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Announcer: Bulletproof Radio, a state of high performance.

Dave: You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that sacred messages were just revealed in newly translated Cherokee cave writings. The Cherokee people in the Southeast United States left these written accounts on cave walls of their secretive rituals up until about the 1830s. We just recently figured out how to translate some of those messages that were written in Alabama's Manito Cave. It's now a popular tourist destination, and we just figured out how to tell that these writings describe religious ceremonies and beliefs using written symbols for 85 syllables, enough sounds to replicate the Cherokee spoken language.

This language was developed by a Cherokee scholar who did it right before the tribe was banished down the Trail of Tears, which was a series of forced relocations of Native Americans to the West. No one recognized these inscriptions until about 2006. They were written in charcoal. Archeologists had been working on those, and some of them are religious messages to Cherokee ancestors or other supernatural beings. The script is written backwards, likely because it was supposed to be read by residents of what the Cherokee considered to be a spirit world, reachable only via Manito Cave.

That's pretty amazing. We now have religious lore that was lost, going back hundreds of years. You have to wonder what other lost knowledge did humans figure out over the years. What's the meaning of it? Yes, because I'm a master of really subtle foreshadowing, we might be talking about some cool stuff on the show today that goes beyond just mitochondria, but might even include it.

If you're hearing some background noise on the show today, that's because we're recording live at the Human Optimization Summit in London. My guest today is a friend, a guy who's been on the radio show today, and a sixth generation shaman, a human rights activist, a thought leader, an internationally renowned spiritual mentor, and leader in women's empowerment, who uses ancient spiritual wisdom and just decades of study and practice, a guy named Shaman Durek. Shaman Durek, welcome to the show.

Shaman Durek: Thank you, Dave.

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Dave: I just found out that some press is now calling you the shaman of our times. You've been on The Doctors. You had this amazing run up recently in visibility, but most of the time people sort of don't look at shamans as TV celebrities and things like that. So what happened to make you suddenly a household name?

Shaman Durek: I think what has happened is that I've made shamanism much more accessible through knowledge and information that relates to what's happening on the planet right now as it pertains to human development. I think that a lot of people, when they think of shamans, they think of plant medicines. They think of tribal feathers and being in indigenous tribes. A lot of people associate shamanism also with Peru or Mexico or the Andes and things of this nature, but shamanism actually was derivative from Africa, from a woman, no doubt.

Dave: Do we know her name?

Shaman Durek: No, I don't know her name. It was then passed down and passed down and then went through all the different countries and different places. It started spreading out into the Latin culture and through the Cuban culture and through all of these different cultures and so forth.

Dave: Even Buddhism, which came from ancient [Bone 00:04:48], which came from ancient shamanic knowledge that traversed across the continent. So, yeah, you can trace that lineage going back to Africa very, very dramatically throughout the world. It's cool.

Shaman Durek: What you were saying too, what I thought was really cool, what you were talking about as far as the readings that they found on the walls, writing backwards. So that's a technique we learn in shamanism. When we want to communicate to the spirit world, we write backwards. When you said that, I was like, that's so cool, because that exists also in African shamanism.

Dave: Really?

Shaman Durek: Yeah. So whenever I do anything where I want the spirits to see something, I write it backwards. If it's on a parchment or I write it on the sand or the dirt or if I write it on a mirror or whatever it may be, whatever I am invoking, I write backwards. I write my name backwards. I write the whole thing backwards.

Dave: Is that why you take a selfie on Instagram the words are backwards, because we're talking to the spirit world?

Shaman Durek: I don't know about that. I think that's because you're using an iPhone and I've got an Android, and you know what's up.

Dave: We were just talking, before we started recording the show, about how Androids are for slow people. I don't know that we're going to come to an

agreement on that, but one of the great debates of shamans in our time is what type of Android phone to use.

Shaman Durek: Yeah, no. But I think the reason, literally ... Because a lot of people say to me, "How do you feel going on all these TV shows and being in the media and being this worldly shaman who's being talked about in all these countries worldwide?" What I always say to myself is it's not about that for me. It's about utilizing a platform of connection that people use to be able to get a message across to people so that they can recognize their leadership.

Dave: I look at it the same way. When I was 23, I was in Entrepreneur Magazine and about 80 publications as this kid just sold the first thing over the internet, and we don't even know what the internet is, the first e-commerce product. But it got to be a little bit weird, because I thought, oh, if I'm, quote, famous, I'll be happy. It did nothing for my happiness. It actually didn't change my life one bit, so I realized there's no upside to that. Being relatively well-known for Bulletproof and Bulletproof Radio and all that kind of stuff, it's just a tool to help people. But in terms of making me feel like I'm a big deal or somehow more important or happier, it doesn't make you happier. It means that people stop you in airports though.

Shaman Durek: Yeah, and it causes a lot more stress.

Dave: Yeah, really, it does.

Shaman Durek: It causes a lot of stress.

Dave: So for your it's a tool as well as for me. I didn't realize that you were looking at it that way, but that's a beautiful way to do it.

Shaman Durek: You have to kind of create a buffer, because even with my relationship now being with the royal family, I have paparazzi following me everywhere.

Dave: Well, we haven't ... Some people listening probably don't know about that. So what's your deal with the royal family? It's kind of a big deal.

Shaman Durek: Yeah, I forgot. Only you know. I haven't explained it to people. So I'm dating the princess of Norway. Ever since we made our relationship public, it's been camera people in our face, news people in our face. Every time to go to an airport, I'm bombarded. At first, because it's new to me, I had to develop a new way, a new strategy of really insulating myself from all the craziness that's coming at me from everywhere else while I'm bringing my loving service into this world.

Dave: A lot of dark energy, for lack of a better term, comes at you when you become more visible like that. It feels, at least to me, like there's just all sorts of weird stuff, a lot of people just sending envy and other things like that at you.

Obviously, you just mentioned you're feeling that. If I remember right, don't you have some Norwegian heritage-

Shaman Durek: Yes.

Dave: ... from our last interview, right? So, I mean, looking at you, I wouldn't really peg you as a typical Norwegian.

Shaman Durek: No, my father's Ghanaian [crosstalk 00:08:47]

Dave: Yeah.

Shaman Durek: ... is much more stronger.

Dave: But your grandmother ... Was it your grandmother or your mother?

Shaman Durek: My grandfather, my mom and my grandfather, his mother and then his mother before.

Dave: Were Norwegian.

Shaman Durek: Yeah, from Oslo.

Dave: From Oslo, wow. They're also of a shamanic lineage, sort of the Nordic style, Viking.

