

Announcer: Bulletproof Radio, a station of high performance.

Dave Asprey: You're listening to Bulletproof Radio with Dave Asprey. Today's cool facts of the day is that mindfulness is actually meeting medical school. The University of Massachusetts was a little bit ahead of the curve when it comes to looking at what's going on in your head and what it has to do with what's going on inside of your body. Because in 1979, they founded a program that since had 24,000 people trained in the method called Kabat-Zinn's Mindfulness Based Stress Reduction or MBSR. This has become something that's spread around a long time ago.

Now, the university's breaking new ground by creating a new division in its medical school dedicated to real academic scientific study of the role of mindfulness and healthcare. This is the first medical school division of mindfulness anywhere and it's based on the fact that this school started doing it many years ago. The reason they did this is that they just "We recognize the deep potential synergies between the domains of medicine and meditation." They're opening the door to new neuroscience research, efficacy studies that refine treatment and training in mindfulness interventions, novel treatments and even digital therapeutics. What this means for you and me is that when you go to see your doctor, five, 10 years from now, maybe they'll ask you what's going on inside your head not just ask you for some symptoms and give you some pills.

I'm pretty excited about a future like that and I hope you are too. Today's show is going to be awesome. It's going to be a little unusual. I started out my path as a Silicon Valley engineer, actually pretty skeptical to be perfectly honest. When I tried all the things that were supposed to work, like working out all the time, eating a lot less and taking a lot of antibiotics for chronic sinus infections, and arthritis and things like that that I had in my teens. I realized it just didn't work. As a rational engineer, I said I'll just try to things that aren't supposed to work. Like I'll go to Tibet and study meditation with the masters. I will consciously, and scientifically, and willingly suspend my disbelief. Then, see what happens.

It turns out, there's a name for that. It's the first step of the scientific method. It's called observation. 20 something years later, I can tell you I have observed some things that are not well explained by a traditional view of mechanistic science. If you believe you're a meat robot and you really hold on to that belief, you probably won't like the interview today. However, if you think you might have something more inside there or maybe that's sometimes the universe is more interesting that it first appear is this is going to be a really interesting interview. If you heard my interview with Jack Canfield, I asked him directly, what's the deal with energy workers and things like that? It seems like a lot of the billionaires that I know actually work with people like that.

I said Jack, you've worked with a lot more people with incredible levels of success than I have. Is this common? He just laughed and said, "Of course, it's common. This is standard stuff. Everyone's doing this." Given that and given the

fact that I've known a good number of people who just somehow know things or can do things that you cannot explain rationally but are reputable and noble. I seek out people like that and sometimes, they seek me out, which is what happen for today's interview. Today's guest is known as Shaman Durek. Shaman Durek is a third generation shaman. He's the son of a Norwegian medicine woman and the grandson of a Haitian shaman. He started training as a shaman at 12 years old and was known as his grandmother's successor even before he was born. Now, even that can make a skeptic question things like how the heck could you know?

The answer is because people who can do this kind of stuff, they just know. You can either say let me listen to this or you can say, that can't be possible. I'll tell you the least scientific thing you could ever say is that didn't happen because it can't. That's not called science. That's called dogma. I'll tell you there are people like Shaman Durek around who know cool things. In his case, more than three decades after he was born and trained as a shaman, he applies ancient spiritual wisdom, coupled with years of devoted study and practice to help people be more successful, happier and to heal from things that you probably wouldn't believe. We're talking going into hospitals around the world. He speaks four different languages and has helped huge numbers of people get over things. He just did a treatment session on me earlier today.

He has the ability to just know stuff that really he shouldn't be able to know, except he can because well, he's a shaman. He calls himself a spirit hacker, which is really cool. Shaman Durek, welcome to the show.

Shaman Durek: Hi. Thank you Dave. It's a pleasure to be here.

Dave Asprey: What do you think of that introduction? Did I nail it?

Shaman Durek: I think it was a great introduction. Thank you. That's very kind. That only thing is my family's not only my grandmother is west African and Haitian from Ghana.

Dave Asprey: Okay, got it. From Ghana and when you were doing shamanic session with me, you were saying somethings that sounded like they were in African language. What language was that?

Shaman Durek: That's Swahili and also, there were other languages that came in from different spirits that took over my body.

Dave Asprey: I definitely heard some Chinese in there.

Shaman Durek: I have Chinese spirit that comes through as well that works on you and your points in your body, and your meridian as well.

Dave Asprey: Do you speak Chinese?

Shaman Durek: I don't but it's funny because I've been with people when the spirits come through who do speak these languages and they know exactly what I'm saying.

Dave Asprey: You had no idea what you were saying?

Shaman Durek: No.

Dave Asprey: That is fascinating. I was laying on the grass in my backyard and Shaman Durek was working on aligning some energetic stuff. I think I counted four different languages but they weren't the ones you speak, at least many of them weren't.

Shaman Durek: No. We have different spirits that can do it because I'm a spirit shaman. My body becomes when I begin to do shamanic work on people if need be. Today, I had to clean out a lot of different poisons out of your body. Spirits will come through that are part of the ancestral line of elders. They will come through and take over my body and begin to work on you. I don't even sing songs. They'll do [inaudible 00:07:07]. It would depend on what elder comes through the body.

Dave Asprey: What is the difference between a spirit shaman and non spirit shaman, whatever you call them?

Shaman Durek: Most shamans that work with plant medicines are any type of medicines. Basically, raised in that understanding of that culture and understanding of the medicine and the plants in that regional area where they are. There's certain specific guidelines and certain things that they have to follow when it comes to medicine. Unfortunately today, not all shamans who are giving plant medicines are actually trained in that very reverent way of understanding both the spirit of the plant and the plant itself.

Spirit shamanism is based on the understanding that when we're chosen, we're chosen because already have certain gifts about us as children. Then, when we are selected to be the next in line, certain spirits would have access to certain spirits that come through. Those spirits allow us and give us the abilities that we have as prove to them that we are devotional and reverend, and respectful, and have an understanding to honor people just as much as we honor spirits. We call it [inaudible 00:08:20], which basically means to honor the spirit in the body and also honor the spirit that is out of the body.

Dave Asprey: How do you know that you're not making all this stuff up?

Shaman Durek: Because I know because I see what I'm capable of doing.

Dave Asprey: I'll tell you I'm not a skeptic here at all but there are certainly people listening who are saying how is it that you can do this and they can't do this?

Shaman Durek: The thing is they can do this. In order for them to do that, we have to remove certain energies or certain, I call it firewalls is the name I came up with and the

body that limit them from doing it because they've been programmed by the outside world and put into a system when they first came to earth that told them that they have to follow rules according to being good or not being good. Those rules literally didn't have anything to do with them as a person. However, they follow those rules and they go into an institution that makes up a bunch of test that really don't really have anything to do with them as well.

What happens is in that process, they become really good at deducting and subtracting, and following rules, and taking test. The other things that are happening such as the emotional intelligence, what's happening in the peripheral, the things that they feel. All of these things are happening to people the time. What happens is they put more energy and more focus on the part of them that is focused on the need to achieve because when you achieve, you get love. When you create, you get love. When you are successful or you have something going on, you get love in this world. That is what they focus on. Everyone has the ability to do what I can do. The thing is they're not aware that they have that ability.

Dave Asprey: You're saying that we all have more abilities inside us than we are usually tapped into.

Shaman Durek: Many. Many abilities. For instance, I work with Wall Street execs. I teach them because they're going in and their team who are analyst how to raise their perception and open up their perception to the blind spots so that they can see things more clear and have more clarity of what they're looking at, what they're dealing with inside of their office or what they're doing in their workspace. Literally, it changes the way they see things and they catch things they never caught before. Because what it does, your body is made up of pure spirit, your pure energy. You have pure sound moving through your body. All of your electrons, all of your molecules, every part of your body is a living consciousness.

