

Speaker 1: Bulletproof Radio. A state of high performance.

Dave: You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that guided imagery or visualization now has some new research out that shows that 10 minutes of imagery can reduce your blood pressure, lower cholesterol and glucose levels in the blood, and heighten short-term immune cell activity, and even reduce blood loss during surgery and morphine use, which is kind of cool.

So less pain killers just from a little bit of guided imagery. Kind of cool stuff. Today's show is really cool because we're recording live here at Bulletproof Labs Alpha on Vancouver Island and today's guest is a friend and someone who's done a lot of work for me. His name is Doctor Barry Morguelan. Doctor Barry is a gastroenterology and endoscopic surgeon from UCLA medical center.

He's spent 35 years in practice. So a very well-credentialed guy who's traveled around the world teaching other doctors how to perform surgery without just opening someone up, you know, from navel to sternum. Instead going in with a little endoscope. That's not what we're going to talk about. We are going to talk about the fact that, over the last 35 years, he's been traveling to China and learning these amazing Chinese energy healing techniques that make him one of 12 living grandmasters of his energy medicine tradition.

I'm going to ask Barry about that. You're going to learn what he's done. Barry's not exactly a famous guy, but he's supported presidents of countries. When Tony Robbins goes onstage quite often Barry has been in the back of the room helping him out. When I had the opportunity to speak on Tony's main stage, people said, "Oh, you know Barry!" Everyone on Tony's staff loves you, Barry, because you've been there a lot of times.

When I first heard about you from our mutual friend, Jay Abraham, who's also been on Bulletproof Radio, Jay's like, "I can't tell you what he does, just he does something interesting, and unique, and you'd like him. Go meet him." So we met and you put cups on me. Did all sorts of stuff that really most UCLA surgeons don't do. First off, welcome to the show. I want to get into your story.

Barry: Thank you. Thank you very much for having me come.

Dave: You graduated from medical school in 1973, right?

Barry: Right. I started practicing around '78 and then began into gastroenterology and boards around the 80's. So really I went full force I'd say around 1981.

Dave: All right. So the year after I was born, you graduated from medical school and you've been going out and working ever since then. You've searched the world though. You didn't just go to China. What other places have you been to learn about energy medicine.

Barry: You want the short version or the long version?

Dave: Give me the interesting version.

Barry: The interesting version. Okay. You know, it was let's see. 35 years ago, yeah, when I started practicing. I always used to come in through the emergency room. So I'm coming through the emergency room and I hear the people, you know, in pain. I'm walking up to see my patients to discharge them. They're all doing well, but one patient, Miss Rodriguez, I assigned her a bad and said, "You're doing great, Miss Rodriguez. You can go home now. It's wonderful."

So the sun was shining through the window and I said, "Wouldn't it be great though if you didn't have to go through this at all. What if you never had to get these tumors and diseases and, you know, you could avoid this whole hospital. You could get stronger through time. You actually could, you know, instead of having this downhill course that people think life's about, because she wasn't 21. She was much older. That you could actually become healthier with time.

She was such a sweet old lady. Maybe you could imagine your grandma or something. She takes my hand. She says, "If anybody can do it, you can do it. Go try." So in that scene with the sun, and her hand, and me feeling this way after that it just kept bugging me so I said, "I'm going to do it." So then I went on to start a search for the next, you know, 25 years looking for what would do something for people to allow them to not only not get sick, but actually get stronger through time.

Your capacities to be able to function, whether it's sports, or whether it's writing a play, or whether it's inventing something all those things are within us, but people get waylaid by, you know, illness or distractions, or your kids. It's like, "What if you became really really effective?"

So I started looking for that and I went to let's see. Italy, Germany, all Europe. 13 different countries. South America, Central America. All of them are great, but I still didn't find what I wanted. I went like every three months. I had other doctors come into my practice.

Dave: So you'd go down. You went to South America, let's say. So you go down, you show up. You're like, "I'm a big bad western doctor," and you go back 30 years, huge credibility. White lab coat.

Barry: Oh, yeah.

Dave: People they sprinkle flowers in front of you.

Barry: Right.

Dave: Not really.

Barry: Or a baseball hat.

Dave: Very very well respected in other words.

Barry: Right.

Dave: What would you ask for?

Barry: Well, the way I'd worked it out was always I would be able to teach there and I would get to teach first. I figured through the doctors there, they must know everything that's in their community. So by offering my services to help out, I would go like every two or three months and I would just call different doctors at different hospitals in different cities and say, "Would you want me to come and demonstrate some of the things that we know in advances?"

At that time in Los Angeles you see all these very very advanced in gastroenterology so it was a real plus to visit other places, and discuss, and go over things because doctors really wanted to find out what's going on on the other side of the world. This was before cell phones.

Dave: So you would show up, and you'd come with great credentials, and you'd say, "All right. So I'm going to show you my western medicine things," but then you had to be like, "I want to know the crazy stuff." What would you ask these guys for? They're also doctors but they know maybe more of the local traditions.

Barry: Yeah.

Dave: What would you say?

Barry: Six to eight years of asking people, "Well, you know, I understand what you're using here on the hospital, but so are we. Do you have anything where you don't have to use medications? Do you have anything where the person can like avoid coming to the clinic or seeing the doctor?" In some places, you know, almost every place had something interesting.

I mean, France had aromatherapy and aromatherapy's great, but it wouldn't replace, it wouldn't allow people to get free of having to do this whole routine of getting sick, going to the pharmacy, buying drugs, taking the drugs, then have side effects, then have to take care of the side effects, and then maybe the problem's still not done.

So time, money, everything is lost. I want people to be actually spending time with their family. Spending time at their job. Spending time being, you know, creative. So the goal was each time to say what else do you have? So in Germany they had wonderful electric machines. You know about many of them.

Dave: Sure.

Barry: In those days they had the RIFE machine, which they still have.

Dave: I've had one myself.

Barry: With like 150 things that you can electrocute yourself with and you sit there like this. There's nothing incorrect about any of the people, even in Brazil with all the crystals. The crystal beds, and crystal mountains, and you spend all this time meditating there. It was fabulous, but it wasn't something I could bring a whole crystal cave back to UCLA. It wasn't something I could have you have at your home.

My goal was that each person remember could be their own physician. You could be your own doctor. You just keep yourself healthy and well and then you start to become your own guru after a while because you're hooked into staying healthy, and happy, and in peace. Not worried.

So each place was just phenomenal, but Central America had all these huge herbs with these big leaves that they were burning and, you know, everybody would inhale all this. There would be altered states. Again, I wasn't going to get that through the IRB at the hospital.

What leaf? Who's checking? So that wasn't going to go over well, so I had to keep looking for a long time. It wasn't until I think about after about, oh, eight years I decided that I don't think there's any place. I think I'd logged up to 150,000 miles airtime.

Dave: Wow.

Barry: Had taken a lot of time off work, but I had a big practice. I was very successful. Still am, but I mean I was at the peak very soon in my career both teaching, being at UCLA, having a practice, and being able to go around and instruct.

Dave: Weren't you a little concerned that your colleagues would think you were crazy pants?

Barry: That was very important. I tried my best just to tell people, "Why do we need to cover your practice? What's the reason? Don't you need to stay here? Your practice is going to fall apart. Why are you going?" I told them what I'm looking for and they went, "Oh, yeah, right. You're going to find the Fountain of Youth? No one's found that yet. You're wasting time."

So they would heckle me every time. Every time I'd come back and finally as they said, about eight years into it of leaving every three months one guys said, "Well, you find it yet?" I said, "No." He said, "Well, you're never going to find it. It doesn't exist." So at that time I made up my mind. I said, "The only place I haven't gone to is China."

Back then China was not China today. It was not like Manhattan Beach. I remember Manhattan in New York landing there. It was completely different when I finally went there. It was just rickshaws, bicycles, crowded streets. Very few, almost no cars. Not a

wealthy population. So when I got to work there, finally I had the opportunity when I was in one of the hospitals to read some books that had pictures in them.

Those books had pictures of people treating somebody, but not touching them. Not doing anything and the person was getting well, so I asked the doctors I was working with there and they said, "Yeah. That's the source of all of Chinese medicine. That's the source of everything." Remember, we're the Middle Kingdom, you know, they still had all that information from those days.

Whether you're a western doctor and believe this or not, that's their culture and it actually is very useful to know the principles behind that. They said that "All this has a source and that's the source energy people," and I said, "Great. When can I meet them?" They go, "Impossible. You'll never do it." I said, "Why not?"

"Because they're not here. They're not in the cities. After Mao, they were all sent into the mountains, and they don't come down very often at all, and they're not very nice. They stay up there, and people have to go there who want to get treated, and it's treacherous working your ways up the mountains, and also they may not treat you. It's a huge expense. In those days somebody could be treated ..." you know, I was shocked. This is 25 years where people say \$10,000 a treatment.

Dave: Good God.

Barry: That was amazing. What happened is I got to see it happen. I got to see people getting treated when I finally made it up there.

Dave: how did you make it up there? How did you establish trust?

Barry: Well, trust is a real interesting thing in China. I was able to work in the hospitals. I had wonderful connections with all the people there and the doctors. So I kept at lunch, at dinner, sometimes over at their houses I'd say, "Come on. You must have somebody who could take me there." Finally a couple of them said, "Okay. My cousin'll take you this far, and then his friend'll take you beyond there, and you're on your own. We can't protect you. So if anything happens out there, remember this is China. You've read about the Huns coming over the mountains. We can't tell you what's going to happen. Plus there's no, you know, fine roads to get up the mountains." So I didn't care. I literally had been looking for so long. I wanted it.

Dave: There's no cell phones. There's no way to communicate.

Barry: No cell phones. Nothing.

Dave: Right, so you're at the hospital. I mean, didn't you learn about Chinese herbs first?

Barry: Yeah. That was really funny. Really funny.

Dave: So from the hospital, you went and how did you learn about the herbs?

Barry: That was before I found that book. I saw because I asked them. Remember every city I would go into I'd ask the doctors, "Okay. What do you have different? What do you have that's used instead of, you know, routine western medicine, pharmacopeia, surgery?" They go, "You're the top of the endoscopic advancing curve and you want to know about something from our old culture?"