Shaman Durek: Yeah.

Dave: Wow. So it's fantastic you're connecting with that side of your family and, all of a sudden, dating royal family. That's got to take you for a spin. What do you do in order to keep the ... Obviously, no one has been successful keeping the paparazzi at bay. But just in terms of all the negative vibes that get sent your way because who do you think you are kind of stuff that we all get, I mean, do you wake up in the morning and send bad spirits to the people who send them at you?

Shaman Durek: No.

Dave: Come on. Give me the tricks, man.

Shaman Durek: Well, actually, I'll be honest with you, when it first went public and went worldwide and I was getting messages from Japan and Mexico and everyone, they're like, oh, my God, you're all over the newspaper, duh, duh, duh, duh, duh, it wasn't so much ... At first I thought, okay, I can handle this. But then I went into six breakdowns. I had six, literally, breakdowns, which led me to a breakthrough, but it was the most painful anxiety, stress. I was shaking. I was waking up in panic attacks. I was looking for my Bulletproof Coffee, looking for

... I literally called my assistant in LA, and I was like, you've got to get me some Bulletproof. You've got to get me this. I need things that I need to stabilize myself.

Dave: You wanted resilience and energy.

Shaman Durek: Yeah. I needed to have that energy to handle that intensity. So it took me a while. I remember sitting down with the royal family, and I remember my girlfriend's father, the king, he said to me, "Get ready for the crash course in our life." He's like, "It's going to be really intense," and he's like, "and it's going to hurt sometimes, but you're going to get through it." The family was very supportive.

Dave: What great guidance, because they've learned that. The only thing close to that I've experienced, I interviewed Maria Shriver, and then she interviewed me on her show. Maria Shriver and her family are about as close to American royalty as you can get, from the Kennedy family. One of her children had just started dating a very well-known Hollywood guy. People who are into that stuff know who I'm talking about. Her daughter calls and was like, "There's a paparazzi blocking our driveway. What do I do?" It's an emotional thing, because you haven't experienced that before. It was so cool, because Maria was like, "Oh, here's what to do," and she knew the playbook, and was just like, "Oh, it's common. It's normal. We handle it with the police, whatever." But it was just a non-issue for her. But for someone who hasn't experienced it before, even her daughter was like, oh, my God, I'm ungrounded. I don't feel safe, all this kind of crazy stuff. But you have a royal family who has 10 generations of this in their training sitting you down and telling you what to do.

Shaman Durek: Yeah.

Dave: Oh, my God, that's legit.

Shaman Durek: I think the aspect of it was ... And I made mistakes. I'll be honest. I made mistakes. There's times where they brought me back in, and they're like, you can't say this, you can't do this, you can't talk about this.

Dave: You have to close the bathroom windows before you [crosstalk 00:11:52]

Shaman Durek: I have to keep the bathroom windows closed. I have to close the curtains in my house, because they have these big lenses, and they caught me. They catch me. Or they'll be outside my door, and they'll take pictures of me when I come out. It's a little crazy. But what it did do for me is it helped me pay more attention to what I do with my energy. Where do I go? Who do I spend my time with? Why am I spending time with them? If I'm going to an event, why am I supporting this event? What am I doing it for?

Then what it also did was I got a lot of hate mail, which I get every morning. I get hundreds of hate mail every morning. That taught me the state of the world, because, at first, it bothered me. Then I was like, it doesn't need to bother me, because I know who I am. So let me move past that. Then let me just look at what people are actually saying. The thing that kept coming up was people wanted to hang me or gut me or lynch me, or it was like, "You don't belong with our Aryan princess."

Dave: [crosstalk 00:12:46] a lot of racial shit [crosstalk 00:12:47]

Shaman Durek: A lot of racial stuff.

Dave: Good God, man.

Shaman Durek: But from both sides, so it was racial from one side, and then you had the [inaudible 00:12:55] the black community going, oh, and how could you sell out? How could you be with this white devil? It was just very ... And me and my girlfriend would just sit there, and we'd just be like, wow.

Dave: You're like, do you know who my grandmother is?

Shaman Durek: It's like, wow, this is what the world ... This is what needs to be lifted up and brought out to be seen so it can be healed. These are the wounds of the world that need to come out. So that was very interesting. Then the other narrative that came out was, oh, and not only is he with the princess and with the royal family, and he's a shaman. So people started freaking out about there's a shaman in the palace. So they started calling me Rasputin and basically saying I'm going to take down the monarchy with black magic or whatever the heck they believe it is. So doctors started coming at me, so I had a slew of doctors going through everything I've ever said and trying to debunk everything I said. Then it was the religious groups, so I think it was 5,000 people stood up against me because we were supposed to be speaking in this church, me and my girlfriend. They didn't want us in the church because they said we serve the devil.

Dave: That's great publicity, man.

Shaman Durek: I mean, it's been interesting. It's been quite a ride. While I'm doing the book and going out there and speaking to people are really wanting people to get more educated about what's happening, because people think Spirit Hacking is just about shamanic tools. It's literally about what's happening in the world today.

Dave: I was going to ask you that. How much of this made it into Spirit Hacking? So I read the forward for Spirit Hacking. This is your new book, one of the reasons we're having you on the show again. But, I mean, it's a profound and interesting book saying, hey, here's what I'm doing as a shaman, in a very accessible, open way, and talking about what's going on in the world from the perspective of

someone who has at least half your brain in a reality that most people don't live in. But how much of the royal experience made it into the book? Or these are happening simultaneously?

Shaman Durek:

None of it made it into the book, but what did go into the book was just the experiences that I've had while navigating and staying in that spirit realm while navigating in this plane of awareness, and watching how we're adapting as human beings. What are some of the things that are actually affecting us from not seeing our power, our gifts, and our awareness of being able to really become a high-performance human being, and what's getting in the way of that. What are the things that's pulling us? What's pulling our attention? And then giving people simple tools to be able to spirit hack themselves back into a space where they can navigate this time right now which I call the blackout, which is a very definitive time that happens a lot on our planet. It's when the species goes so far off the rails, and they need a big old shaking up to wake it up. That's what's happening right now, globally. Usually, it happens in one continent or one state or one place. Now it's happening on a global level. So how do we uplevel ourselves? That's what this book is about.

When I was writing it, I was like, I see so many shamanic books talking about the same narrative, which, to me, is just kind of boring. It's just, okay, palo santo sticks, drumming, plant medicine, how my plant medicine journey was. I mean, that's great, and that's wonderful and all, but no one really talks about the truth of shamanic wisdom and philosophy that has been passed down through my lineage, my family, from the [Umbutu 00:16:22] and from the [Lakumi 00:16:23] and from my Yoruba heritage, to understanding how to facilitate that in today's modern culture.

