



Align Your Body & Your Life Through Movement | Aaron Alexander

[00:00:00] Guest Intro – Aaron Alexander

Darin: Hey everybody, welcome to the show. This is Darin Olien and this is the Darin Olien podcast that you are tuning in, that you are listening to, that you are vibing on just to shout out saying thank you. Thank you for the love. Thank you for the listens and thank you for sharing and liking, passing the knowledge and the inspiration on of my guests and the show that helps us move the needle on where and what and who we want to move forward on. What we want to talk about, who we want to talk to and what vibes man do we want to put out in the world. So, I appreciate that, I appreciate the love. I have been involved in movement and exercise physiology and kinesiology dating all the way back to my years of playing college football and exercising since I was 16 and then getting degrees in it and manual therapy licenses and just tons of stuff. And my next guest Aaron Alexander inspired me by the way, he put things together, the way he's looking at the body, the way he's looking at movement, he's been a movement coach, a founder and creator of the aligned method. By the way, you definitely need to check out Aligned Method book and his Aligned Podcast. He's got a great way of putting this articulating and inspiring through the words to get us moving better. And the curiosity oozes out of him, he's worked with tons of professional athletes and performers, and of course celebrities all of that stuff with the curiosity of greater strength, flexibility, and really all of that to say, ease in the body and the mind. He's been a truth seeker and spending years backpacking around the world and letting his curiosity be the natural integrator of, and for the foundation of him finding and outlining what he really believes is balancing the body and how the body works.

Darin: There's some cool things we got into this episode. We talked about up and down from the floor, just that movement, and then sitting on the floor, using the floor and letting your body when it gets uncomfortable to move it in other places that is infinitely better than just sitting and slumping in a chair. So, we naturally go through different positions when we are sitting down and we have to get up. And if you are looking at emails, sit on the floor, like maybe get the laptop off of you and on a stand in front of you directly. And this is ways that you can allow for the pumps that exist within the body, the spine, each vertebra from the toes to the calves, to the hips, to the neck. What's your neck position like right now? Is it too bent forward? Is it a cellphone looking down and slumped in? These things and a whole lot more we talked about you will quickly realize that Aaron is a master of this movement and this understanding and articulation between the body and its intimate balance between our state of being, our mind, the rest of our body and how we are in time and place and space. So please get up and move around, stretch through this whole podcast, move around, move differently, get up and down and off the floor as you are listening to this and you will know and feel the difference in that. And if you do that every day, if you do these little movements every day and be consistent, you will be infinitely better. And there's no pill, there's no potion that can make up for the natural movement that needs to happen. And let's be the best versions of ourselves, not out of perfection, but let's just strive to be better every day. And yes, when we get hit with adversity, when we get hit, even with injuries let's move, let's keep moving because that's life. Life moves when you are having a hard time know that, that too



shall pass to all the people struggling with lack of movement, I say no more let's move. For all the people struggling with the lack of movement in the mind, struggling with mental health issues. I say, let it move and let's go and please reach out to people to help you. We are here as brothers and sisters in this life. Okay, that's it for me, please enjoy my new great friend and movement specialist Aaron Alexander.

[00:05:01] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve our lifestyles, strengthen our mindsets and take better care of this beautiful planet we call home. If you are looking for motivation to take the next steps towards a happier, healthier life then you are in the right place. And I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

[00:05:43] Interview Commences

Darin: Dude, thanks for jumping on here. I was super stoked to talk with you like what's your background then? I definitely want to dig into the alignment method, what you developed.

