



[00:00:00] Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 15 years exploring the planet looking for healthy foods, superfoods, environmental solutions, and I've had my mind blown along the way by the people, the far off places I have been, and the life-altering events that have changed my life forever. My goal is to help you dive deep into some of the issues of our modern-day life, society's fatal conveniences. The things that we do that we're indoctrinated into thinking we have to, even though those things are negatively affecting us, and in some cases, slowly destroying us and even killing us. Every week, I have honest conversations with people that inspire me. My hope is through their knowledge and unique perspectives, they'll inspire you too. Together, we'll explore how you can make small tweaks in your life that amount to big changes for you, the people around you and the planet, so let's do this. This is my show, the Darin Olien Show.

[00:01:22] Guest Intro

Darin: Welcome everybody to a next installment of the Darin Olien Show. Thanks for tuning in. I know you have a lot of choices out there, so I really appreciate you tuning in to what we're about to get into, some of my thoughts and feelings as well as my guests, credible guests. And so stoked because information is powerful. A lot of information is compromised. It's in our face more than ever, censorship, manipulation. All of this stuff, it's crazy. If the truth is the truth, why would there be censorship? Why would people want to censor things? So just a couple of things I'm thinking of, but I'm always an optimist. I'm focused on what we can do as individuals. What can you do to make your life great? And it's what you focus on. So if you're focused on the narrative, any narrative, if it's coming from your family, if it's coming from your friends, and if it's coming from mainstream media, the government and politics, if you're letting that dictate the outcome of your attitude and your feelings, then let me tell you everyone, that is a difficult thing to overcome. So that being said, I'm stoked about my friend, my next guest, Raineau Mars. She is a badass, a beautiful badass with a bunch of complexity. So she was literally born in a teepee, under a double rainbow. Real name from birth, Rainbeau, spelled R-A-I-N-B-E-A-U to her daughter from famous and infamous alchemist, Bridget Mars. She was born in that teepee under a double rainbow. And Rainbeau is so unique and fascinating creature. She's an actor. She's an author. She's been a model forever since she was 17. She was the face of Adidas. She's an environmental activist. Hell, she's an activist for people to live a healthy life, and a life of truth, and enlightenment and all of that stuff. So, she's accomplished many things. She's accomplishing in the process of many more. So she is a fun person to be around. She's engaging, she's willing to throw herself into any situation. I love spending time with her and talking to her. She's got some great stuff. She's one of the most famous Yogi's out there. So this beautiful Yogi teaching other people how to take care of themselves. And she's got this great book called The 21-day Superstar Cleanse, zero calorie restriction, vegan eating and just the healthy way to cleanse the body to allow it to work optimally. So you'll love this episode. She's this entrepreneurial spirit. She's a single mom. She's kicking ass. She's an entrepreneur person



digging into a lot of stuff, all in service of helping people and helping the planet. And if any of you know my mantra is just that, helping people on the planet. So enjoy this conversation with the double rainbow teepee-born Rainbeau Mars. Enjoy.

[00:05:44] First Half of Interview

Darin: So Rainbeau Mars, the first question that people who don't know you like, "Oh my god, oh my god, rainbow, like Rainbeau Mars, what a name," but that's your real name. It's not like you had an experience and then you got back from let's call it India again and you changed your name or a guru gave it to you. This was your birth name? How did that happen?

Rainbeau: I just finished writing my birth story. So I wrote my whole life just recently. I highly recommend doing that.

Darin: You wrote your whole life just recently.

Rainbeau: Just recently, the good, the bad and without judgment. The things that, in a way, shaped--

Darin: Almost like a recapitulation or something?

Rainbeau: Yeah.

Darin: Cool.

Rainbeau: Just to kind of process and you just navigate the psychological potential traumas and to forgive and just notice patterns.

Darin: Were you instinctually drawn to that or was that just popped up in your life and here's an exercise to do, let's do it. And then was it grabbing the obvious things that are locking you up emotionally and then you just kind of go for it?

Rainbeau: Yeah. Starting from the beginning and come to this moment. And I mean, start at birth. Usually, I have to trace back a little bit. To know thyself is to know are our ancestors. So my mom was an upper-class hippie, upper-class flower child, I call her. She came from extreme amount of proper well-to-do trust fund and like Miss Hall school for young ladies and she got kicked out of that school a month before she graduated for smoking pot. She was going to name her kid Rainbow whether it was a son or a daughter. She was not married to my biological father, but she was married to my sister's dad, Sergei Mars. And a week before she had me she thought okay, this living in the Ozarks and like growing your own food and snakes and who knows what kind of bugs they were exposed to having to wash diapers in the creek sounded a little bit too much. She was going to go home to her mom and say, "Okay, I'm gonna name her Dominique and I'll marry the heir to Walmart. You were right." And after I was born in during a thunderstorm, there was a huge double rainbow which to these hippies, it was a sign from the



universe that everything would be okay. So I became Rainbeau Harmony Mars. My mom is legendary. I mean, I think Rosemary Gladstar was at my birth, which is Timothy Leary's wife, Yoko Ono would be calling on the phone. So this was a group of people sort of leading this revolution of, in their eyes, walking the talk.

Darin: I mean, it's way beyond hippie at that point. This is like hippie, this is activism, this is consciousness, kind of let's do something about it. This is not passive kind of a thing. Is that correct?

Rainbeau: For sure, I think my mom calls them zippies. They weren't just like dead concerts. They were ziplining into the evolution, but it's important to note the story because for privileged, sometimes we can do that. We can say, I don't need this money. And then later you're like, gosh, it'd be nice to have a house. And so I, being the product of the hippie revolution, I was not happy with my name whatsoever. I mean, I would tell strange boys at the mall that my name was Jennifer Smith just to avoid the conversation.

Darin: Generic. The other side of it.

Rainbeau: When all the hippies would be smoking pot, I would just be like, "You guys, I'm calling the police." I went the other way. So it took a couple of decades really to own-- That's just my name.

Darin: Wow. So just unpacking that a little bit. Your mom had a fling of sorts, could I say that, with your biological dad? Have you had contact with the person?

