentrating on your breath, visualizing, anytime your left brain or prefrontal cortex are engaged, anytime you are consciously focusing, I would define that as mindfulness. Again, very good at handling your stress and the now, state change. We at Ziva use that as the appetizer. That's like the warm up to the main course of meditation. This is a really important point, this style of meditation is all about getting rid of your stress from the past. People are like, what do you mean, I can't have stress from my past. When I was 12, I'm not feeling that anymore. It's like, well, you may not be feeling it, but it is stored in your cellular memory. Now we even know it's stored in your epigenetic memory, which is what you've inherited and what you will pass down to future generations, and it's really important that we clean house because otherwise, we can pass down stress from at least two generations. Some people are hypothesizing seven, but we've been able to prove two. The difference here, mindfulness, you're focusing, you're concentrating, you're guiding your breath, but that left brain is involved. Versus this time of meditation, it feels more like a nap sitting up, and you're giving your body rest that is five times deeper than sleep, which is a big deal. We know that because your heart rate slows, your body temperature cools, and everything just sort of slows down, and de-excites. When you de-excite something, you create order. When you create order in your body, this lifetime of stress that we have stored in our cellular memory can start to come up and out. The reason why this is such a big deal is because if you remove the stress in your cells from your past, this is what allows you to start to perform so much better. This is what improves your sleep, your sex drive, your immune function. This is what reverses your body age. This is what can increase your IQ by up to 12 points. It's not just a state change, meditation is creating a trait change, healing you on a cellular level. That's why I keep saying we meditate to get good at life because it's really after a few weeks of practicing this style where you start to see like, my sleep is way better. My to-do list used to take me seven hours, now it takes me three. That decision that I was deliberating over and torturing myself about for three months, I just made it in 30 seconds. That's to say nothing of the serendipity and flow and all of the esoteric stuff that we can't really scientifically prove yet.



Darin: Definitely happens. I love this because it's redefining that which there are a million different types of meditation, there's a million different interpretations. It's not close to the interpretations of love and all of that, but it's certainly a cousin to people just don't know what the hell that really means. Some people think it's shutting the mind off, and some people think it's just going to sleep, some people think it's a self-guided thing, some people like you said it's sort of mindfulness, so what the hell is it? I love this idea of let's call it subconscious kind of locomotion that happens from the past. So what is the percentage you probably know like 80% plus of what we're doing throughout the day is just this automation based on our past programming. So who the hell is running the ship? All of this past stuff, we don't have the space to actually realize that we have other choices. This is a very powerful, different way of looking at it, but maybe the most accurate way of looking at it and that is, if you can give some nuggets, how is that state then cultivated in your idea of meditative space to then uncork that past and start draining sometimes the swamp that we're carrying around with us?

[00:19:58] How to deal with your past stress

Emily: It's so funny, the use of swamping or draining the swamp because I recently started living with Regena Thomashauer, also known as Mama Gena and wonder if you've heard of her but she's amazing. She's an icon in the women's space and she has a technique called swamping, which is all about leaning into the darkness, leaning into the rage, the grief, the trauma and physicalizing it. For her, she sprinkles internally. She wants people to get in their erotic pleasure to sort of transmute the rage or the grief and the way she says that is like rage by itself is a combustible fuel source or combustible energy source. It's powerful, but it's a pollutant, but if you start to sprinkle it and turn it on then you can turn it into clean energy. I was like, that feels so accurate.

Darin: Because it's energy, it's certainly energy, but it's been guided in a certain way.