Aaron: Yeah, my background is largely like starting off. I kind of have like a description of myself as a younger person as like a deranged baby giraffe, just like very long aimless limbs going in all directions and just very like uncomfortable feeling in my body. And then there was a switched into becoming absolutely obsessed with body building and just body building in like all the wrong ways other than using steroids as a young person, but just like very beach muscle centric, just not really much awareness around integration or balance or any of that. So that translated into a lot of injuries and a lot of like I was playing ice hockey. I grew up in Pennsylvania playing ice hockey at the time. And like, as I would get more jacked, like progressively, there was like every three months it was like, okay, I am like nine pounds more jacked. I would just digress in my capacity for sport and I was like, what? Like as I look more rad and impressive, like all the actual meaningful attributes of my life just completely diminished. And then chronic ongoing, like back pain and had some shoulder dislocations and had an ankle dislocation, had like really bad ankle injury, just like a lot of imbalances. And then there was also at the time kind of like some imbalance in my home situation as well. My dad was getting into drugs and ended up going to jail when I was like 16 or something. Now he's like the sweetest man in the world and is completely reformed and is helping people in similar situations. And he's kind of like a miracle in that way, but that kind of presented an interest or awareness, at least in retrospect, like how my home life and my internal life, my thoughts and feelings and all that. It informs the way that I train in that situation. It was compensation towards adding on size as quickly as I possibly could.

Aaron: I think, as like a defense mechanism, because internally I felt quite unstable and like out of control. And then that turned into move to Hawaii connected with like Lenard and Gabby. And I used to actually work at a restaurant called Colleen and Lenard and Gabby would come in there and it was like this epic thing where they would come in, like make them like a Nisswa salad or whatever. And that was, it just became a slow journey of working with



clients to help them kind of unwind their own issues that I was like unwinding myself and then studying (inaudible, 08:23) things form of manual therapy, kind of like physical therapy, manual therapy type thing, various forms of body work and got into jiu-jitsu, got into surfing and training and just kind of, it's been a slow process of putting the pieces back together. And here we are talking about it and still certainly in process of putting the pieces back together, I would say,

Darin: Yeah, well, amen to that because it's a continuous process. It's always astonishing to me when we take another advancement into understanding the human physiology interactions in this quantum space that like just rewrites everything. So, like from the microbiome to never putting your knees over your toes, which is not necessarily true, because it's funny as you say that there's several parallels to your journey and my journey and I never really thought of it. So, at 16, after being beat up by my brother and my dad was a dry drunk, he got sober when I was four, but it was just fucked up in the family. And so, when I picked up my first dumbbell and then in two years gain 50 pounds.

Aaron: Yeah, that was me too. It was awkward, people were like steroids, I am like, no, I am just obsessed and very insecure. It's just like a dose of insecurity and Korea team, like every day, 12 times a day.

Darin: With a load of natural testosterone when you set it up right and then, yeah, man, I, I played sports and football in college and ultimately got hurt. And funny enough, because I got hurt. I studied physiology, kinesiology, nutrition in college, and then it's not giving you answers, right? So then later after college I went to similar to Rolfing, I went to neuromuscular therapy classes in 94. So, it was like, oh, that made sense to me turning on, turning off muscles, all of that stuff. Because this area is why I was stoked to talk to you, this area is forever fascinating. And so, for you having gone through that journey, what were the things having built all this muscle look good, but slowly start to fall apart, not feel good. What were some of the big moments where you said I got to do something different?

[00:10:45] Understanding the body

Aaron: I think with anything it's like the pain for a lot of people ends up becoming the greatest teacher. The story like the wounded healer is by you getting placed into your own fire of yourself, whatever that may be and really like being cringed by it and being misaligned and feeling lost and feeling uncomfortable and feeling like all the things that every person for the most part has resistance around wanting to feel. In retrospect, those are always the things that were absolutely the most meaningful parts of our lives. And those typically bring us the teachers and bring us the books and bring us the actual trajectory change and so I think for me in that, I still feel myself making mistakes and I still feel myself learning new ways to be in my body with regularity. And new tricks of like, wow, like that made me literally 15% stronger in an instant specifically, I am referring to a thing called bite training right now that I am training with where you are engaging your mandible and you are like pull, you know, you are biting and I will get back to the actual question, but this is just an interesting example of something that like I have been professionally and amateurly working with how to make the body perform better for the last 20 years and then never even thought of the idea of, okay, what if I put a resistance band around my feet? And then I put a rag up on the top



of the band and I pulled down on my jaw. So, I am forced to clench my jaw down and also forced to start to retract my chin back and engage that whole posterior chain. And now try doing a pull up or now try doing a push up or now try engaging in anything shadow boxing. And within that, it's like, oh dear God, like just like in an instant, suddenly I am able to get out five more pullups and feel generally lighter in my body. And we can get into like the mechanisms of why that is with that. But that's just kind of like a tangent of there's so many secrets in this life and in this body and in relationships and just the way that we engage. And I think it's curiosity and also pain, which oftentimes curiosity piggybacks on pain, because we are trying to solve our own problems.