I said, "That's really why I'm here." So he said, "Okay. What you can do is we have a nearby traditional Chinese medicine hospital and there they have acupuncture, herbology, and some massage, some acupressure." They said, "If you want to go there, great. Go ahead. We'll set it up for you." So I actually worked in the pharmacies there and working ...

Dave: Did they grind up any salamander eyes?

Barry: Yeah. The pharmacy there is not what you expect. It really isn't.

Dave: That's crazy.

Barry: There's a big open window that they have to keep open all the time because, with the fumes coming up, it's really almost toxic. That gets you to, you know, have a direction for it to go out and then the ladies who were there, let's just say that you don't have the antiseptic technique that we have in the west. It was, "Okay. Go over there and pull out that little drawer," that you'd have to like reach up to get and there was all these little tint wooden drawers like in Harry Potter there.

Dave: Kind of like ...

Barry: Yeah, like this? A little smaller. You just pull it out. Sometimes I couldn't even see what was in there. Plus they were dirty, and dusty, and so they go in their eyes and you go, "I wonder how often this thing has been opened? What are they going to do with it?" I reach in there and I go, "What is this?"

You know, the weirdest things that now you can read about, but I don't know if you'd want to take them. If I offered you to eat this, you wouldn't. They put it in this big canister, and then they'd add water, and then they'd boil it at a certain technique and then finally they decant those things off. What's in there, do you want me to tell you?

Dave: Sure.

Barry: Oh, gosh. All kinds of things.

Dave: Bat wings. There's stuff. Pieces of animals, and bugs, and bark.

Barry: Swallow's saliva.

Dave: Yum.

Barry: Yeah. All kinds of poisonous things that come from either small reptiles or larger reptiles. You're right. Bat wing is in there. Spider. Certain things from the spiders. It was so fascinating to me that they could make these potions. Then I would go upstairs with the pharmacists afterwards and, with the nurses, we'd roll this cart twice a day, and we'd stand at the patient's bed and say, "Okay, you can drink this," and we'd have to watch them drink their medicine, okay?

So while I was there, I had to try it. I said, "Well, you're here. I'm going to see what this is like. The patient looks like they're tolerating it." So I tried to drink almost every one of them. You know, drink as much as I could and see what would happen. Let's just say you really want to have to get well with that regimen because the taste is unbelievably not okay.

I think my experience of herbology though was that a lot of patients got a lot of benefits. It wasn't in the United States very much at all and I'm glad that much of it's come here. Then again, the quality of the herbs that they've got is not something that went through a factory or anything else. It's all, "Go out here and pull this off of this mountain. Then during the springtime collect enough of those and then we'll have that for this particular medicine." Then acupuncture was the same thing. I got to learn how to put in long needles with flames on them and it was kind of amazing.

Dave: The closest I've experienced to that is here in Victoria I got a referral to a guy who was almost in his 90's from China. His eyes kind of look in different directions and has written a textbook on acupuncture and herbs. Same thing. Really long needles, all that sort of stuff. It was the first real acupuncture session I had.

Barry: That's the old style. That's the best style.

Dave: It was phenomenal. It was like my energy skin fell off my body and into the floor. It was the strangest feeling and afterwards he wrote something in Chinese. He said, "Take it to the Chinese herb store," and they opened the drawers and they gave me these big paper things full of weird stuff to [inaudible 00:15:45].

Barry: Good.

Dave: Tasted like ass.

Barry: Terrible.

Dave: I think it made me better.

Barry: Probably.

Dave: It was unpleasant.

Barry: Definitely it was unpleasant. So how am I going to bring that back to UCLA? It's not going to work.

Dave: No.

Barry: My goal always was, of course it was fascinating to learn, meet people who were so committed to having these disciplines work, but they all had drawbacks. I mean, when you're doing the acupuncture thing you're talking about.

Dave: When we did the long needles, you see long four and five inch needles going into organs and things like that.

Barry: Oh, yeah. Plus surgeries doing those. Yeah. When we did it in a clinic, which was like three times a day, it's not like one person's getting treated. There's like one bed here, and then two/three feet away's another bed, then another bed. So you can imagine needles are going into this one. You light all the herbs on top of those things.

Well, there's different kinds of moxibustion, but this is one kind right. Then put the needles in this one and the next one. So imagine 15 people in a room with all this smoke going up and a little tiny window in there. The floor there around there in the clinic for it all to escape. So, when you'd walk in, the acupuncture area was like completely like this. You had to be using all kinds of smoke.

Dave: Wow.

Barry: Can you see that here?

Dave: You use [inaudible] or what do you use for moxibustion? All sorts of herbs?

Barry: Yeah. A lot of different. That was fascinating. What different types of herbs that they use. None of them smelled like the moxibustion we have in the US though. They were all quite strong. Which is what I'm saying. If you had a whole cloud of that in front of you from a lot of different people ...

Dave: You'd get high.

Barry: You'd go, "This is a lot of smoke to be breathing in," but I said, "I'm here for a period of time. I'm here to see this. I want to know what it is." Everybody else seemed to be doing okay. Plus, when they went outside, they were smoking cigarettes. It was weird. So, you know, it's very big in the orient, especially in China, to smoke cigarettes.

Dave: So you learned all this and you said, "I can't bring this back to UCLA," and then what happened? How did you get to the next level? Did you go to the Shaolin temple or what was the deal there?

Barry: No. The next level was I was already doing martial arts. I'd been doing martial arts both here and during the eight years when I was searching and even though I did go to the Shaolin temple and did get to meet a number of those wonderful people and get to do the exercises with them and have a great time.

You know, I didn't think that standing on wooden posts and doing different poses was still every client or every patient was still what every patient going to do when I come back. I wanted something that the person could take off on their own and they would have to like be that powerful because the Shaolin guys were really powerful. They can break things. I love learning how to break through, you know, wood and rocks.

Dave: You learned all that kind of stuff?

Barry: Mm-hmm (affirmative). Yeah. I thought, "Maybe it's on the way." I thought maybe I was going to discover ... I would sort of find it in all these different things, but I didn't.

Dave: You're a pretty peaceful guy, but like, could you turn that on right now and kick my ass?

Barry: I wouldn't do that to you.

Dave: Of course you wouldn't. How could you?

Barry: You shouldn't say that to your friend.

Dave: No, no, no. Of course you wouldn't. We're friends, but in other words, you walk around. You're a very very peaceful guy, but do you have that like ...

Barry: Oh, the ability that somebody actually ...? Yeah, it's one of the things that's really important with this discipline that I'd love for everybody everywhere to have at their fingertips is that you get this ability to be 360. So instead of just being, "Hi, I'm here with you," you're not just sensing this, which is part of the whole program.

You're sensing here. You're sensing here. You're actually sensing behind you too. So if you have all those sensors on, which some of you go, "I didn't even know I had those sensors." Well, this is what it's about. Someone enters this field, you'll notice it. You'll notice [inaudible]. The other day, Christa, who was with me. The executive ...

Dave: One of your executive assistants, right?

Barry: Yeah. We're going through the airport and we're talking, talking, and then I just said to her, "Which one of these kiosks are we supposed to go in to board the plane?" She said, "Let me check the tickets," because we got so engrossed we didn't even know where we were exactly, but we knew we were in the right terminal. She says, "Okay ... number." I said, "It's there. Right in front of us."

She goes, "You did it again." Serendipity. All of a sudden, even though you're involved in something that is completely different than, you know, knowing where you are in an airport, part of you is still picking that up. So then when we stopped in that place, we actually got stopped in exactly the place that would support us. So we didn't lose any time. We actually did two things at once.

Dave: So you have this situational awareness. You still have your martial art sort of background.

Barry: Some of the things we were doing earlier.

Dave: There's a story I want to remember. This is another of my brave ass martial arts friends. He was telling this story. One of his teachers was walking down the street and, you know, in the 80's. He was walking with his friend, and apparently back then the cool thing was you'd see someone you could just tell was a martial artist. People came up to challenge him to a fight.

Barry: That's right. See, it's so hard for Americans to understand, "What do you mean? You're walking down the street and people might break into a fight?" Yes. The discipline for many many years and many of the old Chinese movies will show you that.

"Oh, this clan is over here learning this type and this type." No, it's not like, "Okay, that's great." No. One of you is going to end up the one telling the other one that their style is not okay. So it's constant fighting. Yeah, I saw a lot of that.

Dave: You saw a lot of that. Okay. Well, in this case, my friend was walking with a really advanced master who really wasn't into fighting. One of the guys picked up and he said, "I don't want to fight you guys," and they said, "No, we're going to," and he said, "All right." He did something and they basically both fell down without being touched.

You could just say, "Fine. Whatever. That's myth," but no. My friend was there. He's not lying to me, right? This happened. Then as soon as the guy [inaudible] he goes, "Too much masculine energy. I have to do some feminine energy to balance things out because I don't like doing that anymore."

Barry: That's right.

Dave: It's fascinating that there's that stuff. So did you meet the guys who can do this?

Barry: Yes. That's when I finally got to the tip of the mountain and they showed me ... Well, at first they didn't want to show me anything.

Dave: Of course. Tell me that story. It's cool. What happened when you got there?

Barry: When I first got there, it was like I was seeing what I finally always wanted to see for now going onto nine years now.

Dave: Where was it? Was it the top of the mountains? How did you get there?

Barry: You know, first on a train, then on the back of some guy's motorcycle, sitting on that thing and then there was a long walk up the mountain.

Dave: Okay.

Barry: By the time I got there, I was not certain what would happen after that. They just told me how much bad experiences you can have up there, but what I did see as I was going up there, people carrying other sick people on different routes up the mountains. I was going, "Okay. They're doing it, but how are they carrying that person?"

Dave: This was like a monastery with the imposing gates.

Barry: No. Not such imposing gates, but definitely a monastery, and definitely some wonderful Chinese buildings with some great things in the round that had, you know, the symbolism of the Dao. Also all the different positions to be in. It was drawings of that and it was fascinating. I was just watching people actually doing the thing I've been searching all these years and didn't even know it existed. So finally I knew it existed. So this was like the greatest experience. So I was like happy and they didn't even act like I existed.

Dave: Back then in China, if you're a westerner, usually you would get a huge amount of attention.

Barry: Zero.

Dave: I mean, when I first went there, they're like, "I want to take a picture with you," because they've never seen someone so tall.

Barry: Yeah, in the cities.

Dave: This was almost 20 years ago, right?

