

Speaker 1: Bulletproof Radio, a state of high performance.

Dave: You're listening to Bulletproof Radio with Dave Asprey. Normally I would tell you a cool fact of the day, but I have something even cooler than a cool fact of the day. Dr. Barry Morguelan, who's one of the most popular guests we've ever had on Bulletproof Radio is back. If you heard the last episode with him, he's one of 12 remaining grand masters of a 5,000 year old Chinese energy medicine tradition that was actually the root of the Shaolin practice.

This energy practice is about protecting the emperor of China on all levels. This is the levels, including energetically, like from poisons as well as the martial side of that. I would call it maybe the most complete set of practices I've ever found around the world.

Dr. Barry, on top of that, has only been a UCLA surgeon for several decades with the top record. Just an incredible physician and looks like he could be maybe my grandfather or something. But he's got this incredible medical set and this incredible set of knowledge and experience and a way of looking at the world and looking at each person, and just seeing what's really going on in a way I've never found.

This has led him to do, I'm just going to call it energy work or supportive work for some very powerful people on the planet, on global billionaires, senators, presidents. He's back stage with Tony Robbins. He supports me at my events, and I can't tell you exactly how what he does works, but I can tell you I do his meditations in the morning, and it absolutely works.

This is just a unique opportunity for you to listen to this episode, because I've asked Barry to do something that he only does on the meditations that I listen to and things like that where he embeds this we'll call it source energy, the stuff he works with, he's going to put that into the audio file here. Whether you're going to be able to see it on an oscilloscope, I don't really know, but I can tell you when I listen to his stuff, it does something that normal things don't. This episode is meant to do that for you. This is an experiential episode. Listen to it, and if you feel completely amazing afterwards, maybe it's all placebo, but I don't think so. With that introduction, Dr. Barry, welcome back to Bulletproof Radio.

Dr Barry: Thank you very much. It's really a pleasure to be here.

Dave: For people who didn't hear the last episode, I want you to walk me through how the heck did you go from being a western trained-

Dr Barry: Gastroenterologist.

Dave: ... surgeon. Yeah, a gastroenterologist, how did you go from there to this Dr. Strange? How did this happen?

Dr Barry: Yeah, the real Dr. Strange, right. Yeah. It's interesting that when I started out in medical practice as a gastroenterologist, at UCLA-

Dave: When was this? What year?

Dr Barry: Oh, this was back about 30 years ago starting in the early '80s. I was having a great time. It was a blast. Endoscopic surgery was coming out at that time. You could do wonderful things. We didn't have to cut people open. It was great. People were getting well much faster. I thought, "This is fantastic." Then after a few years, I started to recognize, and I still, especially since I worked in an emergency room, whenever patients had pain, it would bother me. Then it started bothering me more and more that people went through anything before you were able to do the procedure to help them.

As you know, this wonderful story happened where I was in one of the patients' rooms, Mrs. Gonzales. I was in there, and I said, "Hey, you can go home. It's Sunday. You can really go home. There's nothing to worry about. It's free time, and your tumor's out. There's nothing to worry about. It's gone. All you have to do is go home, and you can have your big Spanish meal now.

"What I would like is for you to, if it was up to me, because I know you and your family. You've got so many relatives, and you're going to go back and cook for all those people. What would it be like if you never had this downtime? What would it be like if you never got sick? What would it be like if your life actually got stronger all the time and you were able to take care of your family better, and your children, and their children?"

Mrs. Gonzales is a little bit older. She looked at me and said, "Well, you've already done a great job. I'm going to get to go home, but if anybody can do it, you can do it." I said, "Okay." That's been at the back of my mind. I really want to make this contribution to medicine. I know that what I'm doing now is not going to pull people all the way through. I have this dream that I really would love for people never to have to go through the down times but actually be stronger all the time, and actually be able.

I went on a search. Too me six and a half years, 150,000 miles flying around every three months. I went South America, Central America, all throughout Europe, and I worked in every single one of these great cities, like in Germany, and Munich. I would do the endoscopic work, but also I would find out what else they had. I would ask these great surgeon physicians who were well-known in Germany and very difficult to get to, but because we were colleagues from the UCLA endoscopic advancement on the cutting edge level, I was able to go there and work.

Then I would say to them, "Okay, now that I've demonstrated what we've got, do you have anything different? Do you have anything alternative?" Because there was no alternative medicine back then. There was nothing that you could give somebody. In Los Angeles, I think all we had was ... We didn't even have croissant shops. We had donut shops. That was it. We didn't have barely a vitamin store.

They would always go, "You want something ... Here you are at the cutting edge of your science in America. We're learning from you. Why is it that you want something that my grandmother does and doesn't listen to me?" I said, "Let me meet your grandmother." Every place I went, I would always find after I did my work in whether it was in Paris, or whether it was in London, or whether it was in Salvador, or whether it was in the Philippines, or in Brazil, fascinating people, but I was always interested in could I bring it back to UCLA?

Would it be something that would allow people to not have to suffer and not get sick before illness hits? Because most people say your life goes up to here, and then you start to diminish. I wanted people to get stronger with time and you be able to do it yourself without being dependent on anybody having to intervene in your body with anything electrical or mechanical or pills. It took a long time, but finally I found it, and when I was teaching in China. Took me about six and a half years. Finally, when I was teaching in China, I discovered the ... Which is a more deep story about why I got into it. Do you want to hear about that or what?

Dave: You went on this Odyssey. You've talked with shamans, and you talked with all these native healers around the planet. Partly you were looking to put yourself out of business.

Dr Barry: Oh, no doubt. That was fine. With me, I wanted people to have the chance to live their lives not dependent on anything but what God gave you and other people to interrelate as equals so that everybody could be ... Actually, this discipline that I was able to bring back from China stresses that everybody has to be a strong tree in everything, whether it's philosophy, whether it's sociology, whether it's psychology and marriage. Everything. Everybody's a strong tree. Nobody dependent on somebody else. Nobody obligated to somebody else. Nobody tit for tat, guilt trips, all those kind of things where I'm too weak.

The way the world I wanted it to represent itself, which is that inside of you, you know that, well, you've always known when you were younger you're okay. You're actually all ready to go as a kid, but you hear a lot of things that has you say, "Well no, I have to get this medicine or this supplement." The truth is you've found out in all your work the mitochondria do a great job. All you have to do is feed them, and people will advance. In China, I got this huge opportunity.

Dave: How did you know? You could have easily gone into the jungles in South America like Alberto Viotto, a cultural anthropologist and shaman and a friend who's been on the show. He spent 20 years studying plant medicine in the jungle, but how did you know to go to China versus all these other places? What was the signal that said, "All right, this is the thing that's going to work or that does work?"

Dr Barry: Yeah, the truth is I had no reinforcement. I had no positive experience from any of the places I went, but I knew that I wanted to find this, and that every three months I would go somewhere. I went to the jungles in South America, all these things that are popular now about whether it's a medication or whether it's an herb, I got to experience all that, but I didn't see that you could bring all these things back to the United States.

In the first place, UCLA hospital would blow the smoke detectors and everything else. You'd never get by the IRB. Plus, it wouldn't be widespread. I wanted something that would start when you were young and would go all the way through to us and stay living as long as you could healthily. I didn't find it right away. Took me a long time.

Dave: I started taking the 15-minute meditations. I play those for my kids before they go to bed.

Dr Barry: Good.

Dave: Starting when they're young. They love it, because they just go to sleep more quickly, and they get to go somewhere. I haven't yet found, other than that, an evening meditation thing. I've tried a couple other things or tried just kind of walking through things. They just don't pay attention, but they do. Maybe when they're 500 years old, they'll be like, "All right, that was a good decision."

Dr Barry: Yeah, they're using it now. I have a lot of children right now. I tested this modality back once I was able to get this incredible opportunity after I was teaching in China. Remember, when I went to China, it was at the end of my ... You say how did I know? I didn't. It was my last place to go. The reason it was the last place, it was heavily communist back then. When I went there, everybody was still wearing the Mao suits, which means that all your clothes ... A poor country then, not like now. Your attire was provided by the government, and your food was limited. People saved everything.

I had a great time learning their culture. Actually, I did learn, at first, I thought that I'd hit it when they said, "You can learn all of our and all of our acupuncture." I got to work in their traditional hospital. It was fascinating, and it wasn't something that ... Now you all get to take herbs in little capsules, but when they taught me how to do it in the pharmacy every morning at 5:30, we'd boil everything and then decant it off. I do mean everything.

It was sometimes like a Harry Potter kind of pharmacy with that guy up on a rolling thing. Then you pull out a little wooden ... I swear they got it from China, a little wooden little drawer, and there would just be Chinese writing on it that I didn't even understand, because it was old Mandarin, not the stuff that you can look up in your dictionary.

I just reach in there, because they're yelling at me, and I would pick it up, and I'd go, "Hmm, looks like part of a wing of a bird." Then another one was an insect. There was a lot of things that you would go, "Why are they boiling this?" People would drink it.

Again, I didn't think I could bring this back to UCLA. Plus, it was given to people to help them while they were sick. It did help them. I saw it help, but I wanted something that would not only you could do when you were ill, but that you could actually stay strong. I didn't find it until after I left there.

Dave: Here's what I don't get, Barry. All of the doctors I know of that time frame, there are a few like you who were just willing to go outside the box, but the vast majority of them, they would have simply looked at that and said, "That's witchcraft. It's superstition. It doesn't work, because it can't work," which is anti-science, by the way, instead of, "Does it work? Let's see if there's a reason."

What made you say, "I'm even willing to suspend my disbelief enough," because you've already been through, what, eight years of medical school, and you were already performing surgeries with antiseptic things? Here you were sticking needles into peoples livers without washing them all the way or whatever.

Dr Barry: Don't say that.

Dave: Well, but this is how it-

Dr Barry: In China, it happened.

Dave: This is how it was done in China.

Dr Barry: Yeah, there's a lot of things that weren't sterile in those days.

Dave: Right.

Dr Barry: As a matter of fact, my surgical outfit when I was doing endoscopy or sphincterotomy, you got one green outfit in the morning, and that was it. You were to keep it clean. If it wasn't clean, that's too bad. That's the way the hospitals ran. Your question is specifically ...

Dave: Why were you willing or able to just go out and experience this stuff, given that this sense of skepticism that's built into medical school or any engineering practice, in any school, you've spent eight or 12 years studying this, and then go out and do something that's the exact opposite of what you learned, and believe it had any credibility to it? What drove you to do that? How did that happen, because that's very unusual?

Dr Barry: I didn't like people suffering. With the previous system that we all have even today, it doesn't matter if you take ... There's people that take 120 supplement in the morning. They still have, because I see these people, they still aren't getting out from that continuous circle of trying to feel better, not feeling so good today, maybe I'm okay by the weekend, and then Monday hits again. There's no continuous, "I'm getting stronger in life," because this was my experience of what I think, for my belief, God or mother nature or the universal power that has created all this, that that's the way it was set up, that it was set up to work.

Not only were the, we were talking earlier, the Fibonacci numbers make sense when you look at them, but that the whole world would make sense in terms of us as individuals, that we could actually do away with suffering, and actually be a contribution each day towards getting stronger.

That's why I kept looking, because medicine, and it still is very much, even for people that say that they're integrative at this point, they're still limited, because they can only do so much. You have to show up with your problem or my slightly deteriorating situation, or major situation. Then people either do meals now or do medications. That's not what I wanted. I wanted people to not have to do that at all. I want you to stay at work, stay creating, stay contributing to other people.

Then I knew that the world would start to work in a way that was wonderful, just like a basketball team when everybody's healthy on the team and you can pass the ball around and do the three-man weave and go up, sink the basket. It's wonderful when everybody's there and in top shape. That's what I wanted people to be.

Dave: You were looking on one hand for a deeper sense of meaning, it sounds like, a deeper sense of understanding, and you were looking to remove suffering, and you're willing to go outside of the world of medical school.

Dr Barry: Yeah, I was certain that the way this world was set up was not just taking care of sick people at the sick point, that there was a way to have people when they come to the earth, especially when you deliver babies, you see all this glow coming off the child, and it seems to last for a certain period of time, and that's why people love to pick up babies. They think it's the smile or the goo-goo-goo. No, it's the baby is now this energy field that's just blasting you. Let's hold it. Let's hold the baby. What happens then after two or three years? That was fascinating to find out what happened. I finally did.

Dave: When you look at a baby, what do you see that I don't see?

Dr Barry: It's the same baby and adult, everyone. From the training that I got once I found these grand masters in the mountains after I left work in the hospitals, and that training wasn't easy to get, and it took a lot of time. The reason they wanted you to take so much time is they wanted you to be able to see everything.

That's what turned out to be the greatest benefit is that yes, when you look at the human body, all of us are taught to, well, you see somebody in the hall, you go, "Hi, how are you?" But then you keep walking, never even find out how they are. "Hi, how are you?" Is the sort of a hello. In German, it's the same thing. You can say. It doesn't matter. All the terminology is, "Hello," and you just keep moving.

With this discipline, your sensations are actually so palpable that anything in your field comes up as something that is working well and contributes to the field and their field, or it shows up as something that you can either see that the field has changed either in color. I know some people like to talk about it in terms of auras, but people get mystical about that. The truth is that you can feel it, you can measure it over time with all these training programs, these practices I brought back.

When I look at you, if you just say ... Forget about having a problem. Just say, "Hey, I'd like to really crush it in my research," or, "I'd like to write the best book, but I only have ..." I've worked with people who've done that for best sellers.

Dave: You might have helped me. Okay.

Dr Barry: Yeah, a few people. The point is that everybody has limited time, but so what? You remember right before finals and those of you who went to high school or college, and all of a sudden for three days before finals, your whole brain opens up, and you feel like, "Where is this intelligence all semester? I could drink beer the whole semester. I wouldn't even have to go to class if my brain was open that much." I said, "How could one access that all the time? How could you access being in the zone all the time for athletics, or being in flow all the time?"

I knew that it had to exist. I just knew that no one had found out how to connect to it. When I look at your body, I look to see where there ... I can feel it. I can see it. There's color changes where the flow's occurring and where it's not occurring.

Dave: You see colors-

Dr Barry: That's how we did exercises before.

Dave: You see colors? You see energy meridians?

Dr Barry: Well, they're not really ... The meridians, the pictures you see in books are just someone's attempt to draw a pyramid or something. I draw a line. Your field actually is pulsating like this all the time.

Dave: It's pulsating? You can see that?

Dr Barry: Yeah.

Dave: Or do you sense it, or do you see it?

Dr Barry: Both.

Dave: I know a few people like this and with different disciplines. No one with maybe the full spectrum visibility that just I know, because we're friends, and we get to talk a lot, but I also know [inaudible 00:18:43] came on the show. He's from San Francisco Crossfit and talks about flexibility and all. When you walk in the room, he's like, "Oh, your right leg is a quarter inch shorter than your left leg, and your glute is messed up."

It's like a superpower, because when I see people, okay, there's certain things I'll pick up and all in different people, yoga teachers, or just all the different energy kinds of practices out there, guys like John Amaral who's been on the show, they can sense. They have this it's like an x-ray vision thing. You get Neo in the Matrix. He looks around, and all of a sudden it's zeroes and ones. I kind of think it's-

Dr Barry: Yeah, zeros and ones is a very good way to look at it.

Dave: But you-

Dr Barry: In the way they made the field keep going down around everybody so that you couldn't say that you wanted to separate from the field, unless you could see where the whole thing was and where you are as a part of it.

Dave: That's kind of what you do. That's my sense of it anyway.

Dr Barry: Mm-hmm (affirmative).

Dave: You see a baby-

Dr Barry: That movie came out about the same time as I was doing my ... We won't go into that story, but as I was bringing this back to the United States in the '90s.

Dave: Really?

Dr Barry: Yeah, yeah, yeah.

Dave: Interesting. When you saw that movie, you said, "Oh, this makes sense?"

Dr Barry: I won't say anything about how all that happened, but it certainly made sense.

Dave: Okay, but you connected with the ... It's one of my favorite movies ever.

Dr Barry: Not only did I connect with it, but I connected with the people who did it, the whole-

Dave: Oh, no kidding?

Dr Barry: Yes.

Dave: Awesome. It's one of those ideas though that there is a way of seeing the world that's different. Since I've started doing ... Just full disclosure, I think I've known you for a couple of years now. My sense of time isn't very accurate. Jay Abraham introduced us. You've been saying, "Dave, you should do my exercises." I'm like, "Yeah, I got 50,000 exercises I should be doing." I didn't really do it.

Then over the last couple months, I'm like, "All right, I'm going to actually do it." Actually, these are very powerful, just because having done probably 10% of the global practices that you did on your Odyssey, but having done a lot of deep, intensive work, yeah, I can do energy manipulation stuff on my body and building awareness, but to do it in 15 minutes of listening to an audio file and just have a feeling of vibration in the body, it's very fast. I'm like I know there's something going on in there, but I don't have that sense of vision that you do. Do people who do advanced coursework with you, do they all develop that ability to walk around like Neo and see zeros and ones, or is this only for the grand masters?

Dr Barry: There's no limitation on any of the courses or any of the students I've had for a year or 15 years on how far that I offer for them to go, because that's your birthright on this

planet. I would never limit it. I'm just going to show you what I found when I was working in the mountains with the grand master. I can't make it any easier, in terms of how long it's going to take you, because everybody has their own desire, how much they want to do and how far and hard they want to work.

What's so great is you're noticing the practices work even if you do a part of them. That whole thing about, "Okay, if you get to Rome, it's at least a step at a time. Every trip begins with a first step." Now here every one of these exercises will blast you. Every one of these exercises will start to work on a certain part of your body.

It's so much better than doing some minuscule thing, which I see coming to the United States now where people do a little bit of this, a little bit of that. With any of these exercises, like I showed you in the beginning, it took less than, what, maybe five minutes. Right away you can feel the result. It's not I'm telling you the result. You report it.

Dave: Can you create new grand masters in your lineage?

Dr Barry: Mm-hmm (affirmative).

Dave: Have you created a-

Dr Barry: I haven't created. They've created. You have it within you. That's the most important thing. If it's in your heart, if you're listening to this and you really want to advance, I've had people come to me who are martial artists, and they have already gotten very, very high. They've made it all the way up to just before black belt. They've tried over and over again. This one gentleman was in two different disciplines, but the one I'm thinking about, he was in I think some type of Qigong or Tai Chi. He never could get, his master said, "No, you still can't make it. You're not black belt, according to this criteria."

Years and years had went by, and finally when he came here for the program, I said, "Do these exercises. Watch these videos. Listen to the audio," same thing for you. He did it over and over again. Then in a few months, he came back in and said, "Here's my belt. I got it. This stuff works."

It doesn't matter what people have told you your limitations are. It doesn't matter what you've read your limitations are. My experiences in China finally after six and a half years of not having any reinforcement other than a lot of great experiences, meeting a lot of well-meaning people, smelling a lot of smoke everywhere, because all the shamans are always burning some kind of smoke and things like that, that when I got to the top of that mountain, the sacred mountain, I actually was able to connect with people that were able to do things without any adjunctive things. You could do it. I saw treatments. I show people how to do this with treating without even touching.

Dave: You're a licensed physician.

Dr Barry: Yeah, I'm a gastroenterologist and double-board certified.

Dave: You just said that it's possible to treat people without touching them.

Dr Barry: Yeah.

Dave: You can do this across the planet, right?

Dr Barry: There are so many ways you can do it, it'll shock you, but we talk about it in the monthly calls that I do that people call in on. I tell people about whatever is the latest insight into using this energy.

Dave: I talked with Jack Canfield about this on a recent episode. We were saying, "What's the deal with some of these globally very powerful people?" Having gotten to know a bunch of people who run large companies, or are incredibly influential, it's more common for them to have an energy medicine body worker, something or another, than not. It sounds like going back for thousands of years, the elite ruling class in China also had people supporting them energetically and physically and things like that. It seems like that pattern repeats in different societies, even if you go back to King Arthur's court. There was Merlin.

Dr Barry: That's right. People forget about that.

Dave: Are you like the western and Chinese equivalent of a Merlin? Is that a way to describe this?

Dr Barry: This discipline was used for that. As a matter of fact, that's why it's never been written down. Anyone who's a student of you know that his book has on the front cover his back, not his front. He's on a donkey, and he's going out of town, because he didn't write the book. His students wrote it. They made him stay for a couple days, and wrote down these words that have lived forever, because he was the creator, along with a number of other great people back in that time, other people in China, that were so enlightened that they were able to create the Bhagwan, the yin yang symbol, the], all those things.

This whole discipline has been one that's only been handed down, in terms of connection. That's who you are. It wasn't handed down in terms of writing, read it, memorize it, go here, and then you can do it. No. This is one where the more you experience it, just like life, the more that you can participate with it and see how it works. That was all the tests that they put me through. Every time there was a test, I was thinking about that just earlier, the tests were very hard.

Dave: These were tests where people died if they didn't pass them. These weren't written tests.

Dr Barry: Yeah. It was not a test that the grand master said you were going to pass. As a matter of fact, in the beginning, he said, "Look, no one ever passes these different levels of attainment." He says, "You can see around here, it's these three guys with me who've actually been able to make it over all these years. But you'll get to go as far as you're

meant to go. We don't ever expect you to make it all the way to the end, unless you were meant to make it to the end, and you're the first western doctor, non-Chinese, English-speaking person that we've ever trained. There's no guarantee. Plus, it's very dangerous," and yes, people did die in the training program.

What was fascinating about it, every one of those tests when I'd be hanging on some cliff and have been left there for over two days, and I have to figure out not only how to get off of this cliff, how to get back to wherever they're going to be with no map and no GPS like you've got, that I'd have to go, "Look, this is impossible. How am I going to do this?"

Then I would realize that at every level, there wasn't a choice that you could fake it with. You'd have to make it by using the energy. That's what people learn if they do any of the practices like what you were doing and other people you know were doing every day, because you learn that you can pull this energy in yourself.

When you come and do the practices, they come from the 5,000 year old tradition so that you're your own energy Merlin. You get to be that person for yourself. All you have to do is learn how to pull it in through all the sensors in your body, which most disciplines ... I've never seen it written anywhere where it describes how you've got all these little sensors, which is the basis of this entire program that you get to do it.

That's why it was like this wonderful, the other side of the yin yang symbol, the yin and the yang, the western medicine cutting, and hear you're okay. You don't have to be cut on. If you want to stay on this side, you could be totally growing stronger every day by doing things where you pull in the energy. Can you do that? Of course.

If you ever interviewed Michael Jordan in that game that he won, the best basketball player ever played up until that time. He had the flu, and he had a fever, and was one of the final games in the NBA. He still played. Where'd he get all that energy? You say, "Well, he's in good shape." Well how good of shape are you in when you have terrible flu, and then when it's the last shot in the game, and the coach Phil said, "Who do you want to shoot?" Because Michael was the captain, because he figured he would choose somebody. He says, "I'll do it."

It was 34 seconds in the game, and he still felt he could pull the energy in in a way that he would connect to the basket, just like any great athlete, any golfer, any person that's every created anything, somehow you get into a flow state. What this one's all about you get to stay in that at will. He did. Then he sunk the basket and they won the game. You can sink the basket in your goals every day, and that's what the programs we have are all about is that you keep making more goals in every area.

That's why I was so delighted and why I kept going back to China to work with the grand master was that it works in relationships, works in your physical strength, works in your creativity. You can get smarter. You can actually do better in each field you want to be in. You don't have to be limited to just one thing.

A lot of people are worried about right now, oh my gosh, science and culture is changing jobs, and people are moving around. Maybe they're downsizing. "Where am I going to work? Am I going to be retrained?" Oh yes. With this discipline, you become like you're just starting out in junior high school or before junior high where you're just wide-eyed and ready to learn, because you can turn that on every day. All you do is open your sensors, and you're doing it. That's what's so great.

Dave: These sensors, my work has led me to believe that those sensors are at their basic level mitochondria, that these are the ancient bacteria thing. This is a big part of Headstrong. We like to think of them as power plants. They can take food and air and make energy, but they also sense the environment always. What you're doing is-

Dr Barry: Yes, when you say that in your talk, you say it for about this amount. Every time you say, "I've heard that," I say, "I wish you would talk longer about how they sense the environment," because that's part of you. They're not separate from you. People like to say, "Oh, well the bacteria are running our lives, and we're just there so they can walk around the planet." No, that's not it either.

You, in this discipline, what's so wonderful about this source energy, this new life energy is that it's the energy that Einstein was talking about, that you're actually connected. Why was he always thinking and thinking and thinking and connecting to something other than just what's in front of him? Because you are connected to all that.

Everybody likes to go, "Oh, astronomy is cool. It's wonderful. I wonder why people do that." The Hubble got good pictures. You should look at those photos. You should meditate with those photos. As a matter of fact, people who do these practices, and then they do whatever meditation they do, whether I'm in Japan, Indonesia, if I'm in a monastery, they all go, "Wow, I wish I'd have had this discipline before I started meditating. I could get to that point that I'd like to, which is the universal space."

This whole thing about being able to connect to the ultimate place in enlightenment, again, the way people talk about it, it's like something that pulls you away from life, and then you go back into life. No, it's not that. What it is is that you're always in not only what's out there, as far as the universe goes, but you're also as small as whatever else you see around you. Once you can connect to that, maybe you're connecting to it right now while we're talking. If you connect to that, your power source then, all these sensors can start pulling in.

Dave: The mechanism of connection is those sensors themselves.

Dr Barry: Yeah, those sensors is part of ... You're part of all that, and you're part of the sensors too, and you get to enjoy it.

Dave: Of course. [crosstalk 00:32:38]

Dr Barry: Yeah, but if you were just the sensor, you wouldn't enjoy it, just like if you were just the break pedal, which you're not, you actually get to what a lot of people have experienced

in the different visualizations that we have, the guided visualizations is that you're actually here now enjoying our conversation. I am. I hope these people are.

You're noticing that you're here, and checking to see how it's going, and maybe thinking of what you're going to think about, but then also you're actually present to the whole place at the same time, really. You are. If you're aware of all three of those at the same time, then your continuity with your environment becomes really smooth. There's not jostling that goes around.

Actually, people, I have a course on this, you more and more become 360. You more and more, just like I had to learn fighting programs also, which as a medical doctor, I wasn't interested in any kind of fighting, but I had to learn. One of the things that they taught was how to defend yourself with more than one person coming at you.

At the beginning, I didn't want to defend myself even with one. They had four, and I was going, "Oh God, here's another test, and I don't feel like ..." I didn't have any background on how to fight, except the basic things that they taught me, but I did know that if I used the energy, that that's how I passed every other test with him. Somehow I'll come up with the right moves, and then you do. Then all of a sudden whatever is Tai Chi, whatever is Qigong, whatever is kung fu comes through you, and you actually have that power, because you're actually emanating it.

There's people that they've filmed from this discipline that actually do demonstrations once in a while, which I don't want you to do demonstrations. I want your whole life to be a demonstrations like they're moving. Someone can't come hear them. They'll move them away just by their hand.

Dave: Is this like Bruce Lee, Jackie Chan kind of people, or some other people? Or are you not allowed to say?

Dr Barry: Let's just say some of the people were at my camp and are in the movies and are very successful in martial arts and have been heralded as the number one kung fu artist from China.

Dave: Are we about to lose this practice? If there's only 12 people left who are grand masters, and there aren't structured programs to build a next generation of this, is this the last gasp of this kind of energy? The energy will always be there, but this practice of managing it.

Dr Barry: I have this opportunity available for people. If I just decided to enjoy where you live in British Columbia and sit out there in the forest and just take in all the wonderment of life, it's all here. I brought it back. No one has to starve on a mountain or freeze to death in glaciers and stay in the freezing cold water until the grand master says, "Okay, you can get out now." Then when you get out, you go, "Well, I guess I don't need all my winter clothes that I was wearing up here, because now I was warm enough in there." You start to learn you can adjust.

All that's in the videos that I've created that I brought back, all the audios in the apps and the physical exercises. We've got it all recorded for people. You can get it all straight from there. You don't have to get ... In the first place, you don't have to go to the mountain, nor could you go there, nor could you pay him to do it, because he wouldn't.

He would always just say to me, he said, "Look, this practice that you're learning is NFS. It's not for sale, and plus there's no price value on it, because I have to give it to you for you to get it, or at least guide you so you can start pulling it in." All these videos and audios that we've got will guide people if I'm not even here.

Dave: Even if I did all the videos and all the audios-

Dr Barry: You'd be phenomenal.

Dave: But I wouldn't be at your level of attainment.

Dr Barry: How do you know?

Dave: I'm just asking this question. It's a question.

Dr Barry: How do you know that? Now all the great scientists and all the great athletes that I've worked with over the years, I've been doing this here openly, I guess ... First I was only doing it in my office for wanting to test it with every age group and every ethnicity and found that it worked with kids and even people in their 90s, but that it worked in so many different ways that it pretty much fits the American ideal, which is that I've got this goal, and I've got this goal, and I want to be able to multi-task.

You know as a kid, you know that you have the sense I could do that. Where did that go? Well, this brings that back to you at every age. Like I've told you before, we have one gentleman who's in his 80s and got his pilot's license. Really before that, he was a tailor for all his life. You can imagine for 80s, he's from Italy, and was always bent over. He was a kyphotic guy. He had to pass this physical to be able to fly a plane.

We've got a lady like I'm thinking of this older woman who came up to me one time, and she said, "My sister is losing it. She has Alzheimer's. I don't know what to do. I'm in my late 80s, and I'm beginning to think I may be getting it too. Can this help me?" I said, "Of course. Just do these exercises." I saw her a couple months later, and her doctors all wanted to know what had happened, because she started becoming brighter and more intelligent, just by her doing the exercises. She's at home doing them. Not me, because your body's built up that way.

It was set up by God for you to actually have a life that's so much better than anybody even gives you an idea that you could attain, and you know that in your heart of hearts, because no one's going to reaffirm that once you get on the freeway.

Dave: These are people who are using it for their own benefit. Often times they might be using it in their business or whatever their mission here on the planet is. What I'm asking

though specifically is you went through a set of very rigorous experiences on this top of a mountain that made you aware of these things and made you uniquely qualified.

Even with the benefits that I'll just openly acknowledge on watching videos, and by the way, I had a pretty high sense of skepticism that that would actually work, because I've seen my share of videos, but there's something different about what you do, and that's real to me.

Dr Barry: It's embedded in it.

Dave: Yeah, and that's why I want people to [inaudible 00:38:51] this episode.

Dr Barry: Oh, okay.

Dave: It's embedded in this episode too.

Dr Barry: Yes.

Dave: But I still wonder, when someone's done all of your training, will they really have a broad enough experience base to pass this on to the next generation besides watching the videos?

Dr Barry: Yes. That's why I love kids. We have kids who don't even want to go to bed at night, and they're not doing well in school, and we have them listen to just these guided visualizations before they go to bed. It doesn't matter whether they're four years old, five years old, six years old. After they start listening to it a couple times, their parents don't have to go through that fight every night. The kid just goes to bed, presses this thing, because they get to go off into that wonderful place that they want to go to, rather than into night terrors and all that.

People on their own become smarter, more able once you don't pull in whatever you want to call the Matrix or the cultural milieu that say that, "Right now, you're not okay. Right now, I don't know if you have the ability. Or maybe we'll get to that later." What if all things are coming into you, and you don't have to keep limiting yourself? What if you can actually be able to take in more and more of everything around you, both in science, in art, in friendships, in relationships. That's why I like the energy so much is that this source energy allows you to connect to people and have time for people, because you're feeling competent.

Dave: I'm not sure I believe you, Barry.

Dr Barry: Okay.

Dave: I believe you about the energy, but I know, for instance, my daughter, she's always saying, "Oh, it takes me a long time to go to sleep," and it's a stress for her. She's 10. She started listening to these, and after a week, she's like, "You know what, dad? You can stop asking me if I want to do it. I just want to do this every night, because I go to sleep."

It's just much better, and I get to go somewhere," and it's really cute. It definitely works, but if she listens to all these videos, she's not going to be the 13th living grand master of-

Dr Barry: How do you know? Everybody has to have their goals. As a matter of fact, I think the whole school system, and that's why there's so much home schooling now, is all about limiting you and telling you you're okay if the teacher says you're okay. Or you're okay if you got an A, because you regurgitated.

Remember we were talking also earlier about in medical school and in residency and fellowship and post-graduate studies, years and years of studies, 13, 15 years of medical studies before you can even make your first cut, you're memorizing books this thing. How's that going to apply to you being able to have a great relationship with your wife, a great relationship with your kids, grow up strong and healthy. It doesn't apply. It's almost like memorizing the bunch of data, and yet how to use it all.

That's what I love about the energy is that you get into your groove so that just like your child, it becomes natural for you to go. "I know. I want to go to bed, because tomorrow's going to be a great day."

Dave: What's the next evolution of these energy practices? They've been evolving in practice for 5,000 years. Now you've sort of taken them out of the monastery and put them into-

Dr Barry: Yeah, first time.

Dave: ... into practice.

Dr Barry: That's why I said the thing about. He didn't write anything down. I didn't write anything down the whole time I was there. All this was brought because it was drilled in step by step, and you couldn't have gotten through the different attainment levels unless you were able to actually manifest at each one of those levels.

I know when you go see shamans in South America or you see the psychic healers in the Philippines, all those places I went, and actually studied with them long before I got to make it to China, they make a deal about that, but I think your life is a big deal. I think your relationship with your family is a big deal. I think your contribution of love and kindness and prowess is a big deal. Nobody taps it.

Maybe you hear stories that there was somebody who really showed up in an emergency, some child was going to fall in the water, and they caught them. All of a sudden they woke up. This is about waking you up gently and having you return to your real total self, and it just keeps expanding.

Would a person be a master? It's up to them, but you could be a master in making your income go from four figures to seven and eight figures. We've had a number of people who've been able to do that over the years. You can be a master in art and never have

learned any painting. I think everybody has their own interest. You can be a master in taking care of your kid.

Dave: I would agree, that whole thing that we talk about, the state of human performance, even the question that I asked you on the last episode, the three most important things for performing better as a human being, because different humans want to do different things. I'm with you on that, but let's say, for instance, you're not allowed to say, "I'm one of 12 living grand masters," unless you were basically handed the grand master card that says you're a grand master of this, right?

Dr Barry: I wish it would have come as a card. It was more like a complete disappearing of who you knew yourself before and who you have the opportunity to be at this time, and then maintain that continuously until even you can see it, not only what you're doing with other people, but what you're doing every day in your life, what you're doing in your sleep, what you're doing when you're waking up, what you're doing when you're traveling.

If you're constantly seeing what I've done, been all over the world since I've been able to bring this to the rest of the cultures, it's fascinating that every part of the world is actually there to energize you. It's not just the crystal caves in Brazil. There's parts of Russia in the forest there that are phenomenal. Every place actually can build you up, and almost all of them are natural. They aren't the man-made radon and all these other chemicals that I know you're working hard to remove from our environment. I think people really have a great chance with this to go forward.

Dave: But it's not about going forward. I want to know the next generation of people who will have the same title you have. It's sort of like if you get a black belt in martial art, okay, and you get a second and third degree black belt, and all of a sudden you become a martial arts instructor and you teach the next generation of kids.

Dr Barry: I got it.

Dave: Who's doing that work for this practice now?

Dr Barry: I got that. What's happening now is that every parent that comes to me, every person who runs a dojo, every person who's a professor, they're no longer after they learn this discipline, guided by that thick book with all those little words. They're now not only a person who's enjoying their life and living their life and having victories in so many ways they didn't even think possible since they were a kid, but they're engendering that to your people that either your family members, or your class members.

Every single relationship I know, every person I ever met who has been around these energy practices, when they go home, their wife says to them, "You saw that energy discipline?" The person just goes, "Yeah. I don't know if it works." Usually the wife says, "No, it works. You should go back." "How? How do you notice that?" "I don't know, but our relationship seems a lot better now. You seem more alive, more friendly, more loving."

All that is your field now is not restricted. All these sensors are open so that you're teaching the people around you. You're being the master now. Every person now will be the teacher. I've brought it back to them. All they have to do is learn it and be able to use it.

Dave: You're saying it's becoming a distributed, percolated thing where-

Dr Barry: If you decide-

Dave: ... everyone does it?

Dr Barry: You have to want it, yeah.

Dave: That's kind of your big mission, as I know we've talked about this a lot. You want to bring that out. Even in that case, we'll go back to the Matrix movies, there's the notion of the architect. There's someone who's pushing the system, someone who's evolving the knowledge. What do we do with it next? I'm assuming that that's the core lineage of this.

Is there a monastery somewhere on the planet? I don't want to know where it is, if there is, but is there something going on where the next generation of learning happens versus the distributed benefit for all of mankind? Just like everyone's responsible for their health, but there are a few people doing core biological research on health and things like that. Where's that happening?

Dr Barry: Okay, but let's not limit it to just the monastery. Yes, there is. The grand master is still alive. Some colleagues where certain things are being brought out and discovered that are useful in a way that we never thought possible, but that's why it's the yin yang symbol. That's why you can take this incredible connection to the universe and then marry that, connect that so smoothly by that line that's not jagged. It's like a vibration, if you notice, between the two colors of the bhagwan, the yin yang symbol.

Marry it to every single thing that keeps going to the moon shots. We have moon shot people how come and do these practices every morning and watch the videos, because then their genius minds, which they went to Princeton, but still they've reached a certain level, because everybody in your group now has a Princeton degree. Okay, then they've worked at the NIH. Everybody in your group, now what do you do?

Well, you have to somehow have your mind grow with time. Are you going to read a book about that? No. There will be some supplements maybe that will energize your brain, but what if your natural self, the mitochondria you're talking about, if you actually pull in the energy every day to the extent that you can then make the new discovery. Then they make the new discovery, and then you have the ability to keep going and going and going and going.

It's the same bhagwan, same both sides are contributing. That's why I like it. It's east and west combined. You don't have to give up your physics degree. It's still all physics. It all fits with physics. It all fits with all the latest advancements in whatever field you're in.

In China, I think it took until the early '90s, but they had it 200 years ago, or maybe 500 years ago, this special color that they'd invented that they'd found a sort of purplish blue. Scientists later found out that the reason it took so long for anybody to ever duplicate it in our chemistry labs was that it has so many other benefits.

That fits in with this whole there's two sides to your process. There's the process called, "Okay, I'm alive today. Well, and I'm going to work." Is that it? "Oh no, you should feel good about your going to work, because you're taking care of your family." Okay. You should feel good because you're enjoying your work. Okay. What else?

How about enjoying the fact that, oh boy, what an opportunity to actually be here, to actually be here on the planet and getting to work with this wonderful instrument, and see how many ways I can have this thing come up with some new contribution for everybody. Then you're into the whole process of not the me, me, me, but the we, we, we. Us. Win, win, win.

That's what my goal is, and that's how everybody will be a master at this and be able to have this field so that their kids and their relatives will then just melt into it, just like when people go next to the ocean, how do they feel? Better than being maybe in the basement of the Pentagon, right? It's a different environment.

If I put you next to the ocean, you're going to love it. You ordinarily are made that way, but you're ordinarily made just so that if you go in sunlight, you have sensors here that now finally people are saying, "You need to go out in the sun somewhat. Melanoma isn't 100% related to sun. It has genetics."

Actually, you make melanocytes that have these little granules that get larger and larger when you get a tan. Oh, by the way, your vitamin D comes from there. Oh, by the way, that vitamin D is better than the one you get in the supplement. Oh, by the way, your body actually makes it better than anything we've ever made in a chemistry lab.

What is the number one thing that you can say as an advertisement on any supplement? It's always to say, "It's natural for the body. It fits the body. It's what your body needs. It correlates to that." This energy is that plus. It's sort of like the fuel that lifts your body out of the bed every morning.

Dave: It's a fascinating practice. You've done something that I didn't ask for that's really cool. Just so you guys know, Barry's a friend, and he's done energy work for me back stage at the Bulletproof conference. This stuff works. At the beginning of the show, he said that he's going to give Bulletproof Radio listeners a \$97 thing from the Energy App, which is kind of cool, for no cost, which was really generous and awesome. Energyforsuccess.com/Bulletproof is where to go for that, which is pretty neat.

I'm sure that he's hoping that you'll check out the rest of his programs. I'll tell you, it's a good thing to do, but I'm telling you that with no financial incentive whatsoever. Just that I've looked at every technology, every kind of practice I can think of. This stuff has unique things in it, and it's totally worth checking it out.
Energyforsuccess.com/Bulletproof.