Aaron: So, for me, I think it was pain and discomfort led me to finding teachers and going to school to try and scratch my own itch. And there hasn't been one specific inciting like aha moment. There's been like various different ones throughout my life. I tried to imagine that's probably the way it is for you as well. There are lessons everywhere, it makes life more exciting when you realize how little you know, and when there's something that was been right under your nose for so long and suddenly it opens up one day because somebody at the gym tells you or somebody on a podcast tells you. And everything changes after that point like, there's so many more of those crossroads to come, it's just exciting.

Darin: You know, the thing that when you said just under your nose, that the first thing I thought of was the idea, it was Patrick McEwen, like, wait a minute, like breathe through your nose, not dominantly through your mouth. And I was like, holy, that was one of those completely. It was like, I felt stupid because of I am like, of course.

Aaron: That's right.

Darin: like it's right in front of you and you kind of knew that physiologically already. And you are like, why haven't I similar to you? It's like, you have been in this and then you find those things and I want to get back to the mechanism. Because I find that super fascinating too, about the bite down and maybe we can just jump into that because I want to go through your list of some of those moments that I have quite essentially had ahas, but then grounded into your new understanding and maybe habits and awareness's.

Aaron: So, I think something that's interesting is I have done a handful of podcasts episodes, a guy called Gabor Mate very well known in the world of psychology in general, but particular addiction. And one of the things that he mentioned to me in one of our conversations was that he's like dumbfounded by the fact that he gets paid tens of thousands of dollars to show up at these events and just tell people a bunch of things that they already know like there's nothing. He's not solving cancer, world peace or these things that are very like apparent that gets up and says things that are very, very apparent. Everyone knows that, be like, oh, oh yeah right, okay. And then everything kind of shifts after that, there was no gimmick, nothing fancy, no big technology. I think that that's the thing is in many ways, for me, at least I almost prefer for things to be complex because if they are complex and I don't understand then that means I am not an idiot. I am waiting for like that big technological advance that's going to save the day, which I think often, you know, that can kind of be related to like perhaps some interpersonal relationship with your parents, you know, like waiting for a father, figure, waiting for the mother to come and like save me that I can lean on as opposed to taking



responsibility for the here and now right now. But I mean, there's so many things that it's like if we are just swimming in low hanging fruit to be healthier, meanwhile, statistically obesity's rising every year and diabetes and self-harm and usage of pharmaceutical drugs for anti-anxiety medication antidepressants, like all of these things just seem to be gradually increasing. Meanwhile, the simple things, just getting more sunlight, getting early morning sunlight, maybe reducing exposure to high frequency light after like 10 o'clock like blue light and all that stuff. Paying attention to your relationships, paying attention to the quality of your thoughts. Have you ever actually been really intentional and attentive to like, what are the thoughts that are streaming through my mind each day? And is there any practice that perhaps I could do to start to almost like prune that a little bit just as though I had a Bonsai tree in my porch, stillness having some semblance of relationship of like not being completely bound by this tornado of my thoughts that are streaming through my head each day, the big one that comes into something that I have devoted most of my existence to is the effect of movement in our day-to-day life.

Aaron: It's insane, when you really look at the way a modern person moves throughout the day or doesn't, it's your hips do not go below the height of your knee for the most part like ever like it's off the table, it's unbelievable. And you look at even the way that for a person to have a healthy poop to defecate as; yeah. They don't mean absolutely need to, but just the morphology of the body, the anatomy and structure of the body. When you go into a deep squat and your hips go below the height of your knees, it elongates the poop shoot the rectum. There's a thing called the Anno rectal angle that starts to open up and elongate. There's a puborectalis muscle that wraps around the front acts as almost like crimping off the hose. So, you don't poop your pants while you are out for a run or taking a walk. There's like clues in the structure and the makeup of the body on how to just live, how to inhabit ourselves essentially in day-to-day life. And in many ways, we have kind of divorced ourselves of the clues of like when the sun goes down, it's just long wave light, that's like a clue. Nature's kind of saying like, okay, like this is kind of how it goes. How is it that suddenly we have like abandoned having darkness in our daily patterns. The structure of your body goes in order to have a poop you would naturally go into the squat instead to live in a world where the squatting position is like largely abandoned. Suddenly that might end up presenting a world that has issues like billions of dollars investment in osteoarthritis of the hips each year and osteoarthritis of the knees and hip replacements and knee replacements. And 80% of people experience chronic back pain at some point in their lives, all of these or discogenic issues and it's like this laundry list of issues.