Dave:

So you definitely go deep in the book on the thinking behind shamanic stuff. I had to come to grips with this, of going back to when I was about 30. I'm a computer science guy, studied artificial intelligence, come from a family of engineers who think pretty much anything in that realm is for crazy people. I'm like, okay, however, I just did some holotropic breathing here, and I'm seeing some crazy stuff here. Of course, my thought was then there's something wrong with me. I just realized, wait a minute, when you can talk to a shaman from your heritage and you can talk to another shaman from ... say, like Alberto Villoldo, from Peru, and you guys compare notes, those notes have an awfully crazy amount of commonality. You both know the places you go. Then you look at the writings from Hinduism or Buddhism or ancient Chinese medicine, and you're all working in the same states. They're just stuff that most people don't see most of the time. Why don't we see that?

Shaman Durek:

Well, I feel like a lot of people don't see that because they're programmed into a way of thinking based on their family upbringing. Remember, when we come into this world, our rules and our ideas that we've obtained come from our family or our guardians. Their moralities and their ideas of what they think is right and wrong is very different from someone else's family. So it's all made up information that has come from their ancestry. If their great-great-grandfather

had a really bad situation with money, for instance, he then creates the idea in himself and then passes this information down to his children and then to the next generation, the next generation on top of that. In shamanism, we call it a family ancestral curse, because he's cursed the family into a state of lack, poverty and scarcity. Until someone in the family stands up and says, hey, I'm willing to look outside that narrative and to create something different, it stays the same.

So I what feel is the reason why people aren't seeing these things is because they want to be comfortable with the information that they have. But I think a true human being who wants to become more powerful and more superhuman and like you talk about in your book, they have to be willing to transverse into the places that are most uncomfortable. I hear a lot of times in the very spiritual community, people say, oh, I don't resonate with that. I laugh so hard all the time. My girlfriend, she giggles, because I always tell people, if you're saying you don't resonate with that, that's because that is what you need to be resonating with.

Dave: Hold on a second here. Do you resonate with the racist assholes who were coming after you online?

Shaman Durek: So let me give you my understanding of resonate. Resonation, basically, means that your attention or your energy has been focused upon, therefore you want to reject it. So if your attention and energy has been focused upon it, there's a part of your being that is drawing your attention to it, because either, one, you have the knowledge or the capability to bring some level of balance or understanding to what you're seeing, or there's something that needs healing, and that's why you're actually seeing it. So we as human beings have been taught that anything that's uncomfortable, we go the other way, whereas, in shamanism, it's everything that's uncomfortable, you go towards it.

So I call it lean into your aversions, right? That's what makes you actually stronger, so you actually build what we call spiritual immunity. Spiritual immunity, just like you talk about the body and its autoimmune system, you have a spiritual immune system. You have an energetic system in your body that literally learns by how you operate in your life through energy patterns, responses, frequencies, how you speak, your words you choose to use that have coding. Everything is building that immune system or tearing down that immune system. So if someone says to me, oh, I don't resonate with people who are doing this and that and the other, I'm like, actually, focus your attention on there, because something in your spirit is asking you to go and look at what this energy is, because it's going to bring more resilience to you.

Dave: So if you're saying with you resonate with it, it can just pass through you without affecting you?

Shaman Durek: Right.



Dave: [crosstalk 00:20:36] resonate with it so it's not triggering, and it's not attractive, so you're neutral to it.

Shaman Durek: You got it, you got it.

Dave: It is absolutely true that if you spend your time hating someone, it makes them stronger. It really does do that. So that said, it's hard to ignore someone who's punching you in the face or stealing your stuff or whatever else. So there's times when you ... I'm going to stop that, because it's not right. How do you draw the line between, oh, I'm not resonating with it, or I'm resonating with it, it's passing through me, but you're actually dealing with someone who would, say, copy your book and publish under your name? People do that to my book all the time. I have to keep shutting them down. How do you handle that when someone's stealing from you or physically threatening you? What's the shamanic perspective on that?

Shaman Durek: So, first thing, in shamanism, we look at everything from the nuclei. We look at the nuclei of the soul, the soul, the nuclei. That means that you are in the center of the command post of creating all these different situations that take place in your life. So the understanding is, one ... For instance, I'll use my sense of my own knowledge. I get all this knowledge, and I have all this knowledge, and I can lay a buffet out for people to be able to understand how to navigate both the spirit world and the physical world and to bring the invisible into the tangible in a very easy and effective way. However, that information doesn't belong to me. It belongs to the universal consciousness. I'm just the vessel that it's coming through. So I never look at anything being stolen from me. I always look at it as, if someone feels like they want to copy something or do something, that's their choice. But now let's say, for instance, someone is battering me or whatever, well, I mean, there is a consciousness of defending yourself from the perspective of self-preservation.

Dave: So I'm about to publish Shaman Durek's Guide to Porn Enjoyment, and I'm going to use your name on it, even though I'm not you, obviously. If I was to go do that, I could do that on Amazon, and they would take money for it, right? So an example like that, where clearly you're going to protect yourself physically. But I'm asking this because a lot of the health influencers I'm friends with, we're all dealing with this. People deal with this stuff at work all the time, and people who either misuse your name or harming your reputation or taking not necessarily your intellectual property ... There's lots of people that put butter in coffee. I'm very pleased about that, because it's better than milk in coffee. That's a good thing. It's a movement towards up leveling, but it's one thing if another person says I'm Dave Asprey and they're not Dave Asprey. Then they copy my blog posts and use it for financial gain in a way that harms my brand.

How do you deal, shamanically, with resonance with something like that? That's a specific example, but you must be getting some of those people that are doing a deep fake video of you or they're saying you said this and you didn't say this. What's the shamanic take on that, because [crosstalk 00:23:21]

Shaman Durek: Well, I mean, first of all, those are two different things you're saying. So let's go with the first one you said, which was someone copying your book and putting you into a situation that actually harms your company. That's when you actually have to go, and you have to set an example of integrity and responsibility, which, basically, in shamanism means ... Responsibility means ability to show up with love for yourself and take action with your lawyers or whatever it is to be able to stop that person. That was the first thing you were talking about. So, shamanically, there is a common sense of value of being able to navigate whatever the situation is.