Consciousness has the ability to think independently from your own thinking. That consciousness has the ability to take information that's coming in from nature. Information for ... I'll use a perfect example. When you drink water for instance, water is a living spirit. When you drink it, it reads the sensorium and symphysis of your body through your emotions. Then, when goes out into the toilet, it goes back into the water. It goes back to the earth. The water then sends that message and then, when the air takes it and picks up that water, and rains it down on the earth, the trees and the whole networking system in nature reads the information from that water and knows exactly how we're adapting as human beings.

It starts to create more plants, more poisons, whatever it needs to maintain the level of how we're adapting, how we're evolving. It takes the same rhythm, the same symphysis and follows exactly what we need in order to continue adapting. Earth is very smart. Now, humans, we just look at a glass of water and

just drink it, and have no idea that this is whole entire system that's happening with that one glass of water.

Dave Asprey: Why hasn't western science detected this in water?

Shaman Durek: Because western science doesn't understand what they're looking at. Western science focuses on things that they can actually test based on things that they feel that has a purpose in this world. They want to know what H₂O is, so they test water based upon that element. They don't understand what an element is. They understand it as an element based on the element time table. They don't understand that the element is a spirit because they don't connect to spirit. If they were to look at the element, understand it for more of what's happening on the physical plane, they would have to realize that that physical plane has a quantum level as well that connects them to an emotional, that connects them to a spiritual plane and there are certain energy frequencies that they're not picking up on because they have a blind spot to it in the world.

Dave Asprey: I read a really fascinating book by Candace Pert called the molecules of emotion. This is a woman who discovered the opiate receptor in our brains and did a lot of similar seminal work in neuropeptides. Towards the end of her career, she became really spiritual and just understood that what's going on inside your mind and your energy controls these neuropeptides in your body. She met with a group of shamans and had a translator working with them. She explained what a neuropeptide was and how it all worked. The shamans look at each other and they all started laughing. She asked her translator, "Why are they laughing?" The translator said, "Well, they looked at each other and they said, "Wow, she thinks these molecules actually exist."

The reason I'm bringing that up is that from a shamanic point of view, the one that I believe you're speaking from, you're almost saying that these physical things are much less important than the energy or the information that's carried in them.

Shaman Durek: Yes, because the physical energy is basically the ... how can I say, it's the projected frequency or we say matter that's trapped matter, which is trapped light, trapped sound, trapped energy, and trapped data that is literally showing you in form, so what you're actually picking up on. I'm going to give you an example. Most people don't know that their body communicates. They just do whatever they want to their body. They have no idea that their liver, their spleen, their kidney is a living organism. It thinks and it knows, and it understands everything that's going on and your whole body does. Not only does your body but so does nature, so does the trees, so does everything.

Science can't measure some of the energy occurrences that are taking place in on this planet because of one, they don't have their equipment too. Two, it requires a sound vibration to measure it from and if they want to pick up the symphony vibration of what's happening. They would need to learn how to work more with sound as a form of measuring. Until they actually start seeing that as

a huge component of reading, instead of just reading the way that they usually do, which is putting things under a microscope. When they use sound and they'll begin to see and understand frequency, they will understand all of these layers that exist dimensionally inside a body or inside an animal, inside a cell, inside an atom that are having its own networking system that's actually creating the function of what you're experiencing.

Dave Asprey:

It may sound a little odd to say each organ system has its own consciousness but that is something that dozens of different healing disciplines, many of which I benefited from have come to understand through their own pathways. I believe there's a unifying element behind this. If you look at what's actually happening inside our bodies or inside a tree, it doesn't really matter. Although, it's just slightly different form of ancient bacteria but we have these mitochondria, just wrote a big book about them. They're throughout our body.

If you imagine how a distributed system with quadrants of nodes actually would work, well, you have these ancient bacteria reading the environment around you, which is what the mitochondria do. Then, making energy and even chemicals in response to that environment. If you're a single mitochondria, one of thousands inside a cell, you don't have a lot of intelligence but you do something. Then, you work with the mitochondria that are your team inside your cell. Then, you communicate with mitochondria, and the cells communicate with other cells in the local area.

Then, they communicate with local area. Pretty soon, you've got all of the things inside the liver that are all working together which is "the liver consciousness." It's an emergent behavior from this cooperation of many tiny little nodes that functions specific to that organ. Of course, what comes in and out of that is electrical signals that talk with all the other organs. For a liver to be able to grow and reproduce, and do what a liver does without the brain controlling everything, which it does not control. We know this in neuroscience. The brain doesn't control everything. There has to be a local consciousness in there. That sounds out there to some people but there is one but how smart is my liver? How big is that consciousness?

Shaman Durek:

Let's put it to you this way. Your liver can communicate in frequency and symphysis enough for me to read what's going on with the liver. Also, your liver is not just communicating to the rest of the organs. It's also communicating to other factors as well. It's communicating to the energy that's around you. Consciousness, living consciousness, I call it living consciousness, the way we were taught in shamanism as children. Living consciousness, everything that is living and everything that is here, and everything that you see with your eyes was created by men and women on planet earth.

Everything else was created by creation. That energy that has consciousness is aware of itself and aware of everything else and looks for signals and frequencies to match so that it can communicate and see if it's necessary to connect with it or if it needs something from it. Everything in this world,

everything in the universe is about pouring into another vessel. Every vessel pours into another vessel and another vessel, and another vessel. It keeps feeding it in that way. That's the reason why I say on earth like one of the biggest mistakes we've made is human beings is that we hoard and we limit. Every time we limit and we hoard, and we create judgments and we create ideas about things without going and drawing like discovering and drawing hypothesis and coming to a conclusion, we just assume that we're intelligent beings.

We have logic that we just say, I could say, "Oh, you know, this thing exist." Someone's like, "Yeah, it doesn't exist." That's because they're uneducated and they're arrogant. What they don't realize is through that, they're withholding. As they withhold, and withhold, and withhold, everything is pouring into. If there's a withholding going on, that means the next person or the next energy or the next spirit in nature, the next cell in your body is not getting poured into. There becomes a depletion. That depletion creates imbalance. In order for the system, not just your internal system but your external system, as well as your environment as well as your city, as well as the people on earth is the more and more we don't realize that we're all connected. There's no separation in communication, data, and data streams and flow both input and output.

Until we recognize that, we are going to continue to suffer because the energy that is taking place with its connectivity to everything is thwarted and being distorted because these people in certain energies that are not allowing the flow to move through them. That flow is consciousness and data, and those energy forms of data is what allow us everything to grow in the universe and expand, and create new universes.

Dave Asprey:

Some of the latest research in quantum physics and even in other fields is around information field theory. It supports what you just said, which is that you can describe everything especially life as a set of interacting fields that contain information. There are group of people, none shamans. These are western researchers mostly but all of them end up being ... they end up sounding like eastern philosophers who are looking at even these communications between organs or looking at the way we interact within our bodies or between each other. All as a big interaction of complex fields. Does that match your view of reality?

Shaman Durek:

Yes. When you say reality, I would say reality because reality exist on multiple dimensions and the reality in which you choose is actually what it matches. For me, as a shaman, I look at the connectivity and I also look at what's not connecting. I look at what's actually not being filled in. What's not being poured into. Like for instance, if I'm working with someone's body, I can tell the feet to wake up and connect. The feet don't wake up and connect, I could ask the wind, I can ask the trees. I can ask the earth. I can ask your breath. I can ask any other energy source to communicate to your feet and then, your feet, I can have them communicate to your hands. I can have your hands communicate to your heart.