Rainbeau: We were just talking about it yesterday. He was gorgeous. He looked like a black Jesus or sorry, not black. He's Colombian and Brazilian, dark, long hair. Everyone thought he was like a dark Jesus. And she just was obsessed if they had a child, it would be like a Krishna looking child. And I don't know, it's so funny when I got into the point of the story and it was painted so beautifully. And he cheated on my mom with her best friend and those types of things. And just that time he dosed her with LSD. I don't know if he knew she was pregnant, but my mom was on LSD, swimming in the ocean with dolphins, and the dolphin tried to sleep with her. If you read the story, if I didn't experience it myself, I would actually wonder if it was real. There are so many things where you're like, is this real, but they broke up because of infidelities. But I mentioned I didn't find out until many years later, living in Hawaii. I met him because my godmother, she was like, I'll help you find your godfather and she happened to run into him the week I moved there and didn't even--

Darin: Help you find your godfather?

Rainbeau: Sorry, my father. Well anyway, my sister called me and said that he tried to have sex with her when she was five. So it's so funny how there's so much protection about the hippie revolution, like we're right, free love and cureton and Hare Krishna, but often if you do dig a little bit deeper and that's why I just had to admit the tears, you'll find that we've spent in this



subconscious [00:11:35] We just have to unravel some things. So when you're experiencing that type of energy in the womb, as much as you're in the name of peace and good intentions, it can take you a really long time to heal, which in so many ways is why I've become who I am not because I had this perfect bubble around me, but there was a lot of trauma in the origin, in the original state. I didn't learn the level of morals and ethics that I've now been teaching myself just to kind of like smooth out the patterning. So yes, my name is Rainbeau and there's sun and there's thunders and there's storms. I guess you can't go back, but mindfulness and peace and self-worth and owning my self-worth would have been nice if I also had-- but I definitely learned plant medicine, knowledge, complete, a lot of magic, and that there was an infinite possibility in whatever we believed and you basically could create whatever you wanted.

Darin: Yeah. Well, that's a lot and that's great coming together. And so did you--

Rainbeau: You're shocked. I hit you with some heavy news.

Darin: No, no. I'm unpacking it in my head because there's so much great stuff here because I think, of course, we all can get distracted with anyone's life and think that and impose things on it. And clearly, no one gets out of jail free. When I mean that, you're in this life and you will experience pain, you will experience challenges, and it's the figuring out how to navigate all of that stuff. And how are you rectifying or having peace with and did you get to interact with your biological dad? What's the situation there?

Rainbeau: Well, first I wanted to say that it was I think I was around five and there was some admirer had brought some gifts to our front door and I remember at that point, I realized I didn't look like anyone in my family. You just mentioned that because everyone had blond hair and blue eyes except for me, and that's when they told me. It was interesting.

Darin: So you didn't know at that point?

Rainbeau: I didn't know. And we all do, we create our subconscious patterning. So even though my grandparents had money, there was a lot of narcissism. So my mom not only was, you know, I don't want to label these things, but we do attract what we know, just fundamentally. So both my biological father and my stepfather, my stepfather and I had a lot of difficulties. She did marry him when I was five, so it naturally pushed me into wanting to know who my biological father was, and I had sort of visions. I saw pictures of him. He was so handsome and I believed that when I met him, he would be the perfect father. And I was probably showing off to him a little bit. I really only spent one solid weekend with him in Molokai when I was living in Hawaii. And I was showing off--

Darin: This was at five?

Rainbeau: I was 15 at this point. My mom didn't really tell him that he really had a child. And she wasn't 1,000% sure I was his. There was one other person she had been with the month she conceived me. She might have known it was Tomas, but there was just this-- And by the way,



she was married to my sister's dad legally and because of the hippie times, he was being celibate and working on his art and he had said, go be with whoever you want. And in her obsessive love me, need me, hold me went to go be with this man, Thomas Hanau. I know she met his parents. I wasn't just a love child. They lived together. She was deeply obsessed with him and I think him in his way as well. But I think with these parties that they all used to have in those times, it's like, let's jump in and choose your mate and talk about-- but to go back to my dad, he offered me cocaine. He wanted to become friends with me and I was 15 and it just kind of spoiled my whole fantasy of what I thought he was going to be.

Darin: So wait a minute. So number one, he just found out he's got a daughter and you're 15 at that time? And now you're meeting him for the first time. What the hell was that like?

Rainbeau: It's so funny because it's so amazing that my godmother, we didn't even know he lived in Maui. And it was amazing that she had an essential oil company, my Indian godmother, she was at a health food store and the first weekend I said, "Will you help me find my dad?" And she was like, "I will," and she had me come live with her. And the first weekend, she's like, "You would not believe this. I have your dad here." He walked into a health food store and he's like, "Zuma." "Tomas." We didn't do anything, it just happened and this is the power of divine. It's amazing. Some of the magical qualities that I've always witnessed like miracles. So he decides to come visit us the next weekend. I don't remember my initial instinct. I think I might have expected him to still look like the pictures when he was 25, just on the beach and he looked different. And then we played chess together. I don't remember. I wasn't like holding him, I don't know.

Darin: Probably a little shocked.

Rainbeau: My heart is a little close when it make me think about it, but I remember it was weird. Then he said, "Do you want to do some cocaine with your dad?" That offended me. And my sister picked a really interesting time to call me to tell me that he had tried to have sex with her. She did it when she knew he was coming. I never had heard that before.

Darin: And your sister's older?

Rainbeau: Yeah, she's four and a half years older than me. So I don't know, the stuff seems like we're really living in the past but as far as unraveling some energetic things that might be a perpetuation of maybe why there could be more peace. I guess that a little bit explain some things.

Darin: I know. It's not comfortable to dig into my dad and this and all that story, but and it's so funny because I didn't have an agenda when you came here and obviously something about you doing it yesterday of recapitulation--

Rainbeau: I have been writing for two weeks.



