

Dave Asprey: Today's episode is a lot of fun to listen to, and you're going to want to listen all the way through to the end, because you'll hear some fascinating stories from a guy who does a profound level energy work on really successful people. You'll hear stories. You'll also hear a great discussion about how and why this probably works, and the history of it, and where it comes from, where it's going, and how it affects your life, and even some of the things you can do to plug into your own ability to sense and create energy. It's a fascinating interview and kind of a peek behind the scenes at what global billionaires and some remarkably successful people are doing to keep their energy in tune. Enjoy the show.

You are listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that I'm actually recording this episode in an altered state. I have not just headphones in my ears, I have little clips on my ears running an electrical current back and forth across my brain in the gamma state, which is a really cool place to be. So I'm actually electrically hacking my brain right now, and you'll see if you can tell the difference throughout the episode. Maybe, maybe not.

The technology I'm using is called Cerebral Electrical Stimulation, and it was originated in the Russian space program, because the Russians, who are some of the best biohackers on the planet, realized a long time ago, if you want to send someone to space, it's really expensive, you know, lots of rocket fuel and stuff. So what if they didn't have to sleep when they were in space? You could just use less rocket fuel, send less astronauts.

This their electrical solution to requiring less sleep. It turns out, you can use it to put the brain in all sorts of states. It's one of the many types of technologies that we use at 40 Years of Zen, but this is not the exact equipment. This is actually a 20-year-old piece of gear that I've got connected to my head. It's still one of the best ones on the market. So kind of cool, Cerebral Electrical Stimulation, you can put yourself in whatever state you want, as long as you're willing to have a battery stuck onto your head.

Before we get into today's show ... I'm laughing, because today's guest is laughing at me for that. Before we get into today's show, you probably know about Brain Octane Oil. It's the secret ingredient in Bulletproof Coffee. I put it in my salads. I pour it on every meal. It raises ketones in your blood exogenously. This are fat-burning molecules.

What you probably don't know is we have a three ounce bottle that's TSA legal, and we have these little packs, like single-serving packs, where you just tear off the top and dump it on your food. One of the things that I always do when I travel is I always have Brain Octane with me. It just doesn't make sense to eat something and then get hungry a few hours later because my body kicked out of fat burning mode, even if I had some carbs, like white rice or something. So it's kind of a cool way to do things. It has all sorts of metabolic effects, and now it's more portable. Go to bulletproof.com and check out Brain Octane Oil.

Today's guest is one of those guys I don't really know how to describe what he does, so I'm going to tell you some of the things that I know about him. His name is John Amaral, and I met him backstage at Tony Robbins. I was honored to be a speaker on Tony's main stage at his Unleash the Power Within event, and I ran into John. John's one of the guys who's backstage doing energy work for Tony Robbins. You could say, "Well, what does energy work actually mean?" I asked him. He said, "Why don't I just show you?" So he brings a chiropractic table that he specially modified, and he's a trained chiropractor, but does a lot of stuff that, he doesn't even have to touch you.

You can feel massive shifts in just, I'll just call it my energy field, or in the sensations in my body, when he does the work. He does work on some pretty big names, like Gerard Butler, the guy who's the lead in 300, some real top actresses and actors, about a dozen global billionaires, tons of leaders in personal development, lots of pro athletes, one of my good friends, Jay Abraham, who's been a guest on Bulletproof Radio, a real popular one too, and a top marketing leader. He's done work on him, the XPRIZE Foundation, all kinds of stuff like that.

Basically, I have learned over the past, oh, eight or so years, from working with some of the most successful people on earth to help them be more Bulletproof, that it is more common for people with lots of resources and lots of success, people who are changing the world, it's more common for them to have someone who's helping to manage their energy at a very subtle level. It happens more often than not, and maybe that's why they got there, maybe that's why they stay there, but this is something that is real.

It's something you've heard about from another guy who's also done work on Tony, Dr Barry Morguelan, who's been a guest on the show, as well. In fact, quite often backstage, you'll see John and Dr Barry. It's kind of one of those things that people don't talk about enough, and I want all of you to hear from guys like John, guys like Dr Barry, to just understand, what is it they're doing? Why do these people who are really successful at working to change the world, why do they call people like this? What's in it for them? So John, welcome to the show.

John Amaral: Dave, it's great to have a chance to sit here and talk with you about some of this awesome stuff, so thanks for having me on.

Dave Asprey: Now, your company is called Body Centered Leadership, which got my attention right away, because I've been giving some talks with entrepreneur groups lately, like the Joe Polish Genius Network, and seeing things that ... Look, the state of your company, the state of your family, is a reflection of the state of your energy. When everything's working internally in your body, and you're like, "You know what? I got this." There's just like a feeling, a glow, a vibration, just vitality is surging through you, everything works in your company.

John Amaral: Yes.

Dave Asprey:

When you wake up and you feel just like crap, and nothing's right, your company will reflect that, as well, in its success, in the way you treat people, in the way that people treat each other. It's subtle. It's esoteric. You could say that there's no double blind studies. I don't care. I can see it, so whatever. This guy's blue. We didn't double blind that, either. How did you get into something as esoteric as Body Centered Leadership, because leadership does come from biology, but how did you learn this? Tell me your story.

John Amaral:

Yeah. I started out as a fine artist, and I was learning the human body, to draw the human body and sculpt the human body. I took an anatomy course that was a ... It was actually the premed anatomy course with cadavers, the whole nine yards, so I was in with all these premed students, and the instructor was like, "What are you doing in art?" He's like, "You're acing this class. You're doing the best in this class. There's all these people going to medical school." He's like, "Have you ever thought about doing something in health?" It turned out, he was a retired chiropractor. He said, "Have you ever checked out chiropractic" I said, "No. I've never been to a chiropractor in my whole life."

Long story short, I ended up going to chiropractic school never having been to a chiropractor. I had no idea what chiropractors did, other than work with athletes, and help align the spines, and crack the back. I got into chiropractic college, and I learned that, in the late 1800s, the guy that developed chiropractic was this metaphysical dude. He was this esoteric guy that had brought Eastern concepts, and practices, and principles, and his whole deal was how can we help, in a way, unify the innate wisdom of the body that runs the show with the universal forces, or universal ... What he called universal intelligence, and how can we have those be more cohesive, and any distortions in that flow between kind of around us and what's within us could be shifted by working with the nervous system.

He said the whole thing was based on ... This was the founder of chiropractic. He said, "Everything in the human body's based on tone, vibration, or oscillation, molecular oscillation." This was before we really had the physics to back it up, but everything is molecular oscillation, and everything is vibrating, resonant qualities. The whole entire human body is a liquid crystalline matrix, where energy and information is instantly traveling everywhere. We're an open system, so we're exporting energy out into the environment. We're bringing energy in, and the way we do that, how effectively we do that, determines our quality of life and how we impact the world.