I can build the whole entire system back to where it needs to be according to the level of communication and input. Frequency creates the input, so the level of frequency that rises up, the higher the input level. When the frequency is a low, that means the body is not getting a strong enough input so the data streams are lessened. That's why people go into depression. That's why they go into psychological issues such as like depression, dementia, bipolar. All of these things that humans have put names on to, in shamanism, we don't see it that way. We see it as that there is a lack of communication happening with the outer world and their internal world and what's in their regional.

That means with the people there around and the things that are happening to them. Then, there's also the communication that's coming back from their blood line. You have your RNA in your body, which is also communicating data and information to the body. When the symphysis of energy that moves out of your subtle energy field connects to the outer and then, the inner goes back in with more data, it goes to your RNA and matches frequency in your body. Your body then creates either an imbalance or it creates homeostasis.

Dave Asprey: If I wanted to take what you just said and I wanted to use it to, we'll just say, not have bipolar disorder, not that I've ever had that. I don't have it but let's just say someone listening does. How do you take that and actually apply it?

Shaman Durek: Okay, so let's take someone who calls himself bipolar. Bipolar is created by what we call an aggressive response. An aggressive response means that the person who is "calling themselves bipolar" has a deficiency in their ability to regulate the energy that's happening both internally and externally. Meaning, in easier words, in easier terms creating boundaries for them self that allow them to sustain life. Sustain preservation of them self. When they cannot sustain preservation of them self, they become people pleasers. They become a person who thwarts more energy outward to other people. They exonerate their energy.

They exasperate their energy. The constantly keep putting their energy outside of them. Therefore, creating what we call an energetic drain. That energetic drain needs to be brought back. What happens? They create another part of their consciousness that what it does is it goes out to pull that energy back in. The reason why bipolar people swing the pendulum from one side to the other side so quickly is because the occurrence that happens within the duality and structure of how they actually bring energy out is the same occurrence that has to come bring you out. Because they bring it out in such an intense way, because they don't have a register for their own self preservation, the other side comes out to take back its power, to take back its energy.

This creates what you experience when you're dealing with a bipolar person. You see them being like two types of people. It's not that there are two types of people. It's just that they're not having a clear understanding of the preservation for their own being and because it's so out of balance, that they had to create an aspect of their being to get back the energy that they keep

putting out. In other words, this is creating what we call an aggressive behavior. The aggressive behavior is coming from the outside world.

Somewhere from the time of their ... from the being inside of their mother's womb to their environment, to where they live, to what the weather conditions are because every one ... If someone is born in cold weather, doesn't mean cold weather is right for their system for optimum health and high level production for their ability to have their mind at optimum levels. Their body is picking up on all of these energy frequencies that are taking place. If more than three or four energy frequencies are considered an aggressor on the body. The way that it's being dealt with in a bipolar person is they go and they want to fix their environment by dealing with everyone else's energy.

[inaudible 00:25:33] someone could say to them, "You know I really need you to do this for me." They'll say yes. How do you feel about this? They're not going to say I don't like it. There's going to be comfortable with the fact that someone is going to do something without checking into their self preservation. In that moment, they'll swing the pendulum within a week time, within three days. It's usually a pattern between five and sometimes I see a pattern between eight when I'm working my people that I work with who are bipolar, who are what they call themselves bipolar. I'm helping them out of it.

It swings the other side in that time frame. What I do is I help them build an understanding of self preservation and what it means for them. We look at several things. We look at their environment, where they are. Their surrounding areas because their surrounding areas could be cluttered and they're a person who needs to tidiness. We look at their weather. How does the weather affect them? The food they're eating. The way that their interacting with the friends, their society because social engagement has a huge part to play in your ability to maintain optimum health and optimum mental performance.

As well as the types of things you're engaging themselves in. Then, we look at what energy are they extending outward and what energy they're not taking in. All of this gives me an idea using that full mapping process and understanding what's causing this infraction inside of them and leading them to become bipolar.

Dave Asprey: Is that something they taught you in your shamanic lineage or something that you figure out? Or something you've heard from the universe? How do you know that?

Shaman Durek: In shamanism, they teach us about how human beings operate and how nature operates. Then, it's for us as the shaman, this is what decides us on what level we are in our path. What we decide to do with that information, how we expand on it? For me, personally, I decided to take it to a whole another level. Yes, I have the understanding of how the human being works and how nature works, and how environment works, and how thing affect the body and affect the mind, and affect the emotions. Now, just basically looking and observation,

and understanding, by taking on experimentations with people who are bipolar who are no longer bipolar because of working with me. I'm able to see exactly through the many experiences that they want to do with me shamanically what is the underlining issue and then, what brings it into balance.

Dave Asprey: You've observed a lot of people who had been labeled as bipolar and you look at the interaction of them with the environment around them? You figure out what it is? Is it the same for each of them or it's different environmental ...

Shaman Durek: There's other factors at play into it. One aggressor can be greater than the other and it could be an aggressive person, or energy in their space. Nonetheless, it's still an aggressor. There's still a lack of self preservation within their being and that lack of self preservation creates an imbalance in their system, thus creating a chemical imbalance inside of them.

Dave Asprey: What if I want to learn the secrets of how the universe works but I don't necessarily want to become a shaman. Where do I get all that?

Shaman Durek: I teach it to my students.

Dave Asprey: Do you students become shaman? Or how does that work?

Shaman Durek: I always say that if they're willing to be devoted and they're willing to honor the teachings of their ancestors or what their ancestor didn't learn, and then, take place ... A lot of times, people thing in shamanism, it's about just the ancestors. The ancestors, a lot of your ancestors didn't complete a lot of their lessons when they were on earth. As a shaman, when they go to the other side, they learn what the incompleteness was and they share it with you. That's why having a relationship with your ancestors is so important when you're in this spiritual path.

If they're willing to be reverent to and understanding the self preservation of nature, the self-preservation of animals, the self-preservation of humans, understanding within themselves, learning the tools, learning the reverence, learning the respect and using that not as a side hustle but as a life devotion. Yes, they can be a shaman. The spirits in the elders of the great council will mark them and bring the energies that are necessary for them to become a shaman. It's not for everyone.

You can learn shamanic things without becoming a shaman. You just utilize them as tools like you would every day in life. Like this one of the things that I work with, a lot of people. A lot of people I work with were CEOs, or doctors, or psychotherapist. They don't come to me because they want to be a shaman. They come to me because they want to have an enhanced of what they already know and they want to enhance the knowledge or the information, or the data of what they know, so they can have a much more wider viewpoint of what their experience is saying.

Dave Asprey: Can you use your shamanic powers to say win a poker?

Shaman Durek: I did it one time in my life. That's funny that you say that. I love you.

Dave Asprey: You didn't see that one coming did you?

Shaman Durek: Basically, I had a friend. Two buddies of mine and my friend Frank, and my friend Bryan. They took me to Atlantic City and they're like use your powers at the roulette table. I used my powers and we won a lot of money. We gave a lot to charity. We then gave money to some friends of ours who needed help and then, we went shopping. We did a lot of fun stuff. Another friend of mine name Margin, who is an actress. She called me up and she goes, I heard what you did for them. Can you come to Vegas? I came to Vegas and again same thing. What happened was I got ... I felt like a wall was above my energy like something was blocking. I could feel the power of an energy pushing against me, not to able to use my powers.

I freaked out. I was like my powers aren't there anymore. Something is gone. I said I need to find a psychic immediately. I need to know what's going on. She's like, "There is a psychic reader in New York, New York." We walk over in New York, New York. There is this woman sitting at this table doing psychic readings on this guy. As I got closer to there table, she turns around and looks at me and goes, "This is not your world. These powers were not meant for this world. You world has come to help people, to put the power back in their hands, and support them in becoming more evolved. This is not your world. This is a different dimension. Leave it now." In that moment, I never went back.