Darin: Okay, well, whatever, but that energy is somehow here. And you're a warrior, so I know that you're not afraid of going into the swamp when necessary of whatever needs to be dealt with. So I appreciate your vulnerability with your dad. And so now where are you at with him in that process? And I guess from that 15 and here's drugs. I mean, what the hell do you do with that because obviously, there's no intimacy, there's no--

Rainbeau: Well, it's interesting. I mentioned that I'm just-- Naturally, for sure. There was a lot of-- I mean, we construct ourselves based on our wounds. I had a lot of confidence. I never saw myself the way a lot of-- it seemed like the world saw me. I think there was probably innately some unworthiness and insecurity. And it always surprised me when I was getting these pretty big jobs for something that I didn't necessarily earn because of the way I looked or something like that. I just had these natural things. And I'm getting to your question, but the point is, is that there was a lot of, I wanted to say, anger already and maybe judgment. There's all these, the way that were constructing and so probably pain about just that it wasn't as smooth or as perfect as what you imagine other people to have. And when my father didn't meet my expectations, which currently that's what I'm working on is releasing expectations, the way we expect people to be. Not everyone's going to be like this. The way that we react to life, we have morals and ethics potentially and we want people to read our minds. And that's just silly. And so I was being shown the level, the depth of how destructive my own expectations and anger has been hurting me forever. So at that moment, I just think I closed my heart and was just defensive. I really felt probably betrayed that he wasn't there all along and betrayed that he offered me cocaine when he had the opportunity. And he wasn't that dream together person that I always thought it would be. As far as my relationship now, and I think that that adds to how I feel now because I did this death meditation recently and when I could do my mom, it was really easy to pretend that that person was there and just how I feel about her because I have such a consistent relationship. But when I went to do my dad, I couldn't decide if it was my stepdad or my biological dad. And there was like this numb feeling a little bit over my heart. Now this was almost a year ago. So I've done a lot of healing on myself in this last year, specifically around worthiness and financial stuff which is directly connected to the male energy. I don't have resentment to either of these men truly because it just seems like there's a lot of unhealed wounds in all of us and where does that come from and what room were they in? But we're not close. He calls and leaves messages and I don't really call back.

Darin: Till this day?

Rainbeau: Yeah. I'll be like, "Oh, I owe him a phone call." He says he's building me a house in Maui and it's your real dad, but I don't really-- He's not the most-- As far as I've been exposed to just not someone who's like become a father figure to me, and it is probably what innately so much of our wounds like I said, they perpetuate or they drive our own lives. So the fact that I have a spiritual teacher whose birthday is like five days away from my biological dad, who's like a very together grounded, virtuous person, like yes, he's my daughter's godfather, but he's also my spiritual father. So you find people that you choose that have what you wanted. My mom is enough, but sometimes it doesn't work exactly out and then you have to pick up your pieces.



And we need to know that our real mother and father is within us at all times. I do believe in that, but to make peace and to get that from other sources and not expect that someone else that's wounded is going to give it to me, and to let go of the need of it is just what I've been working on.

Darin: Yeah, I mean, that's a universal thing. And I think it's tricky in this reality too that we think we need to have a certain relationship with our biological parents, but that it's cool that you have navigated and also then chosen the "parents" that are given you what the others clearly are lacking. And that's the spiritual family, that's the family of choice because you didn't get to choose the situation. But therein lies the the imprinting of starting the path, and it's easy to blow that shit off too. It's easy to just go, "No no no no, it's fine." But when it's manifesting and getting-- I always get beat up. Like my body, if I don't get something, my body's gonna get hammered. Something's gonna hit me. I'm gonna get sick, like something beyond. I can eat perfectly, I can work out great, I can do all this stuff, but if I don't listen, then it's gonna slap the shit out of me.

Rainbeau: Or we haunt us in different areas of our lives that are just kind of coming back at us showing us where we haven't healed things, which is exactly what I've been through lately. Just like sometimes we can band aid that type of stuff from an external like, oh, okay, no, I got it because someone else is holding that space but I feel that the spiritual path is it's an infinite journey of becoming at peace and whole within ourselves. So therefore, you can't just have someone else write a check where you're thinking that you have now worth. So I've done a lot of work with-- I'm just doing a lot of affirmations, diaphragmatic breathing, like going in. I think one of my yoga teachers said this, everyone thinks I said it but I remember Chuck Miller would say it all the time, "What's in our way is our way." And I literally remember teaching a decade ago and watching the mind as I would say that, like shifting away from the right side, shifting away from anything business or numbers or money. And doing very well, like I had these big band aids of people making me feel like I was worthy but until you get it from inside, like you own your worth. Well, like an alcoholic, will it be something where I'm going to, I don't know, get 1,000%. I hope so. I hope that you can go down within our way is our way and if there's like a trigger or trauma, go. Explore it, breathe into it, relax, remove the fear. It's always fear, but it does happen as you said epigenetically from, in yoga philosophy, all of our eight chakras or discs are formed between the time we're zero, like conception to eight. So I would say that the majority of how secure are we, what is our connection with our death and life and foundational ancestors, family is from before we leave the womb. And if any of that is glitchy, that's something that you're not gonna get it from anything outside. And the sooner you can start healing yourself, the better your whole life could be and then we can start manifesting consciously instead of subconsciously.

Darin: Just think of that, if that's in fact true in some capacity, you're barely conscious of yourself from zero to eight. You're given this instruction, good luck. It's like, hey, good luck with your life. And again, that's the investigation of I think the the fatal convenience. I use this term, fatal convenience is like it's very convenient to not look at yourself. It's very convenient, but there's a



there's a fatal flaw to that is like the universe's hand will get heavier and there are consequences to that. Like you said, if you don't, if you don't really want to acknowledge it now, well, it's just gonna keep coming and probably get stronger and get gnarlier and manifest in a lot more other characters that are showing up in your life and you realize, what the hell is going on? It's like until we turn around and just completely-- I don't know where it came from, I always had this visualization of a monk sitting right in the swamp. When I know I have something going on, I don't know where it's from, I have no idea what to do with it. I'm so frustrated and I just fuckin sit there. And just sit in the muck and the smell and the unleaded and for me, because that's the humility side of it all. Again, I told you, if I'm not getting something, I get hammered. It has to be because I'm that person in life. I'm just going to go and go and go. And finally, I'm wounded and I'm just on my knees going, okay, fuck, I gotta give up. Now I'm going to sit down and it's a tricky, it's not easy.

[00:27:52] 121 Tribe Ad

Darin: So for years, maybe most of my life, people have been asking me, "What kind of foods do you eat? What kind of exercises do you do? What kind of water should I drink?" All of these things and so much more we put into a 21-day program so that can take you through a theme every day of knowledge, action, and then eating these delicious meals, working out, getting support, anchoring in these new habits so you can do what? So that you can kick ass. So you have the energy, the vitality to live the kind of life that you really want. That's what it's all about. So all in this app, we have grocery lists, we have education about real hydration and what greater oxygenation and the balance of alkalization. All of these things we are diving into as you're heading down this hero's journey of implementation into a new life to give you the kind of life that you actually want. So join my Tribe. All you have to do is go 121tribe.com. Sign up, and you get three free days. Join me on this hero's journey. Join the Tribe.

[00:29:18] Barukas Ad

Darin: Many of you who follow me know I've spent most of my life searching for the healthiest foods on the planet. If you look hard enough, there are a few unknown extraordinary foods around the world that people still don't know about. And a few years ago, I came across my favorite superfood discovery of all time, Barukas nuts. When I first tasted them, my eyes lit up. The taste alone just absolutely blew me away. But after sending them to the lab, which I do and getting all the tests, I realized they're the healthiest nuts on the planet. No other nut even compares. They have an unusually high amount of fiber and they're off the charts in super high antioxidants and have few calories than any other nut. It's jam-packed with micronutrients. But they're not just good for you, they're really good for the planet. Most other nuts require millions of gallons of irrigated water, but Baruka trees require no artificial irrigation. Barukas are truly good for you, good for the planet, and good for the world community. It's a win all the way around. I really think you'll love them, so I'm giving all of my listeners 15% off by going to



barukas.com/darin. That's B-A-R-U-K-A-S dot com backslash Darin, D-A-R-I-N. I know you will enjoy.

[00:31:17]

Darin: I know you just got back from India and you just said like that was the fifth time, and you're always on a spiritual path. You have your teachers there and you said it was the hardest experience. And you think this point in our lives that okay, this is gonna be bliss, bliss, bliss, bliss, bliss, and now you're coming back on shit, this is tough.

Rainbeau: It was so good. I mean, my teacher says, well, first I do need to mention because you mentioned the swamp twice and it's like the thousand petaled lotus comes from the dirty muddy swamp. And just the going down, I noticed on many people even now around me, because I have a lot of business mentors around like, "If you spend as much time in going forward, you would be so rich and famous." I think that we need to clear our past in the sense of forgiving, analyzing, observing, and comprehending, and we do also want to forget it. We want to be like, let's go forward, what is the future. But if you notice, there's like this thing like, but I didn't put the wheel on correctly. You can't quite go forward without that wheel and to be like, okay, just because I don't want it to be there, it doesn't mean it's dealt with. So just going in and getting on your knees and breathing until that trauma is no longer affecting us is important and that is a yogic path. And I guess, it's like we want to pretend but then it kills us. We end up in a hospital because we have suppressed anger and expectations and emotions. I had been praying for this Christmas sort of New Year's holiday. I had this ritual of like, what am I gonna let go of and what am I going to be reborn to. And so I already consciously said, expectations and acceptance, that's what I'll be reborn to. So of course, though you're like, but these rooms are not clean enough and why are there cockroaches in my suitcase. We started our trip at the monastery with His Holiness, the Dalai Lama.

Darin: Where is this in Dharamsala?

Rainbeau: It was in Hoobly, which is a mountain up north of Delhi. And we had to donate and sponsored a significant amount of money and there's that ego of like, I paid more money, my should be clean. And the monk had not done a real good job cleaning and it turns out that's how it was everywhere.

Darin: He's no longer a monk and no longer with us.

Rainbeau: I literally was like, let me show-- So I was like, okay, I'm paying more to receive more. Let me show this monk how it's done. So I went grab all these cleaning products and I'm on my knees cleaning, which I do, I'm a great cleaner. That's how I became a Yogi. I used to clean the floors at yoga works and they wanted me to be a teacher. So I'm like okay, they don't really see the value of like cleanliness because they don't believe in godliness. I'm kidding, but again, see, watch my judgment. I'm judging the monks, I'm judging his holiness. And it's hard, the food is



difficult. They brought a bunch of dogs to Tibet or to this place in India, excuse me, Hoobly because they know that the Tibetans will take care of the dogs, but the dogs ran away, chased away the cats and usually Tibetans live with cats and cats eat the cockroaches. So they have a huge, huge, huge cockroach problem. It's like weird when you're on an island and you see a cockroach, it doesn't bother you, but it's just a lot when it's coming out of where you're trying to take a shower. Cockroaches are there in your suitcase.

Darin: There's something about a cockroach.

Rainbeau: I know, but I asked the monks, and they're like acceptance. Even the cockroaches, acceptance, compassion for all beings.

Darin: Do you have a spare cat?

Rainbeau: And here I am getting exactly what I asked for on every level but judging, you're expecting and then you're judging that it is this or that it's costing twice as much. And I'm thinking I bought two weeks before I left and I'm like, it's \$6,000 for economy to go to India. Sorry, again, financial stuff because I've been a little arrogant at times with money and when we came home, I almost missed my flight and it was gonna be \$6,000 more just for one way. So if I had this thing insane, I spent this much, the universe would just be like, you know what, here you go. Let's see how well you can practice acceptance. So I'm still really integrating from this beautiful transformational like upper level thing. And that was just to kind of like reiterate, there were many other examples of that through India. I won't go into each of them but one was like, I have to mention this because I paid for five nights, again, the number five. So I'm looking into what is this number five? Every hotel we were saying out was five. Every room, it'd be like 505, 555. We're like, okay, looking up and it means transformation and change. And so fifth time, I paid for five nights in Varanasi and could not get in there because of the weather. So I tried to get a refund because I had to go to another country, or Jaipur, not another country, but another city. They wouldn't give me a refund. And I translated how much rupees it was, and it was 666. And I sound like I'm not normally into numerology. It's funny how in our lives, how in our own into investigation, how something might sound, who at one point, like you have to understand that my name is Rainbeau but I was so guarded and masked for so many years of my life about the fact that I was raised with all these hippies that had kind of not necessarily given me the most perfect thing. So I was like this preppy, cute girl in a red Audi. I didn't necessarily like anything. I didn't choose numerology or astrology or whatever else, but people still say like, you're a total hippie. I always loved nature, and I always love the environment, but as I've grown to sort of open my heart, I look at things when the universe is talking to me. I'm like, okay, there are some codes here.