Barry: Yeah. When I was in the cities, or playing with kids, everybody wanted to touch you. Hold onto you. Take a photo. Up here remember their MO was that, "You really don't belong here. Why are you here?"

Dave: So they would ignore you almost.

Barry: Completely.

Dave: They let you in?

Barry: They didn't kick me out, let's put it that way.

Dave: All right.

Barry: So I went, "Do I want to stay here with all this like, you know, non-appreciation connection?" Of course, you know, I have a voice in the back of my head back then. Not so much now, but it's going, "Hey, they shouldn't be treating you this way. What is going on? They should at least have some courtesy."

Dave: Rodney Dangerfield. "They've got no respect."

Barry: Yeah, they've got no respect. Then, you know, I said, "I'm so excited about being here." I didn't care. I remember the first days when I was watching them, and seeing all the different things that could happen, and wounds being healed right in front of me, as a physician, we don't have that where you cannot touch somebody and heal a wound right in front of the person.

Dave: Did you have some cognitive dissonance? Like did you question like, "Am I really seeing this?"

Barry: Mm-hmm (affirmative). That's why I had to stay more. I took lots of notes and I had to keep coming back and they didn't throw me out. They sort of looked at me and with a slight sneer. The sneer got less after a few days, but mostly it was almost no one to even ask a question to because they really don't want anybody there unless you're going to be treated for some illness or some problem, or something you need to break through in your life. Also there was the people who were there trying to get trained, and there's the grandmaster, and then his first lieutenants under him, and no one else is supposed to be there. For a lot of reasons.

Dave: Does he give you a bed? How did you sleep and eat and things like that?

Barry: In the first week or so?

Dave: Yeah.

Barry: Let's just say it wasn't so clean where I slept a lot. It wasn't so clean. Yeah, it was sort of like a barracks, but not really a barracks. It was like a board that I slept on, but it was okay. I used one of those ... I wrapped up some clothes for a pillow and laid there and that was fine because, in the morning, everybody would be up doing certain kinds of exercises, which I knew from the martial arts, but these were different.

The exercises they were doing, I would just get in the line behind the other maybe 15 students that were there and then everybody looking at me like, "What are you doing here? Why are you here?" I figured, "If they're going to throw me out, they're going to have to physically throw me out after this. I'm out."

I would just follow their exercise and I would love doing that. Actually, after two and a half weeks, they started to connect a little bit with me. You know, they would say, "You know we're going to have lunch now," or something like that.

Dave: Did you speak Chinese?

Barry: Some. Yeah, I spoke Mandarin a bit. Enough. Plus I had my dictionary that I was always using. I remember we couldn't do the iPhone thing where you could show things. They were a little bit nicer in terms of letting me at least know when there was going to be lunch and dinner because in China in those days, it wasn't a very wealthy country, but everyone was very communal. It's Communist, but it's communal.

Very hunter-gatherer in a nice way. That part was okay, but still no one would answer any questions. If I asked a question and they would look at me like, "We're not going to answer that. Maybe stay here three years and we'll answer that. Four years." You can see the sneers nevertheless. So I used to call it the experience of a stray dog. There's actually a word they kept calling me while I was there, which isn't a complimentary term.

Dave: What was it?

Barry: I learned to turn it around. Yeah, so there's a thing called gweilo.

Dave: Oh, yeah.

Barry: gweilo does not mean good.

Dave: Devil.

Barry: gweilo means foreign devil. So you're bad. You're a bad thing. So after a while, my Mandarin was much better then, but I would introduce myself as mostly gweilo and they would go, "Wow. Why would you say that?" because I needed to have a name. That was my thing, because that's what everybody else called me.

After a while I got a little rapport with the people and of course I stayed at a distance from the grandmaster or the lieutenants because they're always like a sacred space they're holding, which is one of the things they really wanted you to know.

This discipline is meant to be a sacred space. It's meant to be the repository of all the energies that, as I found out later, all the energies that eventually grew out of the branches of, you know, kung fu, chi kong, acupuncture. Personally I had to have a source.

Dave: This was a source?

Barry: This it turned out to be the source energy, so I was really fortunate in that regard.

Dave: What's it called in Chinese?

Barry: English I can give you. In English it is called younger energy. The other ones it's called, which is the most common name, new life energy. As you get treated, almost everybody says when they do. They actually go, "This is the best I've felt in days." It's almost like you drop your karma if you keep doing the exercises, and you get to go forward with a new life, and you feel younger. So that's how it came about.

Dave: So you guys listening, remember that thing when I said I'm planning to live to 180 or longer? I think I might learn a thing or two from Doctor Barry. Just saying it. All right, so continue.

Barry: Well, there's a lot to say about that.

Dave: Yeah.

Barry: Remember, I don't know if we're going to get there, but I came back to Los Angeles eventually after a number of trips there and started treating people here. A lot of people did take photos before and after and dramatically ...

Dave: As you were treating people, you were like holding hands over them, and [inaudible]?

Barry: Well, there's a beginning.

Dave: I just want to know more about how you ... There's more to the story of what happened.

Barry: You want to talk about the temples?

Dave: Yeah. Tell me what do they do at the temples? What was it like doing this?

Barry: You would think, having gone through a medical program, which ...

Dave: It's vigorous.

Barry: It's vigorous. It's very much like you're in the marines. Really you're here to work hard, and you're not going to have any free time, and your teachers are your bosses, and you're going to follow that or else you're not going to get great education and then we're going to kick you out.

Everybody who's a pre-med knows that and then in med school's the same. I went to med school to, you know, an intro to medicine degree. Another two years in that. Then boards and then gastroenterology and endoscopic surgery. With that another two or three years. Trying to get more and more training because I wanted to find out the best of the best of western medicine, but it's never like you have free time because it's like a lot of work. A lot of learning.

You might say, "Well, after you learned all this stuff, you still have more room in your brain for that?" Well, to me I didn't like what I saw and felt every day as I walked into the hospital. Really I just came in to be a doctor. To help people. I think I've got this part down, but it's not enough. It's not what people really need. People need that relief.

To not have to have all these things pulled in just because you get ill, or you get an injury, or a bone broken, or something like that. Which, up there it was much easier to treat any kind of break. It was amazing all the breaks I saw and the deformed people that would come up from birth defects and all of a sudden their deformity's gone. There's so many stories like that.

Dave: It's like miracle healing stuff.

Barry: Yeah, that's why I'm not going to talk too much about that. Let's talk about the basics.

Dave: Well, you're not claiming you're doing that stuff, right?

Barry: Yes.

Dave: You saw this.

Barry: Yes.

Dave: As a witness to it, it's okay to say that. I mean, you were at a place and time that's largely lost at this point in time and this happened. Either that or you're crazy pants. I know you pretty well. You're not crazy.

Barry: No. Too many people have come to see me and then I've talked too many people with these exercises. You mentioned some of the people before.

Dave: You're teaching me these things, right?

Barry: Right. The exercises are all you need to do plus be in front of the videos and listen to the audios. Maybe in your car. You can download the same vibrations that took me, you know, 15 years to pick up and be able to bring it here. How did I learn that? I think that's your real question.

Dave: Yeah.

Barry: How easy was it? Not easy at all. The first time when they said they would allow me to learn, because up until that time they sort of just tolerated me being there. I had all these conversations on, "You guys got to let me in here. America doesn't know about this." Anyway, that part got done, and then a couple years later then I came back and then they said they would teach me, which was the dream come true.

They said a lot of provisions on that. A lot of caveats. One they said, "This training is not meant for anyone to make it unless they're supposed to make it. So if you don't make it," which is what happens to 99,9% of the people, "that's okay with us. Including if you don't make it physically."

Dave: Like, "Oh, you could die."

Barry: That happened even when I was at training I saw that.

Dave: You saw people die?

Barry: That really shook me up. They said each one of the, they called it attainments or levels, is another level, which your sensors open in your body, and you can pull in more energy to be able to treat other people.

Dave: These sensors are basically mitochondrial channels? Some of them.

Barry: That mitochondria is so important because the mitochondria you know you already have all that information about the ATP, the ADP being there, and generating that. Well, part of the science of all that is you have these cells that are here and you'd like for them to be nourished. You have such great, you know, supplements to nourish them, but also you need the environment to nourish them.

As I learned, the environment is made up of, if anybody wants to get into physics, is made up of so many great things that if you could tap into that, you would be able to have a much stronger, and much more vivacious, and also a much wider experience of your own life. You remember Einstein said that nothing in the world can really be destroyed. It transforms from one form of energy to the next.

You know, if you burn a cigarette. Well, not a cigarette. Burn a fire of herb and then smoke goes up and the carbon fibers go up. It gets recycled into something else. So actually, he was clear that it all went around and around. So energy cannot be really made or destroyed. It's actually all in there, which is part of how this whole discipline works is that you get to tap into all the different vibrations and all the different forces that are part of being a human being.

Anyway, the hard part was that every single test they gave me was not fun. Every single test made me actually, you know, it doesn't matter how positive you are. It doesn't matter how many great surgeries you've done in the United States, how many people you've taught. You know, you're out there hanging on a mountain in the middle of the cold, and no one's there caring about you, and you've got to be doing either certain exercises, or you've been given an assignment to figure out this is a [inaudible 00:33:49], and you have no idea what it even means. It's just that. If you come back, they're treating you worse than they treated you before they sent you out.

Dave: So you're out there in like freezing cold and doing exercises?

Barry: Yeah. You had to.

Dave: Wow. This is hardcore like out of a movie.

Barry: Well, actually some people want to make a movie out of it. Actually, some people did make there's a couple of movies from people that have done my courses that I brought back or treated personally. I think there's two movies about this story that I've gone through that I'm telling you.

Dave: What are the names of the movies?

Barry: You want me to come to the movies. Really?

Dave: I want to see them. I'm sure the people listening do.

Barry: It's just a part of it.

Dave: Oh, it's just a little part of it.

Barry: It's just a part, but it's there. They took part of it and they stuck it in there. Both movies were big big bestsellers. Big blockbusters. Anyways, so I think you know one of the attainments I had to deal with, you had to be able to sit in the snow when you're in your obviously a bathing suit.

Dave: [inaudible].

Barry: Your bathing suit was not your bathing suit. It was like, "Who brought a bathing suit?" So you're in your underwear. So you're sitting out there under ice there, and the snow all around you, and you've got to, you know, do the next stages. Are you going to be able to pull in enough energy to keep that place warmer on you and you warm also?

