

How Breathwork Can Change Your Life | Josh Trent

[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 - Josh Trent

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show Podcast. How are you? How's it going? How are you feeling? How are you navigating your life? Are you having a super life or what? Come on, and have you if you haven't signed up for the super life campfire, deep-dive, taking life into super life, make sure you sign up at 121tribe.com, we're stoked for that. I want to dig in and crank that up. I get excited because we are doing this together. I have an amazing guest, Josh Trent. I've known him for years. He's got an incredible wellness force podcast. He's the head and founder of Wellness Force Media, 19 years trainer, researcher facilitator. He's just one of those dudes that it's what we're striving to be. He's got a huge sense of balance, emotionally, mentally, spiritually, physically. I love being around Josh. I've gotten to know him. That's where we're as men, we need to be strong, we need to be aware, we need to be healthy and fit, and Josh is a working embodiment of that. He developed something which we got into a lot. So I've been breathing consciously from Wim Hof days, and everything in between for the better part of 10 years, and there's always something to learn. Josh took it upon himself to learn from the very best, and he created an incredible program, breathework.ip, so you can check that out in the show notes. That's his new program that he created supporting people literally being the best that they can mentally, emotionally, physically, because breath, that's where it all starts and stops. So when we learned to literally breathe better, I learned a lot by going on his app, and I'm doing it right now. You constantly get to learn. There are different programs and rhythms and different ways of using that breath for different things in your life to support you both mentally, physically, and emotionally. We are an incredible ecosystem as a human body and the breath is a trigger turning on so many important mechanisms for the body. We dug into all of that stuff. You're going to certainly enjoy this episode and make sure to like and subscribe to this podcast, share it with as many people as possible because we love sending out knowledge, we love supporting each other in this

ecosystem of being better humans. I would really appreciate that. So hook in and hold on for my great friend, Josh Trent.

[00:04:18] First Part of the Interview

Darin: Well, dude, thank you for jumping on here. Stoked to talk with you and talk to you about the thing that we have to do all the time, breath and many other topics. Obviously, we connected over the years and you've really grown your presence on the podcast. It had some incredible interviews with some dear friends of mine and you've been charging and then getting to know what you've been doing and that you took the steps, you had passion, and then you actually learned from the best, and that's really what it's all about. I actually wasn't thinking about it but I want to talk about that because you've been cultivating your wellness force empire, as well as now this incredible offshoot of learning and cultivating techniques around this very precious thing that we actually are very infantile and using and that is our breath. So welcome, brother.

Josh: Thank you.

Darin: Talk to me about your journey a bit. You don't have to go all the way back but just the wellness, 19 years of training and learning and everything else, but there was a shift from my perspective, and then you really started cranking. What happened?

[00:05:39] Josh's wellness journey to breathwork

Josh: I can flashback to when we were at your home before the fires, and thinking about the conversations we had about how do we sustain this unsustainable way of living in system. It was about a year later where I just had a fundamental shift in my being. I had already been studying the art of breath for a couple of years before we met. I think it was 2017, we did our podcast, and I was drawn to do breathwork, not just for myself, but for now I realize, in my future understanding for my family. My ability as a father to breathe properly is what mitigates stress and fights and drama. So we are all experiencing that right now. I would say the biggest turning point for me came, actually, it was in a plant medicine ceremony after you and I met, and I got my ass kicked. I am not pro or against plant medicine, I'm only pro situation. By situation, I mean, when somebody is called to plant medicine, it's a great thing but when there's ego involved, lookout. So for me, there was a huge understanding in a plant medicine ceremony with Ayahuasca that I was actually destined to go this path of breathwork. And so at four in the morning after a ceremony, I purchased breathwork.io. I knew it because I started to feel the natural DMT release in my lungs. That took me on a journey to Thailand. I ended up traveling to Thailand. I stayed in Ko Pha-ngan for 30 days and did a really deep intensive dive to myself and started learning about the art of breath. I learned from Mark Divine, and Unbeatable Mind. That was actually in 2016. Then in the years that followed after my journeys to Thailand, I went to Sedona, and I trained with Anahata Ananda, and I trained with Gwen Payne in Sedona, and just some of the people that brought me back home to myself were Dan Burley as well at the Bel Air Treehouse, there in Los Angeles. Learning from all these people, man, it's fundamentally shifted me but honestly, Darin, it came after we met at your house, it was about a year later when things really shifted.