Emily: And energy either creates or destroys. So sexual energy is the most creative energy, so sprinkling and that turn on, it transmutes it into this thing that you can start to move around versus if you're in rage or grief, you're usually debilitated and like you said, running those old patterns. It's just like I'm stuck in fight or flight, or I'm fighting with you unnecessarily because I haven't taken the time to actually fully feel what's going on, or fully acknowledge the things that I've inherited, or the things I've experienced in my past. So Ziva is like there are techniques like the three M's: mindfulness, meditation, and manifesting. We've talked about mindfulness. I use that in two ways. One is like the warm-up, to give people something to do, you said you're a doer. Mindfulness is you're doing something. In my technique, we're going through our five senses, but you're still using your left brain realm of thinking, but then it's like a little trick. It's like I'm giving a toddler a new toy to play with. As you're sort of doing, doing, doing, but now you're like, what am I hearing, what am I feeling? Then the meditation almost creeps up sort of sneakily. When people do my training, either online or in person, I give people a tool, which is like a de-excitation tool. It's either a meaningless sound or a Sanskrit sound that they would very gently think, and they're not repeating it, they're not focusing on it. This is not Joppa meditation, they're not focusing on it. It's just a tool. It's an anchor really. Mantra, that word has been very



hijacked by the wellness industry. People think that mantra means affirmation nowadays, they're like, I deserve abundance and it's miracles for me every day. So I'm saying that those are affirmations versus mantra is a Sanskrit word, and "man" means mind and "tra" means vehicle. In mantra, it's quite literally a mind vehicle. The whole point of it is to take you from these left brain realm of thinking and move you into these right brain realms of being. You're actually going beyond the left brain and into the right, you're transcending the realm of thinking and moving into the realm of being. Where the magic happens is when you start to access this verifiable fourth state of consciousness, different than waking, sleeping, or dreaming. In this fourth state of consciousness, two really important things happen. One, you're giving your body rest. Like I said earlier, it's five times deeper than sleep. That's not insignificant because when you give your body the rest that it needs, it knows how to heal itself, not just from the stress from today, but from all your stress from the past. Over time, that's what allows you to perform better and better and better. That's what makes your brain and body sharper. That's a really important piece to the rest. The other thing that's happening is that the right and left hemispheres of the brain start to function in unison. Now, this is an oversimplification, but left brain, we think of as critical mind, past-future, analytical, math, balancing your checkbooks, directions. Super important for being a human, but most of us have been spending 90% of our lives in our left brain. Meanwhile, we have this whole other 50% of our brain, which is about intuition, and listening, and music and connectedness, and improv. That part of most people's brains is atrophying. I don't think that nature makes mistakes. I don't think that nature would have given us 50/50 if it wanted us using 90/10. That's why this practice feels like magic is because you start to use the other 50% of this magnificent machine and then you start to feel like a superhuman. Who doesn't want to feel like a superhuman? We're all running this one legged race when we could be running on both legs.

[00:24:20] Merging the two hemispheres of the brain

Emily: So over time, the meditation starts to thicken and strengthen something called the corpus callosum, which is the bridge between the two hemispheres of the brain, which is like, let's just pause on that for a second. It's like, wait, you mean by sitting in a chair and "doing nothing" I could change the white matter in my brain? Yes. I just have to throw this out there, but you can also increase your IQ by 12 points, not to mention reverse your body age by 15 years. We have this medicine inside of us. These technologies have been around for thousands of years and yet we've all convinced ourselves that we're too busy to do it. That's why I get so passionate about this stuff. No one is too busy to meditate, that would be like saying I'm too busy to sleep. Guess what happens when we don't sleep? We turn into an idiot, into a sick, slow idiot.

[00:25:02] Vivobarefoot Ad

Darin: I hate shoes. My feet have been liberated and have been grounded back to the earth for a long time. I love running around barefoot, but I do have to wear shoes. So when I do, I want my feet to be free, and Vivobarefoot is my number one go-to. And they're also on a mission to make the most sustainable footwear, perfect for human movement, and planetary health. They're made from sustainably sourced, recycled material. Vivobarefoot's footwear is designed



to help you fulfill your supernatural potential. Each shoe is made wide to provide stability, thin to enable you to feel more and flexible to help build your natural strength. And they have designs from adults, children, and every activity from hiking to training to everyday footwear, and 100 days of a free trial. And if you don't like them, you can send them back and get your money back. How incredible is that? So, if you're looking to upgrade your shoe game and want to buy from a company with yours and the planet's best interest in mind, Vivo is my number one choice, period. I spent time with them. I have learned from them. And they're offering to all of you, my listeners, 20% off. If you head to vivobarefoot.com/darinolien and use the promo code, `darin20`, `D-A-R-I-N-2-0`, and you will get that 20% discount. We also will have this link in the show notes. So liberate your feet, Vivobarefoot.