Also, what we do as shamans is not just look at it from the physical. We also look at it from the internal. If I'm the creator of all of my experiences, then everything that's triggering me, affecting me, or causing some harm to me is some aspect inside of me that I am creating. So you could actually be creating a thought or a feeling inside of you that people want to take from you or the idea that people will take from you because of the information you have. Then the universe will ... Then your ego, of course ... Because in shamanism, we don't see the ego the same way other people see the ego. We see the ego as what we call the great paperweight or the anchor. So what the ego does is the ego goes, whatever you believe, I'm going to support that narrative and then draw all the characters and people in your life to run that narrative for you so you can be right.

Dave: So you do that inner work at the same time that you have your attorney pummeling them?

Shaman Durek: Absolutely.

Dave: So there's that one foot in the shamanic world, one foot in the Western world, whatever you want to call it. So you're able to execute on both at the same time. A traditional person raised in the West is like, I just called my attorney, and then I got pissed off about it, but they wouldn't look at why am I pissed off, what's going on there. So then they would feel more emotional pain, and they wouldn't work through it.

Shaman Durek: Well, that's the whole thing, Dave, is that we keep a society of people looking outside at obstacles and looking at things as if they're happening to us. Even in relationships, like my relationship with my girlfriend, people always go, wow, you guys never argue. It's crazy. Because when I say something to her that's insulting or if I snap at her, immediately, if I know I'm upset, I know it has nothing to do with her. I go right into myself, and I go, what is my trigger? What upset me? Where does it come from? Why am I putting power there? Why am I running this narrative? Where is my ego supporting this narrative? Do I want to ask my ego to dismantle from that narrative and choose to support a narrative that supports me not having that trigger anymore? Then I apologize to her for snapping, because I realize it has nothing to do with her.

A perfect example is I had a friend, for instance. When press started coming towards me and saying, hey, we want to write about you, whatever, she said to me, "I can't believe that you would sell out. You are a real shaman, and you would actually put yourself in a magazine or anything that's in the media world. That's like the monster. Why would you do that? You should still let people come to you and find you through their own resources, not because they read about you in a magazine. I feel like you're selling out."

So she said this to me. I was hurt. I got a little upset by it. But I went to my room. I sat in meditation, and I went inside, and I said, okay, why was I triggered? Where do I believe this in myself? Immediately, I heard, you have this feeling about yourself that you're selling out to your family roots, to who you are, and she's coming in and showing you the reflection of what you already feel. So change your feeling, and watch what happens.

So I changed my feeling. Two days later, I see the same friend. She goes, "You know what, Durek? I was thinking about what I said to you, and I was wrong, and I'm sorry. I realized that having you be out there in the magazines is going to help people get your message, so I think this is the best place for you to be."

Now same thing happened when I went to Israel in the middle of a war, '90s, early '90s. Bombs are going off in Israel. I wake up. I get this message from spirit. My ancestors were like, you need to be in Israel right now. You need to be there to help the people. I tell my dad I'm going to Israel. My dad yells at me, "There's war there! What kind of son have I raised? I don't care if you're the shaman. I don't care what the spirits told you. You could end up in a bomb. They're blowing up buses. They're doing this." He laid out every single possibility of damage that could happen to me.

Sure enough, I go to Israel, call my dad on the phone a week later. But in that week, I did all this internal love on myself. I went in, and I was like, what is my issue about being here? I'm fine here. I'm good here. I can't wait to see all the beautiful things here, learn about the culture, learn about the language, learn the people. I call my dad a week later. He's like, "Oh, I'm so happy you're there. This is going to be so good. You're going to learn about people. You're going to learn about the language. You're going to do all these things." I was like, who are you? Because you weren't the person who was cursing me out on the phone the other day. It's because I changed the internal narrative, so the outward projection or the screen in which we project upon, which is the world and people and all these things, actually changed as well.

Dave:

It may sound weird to people listening to what you're saying. How is it that your internal dialogue ... It's not even dialogue, but the internal energy towards something would change the reality outside of you? I have experienced this dozens and dozens of time in my own work at 40 Years of Zen, these advanced forgiveness states, and even with clients there. There are people ... In fact, it's not even remarkable at this point, where someone does forgiveness and deep energetic healing on an old friend or a family member they haven't talked to in

20 years. Magically, the next day, they get a text message out of the blue from ... I can't explain it other than what you're saying. There's some sort of energetic thing. It changes. I do believe that the world around you changes based on that, but it's not based on a thought. It's based on a feeling or an energy or an imprint.

You go into some of this in Spirit Hacker, and you talk about shamanic awareness. You teach about it in a very accessible way, but you also talk about some other stuff like fire scrying. Can you tell me what the heck that is and what's the role of fire scrying for people who aren't actually shamans?

Shaman Durek:

Yeah. So fire scrying, basically, is ... Most human beings, in their life, their brain isn't optimized in a way that allows them to access all of the things that are going on behind the scenes. They don't see the peripheral vision of reality. They're only looking at what's drawing their attention, what's causing them to react emotionally, and what's basically their agenda that they have set for the day. So their will is not really strong. Most human beings walk around with weak wills. They think they have really strong wills, but then when they're met with something that's really intense, like there's a bomb that goes off or someone's getting murdered in front of them or there's a fire in the rainforest or there's this thing happening to them, and all of a sudden they're emotionally upset. They're going through all of these things, and they can't stay focused. They don't know what's going on, or they get fog brain, or all these different little things happen.

In fire scrying, a shamanic technique, one of the trainings that I teach a lot of my students ... I have this kid right now who's 10 years old. He's been training with me for three years. He practices his fire scrying, and he says, "Shaman Durek, I am so good now in school because my focus of my will is so strong, nothing can move me. Nothing can distract me. Nothing can sway me." Nothing moves him out of his range of focus. So what fire scrying does is it basically teaches you how to direct your attention on one thought, one thing, for a period of time. So I have a student who just actually called me a couple of days ago and said, "I'm up to an hour now of complete focus on one thought, without having other thoughts come in."

That's a powerful tool when you want to manifest something, when you want to have a direct focus on something, when you want to be so precision based on an idea, a thought, or some form of intellect, that [inaudible 00:31:16] have you distracted by the world that's around you, if you have kids, if you have family, if you have noise, if you have a fire engine truck, if you have this thing happening or that thing happening or a crowded room. So a lot of times, in shamanism, a lot of our training is like, if I teach people how to meditate, I don't teach them how to meditate under a brook, with a stream, with the sounds of birds and the ocean sounds. I take them to the most distracting, noisy, uncomfortable, most discordant place that they would find to upset them, and teach them how to meditate. I used to take people to rock concerts and teach them how to meditate while people are listening to rock music, and how to stay there. How

can you sustain your meditation for one hour without being affected by anything that's happening, that you actually absorb into every flux of frequency?

That's what fire scrying is about. It's about teaching you to have a strong will, because, if you don't have a strong will, then the system can throw anything at you. That's what the system does. This matrix that we live in, this system that is built by creating division, wants people to be reactive, wants people to constantly be blitzed out, sugared out, put poisoning in their body, dope them up on every type of chemical you can imagine, and keep them so brain dead so that, whenever they throw some crazy dramatic thing at you, you're in shock, and you're having what I call post-traumatic stress disorder in your spiritual, emotional and mental body, not just in your physical body. It exists on all levels of your body.

So you have four levels. You have your physical, emotional, mental and spiritual body. If your mental, spiritual, and emotional body are having post-traumatic stress disorder, you may not realize it, but you're creating what is called aggressive markers. Those aggressive markers create inflammation in the body, because your body then begins to think it's constantly under attack, and you just don't understand why you're constantly tired, why you're constantly on edge and all these things. So fire scrying is like teaching your will to be so strong and so perfectly in alignment to whatever it is you're directing your attention to that nothing can sway you and nothing can affect you.

Dave: Why is it called fire scrying, specifically?

Shaman Durek: Because you actually stick fire in front of you, and you stare at the flame of the fire without diverting your attention to anything else.

Dave: That's a really powerful technique. I did this years ago with a group that teaches how to travel out of your body and stuff like that. You sit there, and you stare at a candle, and it does something different. Question, does it work with an LED candle?

Shaman Durek: That's a good question, Dave. Why don't you go and do that and then report back to me.

Dave: You've never had someone try it with those dumb little digital [crosstalk 00:33:49]

Shaman Durek: I've never had that.

Dave: I do not believe it'll work. Now the Buddhist people that I trained with-

Shaman Durek: I don't think it would.

Dave: ... at Kopan Monastery, they're like, look, light is light. We make a light offering. We don't kill butterflies with this kind of light, although I think they do because they disrupt their navigation, but whatever. At least they're not burning in a candle. So they would do that, but there is an analog signal in fire. It's got warmth and radiance, and it flickers in a ... not in a rhythmic, but in a sinuous, natural way. When you have a digitally blinking light that blinks a brighter, blinks a little dimmer, I think there's something in the brain that detects the little square waves instead of the round waves and that it is not a peaceful meditation in the same way. So I would say make a real fire. It seems useful. But don't fall asleep when you're meditating unless you have some sort of metal underneath it. Because who wants to meditate through an actual house fire? That sucks.

Shaman Durek: Or put it in a bowl of water, which is also a great [crosstalk 00:34:48]

Dave: Yeah, that's even better. All right, I really do believe there's something special about fire, and it's a traditional thing. I've done full moon fire ceremonies. I have a fire pit at my house and all that stuff. Just for the record, I have no idea why any of that stuff works. All I know is I've been taught by great masters from multiple lineages. You should do this sometimes, and when I do it, things seem to work better. It could all be a placebo, in which case, great, I'm okay with that too. It's all right. The following question to that though is, how many hours a day do you spend meditating, sitting in a pose, looking at a fire? Your shamanic preparation, beginning end of day, how much time do you spend on that?

Shaman Durek: So I do different types of meditations. I don't believe in silent meditation, because I think silent meditation ... Well, one, it's boring to me. Secondly, my whole focus is to understand myself, not to disconnect from myself. So if I do a sit-down meditation, it's usually me listening to all the thoughts that are going through and then talking to them.

Dave: Out loud?

Shaman Durek: Yeah. So if a thought comes through and it's like, oh, I should have went to the grocery store, I'm like, why should you have gone to the grocery store?

Dave: So you're sitting in a room by yourself talking.

Shaman Durek: Yeah, to all my thoughts that I hear popping up in my head. Then what it does is I realize that some of those thoughts aren't me. They're other people's thoughts. Then some of those thoughts aren't other people's thoughts; they're spirits. Then I find that they're energy echoes that have been left behind in the home that I'm at, or the place that I [inaudible 00:36:24] to, I picked it up empathically. So what it does is it teaches me how to differentiate energy, and it also teaches me how to not accept everything in my head as me, which is a big thing that I find in today's world, that people just think whatever's in their head ... They're like, oh, yeah, that's me thinking it.

Dave:

We have these ancient urges, and we have these spiritual intervention things that I believe are totally real, because I know people can turn them on at will. So it seems like one of those things you can start it, stop it, start it, stop it. It's probably real. But I have definitely experienced more than a few times what you're talking about. Then if you believe that you are every thought and emotion that you have, you will have this immediate desire to pull back from something because it's fear, but it's not your fear. Or you'll think an incredibly inappropriate thought about a friend that you would never actually go to bed with, but you caught a look, and all of a sudden the thought comes to you. You say, what kind of a bad person am I because I thought about that? Or you might catch yourself having a racist thought, and you're like, I'm not a racist. I know I'm not that, right? No matter what color your skin is, you're just thinking an ill will about someone for no reason other than how they look.

You can feel great guilt and like I'm a bad person because this is going on in my head, or you could say that shit isn't mine. You can reject it, and finding for me that, okay, great, I don't walk around with a nasty voice in my head the vast majority of the time, because I have edited that out. Some of the techniques that are in Spirit Hacking are techniques that I use. I do a lot of neurofeedback and breathing and heart rate and all kinds of crazy stuff. But the bottom line is I'm pretty good at figuring out when it's mine. But if you think you're good, there will still be times when you're absolutely convinced that a thought in your head is your own thought, but it may not be your own thought. It may be an automatic system, and then I told myself a story about it.

How does someone listening to this show know whether it's their ego talking to them, whether it's some interventional shamanic zone thing, or whether it's an authentic them?

Shaman Durek:

So I want to differentiate the ego first, because has this interpretation that the ego is this bad thing, because we have this thing on our planet where we always try to create things either into monsters or into angels. It really creates a great divide, especially in duality as far as quantum entanglement is concerned, because we keep polarizing each polarization of if it's good or bad and giving power to it instead of just seeing it as whole as Lord Siddhartha did who became the Gautama Buddha. So really realizing that the ego just does one thing ... It's a part of your consciousness that supports your narrative or doesn't support your narrative. So if you have an ego that is held in the field of I'm a bad person, then the ego will send every opportunity for you to be right about being bad. So it's there to take your world and make it real for you.

So what happens is, when people go into this aspect of what's their real voice and what's not their real voice, the real voice of a human being is always based in love, because you came from love. You were created from love, and you will also return to love. That, in shamanism, is the first key element that we look for. We call it love intelligence. So whenever we are operating in the field of consciousness, we ask ourselves, if it's love intelligence, it's all inclusive. If it's love intelligence, it's not a me, but it's a we. If it's love intelligence, it's operating

in the field that it's about ... If I'm innovating or creating or inventing, it's not for me, it's for we. It's for all of us. So if I'm going to do anything, I have to think that it's not me focusing on what I want to have so I can have profit and I can have a good life. It's like, the more life I have, the more life other people get to have.

So you'll know if your thoughts are supportive. Are your thoughts supportive to the collective? Is your thoughts operating in the field of love? When I say love, I don't mean love that's created by the system, which is held in Valentine's Day gifts and love that you get when you get a gift from someone that you think they love you. I'm talking about unconditional love and acceptance. It's the ability to say ... Instead of saying the waters are dirty. You can say, oh, the waters are dirty, however they're getting cleaner, and there's people waking up right now who are finding ways to keep this water clean. So, actually, you're making your narrative support the system of change versus support the system of destruction. That's how we differentiate.

Then as far as the ego's concerned, if I have a belief, for instance, like the world's a scary place, I ask the ego, ego, do I have a belief that's limiting me from seeing the world from a place of love? The ego will then communicate to me yes or no. Then I can say, ego, detach from this belief, and then send the energy through my body of what that detachment feels like. Then support this belief. Then the ego then transfers its energy to the new belief, and all of a sudden I don't have those experiences anymore.

Dave: That is super cool. I like that perspective a lot. I believe that ego is part of the meat operating system. It helps to keep the meat alive, so you're not ever going to be free of your ego. But if it's a thought that involves aversion or ill will towards other people, it's pretty much not me. It might be an automated system in my body that's programmed that way, and I'm responsible for it, and I can manage that. But it's not actually who I am.

So you can sort of divide, very much with what you just said, where there's this ability to say, all right, what's the filter? As a Westerner computer science guy, the filter is, if I'm thinking bad stuff about anyone or anything, then that is actually not an authentic Dave thought. That is an intrusion on my system, whether it's from old automated reptilian stuff, whether it's from something happening when I was in first grade and someone yelled at me, or, I don't know, something I've forgotten but it's still in there somewhere, or whether it's some powerful shaman cursing me with bad magic. Obviously, I'm making that up, but here's the thing.

Shaman Durek: I know, I love it though.

Dave: Look, I'm not an expert in those fields. I'm not 100% convinced that half the stuff that people believe they're doing when they're doing shamanic stuff is actually happening, but I do know that some people have a crazy impact on others, and some of them are great friends. That is a real fact. Some of them are



less powerful than they think they are, but they're still powerful. Some of them are more powerful than they think they are. So since that's the world I live in, all I know is that I'm sitting here. All of a sudden, I'm thinking super hateful thoughts about someone. I've got to figure out why, but that isn't the core me. So my filter is there, aversion, ill will, ego or external, and then actually the fourth F that I talk about. There's fear. There's food. There's the other F word. The other one's friend after that, and that's what all life does. It actually forms communities and all that.

Shaman Durek: That's right.

Dave: So if I'm working in that fourth F, around how do I serve others, how do I take care of myself, how do I take care ... That's probably authentic. The rest of that stuff, it's got to be managed. So that's maybe, I think, very much in alignment with what you're saying.

Shaman Durek: Yeah. I mean, in tribal culture, for instance, if someone in the tribe falls into that space, every member of the tribe, instead of going, "That's person's bad," ... which is what we've been doing a lot in today's society is going on these witch hunts and these monster hunts and always looking for the bad guy so we can exalt ourselves better than the other person, which actually does nothing for our evolution. It actually depletes our ability to evolve. But in tribal culture, literally, the person who's having that situation happen, every member of the tribe goes to that person and says I'm here to support you and help you, because by lifting and shifting that person, the tribe thrives. One person down in the tribe, the whole tribe is affected.

The same thing happens to us. People don't realize that the man who can't pay his rent in LA is being affected by an energetic frequency of the man who is starving in Uganda. So we're all connected. So in shamanism, we look at this connection, and we see that, for instance, you can go into nature, for instance ... And this is a shamanic practice. Plants that are much more creating defense mechanisms and animals that are more aggressive teaches us that the surrounding villages and places where people dwell, they're holding that synthesis inside of them, because plants experience everything through synthesis and through the subtle energy frequencies. That means that they are actually picking up on the nuances of human beings and then transferring it into the plant kingdom and learning how to develop.

The same thing happens with animals, and the same thing happens with children. Children, animals use synthesis and empathy to understand what their parents are really about. Parents can be the most amazing parents, taking their kids to all these things and doing all these things. But when I work with children, the kids tell me, it's so funny how my parents make it all about them. They make it all about them. They never play video games with me. They never do the art with me. They never come into my world to see what I'm looking at, to see what I see.

So as human beings, we tend to get stuck in that narrative of wanting to only see our world. The way we actually create community and how we build community is being able to see other people's worlds and how we can ... like the cells in the body. How can we coexist with each other without feeling threatened?

Dave: It's kind of funny. This morning my daughter, Anna, who's 12, she knew that I was going to meet with you today. She said, "I want to come and see Shaman Durek." My kids get to meet a lot of really interesting people, but they don't usually ask to go meet them again. She was willing to set her own alarm clock, wake up at 6:30 in the morning, which isn't very natural for a 12 year old, to get herself ready so we could be out the door so I could be on stage. She sat with me and all. One of the reasons she came is she said, There's two people I want to see. I want to see Shaman Durek, and I want to see Dr. Barry." Of all the dozens of people here who she's met and all that stuff, she wanted just to say hi and see you. It's because of that actually seeing the child and being willing to come to them on their level and listening. It stands out there, because kids are very perceptive.

Shaman Durek: Also, when I was at your house, I play with them. We were playing with the ... She makes all the clay dragons and stuff, and I was giving them names and playing with her. Then we would go into nature, and they were showing me all the plants and the sheep. We were dodging the poop on your land.

Dave: Lots of poop, lots of soil.

Shaman Durek: Lots of poop, lots of soil. But, no, I love your children, and I love children in general because I see them wiser than some of the human beings that I actually sit down with. I love spending time with kids and talking to them and getting their consciousness, of what they feel, getting into their consciousness of what they feel about life, because children don't have filters. They haven't been programmed with filters until their parents keep programming them with filters. So when they don't have those filters, I want to hear the raw information that's coming from them, which teaches me a lot. I learn a lot. Some of the greatest teachers of mine have been children.

Dave: It's true. You can learn a lot from your kids, and they can learn a lot from you. You don't have kids?

Shaman Durek: No, not yet.

Dave: Are you thinking about it?

Shaman Durek: Yes.

Dave: Wow, all right. That'll be interesting. Well, when you have kids, I'm going to teach them to dodge poop. It'll be fun.

Shaman Durek: I'm going to bring them to your house.

Dave: You write something in Spirit Hacking that is really cool, and I haven't heard it said this way. You say, quote, "I call people who identify with their pain hurt collectors." It seems like there's a lot of victims who identify with their pain. I had toxic mold exposure. I had chronic fatigue. People say, oh, you're a victim of chronic ... I'm like, no, I haven't been a victim of these things. The fact that I had this stuff, and it sucked, I needed a name for it so I could figure out how to hack it. What do you mean by hurt collectors? How do people get out of that? How do you spot hurt collectors and get away from them? What do you do with hurt collectors? Do you give them more hurt because they collect it, like, here, let me slap you a couple of times? How do you deal with hurt collectors, and how do you not be one?

Shaman Durek: Well, what you're talking about is actually something that's happening to you based on circumstances such as being exposed to mold and stuff like that, and your body is going through its process of cleansing, or you're going through healing in that sense. But when I talk about hurt collectors, I'm talking about people who go through pain and use the pain narrative to have more pain so that they can get love and they can get sympathy from the people around them. So they go around collecting hurt, and they don't let go of anything. They just keep cycling and cycling and cycling it. Those people live off of that pain.

We, as a society, have been constantly indoctrinated in that idea. I mean, I talk about it in the Spirit Hacking book, about Jesus, for instance, the narrative of Jesus. It's like we have this man who's wearing this dirty underwear on a cross, bleeding from his head, and he's suffering. Why don't we have pictures of him where he wasn't suffering and he's giving love to people and sharing knowledge and wisdom? But we always use the narrative of the victim, and we use the biggest victim narrative because we think that the underdog, the biggest victim, the this, the that. So everyone's screaming, who's the biggest victim on the planet right now, instead of going, who's the biggest hero on the planet who's overcome and shifted out of that perspective into leadership?

Dave: What that reminds me of is one of the coolest quotes ever, is Mr. Rogers talking about-

Shaman Durek: I love Mr. Rogers.

Dave: ... his mom. He says, when he was a child, he'd see pictures of war or disasters or fires or something. His mother would just say, "Look for the helpers." In every one of these pictures, there's always a fireman. There's always a policeman. There's always a rescuer. There's always someone coming to help, and that your filter for the picture can be look at the pain, look at the suffering, look at the victims, or look at the people who run towards the disaster to help. What a powerful framing for all this stuff? It sounds like it's right in alignment with the shamanic teachings that you're offering in Spirit Hacking.

Shaman Durek:

Yeah, absolutely. Because you can either be a patient, or you can be a doctor. So it's like, if you're talking to someone, you need to be a patient and suffer with them and then just keep the narrative of suffering going on planet Earth. Or we pull ourselves off the wheel of suffering, and we get into an understanding that suffering is a choice. I was on dialysis for eight years, and out of eight years getting stabbed with these needles the size of a pencil and getting the most excruciating pains, screaming myself sometimes to sleep or screaming myself out of my pain, I never complained once, because I kept my focus on the experience of dialysis and what I was learning from it and how I could help the other patients and things that I was doing to sustain myself so that I could see clients after my sessions, where other patients would be stuck in bed because the pain was so much they couldn't get out of bed.

I looked at how was I able to lecture on stage, speak to people, do healing on people, do all of these things, and still be doing the same thing that everyone else was doing at the dialysis center. But I have lit energy and am full power, and it was because of what I was eating. It was because of the sleeping. It was the meditation. It was all the shamanic exercises. So when I think about it, it's that the pain narrative or the hurt narrative doesn't need to be in the equation for how we operate and how we survive. We can't keep using pain and suffering as a way to push evolution. I feel like, on our planet, we keep waiting for some horrible thing to happen. Then everyone wants to make changes.

9/11 happened. I remember it like it was yesterday. When 9/11 happened, there were no yoga centers in New York City. There were no juice bars. There was none of these meditation centers, nothing. As soon as 9/11 happened ... And I was a shaman doing stuff in New York. I remember one of my good friends, Light Watkins, we used to make jokes about it all the time, like how we were the first. Literally, when that building ... When those two brothers came down, all of a sudden, yoga centers, meditation centers, this thing, that thing. Why do we have to keep pushing the pain envelope to bring change upon our species?

Dave:

Well, didn't you kind of push the pain envelope with eight years of dialysis and an incredibly painful upbringing in order to become who you are?

Shaman Durek:

No. Those experiences actually taught me about human development and how humans suffer. I don't use that as a narrative to push me to be who I am. All of those experiences gave me, oh, this is what happens when you suffer. Oh, this is what happens when you get beat. Oh, this is what happens when you have a seizure. So I could use that as a narrative of human consciousness so that, when someone comes to me who's an alcoholic or a drug addict or someone who's been abused or someone who's been raped or someone who's been this, I know the narrative and what it felt like. I know how to navigate them out of that situation.

Dave:

Great similarities. So I've had all this ... I was old when I was young. Most of the diseases of aging were in my 20s and younger. That's why I wrote Super Human.

But I freely will admit, I would not be able to do the things that I do today had I not gone through the experiences I've gone through. They were learning experiences for me. I don't look at them as I was a victim of them, like you, but, in fact, I'm grateful for them, because they brought me some things. Could a New Yorker, likewise, not say I'm grateful that the buildings fell down because it brought a spiritual awareness to my community that wasn't there before? Is that kind of the direction you're going with this?

Shaman Durek:

Well, what I'm saying is this, Dave, is that you had all these experiences that happened to you that made you go and say, okay, I'm going to create this company. I'm going to create this Super Human. I'm going to write this book. I'm going to do all these things. That was things that actually showed you what was necessary in the world based on your experiences. But, for instance, Lord Siddhartha who became Gautama Buddha, if you look at a lot of the statues and pictures of him, you'll see pictures where he's fasting. You'll see pictures where he's gluttonous. You'll see pictures where he's going through different experiences, because the narrative of those experiences was not the suffering. It was understanding it as a tool to forward humanity.

So what I'm talking about is that what we do on Earth is that people sit sedentary, and they don't do anything until something happens, instead of using that as a fuel to boost them to say, you know what, I'm going to do this. That's what I'm talking about, is the idea that you're not going to do anything until something drastically happens, like all of a sudden you find out you have cancer. You're like, okay, now I'm going to start eating healthy. Now I'm going to go actually read Dave's books. Now I'm going to go do all of these different things. Now I'm going to read Spirit Hacking and see what Shaman Durek was talking about. Now I'm going to go and do these things.

I'm saying, when are we going to get to a point in our evolution where we don't need to have those things because we're living in a place where we're maintaining self-sustainability by the way in which we live every single day, as not something where people have to force themselves to meditate? They have to force themselves to do yoga. They have to put clocks on to remind themselves to do these things, because it's not authentic yet. To make it an authentic functioning, it has to become just as authentic as you taking a shower or brushing your teeth. That's what I'm talking about.

Dave:

Got it. I think some people are still working on brushing their teeth. Now in chapter eight in your book, you write about connect. You write about an ancestor altar. The first time I ever saw this was one of my friends [inaudible 00:56:30] from business school. I went to his house, and he had this ancestor altar in his house, and really successful, amazing, just big-hearted human. I was just thinking, this is so foreign. I've never seen anything like this. I'm like, that's kind of a cool idea.

Then I think back, and a lot of Westerners, we have a wall where there's picture of family and things like that. So my earliest shamanic-oriented teachers said,

oh, you need to have pictures of your departed grandparents in a place where you can see them. None of them could really tell me why. They just said things work better when you honor your ancestors. What's the deal with that? You write about this in Spirit Hacking. But tell people listening what's the deal.

Shaman Durek: So I always tell people, if you don't connect to your ancestors, I'm so concerned about you. The reason why, in shamanism, is that, in ancient days, being connected to your ancestors ... If someone was making a decision or they're making a decision in business or anything of that nature, in the ancient days, they would consult. They would wait for their ancestors to give them a message or a sign or a vision or a dream. Your ancestors have lived this narrative of life on Earth, and now they're on the other side. They're in the realm of invisible, which means they have more access, more ability to see everything you're doing and what's coming your way, what things you can dodge. They also have power if you are connected to them, to tap into your energy and create impulses in you that are run through your system, through synthesis, through energy that is connected into what I call your conductor, your brain, that allow you to see certain things so you can navigate a path to the places where you need to be that's for your highest good or for your benefit or for your best life.

So when people are not connected to their ancestors, they're literally pretty much waking around without having this extra protection of this family that has lived it and knows everything that you're going through because they're the ones who created it for you, because they passed it down through generation to generation. I have this one guy, for instance, who the moment he started bringing an ancestor altar into his house, he said everything changed in his life. He said money got better. He got a new relationship. Everything that he saw that was a struggle and that was difficulty, all of it started smoothing out, because his ancestors were on the other side doing all of this stuff to assist him in his life. It's a really big deal. We've lost contact with our old ways, and we have to bring it back.

Dave: What if your ancestors were douche bags or Nazis or bad people, or at least that's your narrative for them?

Shaman Durek: That's even better.

Dave: [crosstalk 00:59:05]. How does that work?

Shaman Durek: That's even better. Because when you die, you go through ... So I'll tell you from my own experience, because you know that I died in the hospital. So when I died, I died with a 10.6 potassium. When I died, the first thing that happened was I had to look at everything that I did in my life from the time that I was a child to up to the point of me dying and how I affected every single person. In order for me to have passed over into the light, when I went to the other side and got the messages of why we're on Earth and what this whole thing's all about, the first thing that happened was I had to be okay and accept everything that I did and go towards the light. The moment I accept it, the light came, and I

went into the light. So your ancestors who were those Nazis, who were those people, who were those things-

Dave: By the way, I have none of that that I'm aware of. Just so we're clear, I don't think I have Nazi ancestors [crosstalk 00:59:55] just so we're all really clear.

Shaman Durek: Dave!

Dave: But just for someone listening [inaudible 01:00:01] all of us have people, somewhere, going back 200 years, who did some bad shit [crosstalk 01:00:04]

Shaman Durek: Yeah. So when they crossed over, they got a chance to see how those choices were constructed, what incidents took place to make them construct those choices. Then they got to see the choices they could have made and what would have happened, because you see it quantumly. You see everything. So they are helping you in such a greater way, because now not only do they have that ability, they have the ability to navigate you in stronger ways than if it was just your ancestor who lived on Earth and pretty much was on a farm their whole life, but to an ancestor who had lived a very interesting life, they have so much wisdom to pass down to you now that they see the bigger picture.

Dave: I love that. Also, going back to what you said earlier, any form of aversion or ill will is coming from ego or not from you. So if you have negative feelings about your ancestors, you kind of want to work on that. That's one of the big things I have people do at 40 Years of Zen. If your story about your family is full of darkness, forgive it all. Just let it go so that you now can resonate with it. You can learn the good, and you can just let go of it. It's a really important healing thing to do. It's complex, and it's all super mushy, and it's entirely not rational by Western truth table computer science values. I just had to get comfortable with the fact that a portion of me is highly rational. Probably a larger portion, at least the meat operating system that I live in, is not very rational. By being able to do things like an ancestor altar and breathing exercises, stuff that makes absolutely no sense but that works, that you've got to do both in order to be highly functional. You have to have one foot in both worlds, and I think in Spirit Hacking you describe that really well.

Shaman Durek, I feel like I could talk to you for about another two or three hours. But I know that we're at the end of the show. People can buy your book anywhere books are sold. It's called Spirit Hacking. It's a great book. The forward, I'm going to say, is really shocking awesome. Guys, I did do this. Your website is ShamanDurek.com. Thanks for being on the show. Thanks for just making some of these crazy shamanic things way more accessible and understandable. I think you're doing a service.

Shaman Durek: Thank you, Dave. It's a pleasure. Thank you. I appreciate you.

Dave:

If you like today's episode, you know what to do. Head on over to your favorite place for buying books, and pick up a copy of Spirit Hacking, and start hacking your spirit. While you're at it, after you read the book, leave a review, because it's amazing. Shaman Durek and I, as authors, we actually look at our reviews, because it tells us how good of a job we did. It also helps other people find our books if our books are worthy of your attention. I've done my homework. I do my best to only have people on the show who write things and do things that give you more back than the time and energy you spend reading and absorbing it. Spirit Hacking hits that level for you. So check out Spirit Hacking, and leave a review for it or any other books, oh, I don't know, like Super Human, that you also love. Have an awesome day.