Darin: Not to mention constipation and all of that stuff of just the crimping of the hose.

Aaron: And then the opposite of constipation is peeing your pants. And that's the adult diaper industry. I think it already has or it's set to very soon is exceeding that of the baby diaper industry. Those are issues that's not just being a human and so readapting and reevaluating and renegotiating the story of what does it mean to age. And recently did a podcast as well with a gal called Dr. Becca Levy who just wrote a book called Breaking the Aging Code or something like that, I don't remember.

Darin: Yes, I had her on as well.



Aaron: Okay, yeah. So yeah. So, one of the things that she mentioned in that was, I believe she conducted the research on it, but they asked various different groups of individuals around their perception of what it means to age in their like early thirties. And then they followed those people until they got into their sixties and they found that it was some staggering number. It was like, I think it was like two times more likely to have cardiovascular disease. If they had the belief in their early thirties, that aging was a problem. Aging's like, oh yeah, you are going to wear out, it sucks, it's sad. It's sad.

Darin: Yeah.

Aaron: Come on.

Darin: I know, you know, from our modern day world and going back to what Gabor said, we have divorced some part of ourself. We have divorced, common sense. We have got so distant from the natural rhythms. We have created our own environments where we turn on our own lights. We go to sleep when we want to, we turn on the AC and the heat and we are changing our environment. We are living 93% of our life inside, as opposed to literally flipped from our ancestors. They didn't have to bio hack because they were living like they were supposed to be living in that natural rhythm. But I have this term called fatal conveniences where we kind of like, okay, it might sound great, but you have also then just divorced all this other stuff. You dependent on shoes, your feet have never seen the ground in a decade. It's all of the stuff, dude. It's like, it's just astonishing to me that on the one hand we are even surviving because it's just bonkers and that's statistic about the older population peeing themselves more than the young, that's tragically comical.

[00:21:26] Lack of movement and the toll it's taking on human evolution

Aaron: Wow, yeah. It's tragically tragic too like the idea and I know that you are not like belittling, but like that's like another one and we will talk about prettier things as well. But the one that's, I think the most tragic that hits me, like the hardest is fall risk for elderly. And that's something that I think every person can relate to. Every person has someone meaningful in their life that they can picture being an elderly person. And they want that person, if it's yourself or someone that you care about to feel sovereign and to feel strong and to feel empowered and to feel independent and to feel they don't need to carry a freaking red button around. In case like they take a knee, that's the mind-blowing thing. And that's the thing that like, I go crazy thinking about it, like fall risk is the number one reason that elderly need assisted living is the risk of like, well, if they go down, like, what are we going to do? We got to go someplace else. That is not just a human predicament like that's not a Japanese thing or an Indian thing or a place where people are just getting up and down off of the ground with regularity. It comes back to like a Gabor Mate thing where it's just like, I can't believe we are even talking about the value of getting up and down off of the ground with regularity, because it seems so ridiculously simple. There's an interesting book called *Muscles and Meridians* by Philip Beach. And in that book, I referenced him quite a bit in my book, *The Aligned Method*, where there's a chapter, all about the value of getting up and down off of the ground, just why that matters. And also, like have the skill in it as well. And he refers to these positions of like just floor sitting, like, hang around any kid or any person from any place that's not completely indoctrinated by sitting in chairs for their whole