Darin: That's amazing. Well, there's so much that you said there that I have some parallels in in terms of I did Ayahuasca 21 years ago. The one thing that I remember more than anything is breath. If you feel like, I don't want to say losing control because that's kind of the point of it. The ego doesn't get to go on that turning, as we all know, in the Ayahuasca experience. But then the breath as anything's occurring, that the breath is the key. I too, have nothing for nor necessarily against, but it is literally a deep calling. Obviously, Ayahuasca is coming of age in a certain sense in the environment of people who want to wake up, or whatever you want to call it. There's pros and cons to much of that. I believe there is a certain level of knowing you should go into that before you're just fling yourself into a scenario that could potentially be amazing. Also, could potentially be very difficult.

Josh: Dude, you know it sums it up. I heard this phrase a couple of years ago. I think it was from Jordan Peterson, and it was "be careful of unearned wisdom" because when you go into a ceremony and you're not ready to receive the wisdom that by the way, science and spirituality is just beginning to understand.

[00:10:04] Learning to breathe

Josh: If you're not ready to receive that, look the hell out really, be careful, be kind. So I'm with you. After about a dozen ceremonies, I realized that it was my ego driving me and that was when I transitioned from plant medicine to the breath because everyone can breathe yet no one is really doing it properly. They're just not, and neither was I.

Darin: So it's such a beautiful thing that you discovered that and then literally just poured your heart, your soul, your hard work into this thing that on the one hand people listening going, "I completely don't understand. What do you mean? I'm breathing every day." For you, how do you then come to an understanding or a practice or is it that you're continuing to learn but what was your process while you were learning and now what is your process now trying to kind of share it?

Josh: Yes, that's awesome. Well, I became a father this year.

Darin: Congratulations.

Josh: Thank you. Yes, he's almost five months old. As all the parents watching, listening know, there are unique challenges that the universe or God, however you resonate, higher intelligence, there's something out there that controls all things and loves all things. That force is going to bring you challenges. For me, when I started the breathwork in 2016, I was a single bachelor. I remember I was laying on the floor with Mark Divine and a bunch of special operations people, and I was crying. I was like, what am I doing? I could not believe that I had tears coming out of my eyes doing this catharsis-style breathwork, which we'll get into the three phases of breathwork. But the catharsis is when you do longer journeys, and I'm sure you've done them yourself. When I first started learning, I was so green, Darin. I was so fresh, I literally was just taking it in. I was just like a vacuum. I was going to every workshop I could. I was traveling around Southern California, mostly because up until that point, I had really struggled

with anxiety, like a lot of anxiety. Sometimes depression, but mostly anxiety. So I needed something beyond plant medicine and yes, my soul guided me to these medicines but ultimately, it led me to my greatest gift and that is breath, the art of breath. It's really an art form because art, just like our human relationships and evolution, changes over the course of time because the universe brings us brand new challenges every single year, maybe for some people every single month. So I look at when I started versus where I am now. If I didn't have the breath and if I wasn't practicing on a daily basis from 2016 all the way up till 2018, I probably wouldn't have even learned why I had the anxiety, which was a deep wounding with my father, a deep understanding that I needed with my mother, and a lot of forgiveness that I had to give to myself. I wouldn't have had that awareness, first of all. Then secondly, as I look at 2020 and what transpired, we moved from Southern California, we moved from Encinitas to Austin, we're in Austin, that was very stressful. Moving is supposed to be one of the top four stressors in someone's life. So my practice started to evolve into not just doing breathwork alone, but pairing breathwork with cannabidiol, like safe fake cannabidiol, or going into the sauna and practicing breathwork, or going into the cold tank and practicing breathwork, or doing breathwork in nature during a vision quest, which happened for me earlier this year. I started to stack and really align other practices, other healing techniques with the art of breath because the art of breath actually helped me get through them. It helped me glean more wisdom from those experiences. Then, of course, stacked parenthood on top of that, and being a father, being sleep deprived. We didn't have the birth experience that we planned for. We ended up having to go to the NICU. I can remember just being in the hospital and just do my breathwork in the bathroom. These tools are so powerful yet, we don't know how to access our biology, physiology, and a lot of people are doing breathwork with improper posture. That's the big one. That's the short, short evolution. I mean, obviously, man, there's a ton more. But the short evolution was that I went from green rookie who was trying to deal with his anxiety and just be in the present moment to healing and forgiveness for others and self to then stacking other healing experiences with breath, which just blows everything else out of the water.

Darin: Some of the first times I got really involved, breathing is like, oh, increase your oxygen saturation because, man, the early 1900s, Dr. Otto Warburg came out and said, listen, high oxygen environment, no bacteria, disease, pathogen, virus can survive in a high rich oxygen environment. I'm like holy shit. That's massive and that's basic physiology. Then in the process of doing that you're like what's going on? It's clear as day that having had spiritual experiences. So that and an infinite amount of other things breath touches on and allows us to use when understanding it. So how do you unpack it? How do you describe breathwork and the different dimensions that it has?

[00:14:18] What is breathwork?

Josh: Think of breathwork as a lever for your automatic or your autonomic nervous system. It's the only thing that we can pull. We cannot digest our food faster. We cannot make our arterioles or our blood flow move faster unless you're like a Shaolin monk. I've heard they can do some crazy things. But think about the automatic or the autonomic nervous system. Obviously, there are two branches. The sympathetic nervous system is what regulates up when we are being chased by a tiger, when we're in traffic, when we're in stress, we're fighting. Parasympathetic is

when we're digesting food or resting. It's where we have what's called vagal tone, which is the second point. We pull that lever for the autonomic nervous system because it's the only way we can modulate our stress. It truly is. Some people describe this like Dr. Belisa Vranich, who was one of my teachers as well. She said that breathwork is meditation for people who can't meditate. I thought that was so beautiful because truly when you are singularly focused on that lever we're talking about for your autonomic, you can shift from a lifestyle and really a repetitive action syndrome of constantly being unsympathetic, stressed out, checking your phone, checking the computer, kids screaming, it's a lot. I'm not going to sugarcoat it. We all experienced it every day. So nature in her infinite wisdom gave us this modulation, this e-break, this lever, that we can voluntarily use. Also, here's the crazy part, it's involuntary. You don't breathe you in your sleep, yet you can breathe how you want to when you're awake, which is pretty freaking awesome. That's the best way to describe it is this lever. Obviously, there is a ton of biological processes that happen in combination with our ancient brain, the amygdala, the vagus nerve, vagal toning that we can talk about, but that's really the high level that everyone can understand, a 10-year-old can understand. If you take a deep breath, you feel better, right? Well, that's the biological process of shifting over to the parasympathetic.

Darin: So from there, what were some of the fascinating things you were discovering as you're practicing all of these different approaches? What were some of those "Whoa, I had no idea," maybe it was experimental, maybe it was intellectual?

[00:16:27] Discovering surprising things about the power of breathwork

Josh: It was an intellectual one first. Then it was more of a somatic one. We have this structure in our brain called the default mode network. The default mode network is the prefrontal cortex, the posterior cingulate, the amygdala. There's a couple of other parts, but those are the main three that we can focus on. The default mode network is what is activated that searches for danger when we're doing a myopic task when we're singularly focused. That's why Belisa Vranich says that breathwork is for people that can't meditate, to become meditators. I was blown away at the research. Actually, I pulled from Michael Pollan's work where he was doing a lot of studies for patients that were dealing with very, very chronic PTSD, and they were doing plant medicine, and they were doing breathwork with them. There are many studies, if you look on PubMed, that point to the science of not just pulling that lever, but actually rewiring the neuroplasticity in your brain over time because people that deal with chronic PTSD, they have low glutamate. When their glutamate isn't connecting, and they're not getting that transfer of energy potential, they stay stuck. People stay stuck, which is, and I promise I'll go back to the science, but when people are depressed, it's because their energy is being depressed. The opposite of expression is depression. When I'm not expressing myself, when my glutamate, my brains mess up from trauma, or PTSD, or whatever, whatever happens, and trauma can be capital T, lowercase T, I fall into these energy pathways where there's no way out. There's really no path for me out. For me personally dealing with anxiety, which is a focus on the future, it's a fear to be in the current moment, it was radical to learn about the default mode network because I started to gather all this scientific body. When I built the brief program around, I can actually talk to the people that are analytical and that think breathwork doesn't do anything. I can talk to the people that think breathwork is woo-woo, when actually it's purely scientific. It's also

woo-woo at the same time. So the default mode network, what breathwork does, specifically when you do circular breathing, and also box breathing as well, but we can focus more on the circular breathing is it shortens the time that that default mode network searches for stress. Over the course of time, it'll actually turn down the volume and there are heat maps, they do what's called PET scans for people in hospitals. The heat maps will actually shrink. So the default mode network when somebody is practicing their circular breathing will go down the energy and the blood flow to the danger and the fear mechanism in the brain will go down. Now extrapolate that on a societal level with cell phones and news media and fear and neighbors screaming at you like we're in a very unhealthy society. Krishnamurti says, it is no measure of stress to be well adapted to a profoundly sick society. We're in a profoundly sick society, so we have to have tools like breath to really defend ourselves from our own biology, which is such a paradox. The default mode network was like the number one thing.

[00:19:22] Vuori Ad

Darin: You know, one of the best things we can do right now is focus on our fitness, on our health. We need to move our bodies. We need to get outside even when it's cold. So I want to introduce you to another amazing company that I love, Vuori. They are active wear working on sustainability, just making great clothes. And Vuori, they're making sure that we are in comfort. I don't know about you, but clothes have to feel comfortable. They have to feel good on my body. And I love the way I feel in these clothes. This company has such a strong focus on the ethical manufacturing and sustainability, so that we can be comforted in knowing that we're supporting a brand that's making these positive changes in an industry that is really horrible. Literally, the fashion industry is the second largest promoter of pollution. So supporting companies that are changing things and not destroying the planet is absolutely what we need to do. So high quality performance apparel is designed to be versatile. I'm such a huge fan. Their shorts are so comfortable to run around in to get my workouts in, then I just stay in them all day because it just feels good on my body. So coming up into this holiday season, I can't believe 2021 has come this far. This is a great gift idea for anyone you love. So gift yourself this incredible treat. You get 20% off your order. You can head to vuori.com/darin. That's V-U-O-R-I dot com forward slash darin, D-A-R-I-N.

[00:21:32] Second Part of the Interview

Darin: Do you want to do a little circular breathing, since we talked about it. It's always no one's driving, and they're going to do it.

Josh: Don't close your eyes.

[00:21:45] Learn circular breathing

Darin: Any of you who are safe and want to experience since we're talking about circular breathing, we're good. Just do a little example right now.

Josh: Let's do it. Right now I'm sitting on a lotus-style chair, maybe you're standing wherever you are, if you're standing, make sure you're on something comfortable and your knees are

slightly bent. The reason for that is just blood flow. The second thing if you're seated, just make sure that your knees are below your hips. They don't have to be drastically below your hips, but knees a little bit below your hips. Roll your neck around a few times, relax your traps, maybe your back pops, and just actually get in your body for a second. This is the psychosomatic component of breathing is that you want to fully inhabit your body. You want to actually be with yourself, not checking your phone, not going around. Before we do the breath, set your posture, your hips, your spine, and your neck. Think of it like your back is flat against the wall. Just straighten your spine, so your head, your shoulders, and your hips are all in a straight line. Just take one clearing breath, you're going to breathe in through your nose and out through your mouth. Now as we do our six circular breaths, which we can extrapolate more. I don't know how deep you want to go. You want to do like a couple of minutes?

Darin: Yeah, a couple of minutes.

Josh: Just a couple of minutes. So what we're gonna do is we're gonna breathe like a circle. So close your eyes wherever you are. If you're driving, obviously, don't close your eyes, pull over, and just put both hands on your belly button. Practice before we get into the two minutes of breathing. You got to practice breathing in and out of your mouth without a pause, visualize like you're drawing a circle. So breathe in through your nose. Notice how I'm not pausing at the top or the bottom. I'm literally connecting my breath like it's a circle. For people that have their hands on their belly, just keep breathing in that fashion. I want you to imagine and visualize with your eyes closed and your jaw relaxed, that you have a balloon behind your belly button. Every time you draw a circle, you fill-up the balloon with air. Every time you draw a circle, you fill-up the balloon with air. Let's breathe together for two minutes. I'm going to set a timer, and I'm going to guide you. I'm going to break my breath with you but keep going as of right now. We're going to go for two minutes. So inhale through your nose, exhale through your mouth without a pause, draw a circle, fill a balloon behind your belly button. So inhale through your nose. Just keep breathing in that way, drawing a circle with no breaks, filling a balloon behind your belly button. Nice gentle breath in through your nose. Nice smooth exhale through your mouth. Every time you do that, see if you can fill the balloon a little bit more with your own air. Consciously connect to your breath. Visualize that you are the circle. You are the air in the balloon because as you are. As you breathe for just one more minute, feel connections from the warmth of your hands to your belly button, and allow the warmth of your hands to give you comfort wherever you are. As we taper down our last minute, just continue your circular breathing in through the nose out through the mouth with no pausing, full somatic connection to your hands on your belly. Scan your body quickly, breathe into wherever there is stress, wherever there is tension, wherever there is anything other than peace and relaxation. For these last 20 seconds, just continue your breath, in through your nose, out through your mouth. Wholeness is a circle. We breathe like a circle because we are a whole and take two more circular breaths. Now slowly open your eyes and take a big inhale through your nose, and hold for 15 seconds. Maybe take a tiny another sip of air through your nose. Feel how luxurious it is to be completely saturated with your own oxygen and then let go of it with an audible sound. Then just return to your normal breathing. I always laugh after I do breathing because I feel so good.

Darin: Just think of that, everyone, and I hope all of you who didn't do it, go right back in the recording and just do it because the feeling, the power, the potency, the ability, the downshift, there is no need to read a science book, or research paper to realize and feel and perceive and receive what you feel after, and during, it's just is. That's how powerful it is.

Josh: Actually, I was feeling deeper and deeper connected to you as we were breathing the whole time, like we're in the same wavelength. That's what breath does. Breath brings coherence. If you look at the work of Heart Math and the Heart Math Institute, they actually have coherence breathing, which is where they put devices on your ear. Like you said there nobody needs a device to know how they feel great after doing that but again and again and again, there's like waterfall after waterfall of science. There's molecular mimicry in the heart and the brain, and the same thing happens when we focus on our heart and we're breathing actually through a heart that's my advanced practice.

[00:27:46] What Chaga can teach us about breathwork

Josh: Chaga knows about breathing because Chaga breathes like a bellow. Chaga breathes horizontally. He doesn't breathe vertically. We have all been taught because of stress, because the default mode network, and because of our parents and God bless them like look, this isn't about demonizing our parents. They taught us to not breathe through our nose and they taught us to breathe vertically. What is the number one thing that people do when they're in domestic violence? They hold their breath and they go like this because they're ready to fight. Look at a boxer, shoulders are up, so we're on guard, we can learn so much from Chaga and from nature because they breed like a bellow. They breathe outward and inward. They have a really great somatic toolkit to get rid of their stress when animals are being hunted, and they survive, they shake it off, and they go back to eating tulips. This is a massive call for us to return to nature in so many ways. If anybody just felt a glimpse of that, I implore you to go further. Go further in your discovery because if you can feel that in two minutes, imagine what you can feel in 21.

Darin: We've divorced ourselves from nature. We've surrounded ourselves in cocoons and artificial lights and spend most of our days inside. What Josh is saying, this is the most powerful entrance back into that coherence with nature and our fellow human, and our pets, our environments, and that's needed more than ever right now.

Josh: It's needed because there's been a massive divorce. It's been happening for a long time. I think we're just really aware of it now because of the severity of the exclusion and the canceled culture and the division. There's like this line of demarcation between human beings that we're all the same yet people like to identify, Republican, Democrat, left, right, this, that, pro, anti whenever the subject. It's just madness, it really is madness. If we can just come together and breathe and start to follow some of the imprinting that our generations have received forever, for millennia, which is drink clean water, follow the rules. This is all what we're supposed to do. When we fight that, when we go against it, it's like rowing up a river the wrong way. It really hurts us, and we develop disease and cancerous things, not just cancer somatically or physically, like cancer as a society, we become cancerous towards each other. That is what is really heavy on my heart lately. I'm not going to sugarcoat it. It's a heavy time. I feel like this

program and our mission and what we're doing, it's needed now literally more than ever because the time is now. Look at the monstrosity of attacks that we have to our psyche right now, not just from news media, but also from your fellow human being who, unfortunately, God bless their soul, they have been consumed by fear. How do we get out of fear? Well, we breathe. We start by breathing. Then, of course, we stack from there, but that's the fundamental space where we come back together.

Darin: How amazing would it be if we're congress, house representatives, whatever governing body of almost anything, if you started every hearing, every gathering with a coherent breath of just literally that center point, that place, that connection. That's why like all of us breathing on this podcast today. We literally were connected throughout time, throughout space. We literally come into a coherence. What we're seeing is incoherent, nature and behavior and all of that stuff. That literally is a center point. Then we can build upon those things. I think we all at some level, we know that. This isn't something we're trying to convince you of, we're just speaking to that. If you didn't just feel a difference of your regular breathing in that breathing, then you're you're not from here, and you may be breathing in some other thing other than oxygen or whatever. It's funny because there's a terminology of biohacking. It's almost laughable because it's literally just, we're having this conversation, it's kind of [00:31:59] that we swung so far, like, hey, everybody, you should breathe.

Josh: You should sleep. You should drink water that's not polluted. These are very fundamental. Imagine going back to our ancestors and telling them that. 500 years ago, they wouldn't even understand what we were saying because they would just do it. We're not that far removed from them. If you look at our epigenetic expression, we're really the same. We really are. We have all these fancy things. I mean, I'm blessed we get to talk through this computer, we get to reach all these human beings like us, like the care that want to make themselves better in the world better, but we've become so removed from what that even means. Look, I just got to go off for one second. We're in this crazy echo chamber of progress, technology, and Metaverse and all this crap. You guys, just because something can be done does not mean that it should be, just because I can go out and eat an entire chocolate cake in my driveway, does not mean I should do that. It might be fun, but I'll pay the price of it. So all these things where we have technology, and I'm not anti technology, I'm pro mindful technology, conscious technology. I'm not anti capitalism. I'm very pro conscious capitalism. Look what John Mackey is doing. Look what you're doing. Look what Zack Bush is doing. Capitalism is a vehicle for change. Yet, just because we can do something at the edge of whatever vehicle we're using does not mean that we should always strive for constant year over year over year growth. But we're in nature, does constant year over year growth ever exists? Everything has a birth life and death cycle, which brings life to the new life. All the clothes are in front of us, all you have to do is go outside your door, walk on a trail, go on a mountain, everything's there, but we're ignoring it because we're in fear.

[00:33:45] Safesleeve Ad

Darin: So I have a question for you. What are you listening to this episode on? Is it your phone? Is it your laptop? Is it your computer? All of these things have EMFs. Whatever device you're

currently using, it's actually exposing you to these harmful effects. Am I using a phone? Yes. Am I using a computer? Yes, we all are. But there are things that you can do, and that's why I'm super excited to be partnering with SafeSleeve. Every phone has a warning signal to keep the phone away from your body. So they have a sleeve that has a shield, and that shield blocks over 99% of the infrared radiation, and over 92% of the electrical low-frequency radiation that just comes off the normal everyday devices. If you have listened to my fatal conveniences on the EMF, then you already know this. That this type of radiation has been linked to increasing the risk of certain types of cancers, as well as having negative effects on the biology and the mental health, and on the actual cellular activity. Whenever I have my phone, I have the SafeSleeve panel on my body. If I put it in my pocket, either I shut the whole phone off and I put the radiation protector SafeSleeve to minimize virtually all of that EMF coming to my body. For all of my listeners, you get 10% off your order. Believe me, this is so worth it. Head to safesleevecases.com and use the promo code Darin10, that's safesleevecases.com and use the code D-A-R-I-N 10 and protect yourself, your family, and your kids. You could do that now without losing the convenience of a phone.

[00:35:51] Third Part of the Interview

Darin: Then it comes down to breath. You take a breath in to start your life, you're in spirit, and then you exhale and that's it. Then we go back to it like, it's okay. Man and woman in the mirror, looking in the mirror, what can I do? How can I build myself up? How can I empower myself? How can I alter the depression and increase the expression? I love that you said that. Again, we go back to the sovereignty that we have, it is so much. If you don't think there's a miracle, the next cut you get, looked down and see that it heals itself. We are living in a miracle on an infinite level. We have so much power. I love that breath is that entry point to some of the greatest power generation we have on all of these lows. Let's nerd out a little bit. Let's get into a little bit of your top wow moments that you've discovered with breath, and the physiology, biology, chemistry and even whatever else you want to get into.

[00:37:04] The 3 different types of breathing

Josh: One thing that I love the most and from many people, it's uncomfortable, it's called tetany. It's where your hands go like this and your mouth closes. It's hypoxia. People that have done this, and this might be a good jumping off point, there are, in my opinion and in my five years now, almost six years of research, three ways that we really experienced breath and breathwork. There's meditative style, where it's like in the morning, we're doing it to clear our mind to set us up for meditation, that's meditative breathing. Then there's acute breathing. Acute breathing is when somebody is going on a stage and they're nervous, or they're fighting with their spouse, or they're in traffic, or they're having a panic attack. There's two specific practices in the brief program we built deal with people that have panic attacks. Obviously, I'm not a doctor, these are things that have helped a lot of people. And I actually had a pediatrician right in. She bought the program, she wrote in, and she was like, wow, I have never been guided through something like this. The testimonial is right there at breathwork.io so you guys can see it. This is a pediatrician that works with children. I thought to myself, how amazing would it be to teach children that second phase of breathwork, which is the acute because getting kids to sit

still, I don't know, you have to be a pretty skilled parent to do that. Phase one sit still, learn how to breathe properly with your posture, your cymatics, and your breathing musculature. Phase two, acute breathing. Learn how to breathe when you're super stressed when it matters the most. Then phase three is catharsis breathing. That's when you're doing a lot of what Wim Hof has brought to the mainstream. Unfortunately, people do that without a lot of training. That's a whole nother conversation. But these longer 30, 60, 90-minute cathartic breathwork sessions, they can be incredibly healing. A lot of what Levine talks about in *Waking the Tiger*, and a lot of what Bruce Lipton talks about are that the issues are literally stored in our tissues. We have these efferent and afferent endings in our brain and our nerves that send or receive messages at lightning speed. And so when you go through physical trauma, emotional trauma, sense memory trauma, breath can actually bring so much of a shaking up biological level. You're actually experiencing hypoxia, which is a loss of oxygen, especially when you do a longer breath hold retention. When you're moving energy through the tissues, through the meridians, through the energy centers in the body, you are going to get a flushing out of whatever emotions or sense memory you have stored. Think of it like in that third phase of breath. On a scientific level, what's happening is you're literally putting your psyche through like a pasta roller. You're squeezing out anything that wants to come out, depending on how deep you go into your journey. Just like we talked about plant medicine, I do not suggest, Darin, that people like sprint to catharsis breathwork like, take your time, be kind, be gentle, what's the rush? Do some 10 minute sets. Do some seven-minute practices that we have in the program. Do some 21 minute practices. Then go sit with a skilled facilitator and make the investment and make sure that that person is trauma informed, that they actually know how to hold you if stuff comes up for you, which it most likely will. These are things like when I do a cathartic journey with a client, it's four hours. I have someone come over, we do hot, cold. I do the healing mat with the higher toes. Then we do our breath work, then we do our journaling, then we do our integration. It's a long process. I would just caution anyone that's feeling excited about this to please don't treat this like we treat many things in our life where we have to get it all at once, do it in one weekend. Go at the speed of nature when it comes to learning the breath. Three weeks is a pretty good amount of time. That's why I built the program for three weeks because I thought week one, you're going to learn. Week two, you're going to start integrating. Week three, you know how to use these tools on your own because we just need time, Darin. We're all in a freaking hurry, man. I don't want people to be in a hurry when they learn breathwork, so dedicate three weeks of your time for this. Those three phases, I think, is a beautiful place for any other biological discussion or stress reduction or whatever you want to discuss. But as long as we can be aware of those three things, and those three phases are good as a society.

Darin: There has to be a learning because it's relearning, because it's stress response breathing, which is pretty much what everybody almost all day in the modern day world is doing. It's this upper register kind of breathing. So when Josh is saying that, there is a lot. This is an incredible tool, from the most basic to literally manage and mitigate your day's stress, which is so infinitely healthy and beneficial for anyone. Then you add that up over time just doing little things throughout the day. But then once you start to learn more, your practice, your connection with yourself, there are so many benefits that you can build upon. What are some of those tricks and hacks that people can take with them today?

Josh: Biggest trick or hack, I feel like breath actually is the original biohack. It really is because to go back to the very beginning of this podcast, it's truly the only autonomic automatic lever we can pull. It's the only one. If you guys are spending like thousands of dollars on PEMF mats and don't get me wrong, like I have some pretty cool stuff. I'm not hating on that, but start with what you're already doing and optimize that first. That might not seem like a trick or a hack. But I promise you, if you're looking for a trick or a hack, that is the best thing you could ever do. If you could just for three weeks, commit to yourself to have a morning practice of breath, nothing else, don't even work out, don't even train seriously. I mean, obviously, if you want to add that, go for it, but commit to one thing. I found this from BJ Fogg and I consulted some of his work to design the program because a lot of his work is around tiny habits and behavior change. So what he says is literally start with just brushing your teeth while standing on one foot. That's what starts to cue the change reflex in our behavior. Then the next day, do one more activity, put your shirt on after you brush your teeth. For breathwork, start by doing six conscious, connected breaths every morning with your proper posture, which we talked about on this podcast, we talked about it in the brief program. Then from that place, add one more thing at a time. Then focus on your posture, then focus on your visualization, then focus on your breathing musculature, then focus on your breath hold, then focus on maybe increasing your breath hold, then focus on your intention. Start stacking one conscious thing at a time on top of your base, which is those six conscious connected breaths. Remember, breathe like a circle. You fill your belly with a balloon right behind your belly button. Do that. Do that to start. It might seem super mundane. You might be like, well, I'm not transformed yet. It's because transformation isn't something that happens in one day. Transformation happens in large quantities of time. Look how long it takes a butterfly to become a butterfly. I mean, it's got to struggle in the chrysalis. It's got to liquefy. We do the same thing. The biggest hack, the biggest trick we could ever do when it comes to breath is breathe like a circle, know why you're breathing, connect to it, and then stack different pieces on top of that. Also get guidance. A lot of people unfortunately, they are reverse breathing pattern people. I've had a lot of clients come over and when they will breathe in through their nose, their belly will actually go in instead of out, but that's actually chronic, and it's taught to us. A super fast example is this. If you if you cover a baby's nose, when they come out of the womb, it'll start to choke. It'll start to choke and I covered my son's nose just for a second because I wanted to see if what I read was true, and it's true. Do you know why? It's because we are all born to have relaxed jaw muscles with our mouth slightly closed, and we're born to breathe through our nose, but we're taught not to do that because of the monstrosity of stress that our nervous system is trying to regulate and process. So start there, start breathing through your nose, start breathing like a circle, and do it in a way that makes you inspired which in Spiritus is Latin for breathing. Inspire yourself to start seeing where else this can take you. If you've done a lot of things like maybe you've gotten in a trap of the mind, a lot of people, Darin, they'll take lots of training programs that are all cognitively focused. I call it being a victim of intellectualization. You guys got to listen to the solo cast that I recorded. It's so good. I'm not self serving here. It's a lot of research. We all fall into a trap of becoming a victim of our own mind. We all think that by reading the thing or buying the course or buying the book that will somehow be transformed, but we miss the real phase of intelligence which is to gather information, to be in a tribe like yours, to purchase a program, but to actually do it is what transcends us to embodiment. So we gather, we apply, we do, then we embody, but we're in a society that just makes us gather all the time.

We've kind of lost the art of applying and embodying. That's the biggest hack. It's not really a hack, though. You know I've been feeling a lot lately too, is people are afraid of what might come up when they do their breathing. I get it because personally, I've never experienced sexual abuse but I know a lot of people have. Personally, I've never been beaten but I know a lot of people have. I have my own trauma, so do you, so do we all. To be human is to have trauma. But what happens is there is a fear, Darin, where people don't want to do breathwork because they're kind of afraid, and I want to presence this, they're afraid of what might come up. Don't be afraid of it because it's there anyways. It's there anyways, you don't need to be afraid of it. And if you are afraid of it, work with a facilitator or work with someone or be involved in a community that is willing to face your fears because sometimes your fears aren't even yours. There's something that your mom and dad gave you, there's something you learned from society, there's something that when you were a little kid, you thought was true. And as an adult, you're carrying it around, and you don't even have a conscious connection as to why. So have the courage to do this kind of work. I'm like you, talk therapy is beautiful. I think that a lot of Harville Hendricks work and a lot of work in the space of emotional intelligence is beautiful. But man, if you really want to move the energy out of your body, you must move the body. You must move the breath, move your tissues, move yourselves. I had to presence that because there might have been and I felt that there might have been some people that are a little bit afraid of doing breath work, and it's okay. I promise you, there's nothing to fear, you're not going to be blasted out into an outer realm. You can take it slow, you can trust yourself to go into your own fear.

Darin: Thank you very much for saying that because that does paralyze people from looking at any of their stuff. I will also anchor that point that 99.9% of everything that you think is yours is probably not. Most of it is not. It never was yours. You were dealing, doing the best that you can, it was dumped on you, it was perpetrated on you, it was applied to you, whatever it was, you dealt with it at the time, the best way that you can. It was never yours, so stop carrying around things that isn't yours. You came from something, someone, somewhere else. That's the liberation of finally letting go of that stuff because you don't have to carry it with you for the rest of your life any longer. Josh, man, I feel like I can keep going. Thank you so much. Where can people find the app, the class, the 21 days, because I know a lot of people are gonna want to give this a go.

Josh: Dude, I want to just presence your generosity in the way you ask questions, in the way you take your time, in the way that you honor the sacredness of where we've come from. I've felt that from you when I interviewed you on the podcast at your home. Being on your show is such a treat and hope everybody understands like these are not just normal conversations, man. So the way we meet is awesome. I would love to lead anyone that feels called to do this work because it's written on my arm, "se posso respirare, posso scegliere," which in Italian means if I can breathe, I can choose. I got that one after I got trained for Mark Devine because I really needed an anchor. For everyone that needs an anchor, I'm actually going to be giving away two programs to your audience for free. All you guys have to do is go to wellnessforce.com/darin, D-A-R-I-N, and you can enter to win there. Also, if you guys just want to go sign up for the program, we'd love to have you. You can use the same code DARIN at breathwork.io. You get 20% off the program if you just want to dive right in. So Darin, what a pleasure, man. Thank you for your generosity, your presence, your questions, it's been amazing.

Darin: Dude, thank you very much. I know my audience is going to be grateful for that, not only that description of what you've been dedicating your life to, but also the opportunity for them to anchor themselves in a greater space for themselves and for their life, and to people getting a chance to win. How cool is that? Everyone loves to win.

Josh: Enter and win. We might send you some other goodies too because we have some great people in our network. I think we'll just add in some goodies, but I'm super appreciative for the questions you asked, man. It's so refreshing to have a conversation where people are just talking about things that actually are of service instead of just of entertainment.

Darin: Yeah, exactly. Me too. Well, thank you for all that you're doing. I'm just touched and honored that you shared part of your story with us today. So thanks, Josh.

Josh: Thanks, Darin.

[00:50:42] 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, darinlien.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.