Dave: If you don't do that, you get pneumonia and die?

Barry: That's the end. That's the end of your training.

Dave: Wow.

Barry: You go, "Oh, can't I have another chance?" or something like that. "Can't you let me do it?" Well, if you failed dramatically, you know, like you really weren't getting close, then they might come in and they'd look at you in disgust. "Is that all you're going to do? Is that all you can come up with?" Oh, yeah, always disgust. Sometimes they would go, "American," and they'd make that sound.

Dave: Wow.

Barry: They wanted to see if you were going to keep reaching for this other sense. These sensors that turn them on and you do have the ability to do that. That's what the videos I've created and the audios I've created. People listen to those before they go to bed, when they get up. It's very easy to take this in now.

You don't have to spend 15 years in China trying to get all these different operations. You can put yourself into that top best performance and keep improving. So that was the thing that I really noticed when I finally did get to come back to the United States.

Dave: So what was the highest level challenge? The most challenging one when you went there. Eating snake venom or something like that.

Barry: How did you know I ate snake venom? Just kidding. Yeah, it was more than one poisoned thing I had to eat and see what happens to you. Your lips all turn numb. I said, "You know, this thing's been around for 5,000 years. These guys are really serious about it." I said, "I can tell when somebody's congruent and that this is something you should be able to do if you're pull the energy, so it really is up to me. You know, I'm here in this

lifetime. I'd really like to make this contribution for humanity. Let's try it. Let's see if I can do it." Did you ever eat scorpions?

Dave: You know, three times in Beijing I went to go buy a fried scorpion and they were never ready. It was always like when I was about to leave, so it's been on my list.

Barry: Yeah. They're never ready. You know what that means? Never ready.

Dave: What?

Barry: That means the chef says, "Uh-uh (negative), we're not serving this to the public." So more than one time we'd go to this ... I don't know if you remember the one time with this like river or right next to this river and there's actually a restaurant that's not that pretty, but at least it was a bigger restaurant like the usual ones that we would go to. Sometimes I would get to order but rarely my own food order. They would always order for the table. They ordered everything for the table and then they went ... which means that gweilo wants to get something different.

Dave: So they [inaudible] you.

Barry: I was thinking, "Oh, they probably don't think I can eat that. They're going to give me something easier." You know, they figure, "You can't make it. We don't want to lose you, you know, bail out. Wow, we're going to get the strong stuff and we'll be able to handle it." No, it's the opposite. They were always giving me something that was a test. There was so many types of poisonous fish I had to eat, or be able to tell in your mouth, not only what you're eating, but whether you can swallow it or not.

Dave: So you're eating some things you couldn't swallow and spit it out?

Barry: You'd better.

Dave: Wow. If you'd swallowed it, you would have ...

Barry: You would have probably seen a GI doctor because your throat would have had so many of these little tiny fine spicules.

Dave: So they're really pushing you.

Barry: Yeah. You see what happens, though? By pushing me, you know, I had to keep making a choice. Is this real? Is this real? If it's real, I should be able if I really really really want it. Obviously I do and I've been built like, you know, we're all human beings and they're human beings with this training. Somehow I think I could do it. I don't know how, but I'm going to try."

So you keep reaching, reaching, reaching until finally there's that moment when a little light bulb goes off in your head and you have this almost like [inaudible] when the

sunshine comes in I'll sit and go, "If I do this and this, I think it would work." He started to get a vision of it and then it would work. Then I'd come up with the right answer.

That happened to me a number of times where I was really tested. It was physical things. You had to be able to stand on your hands. You know, things that people do here in the military, which is not very common for a doctor. You know, one-hand pushups, and then four-finger pushups, three-finger pushups. Those things, my hands are for surgery, not for those things, but they were always intimidating, which turned out to be absolutely true, is that you sort of got two bodies.

You've got the one that you've sort of allowed to express itself through whatever channel you came through. Whether you came through Brooklyn, or you came through Los Angeles, you came through, you know, Seattle. It doesn't matter whose family and where it is. Pretty much people's bodies are within a certain range and then that's not your only body. You've got all this energy to connect to in the world. Some people like to say your energy body, but what's that?

That's like a limitation also because people are like, "Well, how far does your energy body go?" Then they go to an expert and goes, "Well, it goes to here. I can show you," but no. It actually can extend as far as not only you want to or you need to. This is what blows people away and how they get well or how they can do.

You know, I've treated people that have been in the Olympics, or NBA, and PGA stars. I want to say their names, but what I'm really interested in is that the people like normal people, and all the rest of us who want to excel at work and home, also tell your stomach adios and try to get yourself into shape, normally it's not stressing thousands of hours doing things. When you connect to that body, people start to lose weight. People get into better shape and you become more agile.

That body is actually much more able to a 300 pushup, or break through a brick, or something than just taking your hand, and thinking it's an object, and then throwing it into a rock. That'll never break the block. It'll break your hand, but you won't be able to.

What breaks the rock when you go through, and I certainly had plenty of chances to do this, what allows them to melt the snow is that you're not just experiencing yourself as a little tiny speck that exists in a little tiny planet on a far distant constellation far away from all the others. No. You're actually experiencing yourself like ... Well, you saw last night. You remember how we walked outside and we were watching the stars?

Dave: Yeah. I saw the aurora borealis.

Barry: The aurora borealis and how clear the stars were. People who, certainly if you watch these videos and audios, when you watch just the stars, you're going to have a totally different experience. It's not going to be like, "Oh, those are energy. Those exist over there." Nope. You actually are connected to those in so many different ways that you can experience and utilize. You know, I would put everything step by step.

You didn't learn anything without ... This old saying that the Chinese would ... They would always take their fingers like this and they'd say, "Okay. Now, get ready for this, small piece of knowledge." You would go, "I want to learn the whole thing. You know, I'm an American, just teach me. Give me the whole medical book. I'll get through it. I'm an A student. Please." "This is all we're going to give you."

Then you go "All right." In our mind we demean it, but the truth was, they're correct that you would have to get through this to go to the next one of those to go to the next one. It was very useful and their training program is just brutal. As I said, I see people, you know, get hurt. One time we had to walk through a pond that you could see the snakes rolling around in the pond.

Dave: They were poisonous snakes?

Barry: Mm-hmm (affirmative). Yeah, those were yellow poisonous snakes. It was terrible. What you had to do is you had to walk through not in the water.

Dave: You had to walk on the water?

Barry: No. Well, almost. When the grandmaster walked over it, I didn't see his feet touch the rocks, but I knew that when he was on the other side, he wasn't going to wait for us. He just kept walking. Which is typical of the whole training program. They were always like, "Well, are you going to do it or are you going to go home? It's fine with us if you go home."

Dave: So you walked through a pond.

Barry: So you walk through a pond. You had to step foot on the next rock, the next, rock, the next rock. Many of them were wet. You've never been to this pond before and so you had to be so much in quote unquote balance in your body and in flow, which is what this energy system is all about is you being in flow and you being your best self. You never know what your best self is, which is part of the program. Everybody knows when they're a teenager or just before that, or just before, that.

Your self was so big and then you narrow it down as you go into life and saying, "Well, okay. I'm a dentist, and I have a family, and I have a car, and a house. That's me." What if your self is this huge huge ability that you can connect to so that as you walk, you can be balanced on even rocks that are not stable. You know, I was able to get through that. I must say I did not walk as slow as the grandmaster walked. I actually went as quick as I could.

Dave: There was poisonous snakes.

Barry: Yeah, but it wasn't like the rocks were close together. It was really something. I remember that was another one. I said, "Are we going to do this or not? I'm not going to be the last one over the rocks. I think that would be too scary, so I'd better just jump in

and it." It was about I think eight people with me besides the grandmaster, so it was really challenging.

Dave: Did one of the guys following you get bitten?

Barry: On that one, no, but one of the guys who wasn't happy about that, he said, "This is getting way too dangerous." He is one of the people that actually got very hurt, and then another guy who just had a problem with sort of the toughness of every stage that they never let up. It wasn't like, "Oh well, you've been here for a couple years. That's great. You can be here for 50 years. We don't care. If you don't get there, then you weren't meant to have it. You weren't meant to be there to deliver it."

I don't think I was going to ever resist anything they said because I wanted to see if it could be gotten. I wanted to be able to get it. Remember, they would not tell me much in the English fashion. It was all in the, "How much could you pick up from what you just saw? How much could you pick up from what you just felt?"

Dave: It was like feel training.

Barry: Not just feeling it, but a sensing what else is going on. What else did you see? What else happened? Did you notice that the atmosphere in the room, even though there's not reason for it, all of a sudden took on a glow and all the walls were glowing for about five minutes. Did you pick that up? Did you notice the difference? The smell in the room.

Dave: It was training your awareness.

Barry: Well, the energy, actually people notice that. The people that I've trained and the people do the videos often speak about that. They speak about, "You know? It's like this better smell comes out when I'm doing those exercises." I said, "Yeah. It's almost like you're next to the ocean and you're getting some type of wonderful perfumey oxygen." Why is that? Well, if your body's operating in that equilibrium, you're not making as much toxic waste. I have sort of a love story on this.

Dave: Yeah.

Barry: This guy and this gal who were in the course. Doing it at home. Sometimes they'd see me maybe every year or so, but after about three years they said, "You know, our intimate life is so much better." I said, "Really? That's great. Fantastic. That's part of this discipline. That you get to feel your partner and be closer to him or her or whoever."

They said, "It's really funny. When we kiss in the morning in bed, we don't have bad breath at all." I said, "Really?" They said, "No. Our breath doesn't smell, and then other things about our body, our armpits and all that stuff, has changed. So do you think that has anything to do with it?" I said, "What do you think? How else is it going to happen."

Dave: The body runs better.

Barry: You didn't change your diet, so all of a sudden your organs are now functioning correctly, and therefore a bunch of what we know, and the background about how wonderful our lives and who we could be, we sort of have this knowingness, but we don't ever get to express it and see it here in real life. Well, they get to see it in real life in bed in the morning, which is great.

Dave: One of the things that I've noticed, if I get into really deep meditative states, I first noticed this when I was doing the 40 years of zen and the neurofeedback stuff, I'll smell like lily of the valley. Like a really strong perfume. It just comes out of my body. It's the weirdest thing that people will come in and disconnect electrodes and they're like, "I like your perfume," and I'm like, "I'm not wearing perfume. That's just wherever I went." That's the kind of thing.

Barry: Yeah, but it's not really necessarily coming just out of your body. Who you are is an interface between all this here and then all of this. Once this starts to happen, it all balances and then fragrances come out.

Dave: It's the weirdest thing.

Barry: Remember Buddha? They talk about it all the time. All the sutras talk about it. It's this great fragrance that [inaudible 00:48:02] by him and where he walked it was different types of flowers. You know, lotus flowers. What they're trying to say is that. What you're talking about. It's that he was emanating that fragrance around him in the field and everybody could tell it.

Dave: That was really a sense. That was their sense.

Barry: That's how come. See, almost every single that we have handed down to us from ancient ancient Chinese lore going back to where this discipline started 5,000 years ago all the way up through Laosa and all the different people who were participating in this over the years. It's all written not so easily to be understood. It's actually written in code.

It's actually written in a way that you need to know, "Why I didn't write that Oh, they put lotus blossoms [inaudible 00:48:43]. That's nice. [inaudible 00:48:45] flowers there. The blossoms came from his feet. They disappeared." No, that isn't it. What it is, when you're in the space, what's going to happen? Your fragrance is going to change, isn't it?

Dave: Mm-hmm (affirmative). I never thought of that. Okay.

Barry: Yeah. It's a clue, okay? So if you go to certain temples, there's zillions of flowers everywhere, but the people are putting them down after they've gone off their shift. Then they go out into the street and they're arguing with the guy who gave them a ticket on their car. They felt they did the flower part, the homage, and that was going to be your connection, which is a wonderful thing to do, to whatever new experience that you want to have happen in your discipline.

Whatever your spiritual or physical discipline is. Whether you're using some fragrances from flowers, but you say you're doing meditation. Then most people that come to me, always they say, "Oh, you know, I'm doing a meditation class and it's really tailored for me. I like it and I've been doing it for a long time. I understand that this discipline that you're offering people is a fast route to enlightenment."

I said, "Yeah. Well, how are you doing with the meditation?" They say, "Well, I notice I stay in a great state for about an hour until somebody gets me upset after I leave. Then I still can't control the anger upset that just sort of reflexively happens. I've gone through, you know, my church. I've gone through other disciplines to try to catch this. Would this fit in?" I said, "Yeah. Whatever." It has nothing to do with religion. It has nothing to do with race. It's all who we are as people. So actually, over the years, I've had every race, every ethnicity come through there.

Dave: You talk about a fast path to enlightenment. So you went through all this aggressive training, so do you consider yourself enlightened?

Barry: No. I think enlightenment's a process. At least I know where the road is. At least I know what the path is and I know that we're on a mountain that has no top. It has to be that way.

Dave: So it's a continuous process?

Barry: Yeah. When you look in the universe, just go ahead and look out there. You'll see that dog gone it, it's expanding, and then it keeps expanding. Then people have found out that the more we study it and try to get closer to the end of it, infinity keeps going farther and farther out. How is that happening? Because we're part of the whole dynamic. Looking at the back of your head is what we're trying to do, but that's simplifying, you know.

Physics is fantastic to support this entire system and that's why it was so wonderful for me as I would get back and see problems when I came back to the United States and would treat people in my office before I'd created all these videos and audios for people to just use at home that people would get such benefit and then have other things that would go on. It would stay with them.

So it wasn't like, you know, if you went to a surgeon and they cut out, which is me, cutting a tumor out of your stomach or something. Well, then that's it. You just go on to your next day and you didn't know you had it. It was there. You aren't any better. With this, everything that you do, even for an illness, you get better because your whole system is going better.

Dave: So the first time I did a treatment with you, I didn't really know what to expect, but I've done iowaska in South America 20-something years ago before it was cool. All kinds of things that are kind of off the grid because, in a similar way, may not quite as in-depth as you, but I've looked around when the stuff that I thought was going to work didn't work. So suspend my disbelief. Go into your office. At least your healing office doesn't

necessarily look like a typical surgeon's office. Right? It's got jade balls, and you know, crystals, and herbs, and all sorts of cool stuff in it, right?

Barry: Also there's some flowers there that people bring all the time.

Dave: Yeah.

Barry: The whole place doesn't look like a ... I have two offices. One is traditional, complete western.

Dave: Correct.

Barry: This one is like 95% this discipline.

Dave: Yeah, and you know, you're giving me special tea that you've charged up and I sat down and he said, "All right. You know, lay here," and I was kind of going into an altered state. You were clearly doing something and you put cups on my back and did suction and all sorts of stuff. When you're done, I'm like, "All right, I know something happened here." Then you said, "No one can touch you for two days."

Barry: Yes.

Dave: What was the deal.

Barry: Two days plus the day you're there. Three days total.

Dave: Yeah. What did you do?

Barry: Well, what treatment did you get that day?

Dave: Yeah.

Barry: What was that specific treatment?

Dave: Yeah. Like translate what you did because my experience of it was, "All right, I went into some sort of weird floaty altered state. You're doing some stuff, you're mumbling some stuff I can't remember." I talked about the changes I experienced afterwards. This is the stuff you do for presidents and NBA players.

Barry: Right.

Dave: All these pretty heavy-duty powerful people.

Barry: Yeah. All the people you mentioned at the beginning.

Dave: Yeah.

Barry: A lot of different very famous people.

Dave: I only did this because Jay was like, "Dave, you have to experience this." Jay Abraham, if you guys haven't heard the episode, Jay, he's like one of the most powerful marketing guys in history. Very well-known, helped thousands of companies, and also a good friend. So I trust Jay. So he said, "You should meet Barry." So what did you do? For people listening, just tell them what you did.

Barry: Okay. This harkens back to when I finally came back to the United States and was given the opportunity by the grandmaster to treat people. So I started treating people very similar to with you, but I would just tell them, would you like something really great that would help you, because you're not getting well so quickly?

The treatment I would do in the beginning was a little more clandestine than the one you had because I would do it with all the lights off. So anyone couldn't see what I was doing and I wasn't using the cups. The only reason I use the cups is it allows me to go faster so I can treat you quicker. It doesn't need to be. I can it with you having cups, without cups. It could be close together or even at a distance.

Which, for a lot of people, goes, "Oh, that's really strange," but if you understand how the whole world is not so unconnected, you'll start to get a sense like, "Maybe there is a way to connect to something. Maybe I have had an intuition once in a while and then my son had the same intuition at the exact same time. I have to wonder because there's some way of transmitting. I wonder how you do those energy wires."

So with you, just like with the other people, first we were going to work on the very important parts, which is open your sensors in your body to pull in energy yourself. Not only for starting that day, but it's going to get stronger and stronger as the sensors story of open more. You're built with these, it's just that they close right about five. Five and under, somewhere around there, it starts to change.

Then people you'll notice in their athleticism, you'll notice in their communication, you'll notice in their ability to do certain gymnastics changes. People don't know what happened. "Well, you're getting older." Everybody just thinks you're getting older and the whole discipline's about, "Life's not about going downhill. Life's about actually you can get better and stronger if you connect to more of this."

So for you, I took all the places that were obvious to me that would really benefit by getting the energy. So the liver would perk up, and the kidney would perk up, all those things that I wanted to get the energy open in those sensors. Then also the ones that would give you more of a chance to have super clear thinking. It's because I knew that that was part of your whole creation of your business. Remember back then it was a lot [inaudible 00:56:04] than now. You've done tremendous. I'm thrilled because this energy does allow you to have massive creativity.

I've had people come to me who they've written three songs in three years, and lived in a garage, and came to me with just gym clothes on. It was their only clothes. They said,

"You must help me. I heard you can help me become creative and successful." So I said, "Okay. Okay. What do you want?" They said, "Well, I need to write the songs for this album that I've been trying to do for three years." Then I said, "Are you really going to do this if I open up all these sensors so that you can pull in energy? You're going to have to do the exercises afterwards and keep doing it if you really want to be that powerful and that successful."

He did and his dad called me. He says, "You got my son out of the garage. He's a bum." I think he was like 24 at the time. He said, "He's been a bum. I didn't know what to do." His dad's like this very successful man, but he didn't know what to do with his son. In less than three months, he had me on his cell phone every day. He was doing his exercises, which he could have lied about, of course, but that doesn't mean anything. In less than three months, he was able to write 12 songs that he was never going to write before.

Dave: Wow.

Barry: He's say, "Oh, well. Somebody just got that motivation and you're a positive thinker." This isn't about positive thinking. This is about accuracy. This is about being in reality. He then went out and tried to get his songs appreciated, and get a manager, and have people listen to his songs.

Within less than nine months after that, this is a guy who didn't do anything before then, is an unknown, he got the Rolling Stones' manager to review his stuff and to give him a consideration. Then the Rolling Stones' manager and he thought that they weren't the perfect fit and so he referred him to somebody else who was actually a well-known name, and then eventually Radiohead. So then he got completely into them and now his biggest problem is of course ... Remember, the mountain has no top?

Dave: Yeah.

Barry: The next day is that now he has to handle success. He doesn't know what to do. "What do I do with my manager? What's this contract?" He never read a contract. I go, "Looks like you're going to need the energy to be able to read the contract." He said, "Can't I just give it to somebody else?" I said, "Do you want to hear the stories about people who don't read their contracts?"

Dave: Right.

Barry: He said, "I have no training." I said, "All of life is not just the training. The training is re-development of our talents, but you have the talent to understand things better than you think, just like the music. So he eventually was able to read his contract to determine that his first manager really hadn't written a contract the way he wanted it. Then we sent it back to him.

it wasn't the way he wanted it. Always he got it confirmed by another lawyer, but at least he knew what it was he was going through. Can you imagine if somebody sent you

a contract, or a bill, or something that you're getting involved in that you can tell whether they were really on your side or whether they were writing it just to try to help themselves?

Dave: Wow.

Barry: So he's doing great. Really. That's the creative part. It just comes out. So for you, I wanted you to have the creativity to be able to go forward. I think you're writing your second book.

Dave: Yeah. I was working on Head Strong.

Barry: Yeah, you were working on Head Strong and also a number of other things and my goal was to have those parts of the body that would keep you not only keep those sensors open, but they would continue to stay open. That's the whole goal if you keep getting better day after day. So what happened with you right after the treatment?

Dave: I came home and said, "Sorry, Lana, I'm not going to kiss you."

Barry: Yeah. I'm sure that went over like a lead balloon.

Dave: yeah. "Who's this guy?" No, she was really cool about it. It was interesting because I could still touch the kids.

Barry: Yeah. They're still pulling it all in. That's why how many people want to pick up a baby? You can't resist it because you know what the feel is like? It's intense. It's wonderful. How many people want to hug a bride? If she'll let you. Because all of a sudden, it's fantastic energy that is there. Actually I use that with some women who don't understand the energy, but they see something happen to their friend who now looks younger, and they were considering plastic surgery, but their friend looks better and didn't have plastic surgery so she wanted to come and see if these exercises would work.

I said, "Well, look. Do you have pictures of yourself as a bride?" Then they go, "Yes." "Do you have pictures of yourself, like most women do, before when you're trying the dress out and they're fixing the dress to make it for you?" She says, "Oh, yeah." I said, "Why don't you compare those two pictures?" and she said, "You're right. As a bride I'm like glowing, and I'm beautiful, and I'm great."

I said, "You didn't change the dress. It's not the dress. What happened? You? You're not drinking alcohol. You're not on drugs. Why are you looking wonderful here and here you're just sort of looking okay? Neutral. Whatever sensors are open now, you're pulling them all in and you're emanating this gorgeous persona.

Dave: Wow. So in my experience, I came back and just the amount of friction in my relationship. I have a pretty good relationship with Lana, but you know, we're married, so things aren't perfect with any marriage. We put a lot of energy into it. Just the

amount of effort it took it was just a lot less effort. She certainly noticed a difference as well and commented on it, which was kind of cool. Yeah, just stuff got easier. A big part of my belief in Bulletproof and just in life is that a struggle is wasted energy. You're not supposed to struggle.

Barry: That's right.

Dave: You can't allow things to happen. Almost everything I do. Supplements, advice in books, all of it is about, "Can't it be easier?"

Barry: Yes.

Dave: Like you shouldn't have to push so hard. I did notice that some things just got easier that I didn't realize where I was pushing, but I'm like, "Oh. It just happened." So this is all non-quantitative, you know, qualitative stuff. I don't know that I could measure it.

Barry: Well, how about your relationship since then? Has it been going on the skids or is it actually still maintaining some degree of increased connection?

Dave: It's definitely better. I've met other people who you've treated and I know who have said similar things like that. It's, "Wow. Okay. That's interesting."

Barry: It's part of the big eight that the thing's involved with.

Dave: The big eight. What's the big eight?

Barry: Well, the energy itself, this discipline, this source energy. The source for, you know, acupuncture, tai chi, all those things. There is like eight major areas that you can definitely see something happening dramatically. First would be ... Do you want me to go into them?

Dave: Yeah. Please.

Barry: First would be like your health, which is the main reason for going there. So as far as diseases, being knocked out by colds, being knocked out by allergies, getting knocked out by any kind of injury. Maybe even in martial arts. If you get that problem with these exercises or watching the videos, the audios, the disease either comes in for a much shorter period, or it just floats through and you just notice a little uneasiness.

Finally maybe after a period of time you don't even have the problems that everybody at work is having. So your health stays better. Then, actually we had a 83, no, 93 year-old lady who broke her hip, you know, Lucille. Helped her out there listening to this. She broke her hip and so she called me and said, "I'm not going to be able to go to the next lecture or get my things. I'm in the hospital and they say with a broken hip at my age, it might not be good." So I said, "Lucille, just if you can't do the physical exercises, you can watch the videos and you can still listen to on the app, the audios to keep playing. The breathing exercises."

Dave: You [inaudible 01:03:34] absent. So Doctor Barry has a series of audios and videos that I've used where I'm translating, but you basically take the energy stuff that you learn and you put it in them.

Barry: Yeah. That's a video.

Dave: Then you record it. You do a live thing in Austin and you record there. So you listen to these things in meditation sort of things. Exercise things. There's something else in there. It's hard to quantify.

Barry: That's what all the meditating people say. They go, "Oh, well I meditate." You can use these before your meditation. It'll change the whole thing. Then you'll start going up the stairs of what most people call the path of enlightenment. So, going back to health, people with health it didn't matter what their age was, including Lucille. She got voted the number one patient in the hospital.

They gave her an award. All the nurses didn't want her to go when she finally left because they said, "I don't know. We sit with Lucille when we feel better. She's much older than us. Usually with much older cranky patients, it's horrible, and she's just like always sunshine in here." Finally I actually called Lucille and said, "What's happening? Is it going? Are you going to come with us?"

She said, "No. The doctor says I'm healing miraculously, you know, from my broken hip and he doesn't think there's going to have to be anything done other than some type of physical therapy, but he doesn't know how. He's never seen a patient like this, especially at my age since my bones are not that strong. So I told him." I said, "Oh, that's great. What did he say?" "Keep seeing that doctor or doing those videos and audios because obviously I've never seen a person at this age who could bounce back like this."

Dave: Health is one of the eight, what's the other ones?

Barry: Health and you want to have vitality also.

Dave: Okay.

Barry: So it really doesn't matter what you're doing. You want to be like ready to go for it. So there was Joe who came in, and he's a tailor for many many years, and he's always leaning over his sewing machine. You know, he has sort of the curve in the back kind of thing and he's an older guy. He's about 70. No, he's 80. I'm all wrapped up in age now. Sorry, he's 80 and he says, "Listen, I've enjoyed your audios and videos, but I have a goal, and you're always saying that we have more inside of us that we haven't pulled out that we know is there, and we'd love to have happen." I said, "Yeah." He says, "Well, I have always had a dream to be a pilot."

Dave: He's 80.

Barry: I said, "Really? To fly an airplane." He says, "Yes." "So, is your wife okay that you want to do this?" He goes, "She's a little bit iffy and wants to, you know, she wants to talk to you because I have to pass a physical and I've got to be able to do all the other flight tests. Do you think these energy techniques would help me?" I said, "Yes. I've seen people. It doesn't matter what their age, even if they're five years old, be able to do great things. With just my view to go forward, and be able to go forward, and I've seen people in your age group."

So he said, "Okay, I'm going to do it." So then Joe, about two years later, a year and a half later, he called me. He said, "Go outside in the parking lot." I was in Austin at that time and he's flying his plane over the parking lot. It was fascinating. It was just really great that at 82 he could take on something brand new. Really this all fits that part of us that you can get stronger with life and life doesn't have to be hard.

It could be easier and more fun and more exciting finding out about yourself and about the whole world. Including relationships. That's one of the three. The relationship thing is because you're more peaceful inside. When you're feeling like, "I'm really capable and I'm strong. My health is good and I'm going to be able to do what I want to do because strength and power's another one."

Dave: "I've got this," kind of.

Barry: Yeah. "I've got this," so that when someone comes up, forget about road rage. Just the normal day you're in the hall and you say hello to somebody and they look at you like, "Why did you say hello to me?" Somebody knocks you and they're being inconsiderate. I'm not saying that's going to ever happen to you, but maybe to other people.

In the hospital, especially in the county system, there's a lot of people running into each other. So you could be offended by that. If you're in this peaceful state, you don't even have to think about it. You're just, "Okay. That was interesting." You keep on moving. You stay on your goal.

Dave: It needs to be that way.

Barry: Yeah. Stay on your goal and where you want to go. Make things happen the way you want them to and then you keep pulling more into the sensors. So relationship improves so that your field is such that you're more kind and you're more considerate of other people because you have the experience that you're one, not beating up on yourself. Two, you don't have to think about your psychological situation. You're actually just feeling good. You're actually in that able state.

One of the others in the agencies is people, especially athletes talk about this, is that it's constantly getting to be in the experience of the zone. You get to be in the experience of flow. So if you want to go out and say you're an NMB player, and they're having the finals, and really something terrible happens to you, and you're not going to be able to play or something's got to be done and you can bounce back.

Now, what I'm interested in is not just NBA players because they're a small fraction of the world. Plus most people don't feel like they can relate to them. I want you to relate to yourself and how great you can be because that's the way you really were built and when you were at your son's age, he knows that. If you let him loose, he'll be going, and going, and going until finally you've got to turn out the lights. That's what's really made to have.

Part of the eight, you've got that and one of the other [inaudible 01:09:19] is called Serendipity on Command, which is that people notice not only your relationships get better and people are nicer to you, but also you're nicer to them. You don't even know what you did. I've had that from so many people. Especially professionals. Their wives write me and they say, "Listen, I want him to keep seeing you because our marriage is back to much better shape than it ever was before. I don't know what he did with you, but I want you to keep doing it." I said, "Well, doing exercises and watching the video."

Dave: Lana said I was more compliant. I'm not sure if I like that or not.

Barry: Maybe that was her term for a young wacko. It's all your field. Your field is not something that you can like focus on all the time. You have to be pulling on the energy and then the field occurs that way. So if you've got this gentle, loving, caring considerate field that you're emanating from, you're helpful to other people. You're considerate. You're kind.

In Serendipity on Command, what happens is you find that your time is much more your own to get things done and more time to share with other people because things start happening for you that you didn't actually hammer it out, but you made a bolder intention and these people start coming to you that you never thought you'd be able to contact with.

Dave: Things just line up.

Barry: Mm-hmm (affirmative). Yeah.

Dave: I had a couple interesting things like that just happen. I met the president of Levi Strauss the other day.

Barry: Nice.

Dave: One of the coolest guys I've ever met. Denim head to toe. Just a cool guy and he goes, "Oh, I like your coffee." He actually tried Bulletproof Coffee and he ended up getting a video of making coffee together and we stopped to chat about pants design and things like that. Just to meet someone like that and then ...

Barry: He started that from zero. That's phenomenal.

Dave: Yeah, and then the guy from the movie, The Minch, that just came out. Shep Gordan, Alice Cooper's agent, same thing.

Barry: That wasn't something that you'd written a goal on for 10 years and hoped that it happens. It's just like possibly something that would benefit you and you wanted this kind of people to show up for you and then all of a sudden, boom, boom, boom.

Dave: Yeah. Then he said, "Of course I'll have Christa come over to Bulletproof for you." Are you kidding? Like this is so cool. People who've done world-changing things.

Barry: So you get to find that you're connected to people much better.

Dave: Yeah. Without effort.

Barry: Without effort.

Dave: It just happened.

Barry: So this whole thing that everybody's trying to administer, which is peace and love, is actually what comes out of you anyway. So then you're connected to other people that are like-minded like that so you can form a community of people that you really enjoy and you're feeling more trustworthy and you actually experience that trustworthiness. So one of the things is not only the strength, and the vitality, and the creativity, but you also notice that you're not a person who you have to be finding something wrong with yourself all the time.

You find out that [inaudible 01:12:10] and then try to cover that over with confidence. They're always trying to teach you how to be more confident or how to be more motivated. What you do is you start experiencing, like I'm sure you went through, and then people continue if they do the exercises or try to do whatever else they're doing in life, you expect you're more competent.

You have all these qualities inside of you I bet you wouldn't have thought of them before. You know, you have the competence in there. Now those sensors are connected up. It's just you have to have them stay open and then you can you do like like a child with a stain on their hands, but we can't because we're a lot older. "Well, what happened? Let me see your joints. Let me see your driver's license."

"Well, my [inaudible 01:12:42] muscles are not connected" or "Something happened," or you know, "If you don't use it, you lose it." Truth is, like Lucille found, it doesn't matter what age you are or young. I've treated people at five years old and they've been able to not only success physically, their grades go up.

It's hard to believe how quickly their grades go up because they just listen to the app at nighttime before bed and when they get up in the morning. That's it. Then all of a sudden they become very interested in school. Grade and school behavior becomes better and then they're even running for political office.

Dave: It's not like hypnosis or anything that's [inaudible]?

Barry: No. no. The only thing I think that some people would relate to, like you said, an altered state. Well, you are not angry. You're a little bit happier. You are in an altered state for that. It's wonderful. The wonderful thing that I think it's worth everybody hearing, but the other day I had a chance to treat this five year-old? Seven year-old. Seven year-old. Yeah. He was [inaudible] mother because of some things that was happening with his sister. Other problems. That they were arguing. A sibling rivalry. She was younger than him. Both very cute.

The most important thing to him was not that. The reason she would bring him was not this problem sister. It's that he doesn't do well in baseball and he doesn't like it when they call it t-ball, right? He can't catch the ball that well. He can't throw that well. He can't hit it either ... Even the coaches had told him that, which is already generating some negativity in the [inaudible]. The complete opposite of what he really meant to do.

So she said, "I wanted to have a personal one with you and then I'll see what can happen." So we worked on catching the ball. I asked him right away. I said, "So show me how you catch the ball." He showed me this, "Show me how you throw the ball." I had some tennis balls there. I said, "Okay, that's not how to catch a ball or throw it." He goes, "Really? How do you do it?" "There's no technique. You don't need a technique." He said, "I thought I was supposed to learn this and then falling."

I said, "No. Where you catch the ball from still when it's in here. If you're connected to your surroundings that's part of the 360, you can catch somebody's hand coming at you. Same thing with the ball. Your reflexes are way faster than this thing can think." I said, "We just stop trying to catch the ball the way you were." He was sticking his hand out. It would fly off his hand. So this is a guy who couldn't catch a ball at all.

So after we practiced a little bit. Then I start throwing balls at different angles and he could catch those. Then I start throwing them low, bouncers, he's good. So it was really fascinating. That was interesting. I showed him how to throw, but I was more interested in catching. Then the report from his mother and a bunch of people who know him was for the next days, he was catching everything.

He threw a candy up in the air and catching it. He was showing people how to catch things. He was taking fruit and then catching it. He was doing so many different things. His parents said, "You know, he's really loving catching everything now. We've taken him out for baseball, his like monumental change in his ability to catch the ball and also hit the ball."

I said, "Yeah. The same thing. You think that you can think about how fast the ball's coming or where it is. The calculations aren't even here. You just need to be in the space. In that energy field it's essentially so that when the ball comes, your arm knows."

Dave: It's a sense of ease versus a sense of struggle. He was thinking and struggling versus ...

Barry: Yeah, everybody's teaching him that. That's the way to do t-ball. Now for the rest of his life, he doesn't have to worry about that particular area being something that is only

going to master it is. There's nothing wrong with learning lots of techniques. It just won't allow you to burst through.

Dave: So the awareness proceeds the technique. He was doing the technique before the awareness.

Barry: Mm-hmm (affirmative), and technique often has nothing to do with you catching the ball anyway. If you see a really good outfielder, they're rolling over the ground and they've caught it. Wow. Did they really think about it while they were rolling on the ground? They were in the space where they needed to be.

Dave: There's a famous video. I don't remember which baseball player it was, but someone's interviewing him and a ball comes really fast [inaudible 01:16:56] and he's just talking there on camera and he just and grabs it. Like he was focused on what he was saying.

Barry: Exactly.

Dave: His awareness was on and getting to meet a professional ball player. I imagine [inaudible] because they don't know how to play, but that sort of awareness is the sort of thing that it sounds like you can have that turned on all the time.

Barry: It's really useful.

Dave: Okay.

Barry: Afterwards his mother, who came in a few times while I was doing this, she said, "It's really interesting." I said, "Well, you can do the same thing." She goes, "Me? I don't know how to play baseball. At least it's catching. She goes, "Really?" and then I didn't say I was looking. I was talking to her and then all of a sudden I feel the ball just like that [inaudible]. She caught it. She said, "How did I do that?" I said, "We can do that all day. I'll show you a bunch of them."

She laughed because she said, "God, I thought it was only for little kids to be able to have this quality you were pulling out." I said "I'm not pulling it out. They're pulling it in with the energy opening up those qualities we have inside of us that are there. It's part of your gift of life to be here and be able to express yourself in a lot of different ways."

Which is another one of the eight, which is you get to have no more of that where people kind of get overwhelmed. No more concern. No more that I'm going to be anxious all the time. We have one lady that you would love this lady. I mean, I would say her name, but we'll just say she's a really attractive thin woman from the Middle East who was about to fail out of medical school.

So she came to me and she said, "The anxiety medicines aren't working. The psychiatric help isn't working. I live with my parents and somebody said that you could help with all the anxiety. Great. I have test anxiety. My grades are terrible." She was the lowest in her class. So I said, "Yeah, this'll work in that area. [inaudible] people much younger than

you that your brain opens up and you can start to pull things in easily, like catching a ball."

Dave: Right.

Barry: So she, over a year's time, did the exercises. Her grades not only got better, but she ended up graduating in the top of her class, which is hard to believe, but it's true, and getting a position. Either she was the president of the class or some large position in her class after that. After being a low person down here in terms of her confidence.

See, the confidence was not where it came from out here. The confidence came from within and therefore, her confidence went up. So she got off all medications too. She's not on all those medications. A better story. One that I think the last part of eight, is terms of relationships. She says, "Well, I'm feeling so great. I think maybe I could leave my parents' home and not live there," but it's a Middle Eastern religion.

I won't say which one, but it's very serious that you stay within this plan and we tell you everything to do and she said, "I am afraid of the wrath." I said, "Just use the energy and you can make it." Talking about like going home with this life," with your wife. She did and they had a peaceful separation. She got her own condo. It worked out.

Then the next thing she wanted, "Well, do you think I can meet the right guy?" I said, "Sure. People ask for that." I get letters every year. People telling me ... I don't know if you remember in the office. All those couples there are people that have found their soulmate. The energy allows you to be more attractive to the people that you want to be attracted to.

Dave: That's the trick.

Barry: So your soulmate all of a sudden gets closer to you and then all of a sudden you're feeling, "I really feel great with this person."

Dave: People swipe right on you more often on you on Tinder. Is that right?

Barry: I don't know Tinder.

Dave: That was a joke for the millennials who are dating with apps.

Barry: I don't think people would be able to find them. The app sucks, but the point is that it's wonderful that you finally get to find the person that you want. Anyway, she actually then finally fell in love, okay?

Dave: Beautiful.

Barry: Well, not so beautiful. The guy isn't of that religion, or of that race, or of that ethnicity, or anything, but she pulled it off. So then they had this big wedding that the family just said, "We're so glad, one, she's not so anxious and nervous, two, she got through

medical school, three, she's a woman on her own and we can trust her." She's really what I think all parents really want.

They just don't feel they can trust their wonderful child to actually miss all the dangers in the world, and still be successful, and be happy. They want to somehow think that either everything that the parent did, they want to reverse it or they actually want you to just do exactly. Both of which is impossible because you're a different unique being, which is what counts.

So all those in the different categories of what the energy's valuable for. It comes with the treatment. Just each one of the treatments that you go through. All the different audios are specific for certain problems. Certain things you want to have happen like brighter intelligence, your time management becomes easier, you can multi-task.

Dave: So the treatments that you do are usually for people at a certain level of success. They're really expensive and you're treating some of the most powerful people in the world. The school that you come from was to protect the emperor of China. This is some high-end stuff. People have got, you know, one-on-one treatments, but what you've done is you've basically taken this stuff and you've put it [inaudible] teaching it in larger groups so it becomes more accessible to people who aren't fortunate enough to be able to fly to LA and get an hour of your time.

Barry: I guess I was so worried that people wouldn't make the, what do you call it? Leap or at least investigate that it was possible to do it through a medium like listening or watching a video. That was possibly embedded in there, but you know, we had this belief.

So what I did is I collected testimonials over the years and I wouldn't really come out like now and be on the radio or talk to people until I had, you know, over 10,000 testimonials from people in every one of these areas where they, it didn't matter if they were 5 or 95, have all those different levels where the people have had successes in each one of these areas we're talking about.

So then I felt confident enough to come out and let people know, "This is here for you. I want everyone to do it and it's not even difficult. It's easy. You just have to, like I was showing you earlier, you can take five minutes in the shower or five minutes before you go pick up your kids and do some of these exercises. Interesting. It's not hard.

Dave: You're really giving. If you're listening, there's a very good chance you've read Head Strong, my new book on mitochondria. There's a mitochondrial meditation that's in the book and I just called up Barry and said, "Hey, Barry. I need someone who can make a meditation that's all about mitochondria and about opening these things up. My understanding of mitochondria is that they are these ancient bacteria that are actually responsible for sensing the environment around us. Then they roll that up into what we perceive later."

Barry didn't even charge me anything. You were just like, "Hey, sure. Of course." So he wrote the mitochondrial meditation and there's only been a book. You decided also just

to gift listeners with some of the exercises just so you can try this if you want. Go to energyforsuccess.com/dave. There is no financial deal. No relationship. Barry's my friend. He's my teacher. He's my energy medicine dude. Charges me up when I need it and I can call him.

He does stuff that honestly you would think it wouldn't be possible, but it appears to be possible from my perspective. So energyforsuccess.com/dave. We'll put it in the show notes and on the blog and all that kind of stuff. This is just a gift. Thank you for offering that to people. I got to say, in my path, you know, I'm a computer science guy.

I studied artificial intelligence before we [inaudible 01:24:48] decision's support systems. So I'm pretty geeky and I have a relatively high skeptic meter, but also I'm willing to try anything because I also know that just whatever mechanisms I think work there's probably something I don't know about. Which is why I've done maybe 20% of all the strange stuff you've done. So there's something to what you do and I can't exactly say why or how it works, but I do notice that there was a pretty [inaudible] effect.

Barry: Well, I think all this ... Just a slight point. I think all this when we see a hurricane, we go, "Oh, isn't that exciting and interesting. Somehow God, Mother Nature, created this force that goes around. I wonder what's in there." You know, if you know the energy that's in a hurricane can light up a city for a period of time and even more. Then we all see energy flowing through ... It used to be through wires. Now it's through Bluetooth in the air or wifi.

You don't see it. You don't feel it. Everybody's getting there. It's closer. By now it won't be long until they can go, "Well, maybe it is vibrations that are possible to detect with my body. Maybe I'm a tuning fork. Maybe I am a tuning fork and these vibrations are here." The ones that, you know, the sensors are open for you can go with that vibration.

So if you want to be a better artist even though you've already had two careers, we've had people go on to be artists and sell their paintings. We've had people wanting to get married at ... I think a guy got married at 70. Found his soulmate.

Dave: Wow.

Barry: Yeah, it's really great. He'd never met her before. He had just started at 70 and he said, "Can this work for me because, you know, my kids are grown and my wife passed and so I don't really have time to find the greatest woman." I said, "Great. Do you know what you want?" He says, "Yeah." "do you know what you think you'd really want?" He says, "Yeah." I said, "Okay, so I think we can do this. We start doing these exercises and then within a period of time, you should find the right person."

He says, "Well, there's one thing I've got to tell you though, doc." He said, "I don't have a car." I said, "Really, you don't have a car?" He said, "Yeah. I ride a bicycle sometimes. I'm a writer, so usually I just walk up and down a few blocks, and I work at a coffee shop. I don't have a car because the Whole Foods isn't too far either." I said, "That's great."

Write down [inaudible 01:27:04] with a woman to be in that area so I kind find her because I have no way of going any place else. Someone's got to drive me. I'm 70 years old."

I said, "Okay, so you want to have her within a certain distance so you can meet her?" He said, "Yeah. That's what I want." So we have, I think it's got to be on the website, this entire testimonial about how he did meet the woman of his dreams walking two blocks away from his house where a friend of his he saw the guy. He was talking to some woman who actually lived in the house. Then they got into a connection and then you're in this space where if you meet someone of like heart and mind and their sensors are open towards love and a relationship, this is what happens. So now they're a permanent couple and they've actually gotten married.

Dave: Very cool, Barry.

Barry: Within walking distance.

Dave: Well, this has been a fascinating interview. I'm going to ask you the final question that I've asked every one of the guests except like show 87 or something where I forgot that one time out of 420-something different shows.

Barry: 420 successful shows.

Dave: I hope they're all successful. Now, if someone came to you tomorrow and said like, "Barry, I'm going to be better at everything I do. I'm going to perform better as being human." The three most important pieces of advice you have for them. What would they be?

Barry: The three most important things. I would say the first thing is you need to open your eyes and wake up to the fact that all throughout life you've had this ... At least, maybe no one told you directly, but it's in the culture. It's in the cultural milieu that your life is supposed to go like this, and then like this, and like this, and like this.

Dave: For people who aren't seeing this, it's like up/down.

Barry: Well, up/down, but always in a declining down. So that the down is never back up to the next up, so you keep going down until finally it's over. So that life is not that way. It does not have to be that way. Life can be on the way up, up, up and you can get stronger. You can fly a plane at 82/83. Your bones can get stronger. You can be able to do ... You can find the love of your life at 70. All those things if you're just being a human being.

You can do those things. Your life does have so many things in it that are able to be fueled by this energy. So if you just connect with this source energy, with all these vibrations, your life can just zoom forward in all those areas we talked about. Which is a real freedom. The second thing would be that I don't think there's a person out there that won't agree that, "While you may be a great business person, you may be a great

athlete, but there's all these other areas in your life that you would really like to have great," because that's what we all are.

We want this balance of being able to see both, you know, the trees, and the water, and hang with our family and our kids, and be successful in business, and be healthier, and become more creative. So in all those areas, you're not limited. In the past, someone convinced you to do maybe only so many, but inside you know that there's other ones. You know that there's more things that you want to accomplish you know if there's a mountain you want to climb like I climbed and in certain different areas you can do it with this energy.

You don't need confidence and push that on yourself and say, "I'm positive, I'm positive, I'm positive. I'm always going to be positive." You need to experience your competence, and that's what these exercises do and the videos do. So there's a way to get to it. Then the third thing is ... Yeah, the third thing is that in our lives, the way we've sort of been instructed, just like the little boy playing baseball that wasn't successful.

We've been instructed pretty much that, "You know, it's going to be hard. It's going to be hard. You're going to have to practice 10,000 hours, and you're going to have to do all this work, and then maybe, kid, maybe you'll be as good as this player from the past, maybe not if you study those videos," versus, "Life can be so much easier and have flow. You can be in the flow state all the time. You can be in the zone with this thing with people wanting to get with mindfulness or meditation.

So many of those clients have come come to me and said, "This whole thing bypasses the long road to getting what people want in mindfulness or what they want in meditation," and it augments them, so they're able to get the benefits from it easily and they stay with it. You know that people who are very religious, I've had priests, rabbis, monks come in and they say it doesn't effect your religion. It makes it more visible and experiential so that they can really go out and do a better job. That's supposed to be the three biggest things.

Dave: Beautiful. Barry, thanks for being on Bulletproof Radio, and thanks for the work you've done for me, and thanks for gifting some of your exercises for listeners to try, and thanks for writing the mitochondrial meditation in Head Strong. You've been doing this for quite a long time so under the radar as a quote, "real" doctor. Now you're sort of coming out of that.

Barry: All these years I've been doing both gastroenterology every day and then doing energy treatments at night and then the lectures on the weekends. I pretty much work a seven day week for I guess about 15/16 years, and the energy is the only way to do that effectively. Otherwise, you know, you would get upset, blurt out, or you certainly would lose your verve.

Dave: I can call you at 1 in the morning and you're up just like I am and people don't understand that kind of energy. You know, it's phenomenal. I didn't always have the

level of energy I do now. Some of your exercises is a part of it. Having mitochondria that function is a big part of it.

Barry: Yeah. It's wonderful.

Dave: You're able to make power.

Barry: It's a massive support from your supplements. Keep the mitochondria like they need to and growing just like all your material says. Then at the same time, what else are they supposed to do? Are they supposed to be pulling this energy? Not just making it from a certain piece of food or vitamin that you took. They've got to go together.

Dave: That comes from the environment around you, which is so fascinating. That epigenetics is teaching us that and your 5,000 year-old tradition like, "Look at the world around you. What's it doing to you right now and what are you doing to it?" That's what it comes down to.

Barry: Yeah. Western medicine finally came around with some things like this. They say, "Well, you know, you all probably should go out in the sun a little bit because you're getting Vitamin D deficient. Why? Because you don't take in enough sunlight. What is sunlight? Energy. What does that energy do? Your body absorbs it into the myelomonocyte and then those things make these little crystals with ATP.

If you have enough ATP to make those crystals, you have a really nice covering in your skin. You have enough color that protects you from, you know, x-rays and things like that. Radiation. So it's already there. It's just people don't want to look at it because they go, "It can't be that way." It all fits together.

I've had scientists come to me in Silicon Valley where you've spent a bunch of time, who are working on other things. They all say, "This allows me to stay creative much longer during each day.," and be able to come up with some things that I think they really want to contribute to humanity.

Dave: It's profound stuff. So thanks again. I appreciate it and I appreciate it just that you spent so many years questing to find this stuff. That you went through all that the [inaudible] was doing. Also you're making it a little easier than climbing to the top of a mountain or spending thousands of dollars an hour. It's a very limited amount of time.

Barry: Yeah. No one gets to do that anymore. Nobody has to do that anymore.

Dave: It's done. Yeah, it's cool. So I definitely listen or do the exercises as well. Sometimes I can tell that I'm not very disciplined in exercises because sometimes I'm a little busy, but I'm getting better.

Barry: Yeah. I still do these exercises every morning. All these years I've spent, you know, at least an hour [inaudible] the whole tower.

Dave: An hour. It was only 15 minutes.

Barry: I told you that with time, you may want to do more, and as you see, you can do more. You can do it. If you took five minutes out, you know, five times a day, you know, how much would that be?

Dave: Yeah, you can fit it in. Well, thanks again, and if you liked today's episode, I think it was a fun episode. It went longer than normal because it's interesting and fascinating. You know what to do. One. Go out there and pick up a copy of *Head Strong*. *Head Strong* just made the monthly bestseller list in the archives in the science category.

Sandwiched between two amazing books by the same author. One is called *Sapiens*. The other was called *Homo Deus*, which is phenomenal. This is kind of a who's who list. *The Hidden Life of Trees* is on the list. Just for *Head Strong* to get that in the science category and giving that advice now to you was an incredible honor. Your work is in the book. You're certainly mentioned it. So you could go out there and you could pick up a copy of the book.

I'd be really grateful to you for that because we're still working on staying on the list. The other thing you could do is just go to iTunes and leave a review. It says like, "But you like this. This is cool. Share it with someone because this was awesome. This is a path that you don't really tell your story too much. You're very humble about it.

I think we managed to get some of it out of you. So, you know, I hope you enjoyed this as much as I did. Have a wonderful whatever time of day it is that you're listening to this new commuter at work were we both just listen to it. In the bathtub, whatever can I do and I look forward seeing you in the next episode.