Dave Asprey: She said that without you saying a word to her?

Shaman Durek: Without saying a word. I was done. That was it. Then, I went to my room. I called my mother Veruschka. My mom goes I need to show you something honey? I go what? She goes, "Put you legs on the wall like where you put your legs up on the wall vertically and where your legs are straight up, and your back is laying down." She's like, "Cross your arm." That's a technique we use. Cross your arms like you're in like a coffin kind of pause. She goes, "Close your eyes. I'm going to guide you to something."

She took me out of my body and lifted me above the city. Then, she told me to look at the city and she goes, "Do you see all those beautiful lights that are twinkling." I said yes. She goes, "Those aren't twinkling lights. Those are people's souls that are being lost." She goes, "Now go back to your body and pack your bags, and come home." That was it for me. That's pretty dark. My mom can be intense. She's a viking. She's intense. However, not but, what she did for me. What she showed me what the city was ... what Vegas was doing, what this type of energy was doing to people.

It was interesting because I could hear the echoes as I was leaving the city. I could hear people lost everything and I could hear their screams. Then, she opened my energy up to it. I asked myself. I don't want to use my powers for this so I stopped doing it. I never did it again ever.

Dave Asprey: Are there other people who do that?

Shaman Durek: Yes, but I would say that if you are coming from a place of service for humanity, you're working with a high council of elders of all the tribes and all of whatever it is you're tapping into in the higher planes. If you're a person who is operating in that place, I wouldn't believe those people would use their powers for that because it's not meant for that. It's meant to put the power back in people's hands so they can use their own powers to better their lives.

Dave Asprey: The reason I'm asking this isn't because I have a desire to manipulate gambling machines or poke, something like that. How do you know if someone is using something like that against you?

Shaman Durek: You mean if someone is using their powers against you?

Dave Asprey: Sure. Assuming all of the abilities that you're exhibiting, the things that other people can learn, that could give them an unfair advantage. Then you'd want the ability to prevent other people from using that against your interest.

Shaman Durek: Every human being on earth has a sensory system. Some is stronger than others depending upon what they're actually picking upon, if it's like EMF, or they're picking up on watching scary movies or things that are like literally polluting them like music for instance, the mantras of death. I call it brain sting is what I call it. In songs are programming you with mantras. If someone is very clear in their energy or really just present with other people's energy, they'll sense an imbalance energy. They'll feel uncomfortable and they'll feel a distrust happening because we're all connected, you will know when there's a distrust, when there's an energy that is out of balance.

The things is for you to do is it'll stand out for a moment and it'll go away. That's when people have to realize that the way intuition actually works or the way that our sensing ability works is that it stands out and it goes away. You have to catch it. That's where awareness comes in. If you sense that immediately, you have two choices. You can either one, you can push back. Push back is a wonderful thing, we call it push and I've really seen it. I've seen a couple movies where people use that but it's a shamanic tool. You create a strong emotion in your body and you hurl that emotion.

People do it all the time in relationships. If you ever walk in a house and people was saying like, "Oh, my god. I just walked in a house and I felt nothing but a dark cloud from the person who's in the house." That's because they're pushing their emotional empathic energy in a dysfunctional way. They're using

emotional senses into the room so you actually feel their pain. You feel their emotions. People do it all the time on planet earth. They want you to feel their pain. They want you to feel that but there's other ways to use empathic energy in more functional ways. Shamanic pushing is taking an emotion and pushing it across the room. If you come across someone who's doing that, you can take an emotion that is opposite of what they're doing and push it at them and it will stop them from being able to do it.

Dave Asprey: What's it like to die both from your own experience and your shamanic view of it?

Shaman Durek: Okay, so I'll go for my experience. What happen to me when I was 28 when I died. The first thing that happened to me was well, because I died a very painful death. I died with a 10.6 potassium so all my organ shut down and that was very painful.

Dave Asprey: How did you get a potassium level like that?

Shaman Durek: Because my kidneys failed. Through that potassium increased, your organs start shutting down. When the organ shut down, it feels horrifying. It's like literally someone ripping into your body for a moment but then it moves, and moves, and moves, and moves until it gets to your heart. You can feel it. Sometime your heart go right away but for me, I felt all my organs shutting down. Then, what happen was as I was screaming in my head, I changed my mind. I changed my mind. I don't want to die and screaming, and screaming, and screaming. I keep hearing this voice say to me, "Everything is going to be fine. Just let go. Just let go child. Everything's going to be fine." Finally, the pain became unbearable so I let go and when I let go, it felt like it was in liquid. I could see lights everywhere.

I remember telling my friend that it was like being in the bottom of an ocean or a pool where you can see the glimmering lights above but you're inside. You're in the depth of the water. I could see and hear everything that was going on in the hospital. I could everyone's thoughts. I could see everything in every single person simultaneously and be aware of each individual feeling if I want to. Then, from there, my grandmother was standing there and my aunt was standing there. They came and said, "You're going to go through this next journey but you're not alone. All of a sudden, I felt like I was inside some kind of ocean but I realize that I was actually inside of my mother's stomach. Then, I realize I was standing outside of my mom watching her give birth while experiencing the birth, while experiencing the feelings of the doctor, while experiencing the feelings of my mom and listening to their thoughts at the same time.

Then, I went from that scene into the next scene, into the next scene of my whole entire life. I have my whole life shown to me and how I affected every person on the planet and how it affected other people that they affected on the planet. I could see how all of it was spread out and I could feel all the emotions all the way up to the point of dying. Then, I just let go. It's a moment of letting go. For me, what ends up happening afterwards is I ended up on, it looked like a

beach but I couldn't see hands or fingers or anything. I was a part of just this complete open, consciousness of everyone. I could hear and experience everything. Then, this woman came to me. She didn't move her mouth and she asked me what did I want to be?

I asked her what can I be? She goes, "You could be anything you want here." I said, "Can I be the way I was before I died?" All of a sudden, I saw my hands appear but I didn't feel bones. I didn't feel cold sensations. I didn't feel like I feel like right now. I could feel things crawling on me. I can feel energies moving through me. I can feel like blood flowing in me. I can feel this organic ... how can I put it? I'll be just straight up about it because that's how I felt and that's how I've always felt. Ever since I came back to my body, I feel dirty. It feels dirty to me. I can feel like liquids and things touching my skin in little pinches and little sparks of energy, and feelings moving through my stomach and my heart, and everything.

Whereas on the other side, it was just warm and it was just pure love, and everything felt orgasmic. Like the best orgasm, the best food I have ever eaten. The best conversation I've ever had. The best laugh I've ever experience. All wrapped into one sensation. Do you want to hear the story?

Dave Asprey: Sure.

Shaman Durek: After that, I asked her all times the questions. I asked her about the earth. I asked her about suffering. I asked her about dying. I asked her about sickness. I asked her about war. I asked her about all these things. She told me, all human suffering comes from one thing. I asked her what it was. She said, "Malfunction in thinking." It wasn't like a debate or I didn't have a ... my consciousness wasn't like oh, this is the way it is. My consciousness simply went to yeah. That was it. I knew.

Dave Asprey: That sounds almost like stoicism.

Shaman Durek: Tell me what that means exactly.

Dave Asprey: The stoics are in ancient Greek perspective that's, let's say caught on in Silicon Valley. It's a way of thinking that suffering comes from wrong thinking and that thinking things like health, wealth, happiness are of inherent value. You seek those things and when you think your way out of that, then you can essentially eliminate suffering in your life.

Shaman Durek: Here's what they told me. They said that human beings are creators and that creation are God, however people want to interpret it is not the way that human beings interpret god and that creation literally is creation. Every time you think and every time you talk, you're creating. You're either creating destruction or you're creating life. You're creating power. Whatever you put in your body, it's either destroying or it's creation. Everything is creating a data

stream of information and that data stream either is expanding or decreasing depending upon how it's being used. What humans do is humans spend a lot of time complaining. They look at things negatively, they're giving more power to it.

They talk about things. They talk to them. Most human beings do not talk to themselves. They think it's crazy so what they do is they let other people talk to them. That right there is like a really big mistake because one, first you have to understand is that just because you see someone physically in front of you does not mean they're in the same dimension as you. Human beings can be in different dimensions while still physically looking being in front of you right in your presence. That means that their spirit, you can be sitting on a ... A person can be sitting on a mountain top looking at the ocean and literally not be there.

The be in the past of the pain that they want through and not really fully present with the ocean in that body. You could be talking to someone who's completely in a hell type region and everything you're saying to them seems like in a personal attack. You could be talking to someone who's in a realm where time runs out. All they're thinking about is how long is it going to take for you to finish because they got things to do. When you're talking to someone that's talking to you, one of the things we do in shamanism is we watch what they say. It tells us what dimension they're in.

Then, why would I want to listen to you if I want to be in a place of love and be in a place of well being. Why would I listen to you who's speaking from a place that is not in that same dimension. For me to be have self preservation, it's from me to speak to myself. That's what they mean by malfunction and thinking is that everything that we have experienced in this world was thought of by other beings in other galaxies, they created this planet. Now, it's our job or we could choose it to be our job. It's our choice of course to think and dream the better dream for other galaxies and other dimensions to be created. That's why shaman say you're dreaming ... you're creating your dream. It exists in all forms of shamanism including African shamanism.

You're creating your dream by the way you talk and the way you think. When she told me malfunction of thinking, when I came back to the body later on after I came out of my coma and all that. When I was sitting in my wheelchair for a year and a half, I was doing a lot of thinking about it. I was thinking, malfunction in thinking is keeping me in this wheelchair, malfunction of thinking is keeping me with a brain damage. Then all I need to do is use my consciousness and think for my legs, think for my brain. I did and I got out of the wheelchair. I did and my brain damage was healed. That is how I believe suffering is being created is that we don't think correctly.

Dave Asprey:

You know a thing or two about suffering because after you got out of your coma, you were on kidney dialysis for about 10 years.

Shaman Durek:

That's right.

Dave Asprey: At the end of that, your sister donated her kidney to you. How'd you deal with 10 years of what's pretty hellish. People I know who've been through dialysis ...

Shaman Durek: It's very painful. Here's the funny thing because a lot of people think I'm crazy. I went to the dialysis clinic early. My sessions were Monday, Wednesday, Friday. I went an hour early so I can spend with the doctors and the nurses, and do healing on them, and massages on them, and talk to them. I wanted to give them a lot of love because they are giving a lot of love to all the patients. I wanted to make sure that they were well taken care of. For me, a lot of people thought I was crazy though. No one wants to be here. Why would you come early?

As a shaman, the way we look at things and the way we're taught in shamanism when we're kids is the first thing our teachers teach us is take what's given. Whatever is given, take it because it's leading you to a diamond, a gem, a stone, or something sacred that you're going to be able to pass to the world. You're going to be able to give away that's going to fill up another person's vessel or fill up billions of people's vessels. For me, I didn't look at dialysis as wow, this sucks and I'm suffering and I have needles poked in my arm. I'm having aneurysms in my arm. I'm having my arm cut open every two weeks for angioplasties.

I looked at it as a walk through life and I took full devotion into my dialysis. I didn't complain about it. I would do my sessions and I would meditate and the next day, I was seeing six, seven clients. I was traveling to the jungle. I rigged my dialysis machine on a rig so I can take it with me into the jungle. I was very much active in working with other patients. I found that me just acknowledging that this is just a thing that I'm going through. This doesn't stop what I've come to do. By doing that, I taught me something that you don't have to suffer. You choose to suffer. You choose to complain. You choose to make things hard. You choose to make it this way. It gave me such a resilience, such a feeling inside of me that told me, I can do anything.

Dave Asprey: You've talked about how you can talk to organs in other people's bodies. You've got your sister's kidney, what do you say to it?

Shaman Durek: I give it love all the time. I talk to it. Asked it what it needs and it was really funny because one time I went to the kidney doctor and he's like, "It looks like your kidney is having a difficulty." I went home and I spoke to my kidney. I'm like, "What's going on?" It's like you're traveling. You're not taking enough time to take care of yourself. You're exerting too much energy in your work towards people. You need to cut down on how many people you're seeing a day. It told me to cut down, I was seeing six, seven people and I cut it down to four. Then, I went back to the doctors and they're like, "Oh, your kidney's fine again."

It really helps to communicate to your organs and your body, everything. Everything listens to you. If you have respect, it will do what you asked it to do. That's how I got out of the wheelchair and they told me I was never going to walk again. Literally, I was like you don't have the right to tell me what's going to

happen to me. I am the one who decides. I am the creator of this experience and my vessel. That's the first thing you learn in shamanism is that everything you're the one doing everything and so, you have to speak into existence that which you choose to create. Then, create it and not create it with ... is it going to work or is it really going to happen? Is it possible? The moment you do that, you've already canceled your creation and it's just waiting for you to create again.

Dave Asprey: What's the weakest organ in my body right now?

Shaman Durek: Your weakest organ. Hold on I have to talk to all your organs. Let's run a scan through his system and communicate with each other's organs. Heart, how are you doing? How are you doing energetic wise, what is your levels? Okay, good. Kidneys, what is your levels? Kidney says the levels are a bit low. Okay, why? Your body processes a lot of stuff. Your kidney says it processes a lot so between your liver and your kidneys, it's communicating the most together. Are your levels sufficient enough? Okay, yes. Liver, what is going on with you? Liver says it needs to stay detoxified, also because it's working with the kidneys.

How are you doing? Are you okay? It's saying no. Why aren't you okay? The liver is saying it's having to release, it's pushing out something and it's talking about bile in your system. Go ahead. More tension, okay. What's going on? What's happening with that? You have flare up? Okay. It's talking about gallbladder. It's communicating your gall bladder, your liver and your intestines. Your intestine, your bile that's releasing from your gallbladder and it's also from your liver, there is a disruption happening inside. Go ahead, why? Your body says bacteria. Tell me more about that. It says that there is something you put in your system that your body is having to clean out and it's having a difficulty processing it through and it's getting better. However, its energy levels are not at the level that it should be and you have to very careful because your pancreas is getting a little bit of that energy.

Pancreas are you okay? Pancreas is okay. Go ahead spleen. How are you? A little bit down but now completely bad. It's the liver, the gallbladder and your intestines, and there's inflammational gates and the body is not processing clear through those points.

Dave Asprey: It's interesting. A couple weeks ago, I tried a new probiotic that totally jacked up my gut, which will be the bacterial thing. I've been working on recovering from that ever since, didn't work very well for me. Then, two days ago, I had some gluten at a restaurant that told me there wasn't gluten in the thing, which caused gut flare up. The one thing that you didn't mention is I also only have one kidney but it's twice as big as a normal kidney. You probably wouldn't pick that up because it's functioning like it normal would.

Shaman Durek: Yeah, I didn't look at what you had in your body. I was just talking to [inaudible 00:52:49].

Dave Asprey: How it was doing. What it's doing.

Shaman Durek: Remember, I told you the kidney said that it's a little bit low. That's probably the reason why it's saying that because it's doing all the work. Remember, I said it's working really hard.

Dave Asprey: That's true.

Shaman Durek: That's the reason why because that would make sense. Now, I understand why the kidney says it's working really hard.

Dave Asprey: Fortunately, I've never had any kidney issues because when you're born that way as I was, you just grow a big kidney, which is cool. It's intriguing here. That stuff, it definitely matches with some things that I'm having in the last couple weeks. It's hard to dial it in because I don't have lab results that say it matches all those things but I could tell you. My gut's been inflamed from that damn gluten. Anyway, that was not particularly happy.

Shaman Durek: Well, your gut shows inflammation but it's also around your intestines too. It's not just your gut because your liver said that it's doing a lot of work clearing out bacteria in your system that was not right for your body. That it cause that imbalance and so, the imbalance is affecting how your system is flowing. It's going to be a while it says before it takes full ... it's getting better though. How much longer is it body for you to correct this imbalance? Less than a week to about a week. Your body is just processing and cycling the last bits of it. You're just going to have to just wait it says because it has to work with three organs.

Dave Asprey: Fascinating stuff. Definitely directionally accurate given whatever the heck happened after I took that probiotic. That was not a good evening and [inaudible 00:54:38]. Yeah. Everything didn't work right after that but it is improving. Reasonably accurate which is cool. I just put you on the spot there.

Shaman Durek: I like being on the spot.

Dave Asprey: In a recent magazine article, you talked about how you do shamanic exercises to increase your powers and to raise your energy frequencies and open your consciousness with movements. What is the movement that best raises your energy frequency and opens up your consciousness. Jumping jacks, burpees, what do you need to do here?

Shaman Durek: It's called shamanic passages. Actually, one of the movements that actually opens up your energy is creating circles with your hand. You do it clockwise and then, you do it counterclockwise. You breathe in each direction. You do that with your arms while being in a squatted position. Then, at the very end, you swipe your hands all the way up to the sky as fast as you can. This raises energy frequencies in your body and spins your electrons faster. The other one that is really great for opening up consciousness is you basically take your hand and

you go from right to left. You go to right first and you clap your hands together. You swing it all the way down towards the earth to pull magnetic energy up.

You go to the left. You smack your hands left and then, you go above your head. You bring your hands together in the center of your heart and you make a sound, whoo, like that. With a whoo, whoo, whoo, like that. What it does is it increases your brain activity and it makes your mind alert and focused and direct. It's really great in shamanism because one of the things that we have to do in shamanism is be able to sustain energy so for us, it's all about creating sustainability within our body. Sustain happiness, sustain joy, sustain power, sustain energy, and that really creates that because you're using magnetic energy frequencies in the shamanic passage with creating the whoo. That opens up your energy strong and sends all that energy and blood to your brain. It's a wonderful feeling.

Dave Asprey: Do you have these things on your Instagram page or something where people can see through them?

Shaman Durek: I have some but I stopped doing it but everyone keeps asking me to do it but I've doing other things.

Dave Asprey: There's some on there. Your Instagram is what? ShamanDurek I'm guessing, all one word. All right. That's D-u-r-e-k, if you're interested in seeing that. Having talked with a great variety of energy healers and people from different ancient traditions, there's something pretty interesting about moving your arms around and making unusually sounds that seems to be a common element in ancient Chinese practices, all sorts of things even art of living has certain sounds that you make when you're breathing in a certain way. I can tell you though I wouldn't want to be in a hotel room next to you when you're practicing exercises.

Shaman Durek: Dave, maybe you do. Maybe you want to be in the hotel next to me because I can hang out and we can geek out.

Dave Asprey: That's a fair point. It actually wouldn't bother me it's funny if you ever hear that strange whooping sound from the hotel room next door.

Shaman Durek: The hitting of the thighs and the stomping of the feet. I actually did it today. Actually, I did an African passage on you today, which when I was working on you, I was stomping on the earth to pull the earth spirits up into your body so that more poison would come out of your mouth.

Dave Asprey: It was pretty interesting. You really were speaking in a lot of different languages. It didn't sound like memorized stuff. You spoke with different accents. It was pretty unusual and that's all the stuff that just comes through you.

Shaman Durek: Well, the spirits come in. They're all standing around your body and they take turns depending upon what needs to happen.

Dave Asprey: Something that's interesting about your practice is that I've known a few different shamans who call on one or two different traditions but usually it's either when they were brought into our quite often as it was what my family has been doing for 20 generations. I was born into this. You call on an incredibly wide variety. You've got some Mahayana Buddhist, some Native American traditions, Egyptian stuff, Indian stuff, elementals, Akashic records, the whole thing.

Shaman Durek: Not Akashic records.

Dave Asprey: You don't. Where did I find that? I found that in my notes somewhere.

Shaman Durek: I'm not sure but Akashic records, I deal with the [inaudible 00:59:17] spirits who wrote their Akashic record.

Dave Asprey: Okay, got it. For people listening who have no idea what we just said, the Akashic records are in certain spiritual traditions believed to be a place where all knowledge is recorded and there's things that run them then you can go and ask the questions. I've actually known a good number of people who seem to be able to know things that they haven't known a minute ago after they go into an altered state. I even know, thanks to my work at 40 Years of Zen was that altered state looks like on an EEG.

Shaman Durek: Yeah, [inaudible 00:59:52] council is the one who created the Akashic records. They're powerful beings.

Dave Asprey: How did you get plugged into so many different traditions like that? I've just never seen that before.

Shaman Durek: In spirit shamanism, we are visited by a council of elders that come from different tribes. Like I'll give you an example. One day, I was in nature. I was communicating with the ancestors and they said, another elder has decided to join with you. I was like okay. All of a sudden, this is big, big black man comes in, big fat man comes in and he tells me that he's one of the shamans from the Kuba tribe. I've never heard of the Kuba tribe in my entire life. He goes, "You don't believe me." I said no because I'm a speak skeptic. He goes, "Go to your computer and type Kuba tribe." I was like, okay. I go to my computer and I type Kuba tribe and it pops up. He's like that's me right there.

Literally, the Kuba tribe and he showed me all these healing techniques from the Kuba tribe. He would get in my body. He make me lay down on the floor and practice having him go into my body, so that he can move through my system and then, he'd come out. Then, sometimes he come out to be uncomfortable. I feel nauseous. Then he'd come in again. That's what they do. As a spirit shaman,

we let different spirits come through us. We have Kuba elders. We have native elders that come through. They choose you. Because I'm a spirit shaman, and I'm full devotional, I have many elders that step in and take over.

One time, I was working on this woman and this elder came in and she goes, you're speaking Greek. I go okay. She goes, "No, you don't understand. Through the whole entire thing, you're speaking Greek." Then, one time I was with this woman, I was doing Gregorian chants. She was like this is unbelievable. How is this possible? An Italian guy, I was speaking Italian but I was praying in Italian. All this powers are going through his body and he was shaking and he couldn't believe it. What happens is these elders I call them the great council. I came up with that name because it just works better for me. The great council and all of the elders, not just of this world but of the world as well from the time of Pangaea.

They come through and then, they'll sometimes lay down and go tell me, "Okay, get a piece of paper and take a paint brush and draw this symbol. Now we want you to work on this symbol for six months and then, memorize it in your mind. Then, use it when we tell you to use it." They'll come through and they'll say it's time for you to use that symbol. Then, I'll use it. Then, things happen.

Dave Asprey: What's the single weirdest thing you've ever experience as a shaman?

Shaman Durek: Oh, no really. I don't know if you're ready for this one.

Dave Asprey: I got to know.

Shaman Durek: I had a shaman in Africa put a course on his daughter and granddaughter because he wanted the tribe to turn into the dark arts. I've been trained against the dark arts. It was really interesting because I was on E television. They did this whole segment on me. The women was at home and she saw me on E. She contacted my team. She said, "I know he comes from African root. I can see it in him. My father is a shaman. I was raised as a medicine woman. I need him to come to Washington DC and to come help us because there's a spirit who's tormenting us from our family's tribe in Mali, Africa." I get on an airplane. She puts me up in this bed and breakfast. I go to her house. She's swab in traditional clothing. I realized that she's traditional so I have to follow the traditional way, which is you get down on the ground. You take one shoulder down. You kiss the ground. You take the left shoulder down.

Then, she looks me in the eye. She can sense your power. Then, if she senses your power, she gets down and does the same thing and calls you Babalao. I did it and then, she stared at me in the eyes. She smiled and she got down and did it. She called me Babalao, which means I am the teacher. I am the elder even though she was an older woman. I walked into her house. She basically locked the door, which means that she doesn't want the energy out. She took salt and poured it by the door. I noticed marks on the wall and ash marks, and things. I

noticed that the spirit that was in the house tormenting her that was sent by the tribe had enough power to punch through the physical world and actually grab arms. The daughter came out and she showed me bruises on her leg.

In Hawaii, because I spent a lot of time growing up in Hawaii as a kid in Oahu because my dad remarried ... My step mom who's Hawaiian, we have spirits to do things like that. I was used to that. Putting the fingers on the legs and putting bruises and stuff like that. I know how spirits can punch into the physical because in Hawaii, I used to have this old man that used to come at night and hit me with a cane and tell me to take a walk with him. I'm used to all that. This one was different. This spirit was a very aggressive and very attacking to the woman, and to her daughter. I didn't realize, the house looked small at first.

Then she took me downstairs and there was this huge room, like huge. In the room was all of these altars. I don't if you've ever seen the movie *Serpent and the Rainbow*. It was like that. They were like altars for Shango, Elegua, and all these different deities. They were like Elegua is all about toys and there were toys piled up to the ceiling. There was like an egg with powder all over another table. There was like all these sacrificial knives and everything. In some African cultures, they believe in sacrificing. I don't believe in sacrificing. I love animals. However, a lot of my African friends in Nigeria and all over, they like to argue about it with me but that's their issue.

The thing is literally, she had all of these altars and she sits me down. The daughter sits down. Immediately, I felt a spirit jump into me and it was one of the elders of my circle. I started laughing and speaking to her in her language. She started speaking back. We had a full on conversation but I could hear what it was saying out of my mouth but I couldn't understand the words. I thought, "Okay." Then, after that I felt this coldness come over the room, almost like I could breathe my own air. I knew the spirit was in there. All of a sudden, I saw, I turned around and then, I looked at her and she jumped out of the chair and started strangling me.

I was like, "Okay, I'm getting strangled right now." Now, I really have to turn on my powers. I called my ancestors to take as many ancestors and many spirits could take in my body to give me more strength to pull her arms off of my neck. Then, I heard my grandmother speak and she says, "You have to be very smart with this one. This spirit that you're dealing with is coming from a tribe and they're doing many rituals to keep this spirit very powerful." They said, "You're going to have to deal with two. You're going to have to deal with her and her daughter. They're going to both get possessed so you're going to have to punch them. You're going to have to smack them in the face. You're going to have to really physically hit them."

In some African cultures, as well as aborigine culture, there is a lot of smacking and hitting, and different things because the spirits inside and we have to make it uncomfortable. She came at me and I grabbed her and I threw her down. I started punching her in the stomach. I was smacking her on the top of her head

and smacking her face, and smacking her arms. The spirit started laughing. It was getting mad. Then, whenever a spirit laughs, I know it's getting weak. For some people, they might think it's scary but it literally it means the spirit is getting weak. I kept smacking her, then the daughter came behind me and I saw the daughter. I got up and I grabbed her. I grabbed both of them and I started hitting the daughter while the other one was shaking and stuff because the spirit was getting weak in her.

I did the same thing to the daughter. Then, I had a coin in my pocket which is a technique we use. It's actually used by gypsies but what you do is you lick the coin and you say a prayer, and if there's a spirit inside the body, you put it on the top of the head. I pressed it to their head and I started to pray over them while using my ancestors power in their body. They started shaking and coughing, and coughing, and shaking. I had both hands right, right hand on the daughter, left hand on the mother and kept shaking and coughing. Then, I saw a black smoke coming out of her mouth in the spirit world.

Then all of a sudden, my grandmother says, "Now." I open up a portal into the light and sent it away. Then, all of a sudden, they were just crying like babies. I washed their face. I washed their body like I was washing their arms and stuff. Then, after that, they came to and they thanked me and cried in my arms and thanked me again. That was really intense for me. I mean I've dealt with a lot of intense things being a shaman but that day was very intense because the day that I arrived in Washington DC, I checked into a bed and breakfast and the guy who owns the bed and breakfast, he heard about me. He came to visit the bed and breakfast.

He stayed there and waited until I got there. He had all these questions about the Bible. He wanted to talk about it. He's like, "Have you ever read the Bible? Have you read the Bible?" I said, "Of course, I have." He started spitting out verses and I'm like, "Actually, that's incorrect. This is the verse we're talking about." He had no idea that I knew so much about the Bible. It was really cool. Then, he said to me. He's like, "I'm going to make an extra pot of coffee for you and extra eggs and bacon in the morning. That was amazing."

He's like, "I had no idea that a shaman would know so much about religion." I said I studied world religion. Being a shaman, I'm not just studying plants or whatever. I'm studying physiology, kinesiology. I went to school and studied it. I also studied world religion because I need to be able to speak to other cultures and be able to speak to people. I need to know what the heck I'm talking about. He was impressed. That was interesting coming in face with him. Then, the next day having to deal with this African crazy spirit doing its thing.

Dave Asprey:

I come from a long line of engineers. I'm pretty sure that no one in my family that I'm aware of anyway has ever said I've got a spirit flooding out of my house causing trouble. They would've said scientific explanation of a phenomena like that. How would people who don't come from in this case, for an African tribe

who understood this is what's going on. How would they know if that was going on?

Shaman Durek: If it was a spirit in their house?

Dave Asprey: Yeah, sure.

Shaman Durek: Well, there's several signs. It depends what type of spirit. If it's a family member, you get emotions and you get warm energy sent through your body and feelings and thoughts about that family member or ancestor. If it's a spirit that is a malicious spirit, that malicious spirit will do things to you. Like when you try to go to bed, it will hold you down in your bed and make you have paralysis. It will poke you in the back while you're sleeping or it will do things to scare you. It's whole purpose is to get you to go into fear. If it's a spirit that wants to find its way to the light and it knows that you have the ability to help it or it's asking for help, and it doesn't necessarily mean you have the ability. It just knows that you're someone who can actually pick up on it.

It will send messages to you like flickering of the lights. It can even send messages to you in the sense of calling your name when you're walking into a room. It can touch you or tap you but it won't do it in way that it wants to scare you. It will do it in a way to get your attention, to make things noticeable to you that you know that there's something there. Most times, people will feel it like we got a chill up their back, like a freezing chill that will go up their spine. That doesn't mean that there is a dark spirit. It could just mean that there's a spirit that can't find its way and it needs to tell you its story so it can move on.

I had a situation actually with my friend who works with Anna Wintour in Vogue. They're the two girls at Vogue. She had a roommate who had a spirit that will come in every three o'clock and bother him. When they were at a dinner party at her house, she asked her roommate, I know you're afraid to ask Shaman Durek but just asked him. He's like, "Well, I was going to let you know I've never had these type of experience. I come from this type of family and so forth. However, there's something that's coming in my room. I said, "What does it say to you?" It starts talking to me and I can hear it talking while I'm laying in bed. I said, "Let it finish its story so it can move on." Some spirits just want to tell their story to someone that will listen and move on.

It really depends. Other places, you'll feel hotspots in the house. You'll feel a feeling of walking on the floor and all of a sudden, there's a cold area of the floor that sends a weird sensation to your body like you're spinning in a tornado or a gut feeling in your body or uncomfortable feeling. Those are energy vortices that have opened up. It really depends too. You'll know if a spirit is in the home that is not wanting you in the home because it will break your appliances. It will make a lot of malfunctions go on in your home. I had a house in Hollywood hills. We had the pool, like the pipe broken near the pool. Everything in the house was going ... the electrical system went wrong. The alarm system went wrong.

Water was flooding in. All types of the things was going on and I knew immediately, there was a spirit.

Then, not only that, every friend who spends the night at my house kept hearing, "Throw yourself in the balcony. Throw yourself in the balcony." At first, I thought my friends maybe they had a little too much. Alcohol or drinking or whatever it is, putting in their bodies. Then a friend of mine came with her daughter. She stayed in the guest room. She heard her daughter in the middle of the night got up out of the bed and she's like, "What are you doing?" She's like, "This voice keeps telling me to throw myself in the balcony, mommy." She was like, "I can't stay in your house anymore. Something is affecting my daughter. I felt uncomfortable the whole night." I was like, "Okay."

I did some background check on the house and it belonged to one of the Kellogg's member of the family and they actually was the son of the Kellogg's and he threw himself from the balcony of this house. The house was then purchased by two other people and then, Johnny Knoxville bought the house. Then, I got the house from Johnny Knoxville's wife when they divorced. The funny thing is the whole time Melanie and Johnny were living in that house before their divorce, she kept hearing the same thing. It was funny because I asked Melanie, "Why didn't you tell me?" She says, "You're a shaman. I knew you would figure it out eventually." It's like, "Great."

It's interesting. Poltergeists, they are real. However, you don't have anything to be afraid of. Spirit, they're more afraid of love than they are ... They're just afraid of love. If you give any spirit love, even it's like trying to put you in paralysis and you just feel love in your body, it will unlock your body. You have power over all of these things. I tell people that all the time because I want people to walk around and they're like, "Oh, my god. There's something in my house." Here's the interesting thing Dave.

Every human being on this planet has been visited by a shadow form at some point or another. I was very into Metallica growing up as a kid because Metallica told the truth. People don't realize that when they were kids, that fear they had of something being under their bed or in their closet, or the boogeyman or whatever, those were called shadow beings. Shadow beings come when you're children to gauge your fear levels. They know exactly how to scare you so that you'll never go into the unknown. As long as you'll stay in the world that they want you to stay in, you'll never go into the unknown and that's where your real power is. The thing is that I always teach people is to face your fears, lean into your aversions. Everything that you have an issue with, go into it.

Even my issue, I have with spiders. I had a friend a couple months ago put a spider on my wrist and just getting comfortable working ... I say working, loving myself through the process. Change work to loving yourself. Loving yourself through the process and it really empowers you. It really gives back your power.

Dave Asprey: That's definitely a walk into the unknown so far in the interview today. Shaman Durek, if someone came to you tomorrow and said, "I want to perform better at everything I do as a human being." What are three most important piece of advice you'd have for me. What would you offer them?

Shaman Durek: The first thing I would offer them is to retract their energy from being nosy in other people's energy fields. When you're tapping into other people's energy fields because a lot of people are nosy on earth. They're always focusing on what other people are doing and gauging themselves to other people such as comparing themselves and so forth. First of all, there's no one like you on the planet and there never will be anyone on the planet like you. This is your time now. The first thing I would do is tell them to disengage their energy being nosy and bring it back into themselves. The biggest reason why people don't reach their high levels of performance is because of the fact that their energy is going outward. It's not going inward.

That means that there's a leak in their energy as we would say in shamanism. There's a hole. There's gaps in their energy. If there's gaps in their energy, that means your neurological system, the way that your synapses are firing off and everything inside of your brain, all of our body is not getting the highest amount of energy. That's one. The other one, I would say if you really want to reach high performance in your life is really about how you communicate to yourself. If you communicate to yourself by telling yourself I love how every time I walk into a meeting, I light up the room and people listen to me. They're really tuned in to what I have to say. I had a friend who was a public speaker and he asked me, "Shaman Durek, every time you speak in public, people are really engaged. They're laughing. They're crying. They're going through all.

He goes, "I've seen that. When I go on stage, I feel like people aren't present." I said the reason why they're not present with you is because you think people are stupid. That is not antique to what your act to people is every time you go on stage, you're dealing stupid people. If you want those people to listen to you, you need to understand and change. You can still say people are stupid because that's your thought originally but just simply say, people are stupid and I'm a great educator. These people have come to be educated. That creates symbiosis of energy. That's a synergy.

How we communicate to our self and how we choose to perceive the world makes a huge difference on how we actually get to high performance because high performance only happens with awareness, attention, focus, drive and understanding of how the mind is operating. For instance, I'm learning a lot from Dave and spending time with my bro here, geeking out, experiencing all this octane, everything. I'm like yeah. This stuff is creating this high performances inside of you but it's not just what you're putting in your body. It's also what's happening on the outside as well.

Another thing I would say to them is disengage yourself from getting into arguments, going into debates with people. Going into conversations that are

really pointless and have no sustenance for your being on any level. When I mean sustenance means it doesn't fill you. There's two types of energies in the world. Either you're a tap or you're a drain. A tap fills you up, a drain drains you. When I talk to people, if they start going into negative dialogue, I do this thing. Basically, I call it just really redirecting them. I ask them something different. If they keep doing to that place, I leave the situation. I don't have to stay in energy that is low vibration.

I want to stay around people who are lit. I always tell people, get on my lit train. Let's get on the lit train. Drink the lit juice. Live a lit life. If people are walking around you and they're just like low energy, low vibration, and you engage in that, you actually take that energy into yourself. Stay around people who are on that lit train with you because that means that they're lit. You're lit. You're building big fires. That fire is it's blowing things up and creating an inferno. That's what you want. You want to stay in that place and that's what I would tell people.

Dave Asprey: Beautiful. Shaman Durek, thanks for being on Bulletproof Radio today. People can find you at Shamandurek.com and we mentioned your Instagram earlier, which is funny enough, also Shamandurek. Anywhere else people can go to learn more about a whole bunch of pretty unusual stuff?

Shaman Durek: Yeah. I have a podcast as well, which I'm going to get you on when we have time. Of course, in our crazy schedules. My podcast is called Ancient Wisdom Today. I bring in doctors. I bring top scientist in the world. I bring in celebrities. I bring in all types of people and every day people who have something to say about the spirit world and about their lives and how do we create a better life. If it's food, if it's science, if it's anything. My whole thing is about Dave, is creating a super human. That is my dream.

Dave Asprey: We share that.

Shaman Durek: Creating super human. I do believe that people can have super human powers and I do believe we can become super humans. I'm not about this species staying the same. I think the adaptation of our species needs a complete upgrade and a complete enhancement. I'm all about bring enhancing tools, enhancing levels of thinking to get people to that high performance so that they can live that life that they want to live. There's no reason why they can't. That's why I love what you do. That's why I love the biohacking and I'm the spirit hacker. I love spending time with you because I feel that same energy inside of you. That's what it's about. It's about creating a super human. That's my focus in this life.

Dave Asprey: I think everyone listening has it in them to turn on lots of untapped energy. That's why we're just passed 500 episodes on the show. There's a lot of knowledge out there. Some of it, you probably haven't heard and I'm guessing some of that from most listeners was on the show today. Fascinating entire world that probably isn't visible to a lot of us without a little bit of work and

awareness. Maybe just that initial suspension of disbelief to say what if and to just observe it for yourself and see what you find. It's certainly helped me. Thanks again.

Shaman Durek: Thank you for having me.