I started learning this in chiropractic, and I was learning the chiropractic technique, but I was also learning the philosophy, and I was studying the science and all the research in the biophysics realm, and it just caught me. It became my art, my way to create. The science and then the art, the actual application of the principles, became my passion, and I started working with a man named Donny Epstein, who developed something called Network Spinal Analysis, or Network Chiropractic, which really became a foundation of what I'm doing now, and I'm evolving on to incorporate other things. But for [inaudible 00:08:26] studied

with him, and that approach actually really works with the tone of the nervous system in a way that creates this wave of energy that moves through the spine. We actually have research on that through USC Department of Engineering, through UC Irvine Medical College, retrospectives on quality of life changes. There's a body of research on this.

Anyway, my wife introduced me to this work. I had very severe asthma, and allergies, and eczema as a kid, so I had a lot of health challenges, even though I was very physical, and I was a very great athlete. But the inner world, I was pretty much cut off, Dave, from the inner world, so I couldn't tell you what I was feeling. I couldn't tell you if I was happy, sad, angry, whatever it was. So what I did is I somatized, or I turned all this emotion and all this stuff I was feeling into physical symptoms. Through the process of receiving the work that I'm doing now, versions of it, network was the first, in a way, that I got into this, it all changed. Everything changed. All the physical symptoms cleared, and my creativity and my ability to produce, and to be connected to myself, and be one with my body just went off the charts.

That became my passion. How do you get to be one with your body so that you can be in sync with the universal rhythms and forces, and really supercharge yourself? I think in this area, you and I have a lot of similar interests, of how can we just optimize this human experience? That's what I'm about.

Dave Asprey:

Now, you've done work on me several times, which is always pretty profound, and you did some work on Lana, as well, my wife. Some of the stuff that you're doing, your hands are a foot away from my body. I'm laying on a massage table, and there's stuff moving around, not like spinal cord subluxation, chiropractic kind of adjustment, but you can sort of feel the feeling in your gut just shifted, not subtly. What are you doing?

John Amaral:

There are a lot of forms of communication in the human body. There's biochemical. There's electromagnetic, which is field-oriented. There is acoustic wave transmission of information, so there are acoustic waves traveling through the tissues. There's also the field around the body that actually is, really, it's organizing the structure of the body, because if you think about it, the body is made up of about, we think somewhere around 70 trillion cells, but the actual atoms that ... Some of those cells will remain the same. Most of them are exchanged out many, many times. Even in a year, you've got almost a whole new body, new cells, but some of the cells stay throughout your whole life. But the atoms in those cells are exchanged out, so there's literally no material that was there when you were a young child in your body now. It's been replaced over, and over, and over.

You're in this constant exchange of information, and energy, and cells, and structures, and tissues, but the whole thing is this wild nexus of energy, consciousness, and matter. I don't see the physical body as a body emanating a field of energy. I see the physical body as the densest part of a whole field of energy, that as Einstein talked about, the field is the sole governing agency of

the particle. So the field is what's organizing the shape and structure form of the body, and it's kind of like a salamander, when they regenerate a limb. There's a field of information that guides the organization of the new cells and structures. That was work that Rupert Sheldrake actually is quite well-known for, the research on morphogenetic fields. There's a field that is actually a ... A field is an informational ... No one really knows exactly what a field is. The field is like an informational sort of context with which-

Dave Asprey: There's informational fields, and there's a whole study of science most people haven't heard of called Informational Field Theory. There's math describing this.

John Amaral: Yes. Usually, it's-

Dave Asprey: Measuring an informational field is hard to do.

John Amaral: Exactly. Yeah. We can talk about it mathematically, but what the heck is it? People are like, "Well, it's a ..."

Dave Asprey: We don't have an information field detector, other than the human body, right? We are able to detect these things, and something tells stem cells ... When you have eight cells, and you're an embryo, something tells this thing to become a tooth, and this thing to become your butt, right, or whatever part you want to choose. I'm just trying to keep it real here. But it's not that the cell knew, because we can look inside. That information isn't there, right? So it has to be field-based, and we can manipulate that with RF, radio frequencies, and magnetism, and electrical fields, or just electrical current, even, the stuff I'm running across my brain right now.

We know this stuff, but it's mostly a black box. In the hacker world I come from, a black box, it's a system. You can't see inside it, but you can put stuff in one end, and it comes out the other end, and see what happens. The thing that's interesting about my experience with you is that you're putting something into the black box that is my set of fields, right?

John Amaral: Yes.

Dave Asprey: You're doing it from at least a foot away from my body, and that makes me wonder, do you have some special mitochondrial fields? Are you Darth Vader? Not really, but is this intrinsic in all of us, or do you think that you're just wired special?

John Amaral: No. I believe it's definitely intrinsic in all of us, and this is part of my mission, what I'm doing, is helping people wake up to the awareness of subtle energy and what that is. What is energy? Everything is energy. Everything at the subatomic level is patterns of energy, but how we process it through our sensory system, and then how we organize things with our sensory motor system is completely different for each person. Some people might actually, acoustically,

hear tone and vibration. Some people might see colors, and visions, and sense. Some people might have synesthesia, where they actually have multiple different sensations that are combining to create other sensations that are beyond the kind of fifth sense sensations. Some people feel it traumatically in their body when they're working. Some people feel energy in the field around them.

When I'm working on you, and my hands are one, two, three, four feet off your body, actually have trained and conditioned myself, and through practice ... Again, I'll definitely give props to Donny Epstein, who was a mentor of mine for many years, for learning to sense the subtle energy fields of the body. The subtle energy fields have been talked about for ...

Dave Asprey: Thousands of years.

John Amaral: ... thousands of years, right. You have the Koshas in the Vedic tradition. All Shamanic traditions always talk about at least five to maybe 12 different levels or layers of this subtle energy body, but you can start to condition your sensory motor system to feel and sense, both through the sensory ... Actually through the fingers, through the hands, but also through your heart, through your whole body, you start to sense the phase change, different frequency changes in the energy system at different levels off the body, and how they correlate with different consciousness.

The theory is that there are different levels of the energy of the subtle body, which goes from about, what we call the bioenergy or life force that can be felt about ... You can feel it if you take your hands, you rub them together a little bit, and you put them about a half an inch apart. You'll feel heat. You'll feel warmth. You'll feel some kind of vibration, and that's the subtle energy. You're not touching, but you can feel something. That's kind of we call the bioenergy, or the life force, or Qi, or Prana, or Chi. But then, there's an emotional body that has a certain quality to it and density. The mental bodies have a different density, and then you transcend the mantle, and you go into these transcendent states. Well, you can measure the brainwaves in the body.