life, essentially. And they will just go through these natural sitting patterns, 90, 90 position, or a straddle position or a cross-legged, cross nothing, or maybe a sayza sitting on their shins, maybe they will toe sit for a little bit. Maybe they will layer on their back, maybe they will put their feet up on a couch, maybe they will put their feet up on a wall, but it's just very normal, any healthy semi biologically in tune being will kind of just do that stuff. And he refers to those positions as almost like tuning mechanisms for the joints and the connective tissue and the fluids that acts a natural way to circulate all that lymphatic fluid and just all the blood and all this stuff. The human body is essentially like you think of us as like a terrestrial water carrier. So, we are like these bags of water and it's like bags wrapped on bags, wrapped on bags and facial tissue is kind of encasing those bags and facial tissue is largely water as well. It's this beautiful crystalline structure. What needs to happen in a, for a body to be healthy is it needs to be circulated.

Aaron: It needs to be slippery; it needs to be slidey. All those muscle bellies need to be able to slide across each other. All the visceral, all the organs need to be able to slide across each other. And it's just this ongoing perfusion of fluid. And every time you get up and down off of the ground, you go through that full range of motion with your knees and your ankles and your toes and your hips and your pelvic floor muscles and your discs and your spine and the cerebral spinal fluid circulating through your spine and your brain bathing your brain like that is vitality. That's a healthy body and if you remove that, it's comparable to like removing a pump from a pond before you had a pond that was pumping 500 gallons an hour or something. When the pond's like, yeah, we need about four to 600 gallons per hour pump to like stay healthy. Okay, cool. Beforehand, we had this sweet 500 gallon per hour pump. I don't know if that's a big pump or I don't really know how pumps work in ponds, but just making that number up. So, then you remove that and you say, okay, now I am going to go to this like modern more sedentary chair-based lifestyle. Suddenly you have replaced it now with this like diminished pump where it's like, oh, it's like 150 gallon per hour pump. It's not only is it less circulation of fluid, like less force from the pump, just running this metaphor as visualization. It's also not even pumping at all to certain quadrants of the pond. So, it's less circulation and we have also blocked off certain quadrants that they just kind of don't get rehydrated and circulated anymore. Now you have disease in a pond, it's very simple. When you start to really like, just come back into how simple this human experience could be. So, then something as just like obscenely elementary or basic is like, okay, what if I just incorporated more of this tuning movement like Philip Beach would call it into my day. And I maybe had this conversation with a friend we are going to go like do a picnic. We are going to do it outside and we are just going to sit on some grassy area. We are going to be some trees, that might be great, but maybe we will put our cell phones on airplane mode for that timeframe. We will move our sunglasses maybe we will be exposed to all the natural fights and sides and the chemicals that booster our immune system for that timeframe. Maybe we will expose ourselves to some new social interaction. Maybe we will say some compliments to some people that walk by and start engaging with some of this like gratitude and this connection part, not feel so alone inside of our cell phone land that we existed, but then we are going to get up and down off of the ground with some level of regularity.

Aaron: Every time I need to pee every time, I need to grab something out of the car, I am up and I am down. I am putting my hands on the ground like that is training like that is rehab,



that is prehab. There's so much packed into that obscenely simple situation, but many people, I think what probably people listening to this would see quite overtly is its people not really examining that low hanging fruit aspect. And kind of continuing to live in lives that are kind of void of some of those things that are just inherently health inducing, and then waiting for the big bio hack to come, or the big technology that I spent \$20,000 on. And I roll this device into my living room and boosts my mitochondrial function or something. But so that's the thing that I find interesting, it's like cute almost in a way there's so much out there. And it's so darn simple and many humans and again, myself included kind of waiting for this big complex technological savior to come. I don't see it coming personally.

Darin: That's why it's a little cheeky in the bio hack world. And I too, I love listening to all that stuff and there are some good optimizing situations, but I reverted all the way back to my kinesiology final exam. I think the final exam was this picture on the mound is throwing a baseball. Now what's activated in all that and then virtually you go through the entire body from the toe and the flexion, the extent all of this stuff. But then as you are describing this stuff, I also go, this is how the real longevity, again, really simple longevity people over blue zones, over a hundred, all of that stuff. If you watch them and look at them in their life, they are not going to a gym. They are regularly moving; they are up and down. They are going for their walk, they are socializing, they are all of that stuff. That again is kind of we have convenience ourselves out of all of these things and isolated ourselves into these cylinders. And it's crazy and then you did mention, because we are not these linear beings, like the, just that social interaction and that just seemingly picnic, but infinitely complex in terms of what is actually going on.