[00:26:59] Second Part of Interview

Darin: There are so many different things. I was intoxicated at one point with Bhakti yoga, so call and response because the mantra and the songs, the Sanskrit would just completely take me, and massage my being, so I'm a massive fan. I think what you're bringing up is so important. I just think of space. When you're allowing your brain to open or let's just acknowledge the brain is the most complicated thing on the planet. It is the most complex system ever. If we can actually go back to these things, and actually improve it and know we're improving it, and then it improves our entire body, then why wouldn't we? What's the difference between yours and TM, transcendental? Because I know they have like, grab a little phrase, a little thing or whatever, that doesn't really mean anything to you and all of that stuff, what would you say is the difference at least in this part? Because your three pillars are different, but what is the difference do you think in your part?

Emily: A lot of people think that TM is a style of meditation, but it's actually the name of a company.

[00:28:15] What makes Ziva meditation different from other techniques?

Emily: It's like a multinational organization just like I'm from the south, so if you're Southern and somebody wants a soda, they'll just be like, can I have a coke? It's just like all soda. Cool, do you want coke or sprite? It's like, we will use the brand name to mean all of the sodas and because TM was one of the first people in the game back in the '60s, they became quite ubiquitous with meditation and with a style. So it is the name of a company that's had a lot of good millions of people who have learned to meditate through them. A lot of people will do TM and then come to Ziva and say, having the three M's or having the mindfulness and the meditation, I just feel more held or it feels like there's more spaciousness to be me. It doesn't feel as dogmatic or feels just like a little bit more open, I guess. There are similarities from the meditation portion in that they are both, you're moving beyond the realm of thinking into the realm of being and there aren't that many practices like that very slow, like Qigong is actually one of the only other self-induced transcendent practices. There are similarities there. I should say that when I teach, you can learn with me face to face. I have a studio in New York. I used to travel quite a bit and teach, but now what most people do is Ziva online, and that's like our



15-day course, it's our most popular training. What I do is that I train people on a protocol on how to choose their mantra from a very specific list. There are some differences there. Also, I'm really partial, but I think our community's really amazing. There's like fun, creative high performers.

Darin: And I just want to say for everyone listening that you've been kind enough to give everyone a three-day dive into that 15-day program. So we'll put the links in the show so people can have a little teaser taster at the three M's and enjoy that. So thank you for that.

Emily: Thank you for mentioning that. You don't have to put any credit cards or anything, it's just really like our gift because I think that once people start, once they actually do the training, they're gonna be like, give this to me, this is the key to the kingdom. My game here is to get as many people meditating as possible. I consider myself a recovering control freak.

Darin: Me too.

Emily: Since I was eight, I was like I'm going to be on Broadway, I'm going to be on Broadway, I'm going to be on Broadway, and I did. By the time I was 22, I made it to Broadway. It takes a lot of work to do. That's a very competitive industry. You have to be top of your game and singing and dancing and acting and then just all of the energetic components to be able to fill a room, to fill a 3,000 person theater. There's a lot of emotional and spiritual mental work that happens even as a performer. Once I found meditation, I realized that I could take my foot off of the gas because I was plugging into this very different, much more sustainable energy source. I was actually trusting that nature had my back. The analogy that I like to use here is that we as humans sort of think that we have our hands on the wheel of our lives. We think that we're in control, but really, we're like the little kid in the grocery store or driving that plastic car on the front of the shopping cart when mom's like, look how cute that little kid thinks he's driving. I feel like that's what nature thinks about us humans, look how cute, they think they're driving their lives. Certainly, it's not fatalistic, at least not according to me. I don't think that nature's fully in charge and I don't think that we're fully in charge. I come back to the brain model. I see it is 50/50. Meaning that 50% is like you getting up journaling, meditating, exercising, getting clear on what you want to do that day, but 50% of it is up to nature. If you're not plugging into that spaciousness, if you're not plugging into that cosmic intelligence and having a conversation, and it's a two-way conversation. You can't just be praying to god all day asking for shit. You gotta listen to how god wants to use you. One of those old adages is that prayer is talking to god, and meditation is listening. That sort of brings me to the manifesting piece of Ziva because if you've just spent that time in that spaciousness, and you've de-excited your nervous system, and you're able to sort of move beyond that critical mind and start to tap into your own pure being, two things happen. One, you are able to hear your own intuition, which is basically how nature is communicating to us. So you're able to receive the downloads of which I think are like your directions from your boss, like your boss is now nature and nature's cueing you and how it wants to deliver you, and nature cues you through your desires, but we have to transcend the addictive longings of like, I just need more chocolate, I need more booze, I need more sex, I need more shopping. We have to transcend that and go to the deeper inspirational desires. So



that happens during meditation and we are able to communicate to nature our desires. So we are having a two way conversation, and that's what happens in the last portion of Ziva. Just in the last two minutes, what I recommend that people do is before they open their eyes, they take two minutes and they start with gratitude because nobody likes a friend who only asks for things, eventually we'd like to be thanked. It's like giving thanks for all of the abundances that we're currently drowning in. Let's acknowledge how powerful we already are at manifesting and then we asked a very simple question, and this is a spoiler alert, this is what you learn on days 13, 14, 15, but the question is simply "What would I love? What I love, right now?" So simple. What we're asking ourselves is what do I need? What do I want? What's gonna go on Instagram? What's gonna make me the most money from that sort of like drive, drive, achieve, achieve, achieve place. If we shift it just a little bit, if we just tune into the deeper desire to the deeper like, what would bring me the most delight? What would bring the most joy? What would I love? It puts you in the present moment. Love puts you into possibility, and then we start to listen for how nature wants to use us and that, in my experience, is where the magic happens because then you're not entering the shopping cart forward with your plastic car, mom's actually now pushing the cart, and you get some real wind in your sails.

Darin: I agree 1,000,000%. In many ways, I think in my life, I've been trying to communicate something to that effect because like that listening and that ability to listen is like I just had this the other day because again, I fall sometimes into "I really want that" and "I'm really going to do that" and I justify it and then I go for it and then I stop listening. It was like the universe was like wait a second. Just so you know, everything you want at the deepest level is in the letting go. That is everything. It's the love, it's the expansion, it is the infinite, it is the fulfillment, it is the everything. It's in that letting go and I just started freaking laughing because it just dropped away all of this stuff, "but I want to do this, "I want to do that," "but that is going to do that," but those are just inefficient routes to that which is underneath it all anyway. So I'm finally at 50 years old, finally saying, I trust, but it's a constant thing. I want to continue to control, and just that letting go, and I love that and that. Again, I'm kind of blown away, that I am only getting to know you now because it's almost a no brainer that all three of these pillars are together and working in unison because they're acknowledging us as humans, soul, spirit, human, we're here, we're living our lives. I love that those are your questions like, how kind are we, how fulfilled are we, how much of life are we loving? These kinds of things. Let's rewrite the school that the school has failed so deeply on and this is the cornerstone. Can you imagine? It's so powerful, all this stuff, because I keep now recapitulating all of these events in my life as we're talking. There was one moment where I was sitting with Wallace Black Elk, literally the descendant, he was 87 years old, and it was in a sweat lodge in Colorado, and I remember all of these moments where he was just downloading this credible information. He said "I don't understand why people have their brains on their backs?" He meant kids going to school. He looked up at the sky in the middle of the sweat lodge and all of it is right here. It's in this space of nothing so that we can receive everything. I was just like, boom, that's it. That's the whole thing. Everything you want is so much better and more infinite than you can possibly wrap your head around. At the same time, I think the desires, the deeper desires, you learn more about what you really want and what you really want, and you get to pursue those and get to have your life but then listening and course-correcting and changing as you're walking in the actionable steps of life but with this



kind of superpower of this direct connection. I always believe that direct connection is the most important thing in life because that's you learning to listen to this language that is only there for you to listen to.

Emily: It's so subtle. You're dancing with the divine. That's what we're learning how to do is dance with the divine in the way that you hear the divine is going to be different than the way that I hear it. That's why it's so ineffable and that's why everyone's looking for the ABC, just teach me how to listen to god. Well, first we have to get quiet enough to hear how god speaks to you. I know that the G-word is triggering for some folks so you could supplant that. I use nature usually, universe, god, cosmic intelligence, whatever you want to call it, but it is you tapping into something greater than yourself. Many of us are not taught how to do that because all of this stuff in the 3D world is so sticky, it's so attractive. We've got the iPhones now and sugar and alcohol and the pod and the advertising. It's literally pulling yourself away from these things that are so loud, so bright, so shiny, is its own masterclass. Just to put that down to even get to day one of school of learning how to listen, and learning how god speaks to you. Does that happen through your heart? Does it happen through images? Does it happen through other humans? Reality is it's happening all the time. I love that your teacher said, I don't know why people put their brains on their backs, it's always here. As you were talking earlier about everything is in letting go, I had this idea, I'm a relatively new mom, I have a three-year-old son and recently gone through a divorce. Just parenting in general is like a cosmic joke because it's like, I'm gonna give you this thing that you are gonna love harder and deeper and richer than you've ever loved anything in your whole life. Then for the rest of your life, they're just gonna start needing you less and less and less and less. I was just putting him down for a nap and my nanny's here as well, thank god for her because she's so amazing. He was like, "I don't need mommy or Bisa." I was like, "Okay, buddy." He's like, "Tell Bisa, I don't need her." Then she can say, okay, and it's the first time ever. He's three. He always wants one of us in there when he's sleeping and today was the first day ever he's like, "I don't need Mommy, I don't need Bisa." There's like a single tear and I was like, "Okay, love you." But it's a lesson in letting go.

Darin: I've never heard it describe that way and it's absolutely, utterly crazy when you think about it and it has to happen. That separation has to happen. The healthy separation for that being, for that soul to then try to figure out who they are and what they are and what they want to create outside. The first teachers of their life, the cult of the family was giving them what they knew, and they have to break those chains at some point, hopefully.

Emily: Nobody wants a 4-year-old napping with their mom everyday.

Darin: That mom eventually is gonna go, "You got to go." I had a friend of mine who's daughter they have, very close-open family to be able to discuss and everything. They had a daughter going to school this year. You could tell that the father who is a big, strong dude, a friend of mine for 25 years, broke down. I didn't even see it coming. Basically, giving her daughter away to school and just boom. At the same time, he goes, "It had to happen." With all the people coming in and the things and all that stuff, they just had to go. At the same time, he was crushed by the weight of letting his daughter go and the other side of it, he definitely needed it to happen.



Emily: I feel like we can extrapolate this out to god. If you want to anthropomorphize god into a parent and actually you have found it to be a really useful exercise especially once they became a parent whereas like anything that is in my power, that is for his highest, if he expresses a desire to me, I will give it to him. I'm not gonna let him eat candy for breakfast because that's gonna be bad for everyone, or if he's like, I want pancakes instead of oatmeal, great, you go it, buddy. If he wants broccoli instead of cauliflower, no problem. If we're never communicating our desires to nature and conversely we're never listening to nature, it's like never listening to your parent and never asking or telling them what you want. It's just bad communication. So we want to make sure that we are practicing healthy communication with nature just like we would any romantic relationship, parental relationship or trial relationship.

Darin: Totally. There's another thing I saw. I saw it in front of me. I was studying at some point, it was this submersion and consciousness workshop, and I was in San Francisco. This is directly off of what you just said. They had a son. I was staying with this couple that was putting on a few people and I was there at their house and they let me stay there. They had a son that was maybe 6 years old. He came, it was dinner time, and she asked this question, which was a different type of question. He was like, "I'm hungry." She says, "What does your body want?" He said enthusiastically, "Icecream." So she said, "Your body wants ice cream?" She didn't say, "What do you want?" She said, "What does your body want?" There is the distinction, so she gave it to him, full autonomy, she gave it to him. Then the next morning, you couldn't even make this up, I'm witnessing it again because I'm there, and this little kid, 6 or 7 years old went to his mom and he said, "Mom, you know when you asked me what my body want and I said icecream and I ate the icecream? My body didn't really want that. I don't feel good." So in that moment, it was the difference between listening to the body, having a communication that was "what does your body want" and teaching that kid the difference between me, me, me and listening to nature through the body. Literally, what would our world be when we picked up anything and said, body, you want this tea. Body, what do you want to eat? And start listening to that in that mindfulness kind of way as we move through life I think is a skill that's distracted quite a bit.

Emily: How old was this kid?

Darin: Maybe he was 6, 7.

Emily: Wow, what a gift. I'm gonna try that with my son. What a lesson to be like we're confused, what was your body and what was your mind? That was what I would call the addictive longing versus the intuitive desire. That's why one of the rules of Ziva, we don't have really many rules, one is meditate everyday, and the other one is you have to follow charm. If you're gonna follow charm, you first have to be able to detect charm, and to be able to detect it, you have to sort of move beyond the mind, beyond the addictive longings and drop into this intuitive desires. But when you hear them and when nature is giving you a command, your job now is to follow it. What I found is that if you don't, if you stop listening to that, someone else is gonna get the book idea, someone else is gonna get the movie download, someone else is gonna get the job, or you start running up against deeper and deeper resistance if you don't learn the lesson. That's why its only rule is to follow charm but that rule does not apply to non-meditators because if you



don't have a means by which to move beyond the longing and tap into the desire and move beyond the icecream addiction and actually listen to like, my body needs protein or my body needs rest or my body needs to fast right now. Usually, it is not just meditation. Any sort of de-excitation to our listening tool can help you to detect that what I would call "charm."

[00:46:00] Learning to distinguish what we really want

Emily: As you were saying that the other thing that came out is if we were to ask our body, so I want this kombucha, I want this chocolate, that also translates into sexuality. Like with body, autonomy, I'm watching so much of this, grandma comes over, give me a hug, I need a hug, I'm sad if you don't give me a hug. It's like, what are we teaching this boy who's gonna turn into a teenager who's gonna become a man that it's like he doesn't want to give a hug right now but he's being forced to. If we're modeling that for our toddlers, then why do we think that they go and engage in this behavior later on. So we're a really big on consent for him because he's a tall white dude, so he's gonna have to really have super antennas for receptivity. Then I think certainly for people who identify as women, it's like what does my body want, what does my sex want versus let me do this to make someone else happy. This conversation really has a lot of far reaching.

Darin: And it comes down to again listening and learning to listen and then your work is to take that listening into the world and have boundaries where boundaries need to be and navigate energies based on your truths, but you don't get to access that if you're running around and buying into this rat race. This is an example of taking these pauses, taking this way of timing out so then you have more access, more space to have what it is that you truly want even if you don't even know what that is.

Emily: What often times nature will do is it will just give you one desire. It's just gonna take you one step. I went to India and learned meditation and changed my life. I just went to India to deepen my own practice to start. Then I moved to LA thinking that I was gonna pursue TV and film, and in LA, I ran into a teacher who I had met in India. He actually hired me to train him as an actor. So we started working together one-on-one in that capacity and then I found out that he was doing a teacher training. It was like one foot in front of the other but nature was like, follow this, follow this charm, follow this charm. The next thing I know it was like here we go, I've taught tens of thousands of people. It was just checking in, what feels charming right now? Where that requires a level of mastery is that of course, sometimes, there's gonna be addictions that come up, people-pleasing, co-dependence, sugar, whatever your stuff is and that's part of being human too.

Darin: I think to close and I feel like I could talk to you for hours, there's a lot of fear that society hasn't been used to before. It seems to me that your program could be incredibly beneficial for people to step out of the pressed upon fear right now so they can have more space to maybe help pivot. I'm a big fan of pivoting and creating a future we really want, but really doing it. Talk to me about that fear and how that maybe able to help people step out of constriction of fear right now and how they can maybe have more access to more of themselves in this time.



Emily: Thank you for asking that beautiful question. I've had feedback from so many people that have said Ziva has been the thing that has gotten me through the past year and a half, this program is the thing that's allowed me to unplug from the news, this program is the thing that's allowed me to send my kid back to school without being ravaged by anxiety. I have one who would say that she couldn't even leave her house without having a pandemic-induced anxiety, so it's been a real game changer for a lot of folks. The thing is right now like anything, the news is functioning on an addiction cycle too. It has to get more and more and more scary to keep you coming back and back, just like you need more sugar and more pot, more ecstasy, like you need more of whatever it is just to keep feeling the same high. So what Ziva is gonna do is that it's gonna allow everyone who engages to start to flood their brain and body with dopamine and serotonin, and those are bliss chemicals. When your body starts to know that it has access to the actual drug that it's looking for which is bliss, and when it has access internally and in a repeatable self-sufficient way, that's what allows all of these other addictions to start to fall away. You stop plugging into the news, you stop thinking that you have to have three cups of coffee or three cocktails and make it through the day because you're actually cranking up on your internal pharmacy. So that's just the chemical piece of it. Then when you start to feel like, I could do this. It used to take me 5 hours, it takes me more like 3. I am more present with my kids. I do want to have sex with my partner again. I am now starting to see the possibilities inside of an ever changing world instead of clinging to the past or how I think the things should stay. Those changes are massive. They are not insignificant and they're valuable because to your point, it brings us back to the whole reason that we're here which is the surrender, it's the letting go, it's the trust, it's the present moment awareness. It's like how much can I savor this blue sky, these clouds, this kombucha, talking to you because our bliss is always found in the present moment. If you don't have a practice like this, it's so much harder to access that bliss in the now. Like you said, if people want to start, where do I start, you can just go to zivameditation.com/podcast, and that will get people started with the first 3 days. Then the training is only 15 minutes a day for 15 days. You'll get the mindfulness, the meditation, and the manifesting. The coolest part is that once you graduate, you have these tools to take with you for life. Who doesn't want to be self-sufficient? Who wants to be plugged into their phone to meditate? It's like to have an AA meeting at a liquor store. Eventually, we're gonna have to cut the cord.

Darin: I love that. Well, thank you. It's such a pleasure. I know, for everyone who's listening, I'm going in. I'm signing up. I'm gonna do it, so let's all jump in and get into that space together so that we can help get ourselves out of the pressure and stress of the time and get into a future possibility that we can then create together.

Emily: I love the idea of everyone doing it together. Like you said, meet in the infinite. Let's get more people on team bliss, and then we can go and share that with the people that are on team stress. Let's call each other up, let's wrap them in love instead of everybody fighting about who's right.

Darin: Emily Fletcher, thank you so much, what a pleasure.



Emily: It's my pleasure. You're such a depth in wealth of knowledge. Your heart is so big and I can see your lifetime of work, so I'm truly honored to be here. Thank you.

[00:52:55] Generic Outro

Darin: What a fantastic episode. So tell me, what is one thing you got out of today's conversation? If this episode struck a chord with you and you want to dive a little deeper into my other conversations with incredible guests, you can head over to my website, darinolien.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.