Dave Asprey: Oh, yeah.

John Amaral: It's something you do in your ... This is one of things you do in your center, but there's a subjective experience that's internally experienced when the brainwaves change, but there's also a subtle energy shift, and there's a certain quality in the subtle energy body that you can feel, that's different than a mental ... The mental field has sort of almost mechanical machine-like quality to it, whereas when you get into the subtle part of the system, which is about maybe four feet off the body, it starts feeling more spacious. There are qualities you can train yourself to feel, and anybody could do it. I could take somebody in a single day and teach them how to feel this stuff.

I've been doing this for 25 years, so it'll take some time to master it, but when I'm working with you, and you say, "Oh, you feel something. You're not touching my body, but I feel something happening," you think about an electromagnetic, and you're holding it over a pile of iron filings. The magnetic field is actually organizing or changing the movement of those particles. Nothing's touching it, physically, but the field is organizing it. When I'm working with someone, I'm accessing the system through the field as the primary lens, and then letting the body change. Change is determined by what I'm doing in the field, and vectoring different forces, and holding different intentions, too, because consciousness plays a role, because this is quantum physics.

Now, the observer is changing the outcome by who's looking at it and what you're looking for, so I can walk up to a person, and I can hold my hand a foot off their body, and their whole body goes through this big change. Someone else who doesn't hold those perspectives might come up, they hold their hand off the body, and nothing happens. They go, "Well, how does that happen with you but not me?" Well, it's because encoded into what I'm doing are like 7,000 things that I've learned over the past 25 years that are influencing the response, because I'm observing with that consciousness. Consciousness and energy, there's an interplay, and that's what I'm playing with. In a way, that very fabric of how the human experience happens, it's a mystery, but somehow, we're incarnated, and we're in this form, and it's constantly morphing and changing.

My thought is, how can I introduce a force, a vector of force ... That force could be a actual physical force, where I'm touching, or it could be a force of intention with a directed sensory motor strategy tied into it, that has that person's sensory system pick that information up and say, "Wow, I can use that to reassemble the way I'm doing my body, mind, whole organization here, but I need to come at it from a place of, where is the most available energy? Where is it most open? Where are things flowing the most, rather than what's most stuck, what's most bound up, and what's not working?"

Because the way I've found that you get change to happen and progress most quickly is take what's working and amplify it. We call that entrainment. We entrain this ... You know about entrainment. You're entraining the system to be a more coherent, energy-efficient organism. Truthfully, you're actually helping the system. I'm wanting the system to be farther from equilibrium, because a far from equilibrium system is alive. As you approach equilibrium in physics, you're dead, because that equilibrium, there's an energy, a balance at zero, so now, you're dead. We want to keep the system adaptable, flexible, and constantly looking for new sources of energy.

Where do we get the energy? Where do we get energy for progress or growth? How do we reassemble, or change, or shift what's going on in our body and in our mind? Well, we have to find, where is some access to a free, available energy? Is it the field around the body, or is it somewhere in the body? I'm looking for both, so I go back and forth between the physical and the energy

field around the body, because it depends on, for each individual, where the most available energy is, and I'll work where the most available energy is.

Dave Asprey: Wow. I had a couple thoughts on that. The first is, I really want to know, when you're working with this subtle energy body, what parts of your nervous system are you using to sense it? Do you feel it in your gut? Do you see colors? Do you see angel wings? I have no idea, but in Buddhism ...

John Amaral: Yeah. That's a great question.

Dave Asprey: ... you have to envision the Buddha sitting on a lotus flower. They're trying to tell you a visceral sense. Is it heat? If someone wants to match what you're doing, what should they look for, in terms of signals from their body?

John Amaral: That's such a great question. For me, and it's different for each individual practitioner, how they work, but for me, I can feel ... Okay, so imagine you walk into a room, and something just happened, and everyone kind of gasps, and they kind of held their breath, and you feel an anxiety and a general tension. For some people, that's their office. I feel sorry for you, if that's case. Maybe look at your environment. But you're in an environment that feels kind of suppressive, and everything's kind of shut down, versus when someone is in a free state of joy, and expressing, and they're feeling like they're in flow. They're in a flow state. You feel the difference.

For me, I can feel the shifts in energy as sensation in my body, so kinesthetically. I'm pretty kinesthetically wired, as my primary processing. One of my good friends, Robert Dilts, he wrote The Encyclopedia of NLP, him and Judith DeLozier, who are two of the kind of top people in the NLP field, actually had worked with Tony. Tony brought him in, because he's the foremost person in the world for modeling, but he told me that, "Hey, John. You're kinesthetic, but you also have an auditory, so you're auditory kinesthetic. Those are kind of your primary." I hear things, too, but I don't hear it as sounds. I hear it as a sensation, which this is called synesthesia, when you taste a sound, or you hear a smell.

For me, a lot of the ways, when I'm working with someone, I see the changes happening physically. I'm looking for changes in the tone and posturing. I'm looking for changes in leg length. I'm looking for changes in breath patterns. I'm looking to see, is the muscle's tone of this system starting to ease up? I'm looking at all these physical parameters, but then I'm feeling and sensing when there's ease and when there's tension, as a tonal vibrational resonant state. We have terminology in the culture, like high-strung, wound up, uptight, for vibrationally wound up people, and the natural state is a flow state of the body, and that's a very ... It's like a sine wave that's a long wavelength, kind of like an om frequency, versus fingernails on the chalkboard, [eeeeee 00:23:41].

I also feel and sense tonal frequencies as if I'm ... If someone's talking to me, or they lay down on the table, I experience the phase distortion in their body from

an om frequency to a distorted frequency that's like a high energy frequency. It takes a lot of energy, and it's exhausting, and I can feel that in someone's body, when they're vibrating at a frequency. I'll feel that, and I'll feel it before I even touch them, because I'm feeling it in the field. You generated that in the field around you. I'm walking up to someone, and I'm feeling the vibrational state of the body as experienced kinesthetically in my body. I'm seeing their body and how they're positioned on the table, and how they're moving, or breathing, or not breathing, and I can feel that, also, in my body. I'm seeing, also, visions of things.

What I did is I opened up my apparatus over the years to being able to receive information that just comes. Everyone who's doing amazing stuff in the world, all of my clients that are billionaires, and amazingly successful actors, and pro athletes and stuff, you get behind the scenes, you pull back the curtain, it's like, "Oh, you're doing the woo-woo, too? Okay, cool." Because what people that are extremely exceptional, what they do open up to is they take the societal conditioned filter off, and they go, "Wow. Let me just interact with the quantum field and see how my sensory system processes this, and then follow that." You learn to go, "Okay, this is ..." Every time I start to work with someone, and I work with this part of the body, and I feel this particular sensation, I'm right on, because I'll ask them, and then, I'll make notes. Then, I'll go, "Wow. This last 27 people, when I felt that and I asked them, that's what it was." Then, you start to build, in a way, credibility in your own self, that, "Wow, what I'm feeling is valid, because I'm getting the feedback."

It's a combination of so many different things. I'll get information about someone's lineage. I'll be like, "I'm curious what your relationship is or was with your either grandfather? Did you know him?" They'll be like, "Oh my god, I was just thinking that. When you touched that part of my body, I had this whole experience of remembering when my grandfather had me on his knee, and then this happened, and that happened." I will let that aperture stay open to let information come in, and then I'll test it by asking the person that I'm working with. That's developed a lot of trust in my ability to just feel and know things.

Dave Asprey: There's intuition in there that you've honed over the years.

John Amaral: Yeah. There's intuition combined with very specific sensory motor capabilities. In chiropractic college, we'd take a phone book, and we'd put a needle, like a little sewing needle, in there, and we'd put more and more pages until basically you'd try to find it. You'd feel it under the pages. Pretty soon, you could do all the way through the phone book. Now, there's no way you can actually physically feel it through all those pages, but you start to trust your sensory acuity in a way, to be able to notice where it is. I'd say that the way the sensory system works it that you don't push harder to feel more, because then, you distort the receptors. Receptors are to receive, so you allow more information to come in, and you start feeling more and more.

Dave Asprey:

That last bit is a huge hint for people listening who are not already completely skeptical, and we'll talk to the skeptics in a minute. But a couple things you said there about, you just open up and receive. My first book, about fertility and pregnancy, called *The Better Baby Book*, it came out of really altered state, doing neurofeedback, like leaving my body kind of state, just based on my own brainwaves, no drugs or anything like that. I kind of shook myself, picked up a pen, wrote the entire table of contents for the book straight out of my subconscious. Or who knows, maybe I downloaded it from aliens. The point is, I don't really know, but I didn't have to think about it. In other words, the allowing versus forcing, and that's a skill that I always teach people when I'm lucky enough to get some time to facilitate the neurofeedback training. It's like look, if you push, your brainwaves don't do what you want. When you stop pushing, they'll do what you want them to do. We're taught the opposite of that in our culture.

The other things that stand out, a skeptic will say, "Okay, fields and sensing are different for everyone, non-provable." We have thousands of years of different traditions around the planet, all of them meditation traditions, like, "Okay. Well, we don't have sensors, so let's just lock someone in a cave or a monastery for their entire life, and let them pay attention to these subtle fields, and see what they can do with it. What generally happens is they can do stuff that normal people can't do. I think there's enough evidence that that's worthy of scientific exploration.

Then, I went and I did Alberto Villoldo's Shaman training class. Alberto's been a guest on the show. You do learn to feel weird sensory stuff, and things that are unexpected happen when you do that, without any ayahuasca or anything like that, just from switching your reference. Then, phone books, Vishen Lakhiani, who's also been on the show, Vishen, in his book, *The Code of the Extraordinary Mind*, which a lot of listeners have read, he talks about how he was basically failing as a sales guy very early in his career, because his job was to go through the phone book in order and dial every one, to sell them software. He's like, "What if I just picked the names that just felt right?" All of a sudden, he was selling, I don't know, five or 10 times more, like a lot more. He became the top sales guy, because he didn't just dial in order. He was like, "I can't tell you why, but I just felt like that was a good number."

This kind of thing, when I talk with the global players like this, they just know something, sometimes. If we can all, who are listening to this, just say, "All right, maybe there's something going on there. Is there a plausible explanation for this?"

John Amaral:

I mean, one, I think that's beautiful, and I think you're appealing to the skeptics, and I certainly was a skeptic going into this 20-something years ago, a total skeptic. I would say, I call myself an optimistic skeptic, because I'm always like, I have an open mind, but I'm like, "Show me, you know. Just give me some evidence here, or give me an experience." I think that my experience in working with these subtle fields and these subtle energies is that there is research on

this. The physics of it is that there's a quantum superposition, that of all possibilities existing simultaneously, and the observer creates a collapse in the quantum field, and then that kind of turns into a sort of physical reality.

Now, it's thought, oh, well this exists in the sort of subatomic realm, but it doesn't really work in the macro realm, but my experience has been it's not at all the case. I think that those things, like Vishen was talking about, where you just go, and you see what pops out to you, what's brighter to you? What kind of shines brighter in your consciousness? There are probabilities of things happening that are higher, I think, that could lead you into a more effortless path if you listen to and tune into what is that resonating? We are kind of a quantum, coherent system that's connected to everything. When we're in dissonance, when we're in lack of flow, everything feels challenging and hard. Our consciousness is in a different place. It's observing from a different place, so everything looks like it's more challenging. It is more challenging.

When our energy drops down ... Actually, I think I'll make a point here. Our energy state and our awareness level are the two things I think that make life, quality of life, either amazing or crappy. I know you're big ... I mean, you talk about the mitochondria, and you talk about energy. I mean, it's all about energy, but I was given a different perspective, a thermodynamic perspective, in that this was another model that was taught to me by Donny Epstein. I think it's really brilliant, and I live my life by this. There's an energy-rich state, an energy-neutral state, and an energy-poor state that you can be in. Energy-poor means the system is in breakdown, so thermodynamically, you don't have enough energy to actually organize your cells, and structures, and everything, at the level you're at, so the system actually goes into a disease process. It's going into breakdown. If you don't get energy into the system in a usable way quickly, you'll start breaking down, and eventually, you'll die.

There's energy-neutral, which is a neutral state, meaning you're importing enough to stay alive and function, you're exporting enough to produce in the world, but there's no real progress or growth. You're kind of like a hamster on a wheel. You're exerting, but progress isn't happening. If you feel in your life that, "I'm working so hard, and I'm doing everything, and I'm efforting, and it's not working," it's because you're actually in an energy-neutral state.

Because when you go into an energy-rich state, suddenly, you elevate up, and this is when you're in flow. This is the flow state. This is Csikszentmihalyi and Steven Kotler, I mean, you know these guys, about being in flow. It's suddenly effortless, and in that effortlessness, this is where all the manifestation happens. The energy-rich state means you're exporting energy out into the environment, and you're also importing energy in, but you're not getting drained, and the people that come into your field and into your presence actually are uplifted, because you're actually rippling energy out, rather than ... We all know there's people you get around them, and you instantly feel like your energy's getting strained or sucked, because they're in this energy-poor

state, and they're grasping. They're trying to get, this like giving to get, or trying and trying.

Dave Asprey: Like politicians.

John Amaral: Yeah, exactly, like our culture, like the culture which is the low, energy-neutral, barely ... It is starting to fall apart. It's actually going energy-poor, I think, right now, so it's starting to kind of fall apart. Or if we inject new energy and consciousness, it'll organize to a higher level. If you look at things from an energetic perspective, rather than just a, "This is the way it is," on a physical level, you kind of go into these higher dimensions, rather than just look at the third dimension. It think it can inform the way we operate to say, "Wait, what if I'm managing my energy and my consciousness, and letting the 3D world sort of take care of itself, because everything will follow what's happening in those realms."

Dave Asprey: You talked about energy and awareness as being two things there. For the people who, I think would include both of us at times in our life, who are like, "Okay, maybe this stuff is happening, but there's no known mechanism of action." The science trolls then say, "Therefore, it didn't happen," right? Then, the true scientists will say, "Well, maybe there's something we don't know."

Part of the reason that I wrote Head Strong, my last book, was that I got really interested in where energy comes from, and it comes from these ancient bacteria, these mitochondria in the system that you mentioned earlier. What we know, for a fact, is that these are semiconductors in the cells. We know that they are magnetically sensitive. We know that they sense the entire electromagnetic spectrum, including stuff we can't see. They sense all of it, and it comes into the system. Whether we've put in filters to ignore it, or whether we can let those filters go down, to be able to absorb more of that and sense more of that, we also know that anything that is able to receive, say an antenna, is also able to transmit.

There is a plausible mechanism of action for this, which is that the parts of our body that are electromagnetically sensitive, and light sensitive, and food sensitive, and temperature sensitive, and vibration sensitive, and massage sensitive, and all that kind of stuff, everything you could think of in the environment, they're listening. They're also talking, right? They're plugged into the grid, and if you believe that, and there is hardcore bioengineering, quantum biology, not the woo-woo quantum but the real, how do we actually make energy stuff, okay, now I've got a mechanism, and then, it's hackable. Like you said, energy and awareness, how do you get more energy? Okay, there's ways to do that. Then, how do you become more aware of what you're sensing? That's what you're doing, and then you actually take the energy that's in you and put it out through your hands, or whatever your favorite chakra is ...

John Amaral: Here's [crosstalk 00:36:05].

Dave Asprey: That's part of this.

John Amaral: The thing is, does energy actually have to transfer from ... In the subtle realm, does it have to transfer from a location to a location, or is there more of a nonlocal thing happening, where everything is ... If everything is energy, and really, if you go to NASA's website you'll see a pie graph on there, a pie chart, and it says that the universe is made up of 4% matter, and then it's like 75% dark energy, and some percent dark matter, whatever those ... I think 29%, whatever it is, 21%. My math isn't adding up to 100, but it's very close.

Dark energy and dark matter, these are two forms. Dark energy is energy in forms that we don't quite understand or know. Dark matter is also a form of energy, so basically, the whole entire universe is made up of matter, just like the spectrum of energy, when you look at the electromagnetic spectrum. You go from visible light, which is this tiny, little bandwidth of this whole spectrum that goes all the way up to gamma radiation, and all the way down to the smallest forms that we can't see or hear, different types of radiation, infrared, this whole wavelength, we can only see a tiny, little sliver of it, so to think that we're looking at the 3D world, the world around us, looking at our body, physically, and just try to actually operate without recognizing that there's something more that's organizing and guiding all of this would be, I think, it would be a big mistake. I think people suffer big-time when they don't explore those other realms.

I think what you're doing is opening people's minds to these other realms, but in a way that has science behind it, and also that ... You have a way of just chunking it down to where people can grasp it. I'm working on that, Dave, on helping people to better understand it, but because it is kind of a mystical realm for a lot of people, they see this, and I put my hand two or three feet off someone's body, and the person's body goes into this wave, and they go, "What are the mechanisms? How is that working?"

Rupert Sheldrake wrote a book. I don't remember the title of it, but it's something about how dogs know when their owners are coming home. The whole book is about the research ... This is actually scientifically researched, how dogs know when their owners are on their way home. He actually has the science behind it, but it's something about connecting into this nonlocal organizing somehow consciousness, or intelligence, or awareness, that they can tap into. The work of Bruce Lipton, actually, is-

Dave Asprey: Oh, yeah. He's been on the show, too.

John Amaral: I wouldn't be surprised. Bruce was one of my teachers in early ... Actually, in chiropractic college, at the time before he was well-known, he was teaching a course on the cell membrane and all the work that he's been doing. He lives here in Santa Cruz with me. He was using this years ago, that look, you can denucleate a cell. You can take the nucleus out of the cell, and the cell will still function. It can't replicate, but it will still carry out all its functions, because the

cell membrane is like an antenna, a receiver for information from the environment. What the heck are we receiving, and where is that coming from, and what is that? We have to recognize, we're more of an antenna than we are just a generator.

Dave Asprey: By the way, that cell membrane is made out of droplets of fat, right? So if you're eating the wrong fats, you're poisoning your antenna that is the membrane of the cell, and it won't function the same way, and you will have less awareness, and you'll make less energy. I fundamentally believe that. Every Shamanic tradition, every meditation tradition has like, "You should eat this kind of food." They don't always agree on the kinds of food, but they found this pattern works for where we are, where we're from, whatever other things, because if you eat a bunch of crap, you eat too much, too little, whatever else, it does have an effect that's not just weight gain or weight loss. It has a subtle energy effect.

John Amaral: Absolutely, and on your consciousness. The work of James Oschman and Mae-Won Ho, two amazing researchers, this is hard science in this area, have looked at the piezoelectric effect of movement in these tissues, of how these cells and their membranes, they're not just sodium-potassium pumps. There's energy and information traveling through this liquid crystalline matrix, and it's a coherent system when everything's operating properly, where information is traveling all over at once. Another person who was actually kind of a pioneer in this area, who wrote *Molecules of Emotion*-

Dave Asprey: Candace Pert.

John Amaral: Candace Pert, yes. She was the National Institutes of Health researcher, and she talked about this, the mind being distributed throughout the body as part of this neuropeptide network, which also ties into these cell membranes, but the neuropeptides, these little, little, little proteins that are cruising around aren't just like little lock and key. They're vibrational, and so the vibrational state of the cells and tissues in the body, like I was saying earlier, I feel vibrational distortions and frequency changes in the body when I'm working with people. The hard science is that if the neuropeptide cannot bind to a receptor site, then a certain function can't happen in the cell.

One of the theories with ... This was between Epstein and Pert before she died, was that when you distort the tensegrity, or you change the membrane structure of the cells, that you change the vibrational state. You change which neuropeptide receptor sites are available, which changes how the DNA can actually be accessed, because when happens on the ... This is Lipton's work and others, that what happens on the outside of the cell determines what parts of the DNA and genetic coding is going to express. If you distort or change the tone or tension, it changes how those little receptor sites are actually configured, which changes what proteins can bind, which changes what emotions you can feel, which changes the leverage you have for making change in your life. It is actually not just a bunch of woo-woo. This is scientifically sound.

It's also scientifically sound that some Swedish researchers found that one of the ways the information is traveling through the whole body, and through the peripheral nerves, et cetera, is through these acoustical waves, so that's a vibrational informational exchange that's going on. Beyond that, you have the fact that an emotion ... I think this comes into where people get stuck. When I'm working with people, and I find how they get stuck, is that ... We can get stuck in a lot of ways, but your emotional system operates on motion and sound, or tone. So if you don't move your body and express a tone as some kind of vibration or sound, that's not an emotion. It's a strong feeling. You may be like, "I'm so angry. I'm really, really angry," and you might feel really angry, but that is not the expression of anger, which would require [inaudible 00:43:12]. It would require sound and movement.

People take energy in the form of strong feelings. They divert it, because it's hard to be with, or they're conditioned to not express it, and they direct that energy into different areas of the body, the spinal cord could stretch, and your spinal posture could change. The cells and tissues of the body can start vibrating at different frequencies, and a lot of people, I found their physical symptom is not the actual structural thing that's happening primarily. It's a vibrational distortion that's creating a standing wave of energy and information in that area, that the part of your brain, the cortex of the brain, can't actually receive that information, and so what happens is that you think it's a physical experience, but it's an energetic experience that you've somatized and turned into a body sense, or you've disconnected from it altogether, and now, you just want it to go away, rather than reintegrate or reincorporate that energy back into your system, which is healing or wholeness, right? You take the part that was separated, and you bring it back in.

I've worked with people, Dave, like one woman was going to go in for a hip replacement. She was in her early 70s. She's an avid golfer, so all she wants ... She's like, "Whatever I have to do to golf. Whatever I have to do, I'm going to make it happen." She was ready to do it, and I had her do a process where she just ... We just put her hand on her knee, and I had her tell me, "What do you feel there?" She said, "I don't feel anything. It feels like numb, totally numb, like nothing." I said, "Okay. Well, just say it, right here, I feel disconnected." She said, "Right here, I feel disconnected."

As soon as she said it, and this is what I call the paradox of change, when you acknowledge what is rather than trying to change it before you actually even acknowledged it, it changes automatically. She's holding it. She's like, "I feel so disconnected. I do. I do feel disconnected. It feels like someone else's knee already." I said, "Okay. Acknowledge that. Say right here, I feel disconnected." As soon as she said that, she said, "Oh my god. Oh my god. Oh my god. I'm feeling the energy. It's getting warm." This is a woman who had no ... She's not a metaphysical. She's not a woo-woo person. She's not a super-spiritual person. She just wants to golf, which could be super-spiritual, I guess you could say.

But she started to feel energy coming back into her knee. She started to feel it heat up, and then she just started feeling emotion. She just started crying. She's crying. All this sadness and grief came up, and then the next thing, she was just like, "Oh my god. Oh my god. I was going to cut out my knee. I was going to get rid of my knee. I'm so sorry." She's talking to her knee, and she's breathing. Then, she gets up off the table, and she starts walking around. She goes, "Oh my god. Oh my god. I'm healed. I'm healed. Oh my god, I'm so sorry. I'm going to pay attention to my knee. I'm going to love my knee." About three or four weeks later, she was out golfing. I just saw her recently, after probably four or five years. She's out golfing, never had the surgery, never had the knee replacement. I don't know how I got on the tangent of that story, but it's like-

Dave Asprey: Here's the thing: this lady and you sound bat-shit crazy when you say that.

John Amaral: Yes. Yes.

Dave Asprey: Let's just acknowledge that, and I'll tell you, I have seen this happen myself, not with this lady, but with other people. This happens all the time. There's professors at Harvard writing books about pain management, where a shift in awareness suddenly makes the body do something that's unexpected. The implication of this is that you've just talked about maybe 15 different potential mechanisms of action, cell membranes, mitochondria, but it's still a black box. We don't know. But what we do know, you can manipulate it. You put something in, and something else comes out. It's that craft of teasing out what's happening in the middle. You don't even have to do that to take advantage of the knowledge right now, but we will do that, because we're curious humans.

John Amaral: Yeah. Dave, there is something that's called alexithymia. Alexithymia is the medical term for an inability to articulate, connect with, or express a body sense or emotion. It's like you're completely disconnected from it. So people that actually have alexithymic condition means they have no idea what they're feeling, which is what I was before I discovered all this work.

Dave Asprey: Me, too.

John Amaral: Right? You have no reference to the inner world, and so those are the people that drop from a heart attack, because they don't hear the lion's roar in the distance, and the next thing you know, the lion's right at their neck, ready to eat them. Then, the last thing they do is smell the lion's breath. There's a book, actually. It's a hard to find book, because I think it's out of print now, but it's called *Minding the Body*. It's by someone named Donald Bakal, B-A-K-A-L. There is this research. He's a PhD, and it's all research on somatic intelligence, or somatic, what he calls somatic awareness, and the benefits of it, the challenges of it, what people experience when they're going through anxiety. I found that anxiety is not an emotion. Anxiety is the inability to connect with and actually feel and express the emotion. There's all this stuff. That book is fantastic. For anyone who wants research on this, it does exist, and a guy has put it ... It was published in the '90s, but [crosstalk 00:48:21]

Dave Asprey: It's \$30 for the paperback version on Amazon.

John Amaral: Yeah. For anyone who's in this area, who is in a clinical capacity and wants actually hard research on the benefits of connecting with your body, and the mechanisms, that book is fantastic. If you're not, then it's a horrible read.

Dave Asprey: Well said. This is one of those things. I was diagnosed as high risk of stroke and heart attack based on lab numbers in my late 20s, and when I really first started looking at why do I do things I don't want to do, I sat down and actually took about two and a half days at a personal development retreat, like you have to be feeling something. I'm like, "Yeah. I'm feeling angry." No. There's no other stuff in there. I'm like, "No, there's not. I'm looking." This fantastic thing, this was Barbara Findeisen who did this, who's the founder of the Pre and Perinatal Psychology Association. She basically looked at me, and she said, "Well, do you feel anything in your body?" I said, "Yeah. There's a weird feeling in my stomach." She goes, "Yeah. There's a name for that." Like, "Really?" She goes, "It's called fear."

It was like somebody hit me in the stomach. I'm like, "Are you kidding me? There's no reason for me to be afraid, therefore, it's not fear." She just laughed. She goes, "Look, feelings, they're not rational. There doesn't have to be a reason for a feeling." I'm like, "Oh, that means that all this crap that I've taught myself to filter out, it's actually there, and it's a feeling, even though there was no reason for it," because I was almost too hyper-rational about it. For me, that opened the gateway to being able to download my book into my subconscious, or just to become aware of the state of my energy and how it affects an audience onstage, or even to take some of the medical healing or Shamanic courses that I have taken, and to be like, "I'm feeling something here." I would not have felt that before, until I shifted my mindset to, "Oh, there's a signal in the noise."

What you just said really made me think about that story, because a lot of us now are raised where we just don't pay attention to that stuff. It's just in the way. It turns out, there's great value in that, as long as it doesn't run you.

John Amaral: Absolutely. That was the whole kind of impetus behind Body Centered Leadership, that what if your connection to your body, its signals, its feedback, is louder and paid attention to in an appropriate way, louder than the cultural noise, the conditioning around us, and what you're supposed to do, or what you're supposed to be. People that have had cancer, and I've got friends, and there are plenty of case studies and clinical studies with this, people that have had cancer, stage three, stage four cancer, and been given a diagnosis and a prognosis that they're going to die, and then they're living, and they're thriving 10, 15, 20 years later. In virtually every case, they turned to their body, its feedback, what they really wanted, what they really needed, over anyone's perspective, and they said, "Look, I've got to listen to myself and connect to what I know, and I've got to follow that."

That's the key. You've got to let your body lead you. But you have to be connected, because I've also had people that I've worked with, and one man in particular who, he was diagnosed with stage four prostate cancer. I told him, "Based on all the people that I've treated, and seen, and worked with, with this condition at this case, and your awareness and where you are, you need to go immediately, and you need to get probably chemotherapy, probably get surgery. You need to be working with the medical profession," and he listened to ... Because he was disconnected. He wasn't in sync with his body, so the knowing wasn't there, but his mind was telling him, "I can beat this. I can overcome this with natural approaches." He was listening to an intuitive who actually told him, "Oh, your cancer's gone," and his rational mind believed it, but he wasn't connected to the somatic feedback, which would've told him, "You're screwed up, and you've got to do something now."

There's a fine line there. It's actually not a fine line. There's a big difference between being truly connected and one with your body, listening to that message, versus listening to your mind and hallucinating that you're connected, and doing what your mind, just disconnected from your body, thinks you should do, which is like what Tony Robbins says, when you're in your head, you're dead. I think that that is pretty apropos for what we're talking about.

Dave Asprey: At the very core of the neurofeedback work that I do at 40 Years of Zen, and the stuff that's really deeply been transformative for me, has been learning how to sense, is this coming out of my ego, that mind sort of thing, or is this coming from more of a visceral sense? Not necessarily judging, I'm good or I'm bad, I'm just saying, "All right, is this quote 'real' or is this a story I'm telling myself?" That is hard work, and doing the equivalent of a lie detector on my head made it easier for me. Otherwise, I'd still be a pretty big jerk. I just had a lot more work to do than the average person, maybe.

John Amaral: You've done the work, and it's awesome, Dave. [inaudible 00:53:36].

Dave Asprey: Thank you. Now, here's another question for you about doing work. Everything you're talking about is your nonlocal, nonlinear, and things like that. All right, can you use your magic powers, for lack of a better word, over Skype? I mean, you're looking at me on video right now. Do I have rainbows shooting out of my eyebrows? Okay, no, I'm kidding, but you know?

John Amaral: Yeah.

Dave Asprey: Can you pick stuff up like that?

John Amaral: Yeah, definitely. That's been more probably in the last, I would say more the last seven, eight years, where I kind of opened up to more ... As I was studying more and more in the realm of physics, and then just playing with it, and started to learn from more teachers and people that are working in that realm, because before, I was always in proximity. I was close to somebody's body.

There's some similar principles. Think about remote viewing, which was sanctioned by the US ... Was used by the US government to spy on Russia back in the '50s and '60s, et cetera. You can tap into ... Consciousness is nonlocal, so it is possible, in my experience, and I've worked with a lot of people over Skype, or on the phone, and I'm feeling things. I'm corroborating. I'm getting feedback, and I'm asking, so I might see something, or sense something, or feel something, and then I'll ask, you know, "Do you notice this? Does this feel accurate?"

I've also received the gift, and you and I were talking about this at one point, I think when we met, I had an experience with a woman who I worked with over the phone, and she connected me into some things that just blew my mind, and the impact that it had in my finances. It was an amazing session where she ... I don't know the exact mechanisms, truthfully. It's still a bit of a mystery to me, but there was a shift or a change somehow in my consciousness and in my interaction with the field of energy and people around me that changed something on the physical realm. Yeah. I started playing with that and doing that. I have quite a few people that I may just tune into something with them, or feel them come into my consciousness, and then I'll call them, or I'll reach out to them.

Going back to what we talked about earlier, it's about everybody has a different way that their sensory system processes this field of energy information around us, and it's starting to learn tools and mechanisms that resonate with you, because there are tons of teachers out there. Some of it's bogus. A lot of it is actually really incredible, and you kind of start to search out and find, who do I resonate with that actually maybe will teach me skillsets on how to use this apparatus of the sensory motor system to tune into something that's nonphysical, and start to operate differently in the world? That's what I'm doing in Body Centered Leadership, and there'll be more courses and things coming in the coming year, for sure.

Dave Asprey:

If someone came to you tomorrow, and they said, "John, you've had an interesting path." You've changed your own game pretty dramatically, and you've been an influence, sometimes an unseen influence, but my experience is a meaningful influence on some phenomenally successful people who have really shifted their own speed, and their own effectiveness, and just done giant things. Based on all that experience, and knowledge, and your own path, if someone came to you tomorrow and said, "Look, I want to perform better as a human being. I want my own ability to change my own game at the same level you have," what kind of advice would you have to offer them? Can you give me three pieces of advice?

John Amaral:

Yeah. I would say number one, probably pay attention to the feedback that your body's giving you. Make paying attention to the feedback your body's giving you a priority. For some people, that means they have to actually even bring it on the radar, because they haven't even been monitoring that feedback. It's kind of like listening to the lion's roar in the distance, rather than the breath, which is

not ... It means it's more than just measuring data from your [crosstalk 00:57:52] ...

Dave Asprey: iMonitors.

John Amaral: ... or you watch, yeah, or your monitors. It's about also starting to connect into the subjective experience, so you need to look at the objective and the subjective. Illness is when your inner subjective state sucks. Wellness is when your inner subjective state is amazing. Your physical body could even be in a disease process, but you could be more well than somebody whose physical body is disease-free, because they're ill. You've got to look at, there's a subjective. One is pay attention to the feedback that your body's giving you. Listen to it. Combine objective measurement with subjective. Tune it in through meditation, through ... There's many different ways that you can tune into your body. I teach a bunch of them, but mastery is really all about having those two. You've got to have the inner and the outer.

The second, I would say, Dave, is probably managing your energy state, and make managing your energy state a priority in your life, because when you're in a low energy state, you're going to make poor decisions, and when you're in a high energy state, you're going to access higher consciousness, and you're going to make more dimensionalized decisions, which take more into account. If you lower the temperature on water from 100 to 99 Centigrade, you're going to get ... It's not going to be boiling. If you lower it, if we go to 0 Celsius, it's going to turn from fluid to solid. The energy state, even subtle changes and thresholds will change the nature of reality, so managing your energy state is critical. Whatever you have to do to make sure you elevate your energy state and sustain it, do it. Your products are amazing, and the kind of practices where you get body work and care for your body are critical.

Then, the third, I would say, Dave, is recognize that there's a universal timing to everything, and you've got to be in sync with the timing. To experience flow, you've got to get in sync with the rhythm of what's going on in your body. I know you teach about circadian rhythms. It could be the rhythms of the world around you, like economic cycles, like we just talked about before we got on, about when bitcoin was three dollars or whatever. Are you on the trend? Are you in sequence with what's happening in the environment around you? Are you in sync with the rhythms of your body and listening to what your body wants? Does it need sleep? Does it need exercise? Being tuned in there, because if you feel like you're swimming against the current, or you feel like you're pushing a boulder uphill, and everything's effort, it's likely for sure because you're out of sync with some kind of timing or rhythm, and your energy state has dropped, and you're not paying attention to your body. You're overriding its signals. Those are the three, I would say.

Dave Asprey: Beautiful list. That last thing about a universal timing for everything, for the entrepreneurs and people listening, this is something I haven't ever talked about, but I've known, in my life, several times, when a big industry is about to

be disrupted, I'm there. That's what I do. That's why I'm the first person to sell anything over the internet. I felt eCommerce. We didn't have a name for it, but I'm like, "I don't know, there's something," and I got better at feeling that.

When it was time to start Bulletproof, the blog, not looking at products or any of that stuff, I went to the nonprofit that I'd been running for 10+ years. I said, "Guys, we've got to make this one change, change the name of the nonprofit, and I'll start creating this content, because it's time ... It's a universal time." I just felt it in my bones. Nonprofit boards are their own thing. It's very hard to move quickly in a nonprofit environment. After like a month of just kind of delays for small things, I was like, "I can't wait. The time is now," so I went, and I started the Bulletproof blog, not inside a nonprofit, but I was entirely willing to do it there. I just wanted the information out there. But it was that sense of the window is closing. You've got to move, because it's not always the same.

I wish there was a way to teach that, or I should say, I wish I knew a way to teach that, but when you're plugged in at a certain level, you just know like, "If I don't do this now, it's not going to be there tomorrow." If you can catch that thought, or it's more of a feeling that also matches a thought, and it's telling you, "Move now," there's probably a reason for that.

John Amaral:

Dave, I think that it hearkens back to when you mentioned Vishen and him saying he decided, "What if I just go and open the phone book to these places that were uncalled?" It is. It's a feeling and a thought coming together, which is, that's the integration, because it isn't a mind and a body that are separate. It's a mind/body as one. When you're in sync with it, and you're one with it, and the thought and the feeling are unified, and you're coherent, and you're fluid like that, that is that superfluid state that ... I think, what's his name, Christopher [Bergen 01:02:44], I think, the guy that wrote *The Athlete's Way*, he broke the world record ... I think he holds the world record for running 153 miles on a treadmill in a 24 hour period. He talks about being in sync and letting this universal force come through, and letting the body be in a super-fluid state, where mind, and body, and feelings, and thoughts are all one. In that state, you can accomplish and perform at an incredible level. That's what I'm really shooting for when I'm working with people.

Dave Asprey:

Well, you're definitely doing something that is noticeable. I think neither of us knows exactly all the inner workings, underlying mechanisms, and what electrons and neutrons are flowing what and where, but I'll tell you, there's something observable, that is worthy of further study. A lot of the very cutting-edge biohacking is circling around what are these effects, and the fact that you're on the leading edge, saying, "Well, I'm not certain I know why, but I know how it feels, and I know how to do it, and when I do it, I get results that are pretty darned amazing." I certainly felt the work that you did, and the kind of people you serve are the kind of people who don't do stuff that doesn't work for very long. They just don't have to, right?

John Amaral:

That's so true, so true. That is absolutely true.

Dave Asprey: Beautiful. People can find out more about your work-

John Amaral: Yeah, johnamaral.com.

Dave Asprey: John Amaral, A-M-A-R-A-L dot com. Okay.

John Amaral: Yeah, and then bodycenteredleadership.com. Those are my two sites.

Dave Asprey: Beautiful. If you enjoyed today's show, you know what to do. If you want to explore this kind of stuff, check out John's work. He's got some cool stuff on his website. And just be open-minded, that sometimes, there's things that you can't explain, but they're still there. Maybe someday, we'll explain them. If not, maybe they'll just be great, or maybe they'll be useless, but if you don't look and pay attention, you're never going to find out. That algorithm has been really helpful for me, so hopefully, this episode inspires you to pay more attention to the subtle things, because there are lots of people out there who have some degree of the skill that John does.

You've heard from several people on the show who do this kind of work, and they do it at the very highest levels of influence, and power, and performance. It's real, and just knowing that, and knowing that you have some of that in you, too, is a pretty good way to unleash yourself, so take that knowledge away, and while you're at it, go to Amazon and leave a review for Head Strong, because the reason this works is in there. It's your mitochondria, I swear. That is my hypothesis, but I'm pretty sure of it. All right. On that note-

John Amaral: That's awesome.

Dave Asprey: On that note, have a beautiful day. I'll see you on the next episode.