[00:29:43] Creating an open-door zoo, metaphorically speaking

Aaron: Yeah, that's like a system theory perspective on fitness that you become the shape of your environmental conditions. I am sure you are familiar with Bruce Lipton who wrote the book Biology of Believe. I recently went out to his house where I recorded a podcast as well, which was like a, just a massive honor for me, because he was like one of the primary influences on me at a young age to kind of start to look at the body a little differently. And what he does as a cellular biologist is works with cells and Petri dishes and does different experiments and changes the contents of the dish. The culture is word I am looking for and what if we added this? What if we add that? What if we, you know, in what he suggested to me, I don't know a lot about psychobiology, but is if you want to change the structure, the function of the cell and the dish, you change the culture that it exists in. You don't do anything to the cell. The cell is a continuation of the container that's like the medium is the message is another way of saying that. That's like the idea that we think that what we are learning in books, when we go to school and any place where there's education is prominent, like this, we are learning. We think what we are getting from that is the math equations or the history lessons or whatever but it's the medium that we are actually existing in. That's having the largest impact on that pupil or that person or ourselves. So, it's like, no, like where are you learning? How are you learning? Who are you learning with? The what part is like details and I think also it's very easy in conversations like this to kind of go into like a fire brimstone. Modernity is like moralistically bad and hunter gatherers had this romanticized life that was just objectively better. I think that's also maybe a little bit like not absolutely accurate because I think that there's a balance of like animals that live in a zoo



from my understanding actually live longer than animals that live in the wild, like significantly longer. When they have like safer, healthier lives in a lot of ways, maybe not healthier, but like it's definitely safer like actually being like a wild animal is like very dangerous and like hard.

Aaron: So, to romanticize the idea of like, okay, we need to be hunter gathers like I don't know if many people really want to be like a true hunter gatherer, but the idea of kind of starting to blend, like I got this from another friend called Daniel Vitals. And he has a show on outdoor channel called Wild Fed. He is very into like the rewilding idea and movement. And what he suggests is the ideal for a human is like a well-constructed intentional zoo where the gate is open like that's really what we want. You just want a fantastic zoo where you have the environment that's, it's replicating what the human in nature a hundred thousand years ago would have access to maybe similar type foods, similar light cycle, similar dark cycle, similar movement patterns. But it's within our Highrise apartment or it's in our home wherever we are living. And then you also have like outings where you like go out into the real nature and have that with regularity. That becomes I think, much more attainable where it's like, okay, cool like I don't need to live in the woods to be healthy. In fact, that would some ways be like harder on my body in certain ways. So how can I start to bring some of that into my world's like, okay, well you could probably start to integrate movement patterns into your home life that might look more like what you would do if you lived outside. And so, one of those things might be like just simple, obvious, low hanging fruit, be maybe get like a low coffee table and drink your coffee around that, or drink your tea around that or check your emails on that or do your zoom calls on that. Get yourself a floor cushion so your hips can go up above the height of your knees. That way it's going to stabilize your sacrum in your low back and sit down on that floor cushion and go through a few different ranges of motion with your legs. Just like any healthy child would do or any healthy person around the world would do.

Aaron: With that you can kind of bask in the reality that one you are going to feel better immediately. You are circulating all that all built up lymphatic fluid and all like the stuff that pulls up in your lower compartments. That from when you are sitting on a chair all day, you feel really tired when you get up. If you are just standing in place in a mall, it's one of the most taxing things a human can do of all the thing you could be outside, painting a house, digging holes, standing in a mall for four hours. The most taxing thing that I personally can experience on my body like I would absolutely take a marathon over that. As far as like the way that I feel afterwards.

Darin: That was so funny I just went to Kenny Cheney concert and I stood there and I was like, I am toast. Yeah, like I am like, what the hell is going on? Because you know we are there and we are having blast. And like, we got to talk to him before and after and all that but we were watching you not leaving. We were standing there for two hours, I am like, oh my God. So, I started stretching, I started because I had to, I am like I had to.