Darin: Especially at things like that one. There's a series of things. It's kind of the universe going, do you hear me? Like it just lines it up where you literally can't blow it off anymore. It's so easy to blow off intuition, period. Like that little, you know, my hair is standing up in the back of my head. I thought about someone they call me but then you kind of blow it off. You don't really



own it, you don't really, whatever. It's once every thousand calls I get. I maybe feel that or maybe once a lifetime. But when you get things like that, when it's just like ding ding ding, you're kinda like, I don't care who you are at a certain point. If you're born a hippie, not a hippie, when you get these obvious things, I think that I believe to my core the universe is speaking to us all the time in every way, in any way that you can receive it. There's often times in my life where I'm like, listen, I know I'm not getting it, so communicate to me really fucking clearly, Universe. I speak like that and then I slam the door and go out. I told you, like, communicate so that my humble humaneness can fuckin understand because I don't want to be suffering. I don't want to be getting slapped around by you. That happens. So when you're in India, so then you're running around, the cockroaches, the things, you got some healing crisis.

Rainbeau: Full on. Yeah.

Darin: So what was that about?

Rainbeau: Well, it's interesting because there is like, it's weird how we have calendars, but there is like this death and rebirth. And here we're in the yurt of like, in order for something to be reborn there has to be a death.

Darin: For everyone who didn't know, everything burned here where we're sitting here. My house that I can look at is no longer there. And so we're in the splendid little yurt right now.

Rainbeau: Yeah, and for us to have faith in the death is really one of the most challenging things. I think for so many people, we have this interesting relationship with death. But to change, we need to embrace it. And it's interesting how we can ask for it. Like I could say my initial attention that you're like, wait a second, this is not the Four Seasons. I'm paying \$10,000 for this, whatever it is, as opposed to, I'm getting exactly what I need and I'm actually paying the exact amount that I need to get the lesson that I need, but in that moment, it's never easy like school. But I had been in a cycle over the last nine months and had even the five people closest to me, I was even like, okay, I even had a dream about these dead turtles. And there was just all this stuff coming to me, these five dead turtles in a boiling pot of water that I had thrown in the shells. And I was like, why did I have to kill the turtles? So these people who had taken my camera that hadn't asked me to take the camera and had been stolen out of their car. And the ego will justify any reason to be like, that's not okay, that's stealing, why did you take my camera without asking it? So there was like these people and there was literally like I was in this moment of feeling, having expectations of how I would do something as opposed to other people. And it ended up coming to the beauty. The beauty of it was I got to Khajuraho, this hotel called the Lali, which is where the temples exists of sacred sexuality. And I'm a very in depth student of sacred sexuality. It's a path of sexuality for enlightenment. And so when you're dying, you know there will be the rebirth but when it's difficult, you're not always sure that-- you know, you do know but the ego, if you're aligned with the ego, you're like, I am dying. Do you have to be like, okay, [00:41:22] like, I will go to the rebirth but I literally showed up in Khajuraho and I just was destroyed from the last several months and just kind of these attacks that were very



real, but somehow I created it because I'm the common denominator. And I'm here, and so the lesson in that, because I felt like something had been sapping the energy out of my organs but it's the ego. Sometimes, it was in my own responsibility, somebody that was very close to me kind of like accepting the way that we grasp for fame or attention sometimes. Some people sell souls and we let in energy that's really dark and very deceiving. And sometimes out of egos of wanting to save someone. There was a lot of people in my life, multiple people that I was like helping and saving and like helping, and all of a sudden, there was a shift where I got to see this drainage that was happening inside of me. Like literally hook of it, a demonic energy.

Darin: And was that energy connected to certain people physically?

Rainbeau: But also the ego will come inside of us and justify its reason for expressing itself and next thing you know, your liver is like on fire. And my jaws were tight, there was just a lot of really intense energy. And I said, how do we fight for our lives? And one, my dear friend and the founder of Numa, who had actually helped sponsor the event with the Dalai Lama. He just said, "Die. If we want to live we have to die." And it's obviously so much easier than said because I didn't go out during New Year's. I was in my home, in my hotel room with poultices on my liver. This hotel, the people were very kind to us. I love Khajuraho. I highly recommend. The air is very clean, and there's these tantric temples that make the place very peaceful, and they know me there. So that I was like, okay, I'm just gonna stay in my room because the rest of India was like-- I sent Jade to the dinner. I was like I have a fever. I know it's New Year's night, but should I go to a hospital? And she's like, you're the best doctor and this is the best hospital. You're the best doctor in town. I was like, you're probably right. I had all my [00:44:01] essential oils, I'm poulticing my liver, but it was this thing of how precious our organ systems are. And I think that because I've had the arrogance of a lot of knowledge growing up, it didn't mean that I had found peace yet and was putting at bay, like the need to have a demeanor that is loving and kind. Like when somebody betrays us, you just don't get to keep coming back into my house, but love and peace, but the we literally destroy ourselves and end up in hospitals with liver transplants and kidney transplants and cancers because of our fear and anger and judgment. And basically, however our parents died and however our grandparents died for real, is the same way that we'll die but so when I say the death, it's the type of death where you're surrendering to the infinite part of us so that you don't have to die like that. You can interrupt the normal epigenetic patterning by surrendering that which is killing us one at a time.

Darin: I want to give people a sense of like step through, you're shifting gears a little bit. Step through your life, so early on you became an ambassador for Adidas.

Rainbeau: Not early on, but yeah.

Darin: Well, I don't know when, maybe you explain, but I don't know, 10 years ago? That's early on, isn't it? Earlier than now?



Rainbeau: Feels like, yeah.

Darin: Well, whatever. But you were one of the first making a lifestyle out of yoga but you also have this acting background, you're pursuing it now.

Rainbeau: I'm sure there were people like Gandhi that made yoga very famous, but I was never--

Darin: No, I'm saying here, you know what I'm saying.

Rainbeau: It's life. It's what happens when you're busy making other plans, I think John Lennon said this. I was always an actor. My first report says acting when I was six, it was like acting. So I was in the store, I did a lot of plays, was I looking for attention? I don't think so. I honestly really like acting because I have to listen and be present and let someone else in. And there's such a healing for me and on that stage and to like tell a story. However, a lot of what is being made in Hollywood is not conscious. So I'm attracted to both. I'm attracted to presence and awakening and truth seeking. And for me, the actual art itself is a modality. In fact, my first film, I was 17, I got booked in the People vs. Larry Flynt and I was in Memphis and the fact that Woody Harrelson, the star of the show movie was eating live foods and everyone was sort of juicing and doing yoga. He taught a yoga class.

Darin: Yeah, he was a vegan back in the day before he was--

Rainbeau: And I didn't know anything. I didn't know the difference. I didn't know it was a big deal that him and I were in this three-day scene together and I had three weeks in this big Oscar-nominated film. I just thought it was my next job. I was definitely like a star in Boulder and had many modeling jobs and had my own TV show locally. That was played locally. So I just knew--

Darin: When we were in Boulder, what years?

Rainbeau: Till '94.

Darin: Wow, that's just when I got there.

Rainbeau: Yeah, but because it was a college town, at 15, I'm going to bars, I think. Not really doing anything but just you're bored. And I had an older sister so it'd be like, Sonny's my sister, can I get into this club or this thing? And I actually ran through that very quickly. At 17, got this film, came here to Hollywood had certain producers that were my mentors. I did a medicine ceremony with one of them and met a very famous actress that became one of my best friends for eight years. And your life is what happens, but I'll tell you this is that I did television and commercials and nothing was sort of as big but I did want to say that the reason why I got that acting bug I think on that level was because I thought, okay, well, if I'm not a janitor at school, but look at how many people are talking about food and health. I just felt like I could see the



imprint of being a leader in that. And so I was like, from the first start, I was invited to Oscar parties. And when you're 18, you're just like, this is my life. I know that I want to be around great artists, but it was a lot of chaos. Going back to where we started, I didn't have that grounded mother and father kind of they're supporting me. For a young girl coming out here, just turning 19 and to be rushing to 10 auditions a day, sometimes in your bathing suit, and even though I had so much healthy violaceous beauty, I'm looking at these very skinny anorexic girls. You just start to be like, should I stop eating? It's just as a whole, that crazy thing and you're thinking, well, I'm not going to naturally get that job because I'm not as skinny. It's just weird. Instead of like that self worth like, they want me here because of me. And there was this one moment when I was working out really hard and drinking coffee and going to Gold's gym at midnight, and I remember being like shaking, so much caffeine, I'm shaking. I was like, I have to live in this body forever. And I had taken yoga, I'd gotten into yoga, but I hadn't really like dove in. And at that point, I just wanted to learn to love myself whatever shape, whatever age, whatever all of that. And I really kind of took a break especially from the modeling and I had some consistent jobs that paid my rent but I just didn't like that weird thing. So I put on for me, shifted to 105 pounds to like 125 which I felt like a beast. And I just wanted to fold the blankets and sweep the floors at the yoga school because there was something that it was giving me. At first I'd go to yoga with my hoodie on and sweat pants and coming off of auditions. One thing I'll say is that because I got a lot of my party now as a younger, from the time I was 19 on, I really didn't-- Well, after that first initial phase into Hollywood, but that I was done. I mean, it got bad too, the worst chemical drugs you can imagine in the beginning for sure. And it's often the glamour of like beauty and other beautiful models and people and parties and fame and just how kind of much it can seduce you and thinking like you're kind of-- I would usually end up like with whatever drugs we're doing doing yoga by myself in a room but like, I want to learn and love myself more. And I didn't realize how these synthetics were just not getting me there. But I got rid of my apartment in Hollywood, started taking yoga twice a day, got into flower essences, got a trainer, starts looking at this self love thing or this worth, would cry a lot. And I mean, the founder of Yoga Works, Chuck Miller, he was like come to Ashtanga. I didn't realize how legendary these people were. I had no idea. I thought this was every person's world wherever they are in the world. I took a teacher's training only because I just loved it. It was my piece. There was so much weird comparisons in the industry that in that yoga room, I was like, I found peace. But in the teacher training, I think there were 30 people that wanted to be yoga teachers except for me, I was like, I just wanted to take this training. And then I became the person that I received so many job offers in teaching yoga and I was like, "No, but I have 29 other numbers I can give you," and just people kept asking me and I didn't understand why me because I really didn't want it, but I also loved it, and it was sort of changing my life. So I went from yes, gaining weight and going through different diets starting with you know, you tried the protein thing and then the yoga thing moved me into Aryurvedic and learning like the self healing cookbook and I'm making pumpkin squash soup for myself and goat yogurt. And then I got into live veganism and it was really the live veganism that cleared a lot of the heavy sort of dark shadowy stuff out of my life and my career started skyrocketing. And I had offers for several films and like nine commercials. And the only reason I did the 10th video company is because it was in Hawaii and



they're like, "Do you want to come to Hawaii to do some yoga videos, it's like 20 grand." And as an actor, you're like, 20 grand, no one told me that you're writing, you're producing, so it's like five cents an hour, maybe. But for me, I was like, I'm spending all this time. I remember I didn't think of the sets that I was on as a privilege. I was like on movies where I was like, they don't see me for my heart and soul. I was these one dimensional characters, kind of basically a model only. You get to walk and talk a little bit. And if you come from LA, and your parents are in the business, and you have something. I don't want to blame the industry, but the point is that I just wasn't finding my heart and soul. So it was cool to write and to create and to produce. But honestly, it was so weird because these videos that I did in five days, four days in Hawaii became these huge bestsellers around the world and everyone thought I was this yoga teacher. And I was like, you guys I'm not actually teaching class. I just did these videos. I want to say I got a little pigeonholed as it but clearly it was my destiny. I got pregnant right after those videos. I moved to an island and I told you I booked all those things. I couldn't do them because I was pregnant. Never married Jade's dad but her dad is an Italian count. I knew him from high school. And we kept kind of ending up with each other. And I think because of my fear of really stepping into my light, I'd be like, if Hollywood doesn't work I have my Italian count with the yacht but he just wasn't, you know, it's like I didn't see it. I just didn't have that self worth. I didn't fully investigate the fact that it would just be like a complete betrayal from my spiritual path. And his mom was just like, look the other way, no one gets everything because in Italian, aristocracy, the men just cheat with whoever they want, and the woman is supposed to be like, cool.

Darin: It's the way it is.

Rainbeau: Yeah. And I was like, this just isn't quite what I thought I was getting myself into. And I came home and they spent a million dollars trying to get custody of Jade but we were never married and thank God I had these blessings of all these yoga clients all of a sudden. Sorry, I'm really going on a tangent but Rick Rubin was my was my client. I often taught his fiance. He and I were friends before that. I think I met him through Owen Wilson. I mean, I could go off on these names where I was like, I'm sitting here auditioning, and yet David Duchovny and Peter Berg and Owen Wilson. It wasn't a bad thing to do. You flee every three times a week. It was like kind of fun just to teach these guys yoga. Rick was my favorite.

Darin: Rick's the best.

Rainbeau: Rick was my favorite. I did a weird thing. I brought someone weird to France. We're not as close anymore, but I love him so much. And I would always want to teach him like Ashtanga or movement, but back in the day, he'd always want me to teach him restorative. And so that's really how I learned to be a great teacher.

Darin: Rick wants what he wants. He pretty much gets what he wants.

Rainbeau: Yeah. A thousand percent but the fact that I learned as a young girl how to do restoratives, like how to teach restorative, so it made me really learn the art of teaching. I don't



remember. So basically when I came back, that's all I had. I came back and I had Rick as my client, but there was a shift, there was a change. I don't think I could have only been his person. It was an eight year relationship. And then as soon as many people change out of my life, and I had been smoking pot though. I don't know why I'm adding that. I was going to this custody battle. And I hadn't done chemicals, but I was like, instant yoga. I don't want to glamorize that because I don't think it is. I think it's highly addictive and it represses what you're actually feeling with another [00:56:38] because I had gone through so much, and I just was like, oh, someone almost really actually took custody of Jade. It actually happened on paper. And I didn't have time to do three hours of yoga anymore. I didn't have time to do my own inner work or much less audition. And so I was smoking, but after that point, I was like, forget this and I stopped smoking and I feng shui-ed my house. And I just started getting really clear that I can do this with inside of myself. I was engaged to someone. Actually, Christopher, the founder of Essential Living Foods, the other superfood hunter. He kind of was, it's true, but I just wanted to like, okay, this is time. I'm here. I had no idea what was coming, but it was weird how Adidas, they literally called me four times to meet with me and I was like not calling them back. I was busy. And they asked me like, "Would you like to be-- You have your own clothing line and be the global face of our company for women." And I didn't realize that really hadn't been done before, but I had this incredible job opportunity where I would be-- It was a global buyout. So literally my resonance and being became-- I got to consult with them on the entire clothing line including bringing them a sustainably harvested eucalyptus clothing line that took a while to get that up, but that was really fun. And the content that we created and I went around the world to China and Africa and Turkey and Dubai and London and Germany. And it's so interesting how I, in the beginning, thought how am I going to teach my yoga martial arts system in Asia, like who am I to teach anything? And that's one of those examples of like, my worth was a little bit coming from this incredible opportunity that I had to share these gifts that I maybe didn't quite have still just now like owning, where like, okay, I have some things to share. But at that time, I hadn't done this year of affirmations. I was just like, why me? Why am I on a Billboard? And so anyway, I think since then, it's interesting how that was three years and probably reaching like at least going to 30 countries in Brazil. I taught 3,500 people at a time. And it was an interesting phase, I just have to add this because my yoga teachers had sold yoga works and left and during that whole time, I had no one who would mentor me. No one who I could really go to when I would try to reach out. I don't want to say their names but a couple of the people that were-- I was like, "I need a mentor." No one, there was a lot of unfortunate jealousy. Yogaworks fired me. I just literally had no one. And I would eat live foods and then I would sort of like crash and binge eat on the first class dining and just was like in this cycle. And at the end of it, I was going to get paid instead of \$13,000 a day, I was going to get paid \$1,000. They were going to give it to any yoga teacher that chose it. Not any, but if I would have accepted it, I could have. That's when the first time I went to India and I was like, I probably am going to come to India and realize that that's still a lot of money for people. But I went to India and I realized my dreams were becoming really, really vivid and profound. And I knew that the Earth was going to have these shifts. And I knew that I had to-- I was dreaming that I was like running towards these crystals and people were following me. It didn't matter who, how many people but I was having these a lot of



apocalyptic dreams. And it's interesting how when we sell our souls, how it can be really kind of nice in the beginning, and then all of a sudden, it just shifts and then you realize you're not living your destiny.

Darin: Yeah, all of a sudden.

Rainbeau: And it just became the message, the moral was, if you are not working for the truth, you are perpetuating the issue. People are following you into the areas that is the problem. It's at that point that I really became a student of yoga again or psychological meditation, letting go of the physical practice. Teach me how can I actually be of service. I mean, I led some teacher trainings and I got to pay my mortgage, but I just had to defragment. And I'm still in that process, but I do feel like I became two trips to Egypt, five trips to Peru, studying with an Incan priestess who can make it rain, who like talks with the rocks and the elements in the water. Learning what I'm learning from Tibetan Buddhism. In a way I just feel like I've just begun but I feel that the information that I've started to learn is valid enough where I can be of service again. And so when I teach whoever wants to learn or share whether I'm helping someone with natural medicine or essential oils or food, it is a privilege and an honor to serve but for me, it has to be the truth. I just put the quote on my Instagram feed but it's like, I'm only one person, says 7 billion people. We're going to be at 10 billion people on the planet, can you imagine what we could be capable of if more of us choose to be awakened and actually live thoroughly and responsibly and like just cut off all of the perpetuation of the cycle that is destroying us and become conscious? And we can awaken and that is the truth is that humanity will become enlightened in the future, but the children have to not fall. And that's an essence. A couple of things I've learned is that and anything we don't fight is something we're saying yes to. And so this whole hippie movement that thinks that the perpetuation of the chaos and the free love, sex, and drugs and rock well, if we think that's gonna enlighten us or different versions of that, there seems to be a lot of darkness on the planet and there's a lot that we're seeing it in the fires and the floods and the destruction but in our Aveda, we would say, it's a reflection of the Chaos within us. So if we can put our spiritual practice into high priority and to become balanced, this is the greatest gift we could give to the world.

Darin: Hundred percent.

Rainbeau: Again, I want to end with saying that too. If we want to live, we have to die in a beautiful way. So die to the greed, die to the pride, die for the next generation, and let's get out of the way and come together and just do what is, like what is actually natural.

[01:03:31] Fatal Convenience Intro

Darin: Now we've reached a part of the show where we address society's fatal conveniences, and how we can avoid falling into them and being a victim of them. I defined fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Even



though they may be saving us time, or tricking us into thinking they're good for us, the truth is, they're not. In fact, they could be slowly harming us and even killing us.

[01:04:10] Fatal Convenience

Darin: What's up everybody? How's it going? So we've reached this time of the episode where I'm talking about fatal conveniences, and this one's a monster, but I'm gonna try to distill it down as good as I can. So this is the healthcare system. The fatal convenience of our very own healthcare system. There's many different tentacles of this, but just off the bat, medical error alone accounts for 210,000 people dying. That is crazy, ladies and gentlemen. Listen, I love doctors and doctors are smarter shit, but there's something really wrong with that. So that's number one. So, if we were okay with any system killing, mistakenly killing 210,000 people, would you be okay with that? Do you know that? So by going into a hospital, your infection rate goes up because of their antibiotics, their cleaning systems, all of that stuff is creating superbugs. Those superbugs are resistant to antibiotics, sometimes even reported within 30 days. These microbial viral giants move at 800 times what we can even remotely come and try to develop over the top of them, which is why we're losing the game. The other side of it is in the United States, I'm going to focus on that a little bit, we spend 3 to 10 times more than any other country on the drugs. A common heartburn drug example sells for \$213 for a prescription. And guess in the Netherlands... \$23. What's up? It's exactly the same drug. So that alone, there's just alarming stats to all that stuff plus the liability of the drug companies have cozied up with our government. They have no liability, no harm can ever be flung back on them for causing harm to you, especially the vaccinations. If they were so great and if they were for our health, then why would they do that? They're incentivized because of their massive over no regulations. We're the one of the only countries that doesn't have a price control worked in with the government. Why would we do that? It just incentivize these companies to inflate the prices to make opportunistic choices to get fast on the market causing infinitely greater harm to us. The other side of it is that our doctors are incentivized by providing lots of tests and very little care. So the more the doctors can drum up tests, and diagnose and have them through a bunch of testing procedures, the more they get paid. They don't get paid when someone is well. They get paid if someone keeps coming in and they can add more tests. That is insane. It goes against the Hypocratic oath. It goes against the oath that these doctors or to do no harm. It's causing people harm, giving them drugs as a mode of health care. And then these people have to pay all this money and then are beholden to this revolving door of trying to get better when there's no way you can get better. There is no way you can get better by staying on drug therapy. You can't actually achieve health through drugs. That's a horrible situation. So they're openly saying that about 50% of what happens in medicine. These are doctor saying, they are openly saying that 50% of the medicine and the tests they give is literally a waste of time. Ladies and gentlemen, what is happening? I don't get it. It's just an incredibly sad thing that we have now, and people who actually need real care don't get it. They just get it through drug therapy. The leading cause of death, heart disease, preventable. Second leading cause of death, cancers, largely preventable. Third leading cause of death, chronic lower respiratory diseases, preventable. You



go down the list, you keep going, diabetes is seventh leading cause of death, preventable. There are so many things that we can do. What can we do? What is the thing that we can do? Eat whole foods, mostly plants. You know I'm gonna say that. Eat mostly plants. Eat a wide variety of whole plant based foods, drink a bunch of water, rest, get your sleep and move every day. You're gonna stay odd of these antibiotic resistant horror shows of a hospital and not be given drugs as a way to health. Find practitioners, find functional medicine doctors that can test you and see exactly what nutrients you need. The cornerstone of your nutrition is micronutrients. The minerals that you need sends off a cascade of effect if you don't get the proper balance of minerals. The way to remedy this stuff is eat well, move well, drink your water, get lots of sleep, and hang out with some good people who are not going in and out of the hospital. Move your body, enjoy life, stay out of hospitals, and then you won't have to pay 10 times the amount of drugs that they're trying to give you. That's my fatal convenience. Damn, health care system in the United States is my fatal convenience. Take control of your health by taking control of what you're putting in your mouth. And we all know with this COVID thing, largely when people are compromised, they're more susceptible. Duh! Makes sense, right? Don't create an environment that is opportunistic for bacteria, viruses, and molds, and parasites to proliferate. That is the work of Dr. Antoine Bechamp, an amazing researcher way back in the 1900s was screaming at when American Medical Association was trying to form in which they did. He was saying you guys have it all wrong. It's not this germ theory. You're not catching this stuff. We're always interacting with germs, bacteria, virus, mold, we are always interacting with it, but if you create a healthy, vibrant environment of your body, you create it very difficult for these bacteria, viruses, molds to proliferate and get a hold of you. Take responsibility for yourself and your life, eat well, move well, drink your water, sleep, and be happy. All right. Thanks, everyone. Hope you enjoyed this one.

[01:12:30] Generic Outro

Darin: That was a fantastic episode. What was the one thing that you got out of today's conversation? If today's episode struck a chord with you, and you want to dive a little deeper on a variety of topics, check out my live deep dives on darinolien.com/deepdive. More episodes are available on darinolien.com as well. Keep diving my friends, keep diving.