Aaron: Yeah. I want to get to make a t-shirt it's like says normalized stretching, normalized stretching in public.

Darin: Perfect.



Aaron: like, it's fine if you are living in a maligned world, if you want to make some executive decisions for the health of yourselves and you are living in a world that statistically is going in the direction it is, you are going to look strange at some point in the day. It's just the way it is.

Darin: On the back you just put, "be weird".

Aaron: Yeah, which weird is like is an old English word, friends like veered or something of the sort. It means fate. And so, the idea of being weird is someone that's actually in control of their fate, because they are willing to be different. That's like a rule that I have for myself. It's not like I wrote it down or anything. But a general rule that I have for myself is if something is to the betterment of my cellular wellbeing, I don't really care about offending people or making people uncomfortable. That doesn't mean I am going to take my like penis out in a mall or something. But if it's like squatting in a bank while I am hanging out or if it's, I am going to do a lunge and open up my hips while I am waiting for something or I am going to hang off of this bar or I am out for a walk, I am in a city and it's sunny and I want to get more sun. I am probably going to take my shirt off and go for a walk and get more sun. Roll my shorts up and just like get my solar panels out, try to support my hormonal function and try to, you know, tuning my neurochemistry by being massaged by the photons of that light. I am like, oh, I want to like bathe in that. And that can get conflated with kind of being like trying to stand out because you want to be seen because you are weird or there's like a pretentiousness to it. That's not what I am going for but there does take courage. I think in a way to actually live a more cellular supportive life in the modern era, which is kind of interesting.

Darin: Totally, there's so many opportunities and yet we are walking around so afraid of what other people think with a tight fixer and we need to loosen up and we need to start going into that place because we are slowly just calcifying ourselves. We are just crunching ourselves and solidifying ourselves. And I mean that in every way, I mean that mentally, emotionally, spiritually move the body. So, you move emotions. So, get those out of the body. Where are you feeling it? All of those things, I love what you are saying before we jump here and I want people to check out your book because clearly everyone listening and they are like, holy shit, I got to hear more from this guy. Because I love what you are saying because you've just hit a lot of buttons for me and actually lined up a lot of things that I have thought about that I have felt. You came with the system and a method so briefly go through that. So, then it sets people up to be like, I got a reset book.

[00:38:11] What is the Align Method?

Aaron: So, the alignment method is set up, I originally just wanted to call it a line and make it be kind of more like a philosophical credo on physical inhabitants. But the publishers were like, no, like it needs to be the method and you need to kind of structure and organize that. So, I think that's oftentimes with many, I would imagine you probably consider yourself an artist or people consider you an artist or anybody like creates ideas or content or writes books or whatever. There's like an artistic aspect to it. It's typically more like, oh I don't want to contain it, man. I want to just like, let it be. The Publisher be like, nope, we are from New York like we are making containment and that's the really beautiful thing. And that's why masculine and feminine goes well together, that's the duality in young LA New York. Like, it's



both are great and they are the best together. And so, the Aligned Method, what it is? So, it's a guidebook or a manual that includes all of the most highest leverage lifestyle choices and like hacks, which I don't really love that word, but just ways to make it so that your whole day 24/7 is just filled with opportunities to promote longevity, promote flexibility, promote strength, promote optimism, feeling confident, feeling spaciousness and comfortable in your physical body. The reality is your whole day is an opportunity for that like there are very few situations where there are not opportunities to feel a little more comfortable in the body. If you just kind of augment your choices just a little bit or shift your hips in this direction a little bit, or do a little something with your feet or maybe choose looser pants. So, you can actually go through a range of motion or maybe have some awareness of footwear choice or understand the effect of light on your eyes. And maybe I don't need to wear sunglasses all day. Understand the effect of sounds in your environment, the way that that informs the production of your physiology, touch, contact. I had Andrew Huberman, he helped with the visual chapter. I had Patrick Quian help with the nose breathing chapter, had Lenard Hamilton did a blurb and Gabby did a blurb for, which I was really grateful for Kelly Starrett he did the forward and went through the whole thing and.

Darin: I know all those people you put them all together the A's.

Aaron: Yeah, exactly. Yeah, and a ton more people that I just really admire and respect have done the aligned podcast, which we have done over 400 episodes of that for the last or seven and a half years or something. And so, it's like the coherence of the most, just high impact ideas on how to really live a better day, all wrapped up into 250 pages. And it's written in a very simple, digestible way that you could be squatting to take a poop and you open it up, which if you are squatting to take a poop, you won't have time. Because it's probably going to take you about seven seconds of poop, but you could be sitting on the toilet or wherever and open to any page. And there would be life changing information within a paragraph that was the litmus test as we were going through, it is like, okay. And I did this on the toilet many times where I literally just open up a page and start reading. It was like, okay, was there something that improved my day in this that was like easy and digestible. And that was really the function and intention of writing it. So yeah, that's one description of it.

Darin: Dude, that's amazing. I am going to walk around on my deck with my computer because even in this conversation, my awareness was like, I got to get up. My body's saying you got to get up. Even though I got to cool like zero gravity chair and blah, blah, blah, I got to move.

Aaron: The body loves resistance think of the body and think of yourselves, all the electricity, the body electric. Think of it as like one of those wind-up flashlights. So, the way that you get energy, like you, you got to put wood in the stove to get fire. You got like to energy, you got to wind the cells. I just had a meeting with some people from my team and in the meeting, I have my little tripod thing here. And so, what I will do is I either set it up so I will like, raise it up so I can just stand it wherever I am at. And I will walk it around like it's like a mic stand or I will walk outside and I am holding it in front of me, like a selfie stick. And so, I can see everybody on the meeting when I am not talking, I just put it on mute. So, I am not interrupting anything with like wind sounds or whatever. And that's how I do almost all my



meetings, unless I really, really need to just be still because we are looking at some kind of documents or something. And that's something that, again, it seems maybe a bit boundary pushing for some people, but like why not be in a business or work culture that we are advocates for the health of each other. Steve Jobs, he did like a multimillion-dollar walking path out front of his new facility. And that was because he really prized the value of creative ideation and just like the health benefits of just taking a walk. And that's like, it's another one of those things. It's like, you feel almost like an idiot saying like, oh, it would be really great if we just took more walks and it's like, well, looking at any of the research, it's one of the most high leverage things you could do. And it just, when you start stacking variables and you go outside, you take your sunglasses off, you take your shirt off. If it makes sense, you get around a body of water.

Aaron: Maybe you drip your face in a body of water. You activate the dive reflex and start to bring your body into more of like comparison pathetic, calm state. You will emphasize long exhalations because as you are breathing, you are tuning that autonomic nervous system, that exhalation is going to be more parasympathetic calming. Maybe you take in the panoramic view of the world around you. When your eyes go into that panoramic view, this gets into Hemant work. That's going to, again, eyes are neurological tissue. So, you can augment your autonomic nervous system with the way you use your eyes. So, while you are on that walking meeting, now you are relaxing your eyes emphasize some longer exhalations. You are taking a walk you are around nature trees, all things it's like, wow, like you literally just conducted this amazing therapy session on yourself, this restorative therapy. And it was called a meeting that's what you did a meeting.

Darin: I love that, I think everyone's going to implement some version of that after this podcast, dude could talk to you for hours. I am honored and grateful and thank you for your work and your contribution to let us feel in and out of our bodies. So, I much appreciated dude.

Aaron: Yeah, of course and then if people want to go deeper into this stuff, we have a free community that we just set up that I am quite excited about. Then I am in there answering questions each day. There's about 1500 people or so that are in there now since we started and it's a cool place it's completely free and that's alignedpodcast.com/community. People want to continue this conversation; we share a ton of content and that's a good spot. And then Instagram, everything's all at Aligned Podcast if people want to go deeper into the things.

Darin: Beautiful and we will put all that in the show notes as well.

Aaron: Thanks man.

Darin: Much love brother.

[00:45:26] Podcast Outro

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would like to learn more about my incredible guest, you can find all of their information



in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode.