

How Sound Healing Links Ancient and Modern Medicine – Dr. Kulreet Chaudhary with Dave Asprey – #815

Announcer:

Bulletproof Radio, a state of high performance.

Dave Asprey:

You're listening to Bulletproof Radio, with Dave Asprey. Today's show, it's going to be a really interesting mix of sound healing, which is pulled from Eastern and Western practices. My guest today is Dr. Kulreet Chaudhary, who is a neurologist, neuroscientist, author, and a pioneer in the field of integrative or functional medicine. She leads an Ayurvedic center in India, where they're using sound medicine to treat chronic disease and looking at ancient Siddha texts that have been hidden from public view for centuries.

Dave:

As you guys know, I believe there is great wisdom from the original biohackers. They didn't have all the gadgets and stuff that we have, so what they would do is they would just take a percentage of the population and put them in monasteries or caves and say, "Watch and write down what you can find, and read all the stuff the last hundred generations did." Eventually knowledge and wisdom would appear.

Dave:

Then, in our hubris, in the last probably 400 or 500 years, we basically had a few organizations, who shall remain nameless but might carry crosses, who went through the world and burned as much of that as they possibly could. They literally stole the best texts, locked them in this little tiny country that's inside of Italy, and don't share it with anyone else. Except in some parts of the world, like in India, like in very remote regions, some of this stuff has survived because it's an oral tradition. Now it's coming out of the woodwork, because it's time for that.

Dave:

I think sound healing is one of those. When I hear, "Oh wait, these are based on not just we made it up, but based on, hey, what if these old people were crazy or not crazy? Let's validate that." That's why we have this episode today. That's why Dr. Kulreet Chaudhary is on the show today, because that's the work she's doing. Welcome, Kulreet.

Dr. Kulreet Chaudhary:

Thank you. That was one of the best introductions, and one of the best setups for people really being able to understand why this is relevant today. Thank you so much for that creative introduction.

Dave:

You're so welcome. Everything I'm saying here is real. I'm just overwhelmed at the ancient knowledge that I would have completely dismissed when I was in my 20s because I'm an engineer, and that can't be therefore it isn't, which is just scientific hubris. It's, "Hey wait, maybe there was a reason that these people said something worked. Maybe it didn't, but let's at least give it a greater percentage than randomness."

Dave:

You've been on a few shows, like on Dr. Oz. You've been the director of Wellspring Health at Scripps Memorial in La Jolla, so you have what I'm going to call "a real doctor" background.

Dr. Kulreet Chaudhary:

Yeah, I didn't just play one on television. I was a real doctor. It's interesting because I would consider neurologists as kind of the engineers of the medical world. We're very black and white. We like things very neat. So I'm in the same boat with you. There's a lot of this stuff that, in my 20s, I would have had the exact same reaction to.

Dave:

The other reason why I wanted to pick your brain today is that you've done 20 clinical research studies, at least participated in them, around MS, Alzheimer's and Parkinson's. People who listen to this show and read my books, which is a lot of them, probably read *Headstrong*, which was on monthly science best seller list, between *Homo Deus* and *Sapiens*, which is the coolest place I've ever had a book.

Dave:

Really, a lot of the research around mitochondria and the brain came from studies in those three fields. You also looked at diabetes in your study. You've gone from that to sound, and I really want to know what that path was like and how that happened, because I wouldn't have predicted that. That is the best framing I can possibly think of, for just jumping into some questions. In particular because you wrote your book on sound medicine, which just came out in March, called, this is very surprising, if you guys are listening to this, it's called *Sound Medicine*.

Dr. Kulreet Chaudhary:

I would not have predicted my life. I've come to a place where I don't even predict the next year, because I think once you do get kind of into that space, where you're just allowing for life to show you the next move, you no longer can predict it. It just becomes more and more expansive.

Dr. Kulreet Chaudhary:

Yes, my background was very much as a normal neurologist. I think the difference, though, between myself and many of my colleagues is, I always asked why questions. Most people in medicine don't ask why questions, partly because you're trained out of it, and oftentimes we don't have answers for why questions. It just annoys the hell out of all your professors and all the physicians who are training you, and so you just stop at some point because it's annoying and we usually don't know anyways.

Dr. Kulreet Chaudhary:

There was a critical point, just in my own health, where I developed migraine headaches. As a neurologist, all of the medications I was using wasn't working. That actually brought me back to some of the ancient knowledge that I was introduced to, growing up, in the form of Ayurvedic medicine.

Dr. Kulreet Chaudhary:

As I started to dive into that, and this is before the microbiome revolution that we're now in. This was 15 plus years ago. One of the core beliefs in Ayurvedic medicine was that the gut and the brain are intimately connected. That completely revolutionized my practice. The part of me that was just the

nerdy scientist, the one who loved asking why questions, I started going down this rabbit hole and realizing that, as much as I respected my education, as much as I respected the institutions I was trained at, and I was trained at some of the best, there was still a lot that was unknown.

Dr. Kulreet Chaudhary:

As I started going into Ayurvedic medicine and started seeing the enormous benefit that it had on chronic neurological conditions that I couldn't even treat, I just started going deeper and deeper into these ancient traditions. I'm a huge quantum physics buff. It's something that I was introduced to as a young child and just love. The more I went into quantum physics, the more these ancient traditions, they finally made sense. What we thought were metaphors, just poetic writings in these ancient texts, all of a sudden you realize that they were actually treatise on quantum biology, which is a field that has yet to really take root.

Dr. Kulreet Chaudhary:

That's kind of how my journey started, was, honestly, as a patient, and then as a patient having to look at her own health differently, when I developed migraine headaches, and then as a physician who had to be honest, from a scientific standpoint, and go, "Wait a minute, is there more to know?" Now kind of as a newbie in the field of quantum biology, and that's really where sound medicine starts to make a lot of sense.

Dave:

To be really clear, quantum biology is a real thing. So many marketing companies have said, "I have quantum coffee." You're like, "No, actually you don't."

Dr. Kulreet Chaudhary:

You don't, right.

Dave:

When you talked about quantum biology, what does that mean?

Dr. Kulreet Chaudhary:

When we look at some of the most brilliant quantum biologists of the last century, when this field was coming out, so many of them, near the end of their life, predicted that, as this new understanding of existence on this quantum level, on the smallest possible level, what we're finding is that there's laws of nature on the smallest possible level that defy the laws of nature that we see on larger levels. Many of them said, now that we're starting to understand this other reality that seems to defy laws like time and space and seems to bend the border between the observer and the observed, they predicted that there must come eventually a way of introducing this science into biology.

Dr. Kulreet Chaudhary:

Now, we have this huge gap. We have these decades of gap, where none of that happens. Biology and medicine are very, very slow to change, in part because it's an entire business, so when you change it, you're not just changing new findings and going, "Hey look, we now know this to be true." You're changing an entire business that is around it. I always say science is the most widely practiced religion in the world because once you have been taught something, you will defend it, as a physician, to your

dying day, even if there's emerging new science. There's so many neurologists that absolutely do not want to talk about the microbiome, even though it clearly has relevance for the nervous system.

Dr. Kulreet Chaudhary:

What has happened now, within the last few decades, is very, very bright physicians and scientists have come together and started to say, "Wait a minute, there is this field medicine. There is this way of understanding biology from a field effect." It's actually called biofield science. We can actually measure these outcomes. It's difficult to describe because it requires an entire new paradigm shift. Because we're no longer talking about taking a blood test or looking at bone density, but we're actually looking and measuring at effects created by the fields around a human body.

Dr. Kulreet Chaudhary:

Before people go, "Is this just somebody feeling my aura?" No, this happens if you've ever had an EKG, that is a test that is actually measuring an electromagnetic field. If you're ever had an EEG, that is a test that's measuring an electromagnetic field.

Dave:

Oh yeah.

Dr. Kulreet Chaudhary:

So we've been measuring these things, but all of a sudden we're starting to create new paradigms for saying, "Hold on. If we're measuring these things, then human beings must also be fields of energy. If they're fields of energy, then I wonder if modalities that use kind of more of those quantum mechanics, I wonder if they're influencing those fields. I wonder if those then translate into actual biological shifts?"

Dr. Kulreet Chaudhary:

This is what I see as eventually is going to be the future of medicine, is that we're using what we would call vibrational medicine, things like sound, light, and so forth, to create field effects in the body, which create immediate shifts.

Dr. Kulreet Chaudhary:

The funny thing is, we actually are already using sound medicine. We're using it. People just aren't recognizing it. Ultrasound is a form of sound medicine. Lithotripsy, which if anybody's had kidney stones and they have broken them using sound waves, that is a form of sound medicine. There's even cosmetic procedures, [inaudible 00:11:04] therapy, that reverse aging. It's an FDA approved cosmetic procedure, just using sound.

Dave:

That's because sound doesn't do anything. Oh wait, right?

Dr. Kulreet Chaudhary:

Yeah.

Dave:

There's also sound on the reproductive organs, in both men and women, that magically grows new collagen and new blood vessels and new nerves.

Dr. Kulreet Chaudhary:

Right.

Dave:

Yeah, I would say sound is doing something, depending on the frequency and intensity and all, but they didn't have ultrasound 8,000 years ago, when Siddha medicine was invented, or just whatever you want to call it. 8,000 years is a long time. In fact, everything is very hazy beyond about 5,000 years of recorded history. So how do you know what happened 8,000 years ago? Tell me about the emergence of Siddha medicine and how you've taken it as a foundation for your form of sound therapy.

Dr. Kulreet Chaudhary:

It is difficult to talk about the Siddhas because they do kind of pre-date a lot of our modern history, but they actually do have records. Their records were kept on palm leaves, and these palm leaves were copied. They were kept in lineages, within the Siddha lineage, and more recently, they were inherited from one generation to the next. Their records were kept in, it's a now extinct language. It's a language from South India, which is where I am doing the research there.

Dr. Kulreet Chaudhary:

They describe all of this, so in addition to having an oral lineage, there are still Siddha practitioners that can recall their lineage back to 8,000 years ago. It has been passed on, and they are still practicing today. It's something that, unfortunately, we're starting to lose. The Indian government, as it's trying to standardize everything, it's not recognizing that these lineages are actually priceless. They're a priceless connection to the past.

Dr. Kulreet Chaudhary:

But these records still exist. What was shocking to me, and these records are the whole reason why I went to India, because I had heard about this early on in my training. It's something like you hear about the Holy Grail or you hear about a unicorn, and you just go, "Naw, that couldn't really be out there. That can't still be an intact lineage." So when I heard that they were in fact still intact and they were actually available for research, that's why I got on the plane and went to India.

Dr. Kulreet Chaudhary:

What's shocking to me is, as we're looking at some of these sections, they're talking about the atom, they're talking about the proton, the electron. I mean, they're talking about subatomic particles. Their approach to sound wasn't in the form of ultrasound, and oftentimes we assume that if there's an absence of a certain technology, it's because a culture is behind. It may just be that they had more advanced technologies that didn't even require that type of machinery.

Dave:

Is that what you believe, that we had really advanced technology back then? Like Atlantis and all that kind of stuff?

Dr. Kulreet Chaudhary:

I think that when you start to look at these records and you start to see their diagrams of human anatomy, which are so meticulous, their description of how the body works, which is so similar to what we've described, but also way beyond, because they're seeing the body working together as an entire system. When they're talking about subatomic particles and they're talking about laws in quantum physics that we have only recently discovered, you have to raise the question of, are we really the most current version of humanity? Could there actually be these cyclic natures, where we have our highs, we have our lows, and that we don't necessarily know exactly where we are on that scale?

Dave:

Are you familiar with Graham Hancock's work?

Dr. Kulreet Chaudhary:

No, I'm not. Please tell me.

Dave:

He was on this show a couple hundred episodes ago, I would guess. He's been on twice. He wrote a book called Technologies of the Gods. He went around the planet, in the 90s, and said, "Here's all the anomalies that don't make sense, where we had to have advanced technologies in various places." He said, "I think it was wiped out 11,000 years ago because I've seen this myth in so many places, that there was this big flood. I think a comet hit us." Everyone made fun of him and said he was full of crap. I read the book back in the 90s. Some of these anomalies actually are really important scientifically, but we just wipe them out because if it doesn't fit, you ignore it. Which is terrible.

Dave:

Then about 20 years later, he wrote another book. He said, "Guys, now we have technology, and there's a layer of iridium and a few other precious metals that only come from outer space, exactly 11,000 years ago. You can trace the thickness, so where I said it hit, it actually hit." And came up with a bunch more evidence. He said it wiped out a lot of our advanced technologies. You're like, "Okay, I think there's enough evidence to be open-minded about it."

Dave:

When you look at these very ancient things, if you believe what he's saying, there was 3,000 years of history before this 8,000 years, and they probably inherited some of that. We know from old stuff in Egypt and all, there's some ancient lineage stuff that is mystical, hard to explain, but the knowledge of what's in space, knowledge of what's subatomic, it has been here before. So you found one of the strings of that tapestry, and you're pulling on it. What are you finding?

Dr. Kulreet Chaudhary:

Well, so let's just go back to that word mystical for a second. Oftentimes, we consider mystical whatever we don't understand.

Dave:

Yeah.

Dr. Kulreet Chaudhary:

Just keep in mind, before we understood electricity, if somebody came to you and said, "I can take a piece of the sun and bring it inside of your house and give it to you in a way where it won't burn you," that would seem absolutely ridiculous and mystical. You'd go, "Okay, wizard." You know? "Tell me about your magic sun."

Dr. Kulreet Chaudhary:

So part of what makes something mystical is just when we don't have the science, we don't have the advancement to understand what it means. We think that things are outside of nature or things are miraculous because we just don't understand the laws of nature yet that allow for them.

Dr. Kulreet Chaudhary:

For me, I did not really know what I was going to find. There were certain myths around the Siddhas. One of the great myths that I was so drawn to was that ... Two things, actually. They defied aging, meaning they had very specific processes where they were able to reverse aging. These weren't something like you just hide in some kind of a cloak. It was like, "These are the herbs you use. You have to do this for three weeks." It was an entire three month process. "You have to do these herbs for this amount of time. Then you have to be out of the sun." You think about photoaging-

Dave:

Have you done this?

Dr. Kulreet Chaudhary:

God, no. I want to.

Dave:

Are you 100?

Dr. Kulreet Chaudhary:

No, Dave, I'm 200, but thank you. I love it when I'm called only 100. This is one of the things that I'm still hopeful, like there will be a moment where they go, "Gosh, we don't know if this really works. We need somebody to do it." I'd be like, "Yes, please."

Dave:

I have a couple books on stuff like that. I'm highly considering doing one of them because I'm a bit of an anti-aging guy. I want to get your notes.

Dr. Kulreet Chaudhary:

Well, and this is the ultimate anti-aging, because they actually understood the process of aging from the inside out. What's really amazing about this process is, there's a process of it which I guess we would call spiritual, which is literally facing all of your demons. That's why people were selected who were able to do this, because you literally would have to have a life review, that your mind, especially being in the dark for a prolonged period, would start to project all of the things that were undigested. That's a key part of aging, is actually digesting the psychology of trauma.

Dr. Kulreet Chaudhary:

They knew of this. It was very, very, very laid out. It wasn't something that was left to chance. It was like, "You have to do this for X amount of time. You cannot be exposed to the sun. You have to eat like this." There was a diet involved.

Dave:

How long? Is this 10 days, like [inaudible 00:19:25], or is this a three month period?

Dr. Kulreet Chaudhary:

No, it was a three month period. It was a three month period. They even described what would happen. Your hair would fall out because you would grow new hair. Your teeth would fall out. You would grow new teeth. Your skin would shed. They had all of these really intricate notes on what would happen.

Dr. Kulreet Chaudhary:

So that was one of the things that really drew me to them, was that they seemed to really understand the aging process from the inside out, and they were able to defy it, using various methods, not just herbs, using different kinds of metals. Gold is a really important metal to the medicine, and it was highly valued for its anti-aging properties.

Dave:

The monatomic gold stuff, or just regular gold?

Dr. Kulreet Chaudhary:

You know what? That's a really good question. It's not regular gold. It's prepared in a very specific way. These are some of the things we're looking at. It's not like, "Hey, here you go. Gold." It would be gold that has been cured using different herbs and going through different cycles.

Dr. Kulreet Chaudhary:

In addition to that, they used sound. They used sound in various forms, but one of the most potent forms was in the form of different mantras. Mantras and sound for them was part of their overall repertoire for being able to reverse aging, which was, from their view, pathologically, it wasn't something that had to happen.

Dr. Kulreet Chaudhary:

One of the challenges of trying to follow Siddhas is that they don't live normal lives. There's one Siddha for example where he spent a few hundred years in South India. We have really good records, but then we have really good records of him being in China hundreds of years later. So when you're looking at their biographies, they don't meet the normal birth/death cycles that we're accustomed to.

Dr. Kulreet Chaudhary:

The other thing that I thought was just really amazing about them was, again, for them, the physical and what we would call the mystical or spiritual was all just science. It was just all scientific. They had the capacity for doing things like levitation and so forth, just through a process of purifying the body and mind. It was so systematic. All of the things that we would consider as, "Oh, that's only appropriate for a

monk." These were actual scientists who said, "Wait a minute. Gravity does not necessarily have to have that effect on the human body all the time. Let's see how we could bend the effect of this."

Dr. Kulreet Chaudhary:

I mean, come on! How could we not want to know what they had discovered, when they were touching upon some of the basic assumptions that we have made to be true about life and saying, "No, not always. Under certain circumstances, you can bend these realities."

Dave:

Now, a lot of people listening are saying, "Oh my god, this doctor just said levitation." That's okay because I am going to tell you guys, if you don't know about this, the yogic Siddhis, not the Siddhas, which we're talking about, are a set of more than 40 well-documented capabilities that are rare but possible in humans. And yes, levitation is one of them.

Dr. Kulreet Chaudhary:

Exactly.

Dave:

Another guy who has been on the podcast, he wrote the book called Supernormal? Superhuman? Joe Dispenza. He's actually done a great job at writing down these things and saying, "It's funny. People can't do it. Oh, except people who meditate can do all of these things, at least a little bit. People who really meditate like bad asses, they can do more of these things. It's documented, but exceptionally rare. By the way, I know people who can do this, and I know people who know people who can do this. It is exceptionally rare, and they don't do it as a talent show."

Dr. Kulreet Chaudhary:

They don't do it for show, exactly. It's done as part of their spiritual practice. The Siddhas were people who had achieved all of those Siddhis.

Dave:

Correct.

Dr. Kulreet Chaudhary:

But they were known for their medical lineage. They weren't just sitting around meditating. They were doing things, after having achieved a state. They were doing things with it, to advance humanity.

Dr. Kulreet Chaudhary:

What I love about this lineage is, it wasn't just about, just what you said, you had monks, you have Tibetan monks ... They've actually even documented Tibetan monks who had the capacity to levitate after a certain amount of meditation. What was fascinating about the Siddhas is, they didn't go the long way. They were like, "Hold on." There's a way that if you do a combination of things, from a biological standpoint, with different herbs, and, like I said, using different sounds and using different metals in certain ways, you can actually fast-forward this process. Instead of it being like 50 years of meditation and then you're able to come up for a little bit, there's a way to actually advance humanity so that they're able to do these things.

Dr. Kulreet Chaudhary:

What they really were showing is that there are things that we think are superhuman, only because very few humans are doing it. If humans are doing it, it's not superhuman. It's human, and we are actually functioning at a subhuman level. Even the best of us, even the most accomplished of us, we're functioning at a subhuman level, because that is part of being human. If one person can do it, it means that is part of the capacity of being a human being.

Dave:

It's part of the capacity, but I'm not sure I would go all of us are subhuman. We're supposed to specialize, right? You need people who are really good at one thing and don't do something else. It's called teamwork. It's called forming a tribe. If everyone in the tribe was a warrior, no one would ever pick berries, and then we'd all starve, right?

Dr. Kulreet Chaudhary:

But what if these were actually all things that we are capable of doing, and then even in our specialization, even if you decide to become a musician, you're a musician with a fully functional brain? What if things like being able to travel from point A to point B without the vehicles that we require ... Again, that's just our adaptation. What if all of these things are actually just part of human ability? That's what I mean. I don't mean-

Dave:

Those are [yogicities 00:25:46]. Nassim Hamein was on the show talking about how we think that's possible. I haven't managed to do it yet. Have you?

Dr. Kulreet Chaudhary:

I've been able to do what you would call ... I wouldn't call it levitation fully, but being able to go up and being able to come down. It's very, very clear that your body is not necessarily always under the influence of gravity.

Dave:

Being able to go up and go down but not levitating? Tell me more. What is that?

Dr. Kulreet Chaudhary:

You can call it the early stages of that. I look at levitation as something far more advanced than what I've been able to accomplish so far. It's interesting, and this was really fascinating to me, because when I was talking to one of the Siddha masters in India, he thought this was so ordinary. He was like, "Why is this even interesting to people?" He goes, "It's just a repetition of the mantra that allows your body to do that. It's not a big deal." That's the way that they use sound. You understand? If you repeat a sound often enough, your body will eventually respond to that. He's 100% correct. He goes, "It does not necessarily reflect some elevated state of consciousness. Really what it reflects is your body's ability to respond to a vibration."

Dr. Kulreet Chaudhary:

So he was very unimpressed with that whole thing. He couldn't understand why people in the West were so fascinated by it. It's hard to have a conversation with these people because they have access to

an entire realm that seems so mystical to us, and it's so ordinary to them. They're like, "No, no, no, but if you really are interested, everybody's always looking at how to extend time, but they never look at how to be able to actually elongate a minute." I was just like, "I can't even have this conversation. I don't even understand what that means."

Dave:

On the trip where I discovered Bulletproof Coffee, in other words, I had Tibetan yak butter tea, and I'm like, "Wait, this did something to my brain." Now I understand the quantum physics of why it does something different because I funded research at UW that helped to explain that. At the time, though, I'm walking around Kathmandu. I have always had this ability to just meet interesting people. I don't know why. I'm not particularly extroverted. I actually have Asperger syndrome, but they just come up and start talking to me. By the way, it also applies for people who are trying to get the multi-level marketing scams, they also come up and talk to me. So it's not [inaudible 00:28:16].

Dr. Kulreet Chaudhary:

So it's not exclusive.

Dave:

I ended up having dinner with this ... You just meet travelers, when you're traveling by yourself. This lady says, "Oh, I never come to Kathmandu. I'm a Berkeley philosophy professor, but I live in a cave." I said, "How does this work?" She said, "Well, I'm just in town to get my dental work done, but I spend all day every day meditating in a cave because, in my studies of philosophy, I realized that you can become fully enlightened in one lifetime. I have the recipe, so I'm doing it." Literally her friends would send her a new computer every year because hers would rust or something, and she just sat in a cave and meditated all the time.

Dave:

Then Dan Brown has been on the show, from Harvard, who has translated 13th century cave yogi, how to meditate in a cave texts from the Sanskrit. I've got his books, so I'm reading those, and they're recipe books. Literally. First step is this, second step is this. You remind me of the lady who was saying, "Look, there's all these things that we didn't know about, so I've got to go do it." I'm still intrigued at the three month anti-aging thing. I think we should find a way to do that.

Dr. Kulreet Chaudhary:

And the Siddhists did it all faster. They just did it all faster. I mean, that's what I have found. It's not that any of these pathways are not legitimate. I started meditating when I was nine years old, so when I got to the point of levitation, it's not like I was a newbie. It was after like 30 years of doing this, just because I started very early.

Dr. Kulreet Chaudhary:

I've met so many interesting people because of that, and yet still was very, very drawn to biology and medicine and to science because, for me, it's not interesting if I can't apply it to human life. It's not interesting if I'm alone somewhere, experiencing it, and yet nobody else in the world gets to benefit from it. That's why I was so drawn to medicine. It was a way of being able to reach out. I did not think I'd be doing this, but it was just a way for me to reach out to people, to teach them ways of being able to make life easier and better.

Dr. Kulreet Chaudhary:

That's why I was really surprised because I had gone down all of these different roads, with Tibetan healers, Buddhist healers, Ayurvedic healers. When I got to the Siddha stuff, I did not consider myself someone who was easily blown away at that point, but their knowledge is just so advanced. It's so prescriptive. It's just like you said, it's like first you do this, then you do this, then you do that. The main qualification, though, really is to be in a place of integrity, authenticity, and purity of the mind and the body. That's the part that takes time. Once you're in that place-

Dave:

You have to cancel Instagram to do this, is what you're saying?

Dr. Kulreet Chaudhary:

You know what? I don't think so. Here's the thing. Here's what I'm seeing. The first Siddha master that I met, I was in such awe, first of all. This is an official person who's part of this ancient lineage, well-known ancient lineage that goes beyond 8,000 years. He lived in a forest. This guy is legitimate, right? I was always shaking, the first time that I met him. This is really rare. They don't usually give you an audience.

Dave:

Yeah, it's a gift when that happens.

Dr. Kulreet Chaudhary:

It's a complete gift. I mean, it was just like something had to align on such a deep level, for him to invite my husband and I in such a humble and intimate setting. I was really just expecting somebody, that I was not going to have anything in common with him, like everything I say is going to be stupid. He was just so down to earth. He was so relatable. At the end, he's like, "And here's my email." I was like, "You have email?" You know? He's like, "How else would I communicate with you?" I was like, "I don't know, on the inner plane? Through visions?"

Dr. Kulreet Chaudhary:

We communicate via email and via WhatsApp. It's still this kind of interesting phenomenon because whenever I would come to India, it's a tradition, if you're coming to a teacher ... Which, I would consider him as one of my teachers, absolutely. I should say I'm hoping to consider him as one of my teachers. I'd always bring him this giant bowl of fruit because I wanted to bring him something, and on the third visit, he just kind of let out this huge sigh. It was like, "You know, you don't need to bring me this anymore." I was like, "Well, I have to bring you something." He goes, "But you see, I don't eat. So when you bring me this, I have to go around, and I have to find people to distribute it to. I don't actually spend a lot of time with people, so then I have to go outside to find people." I'm just looking at him, like, "Oh my god."

Dave:

Here's a bowl of air. Just enjoy this.

Dr. Kulreet Chaudhary:

Yes. It's this interesting combination of somebody who has mastered his body to the point ... This has also been well documented in India, of people who no longer require food, to be able to generate

energy. He doesn't need that form of energy. When you look at it, there's lots of different ways to actually generate energy, but we haven't tapped into that, in the human body.

Dr. Kulreet Chaudhary:

Here's somebody who has achieved that level, and yet still has an email, still is available via WhatsApp. I think we have turned it into something in our heads that it doesn't have to be. I think this is why we think it's so rare and only few people can have it. We've excluded ourselves because we're normal modern day people, we've excluded ourselves from things that we think are just mystical and too out there.

Dr. Kulreet Chaudhary:

What I'm seeing with the Siddha tradition is, no, I think actually many of us are ready for this. I think many of us have done a lot of work on a psychological level, on a physical level, and are looking for that next giant step. They are it. They are the technology. What would take 40, 50 years, with their technologies, it's so short. That's what I've been stunned by, over and over.

Dr. Kulreet Chaudhary:

There's this one Siddha herb where the experience you have, over the course of a few hours, it would normally take you six months of deep meditation with an enlightened master, to come to see life and come to those same realizations. Everything is just faster.

Dave:

What is that herb?

Dr. Kulreet Chaudhary:

It's a specific Siddha herb called MUPPU.

Dave:

How do you spell that?

Dr. Kulreet Chaudhary:

It's M-U-P-P-U. I was really surprised. There's many nutraceutical companies that are spending money, trying to figure out how to make this. It's not a recipe like that, you know? You can't just get the raw ingredients. You have to know how now to prepare them. Again, sound was used for the preparation of many of these herbs.

Dave:

It's interesting. I just had Ian Mitchell on recently, who makes a supplement where he's actually quantum aligning the particles in some ozonides. He's looking to replace ozone therapy with a pill. I'm like, "Seriously? You're quantum aligning?" He says, "Oh no, yeah. I've charged plasma fields, and I had to create new technology to validate that I did that." I know him personally well. He's actually that kind of a scientist, to do that. So yes, you can do really cool stuff with sound, with fields. Traditionally, you know this because of your Indian background, you chant when you make ghee, right?

Dr. Kulreet Chaudhary:

Yes. When you make anything.

Dave:

Why do you do that? Because it makes the ghee better. I don't know why.

Dr. Kulreet Chaudhary:

Also when you do any herbs. I'm married to such a beautiful human being. He chanted every time he cooked. I married a white guy, you know? A white guy.

Dave:

I was going to ask if your husband thought you were nuts, or whether he was in alignment with you on this.

Dr. Kulreet Chaudhary:

No, my husband is way more nuts. He is the one that has really led me down this ... I still come at it more from a scientific standpoint. But no, he's absolutely the yogi. I'm the scientist. I'm studying, but he's absolutely the yogi. He's the one who lived in Buddhist monasteries for long periods and then lived in Hindu monasteries for long periods. He's the one who's been the citizen of the world, who has actually lived in these centers. I'm mainly just studying him. I'm just studying.

Dave:

Wow.

Dr. Kulreet Chaudhary:

I study sound, and I write about it. He's the one who uses sound in seemingly miraculous ways. He's able to do things that, even when we have patients who come in or he's doing it to me, I'm like, "I know you do this, and I know you're mine. I know you don't belong to 8,000 years ago, but it's still an absolute miracle to me, that you do what you do." So no, he's the one that I have to kind of sometimes go, "Time out, hold on. I need to know why you're able to do this. I need to study this."

Dave:

Wow, that's cool. So you have an in-house laboratory specimen. That's cool.

Dr. Kulreet Chaudhary:

I do. I do. It's a very fortuitous coupling of two people because I bring the science along, but he really is the one that opens the doors to these caves of knowledge that I would have not known exist. Yeah, he used to chant. Every meal he cooked, he would chant.

Dave:

Wow.

Dr. Kulreet Chaudhary:

This is kind of fun. This is my level of science experiment. We always had this one plant that, after every time he would do a puja, which is a spiritual practice where you're chanting, the water from that he

would always put in this one plant. That plant was five times larger than every other plant of the same species in our house.

Dave:

Wow. I know intent matters. I live in an organic farm. We raise animals, we raise a lot of vegetables. You put some energy into them. You just do. I do, anytime I pick them, I'm always talking to them. I don't actually sing. I'm taking voice lessons, but that doesn't mean I can sing yet. Roger Love is a miracle worker. Thanks, Roger. He was just on the show. I'm still working on being willing to do that.

Dave:

But there's definitely a communication or some kind of thing going on, there. I know that when you put love in food, it makes the food taste better.

Dr. Kulreet Chaudhary:

Absolutely.

Dave:

By the way guys, when you put love in coffee beans, it makes them taste better. Just saying.

Dr. Kulreet Chaudhary:

Here's the thing, though. We're starting to understand all of that, and I absolutely see that in my life. What if we had amplifiers for capturing that energy and focusing it?

Dave:

Yeah.

Dr. Kulreet Chaudhary:

This is what I'm trying to say. This is what the Siddhas knew. You're talking about just sound. They have so many other tools. They had yantras. Yantras are actually the three dimensional version of those sound vibrations. You can actually charge yantras, to where they act like a machine, where they start radiating now that resonant frequency, in an environment.

Dr. Kulreet Chaudhary:

One of the experiments we did in India is using a charged yantra. This is probably going to be the next thing I'm going to write about. We'll see how this book goes first. I have to figure out how far do I go before I'm now a century too early and 2,000 years too late. I've got to hit my sweet spot.

Dave:

You know, we should talk about that. In the world of biohacking, I learned as an engineer, when I was young, acupuncture is stupid, chiropractors are dumb, any of this stuff, meditation, whatever, only a loser would do that because it's their power to deceive themselves from knowing the true scientific way!

Dr. Kulreet Chaudhary:

Right.

Dave:

When I weighed 300 pounds and my brain didn't work, I'm like, "You know, I'm going to try this weird stuff." And it all works.

Dr. Kulreet Chaudhary:

It all works.

Dave:

Well, not all of it. Some of it works. Maybe some of it I just didn't do right. I don't know. Eventually I said, "How do I reintroduce this, to the best of my ability?" When I created this field of biohacking, I'm like, "Okay, let's learn how to eat again." Funny, there's Ayurvedic principles right in there. Why is butter and ghee essential? I don't know. Who would have imagined? Right? You frame it in the way that it's digestible, but I created a path of, "Okay, I'm going to talk about peptides now. I'll talk about meditation. I'll talk about smart drugs." But you space it out so you don't seem like a space case. If I had come in at the very beginning and talked about some of the more ancient stuff I talk about, like Taoism, people would have just been like, "Dave is a bag of walnuts." I have no idea why I said that, but anyway.

Dr. Kulreet Chaudhary:

Walnuts are just healthy and good for the brain, so I really didn't get that analogy.

Dave:

I don't know. What's a better analogy? I was one Froot Loop short of a full bowl.

Dr. Kulreet Chaudhary:

There you go. There we go.

Dave:

Right? I have found most people have difficult times accepting sacred geometry as something that may work. I've interviewed a couple guests about it before, but I feel like it's 20% of the way towards reaching public consciousness, where this kind of matters. Things like feng shui are further along. You might be the person who brings that and says, "Look-"

Dr. Kulreet Chaudhary:

Well, here's what's really fascinating to me. First of all, many of these topics are relatively new to me. I'm learning them because I'm in India and because of the space I'm in. Even though I have some familiarity because I am Indian, I didn't know that they were really a thing. I didn't know that there was a scientific train of thought behind them.

Dr. Kulreet Chaudhary:

When we think about yantras, yeah, they fit into that category of sacred geometry, but then when you begin to look at the way that a flower is made, you start to realize, sacred geometry is actually part of nature. There's a science behind even why nature is made a certain way. It's made to collect energy a certain way. That's so much of what these tools for sacred geometry ... It's not just, "Oh, it's sacred. Let's

look at them." The Siddhas actually used these tools, and they turned them into literally machines, like little machines that emit ... I don't know if they are just electromagnetic waves, or if that's all that we can actually measure, but they change biology.

Dr. Kulreet Chaudhary:

This is what I feel. I'm giving this away, but I feel like there's eventually going to be a Nobel prize in medicine, or whatever field, when somebody is able to really show that sound shifts electromagnetic fields in the body, which then shift biology, either in the form of peptides ... Whichever way you want to measure it.

Dave:

But we already know this. Cell membranes are all piezoelectric.

Dr. Kulreet Chaudhary:

We know this, but we're not showing how that actually modulates disease. When we start to actually make this as a form of medical and biological intervention, that is when we are going to start to look at things like yantra and then go, "Wait a minute. Hold on. Why does this particular shape ..." Because yantras were actually always associated with a particular mantra. You just start to look at the science of this, that there is an audible vibration that literally knows how to go down a particular type of circuitry. If it's flowing in a metal, in a particular type of geometry, that would result in a release of a particular type of energy. This is the next wave of medicine. I don't know if I'll be alive for it. Well, I may, if I live for 300, 400 years.

Dave:

Just do your three-month thing.

Dr. Kulreet Chaudhary:

Yeah, I'm just going to do my three-month thing. But this is what we're going to do in the future. We're not going to treat tumors or diabetes and all of this, in the ways that we're treating it now. We're going to be way smarter because we're going to understand vibrational medicine. Then what feels mystical today is going to be just so commonplace, and we're going to look at the way we looked at our ancestors from 300 years ago, and go, "Why didn't they know this? How did they not piece this together? This is so obvious. My gosh, I can't believe they were cutting people open with scalpels, when you can penetrate the skin using vibration."

Dave:

What is the impact? You have all this ancient knowledge and all that stuff, and now you've got research that says sounds goes down inside the cells. What's the "so what" of this? What should we be doing right now, to use that in ourselves?

Dr. Kulreet Chaudhary:

First of all, the so what of it is, it's actually validation, not that I think we needed it, that we're built for sound. Why would organisms that have ears not be built for sound?

Dave:

Right.

Dr. Kulreet Chaudhary:

Keep in mind, when people say, "Okay, but that's audible sound." I say, "Right, but audible sound is just a certain range of frequencies. Are you saying that because a dog can hear a certain frequency and we don't, that that's not sound?" So even the way that we define these things is kind of funny. It's very egocentric. We say, "This is sound when a human ear can hear it. This is not sound, when a dog or any other animal can hear it." The reality is, we're vibratory beings. That's really what it's saying, is that some of those vibrations we pick up as sound, because that's the sensory organ that can translate it. Others we pick up as light, through our eyes, because that's the sensory organ. We're essentially vibratory beings, and because we're vibratory beings, our biology responds to vibration.

Dr. Kulreet Chaudhary:

The way I would look at it is, you are practicing sound medicine whether you want to or not. You're just doing it in a way where it's accidental, and it's not deliberate. You practice it every time somebody argues with you. You practice it every single time somebody honks a horn or there's a leaf blower. Meaning, your biology is immediately changing to that immersion of that experience of sound. If you're doing it accidentally, why not do it on purpose and do it because you want to be smarter, because you want to have more clarity, because you want to be a better spouse, because you want to be a better parent, because you want to bring your blood pressure down? Why not do this on purpose every single day, rather than allowing it to happen to you?

Dr. Kulreet Chaudhary:

I think as people become more aware and conscious of the impacts sound has, we would look at sound pollution, which is a term we already know, really differently. We would look at it as detrimental to our health as we look at other forms of pollution because we'll recognize that it also alters our biology.

Dave:

I've always shared, in my books and all, that the original sound healing, or sound technology, there was Tibetan bowls. You play a different sound in each ear. It sets up a standing wave in the brain, and you can change the brain state that way. Except apparently chanting, which is kind of obvious, is really the original sound technology. I just kind of thought of it, so thank you.

Dr. Kulreet Chaudhary:

Yes, our vocal cords.

Dave:

Talk to me about sound entrainment, though, and how that works. I brought up the Tibetan bell example. There may be others you know of. How does sound entrainment work?

Dr. Kulreet Chaudhary:

Entrainment is something that we see in natural systems. We see them in ecological systems. When you see birds flying in formation, that's a form of entrainment. It was kind of first studied when pendulums that were in the same room would eventually entrain and start swinging together, even though their frequency initially was different. It's just a way of nature and biology saving energy.

Dr. Kulreet Chaudhary:

Natural systems can become entrained by different things. Sound is one of the things that helps to entrain the brain in particular, especially rhythmic sounds. That has a very specific effect on the brain. If you've ever studied brain physiology, the brain is a very rhythmic organ. It generates a lot of different frequencies, depending which state it's in. Instead of just waiting for your brain to generate those states and then the resulting electromagnetic waves, you can actually generate those states using external stimuli like sound.

Dr. Kulreet Chaudhary:

You talked about the Tibetan singing bowls, or if you've ever heard Buddhist monks chanting, or for me, I, in India, am exposed all the time to the different ancient Sanskrit and Siddha [inaudible 00:48:55] mantras. They are enunciated in a very particular way. They are chanted in an extremely rhythmic way. Some of the oldest mantras, some of the oldest sounds in South India, when you analyze them, the only other place in nature that creates those kinds of sounds are actually bird songs.

Dr. Kulreet Chaudhary:

There's something about this rhythmic way of using chanting and different mantras, that has a very specific effect on the brain. The brain is actually, when we look at the effect of it, you can tell that it's actually made to respond to sound in this way. These are the parts where I look at the things that we're trying to do, and we're so much effort into it. If you understand just your basic biology, if you understand the brain's biology and understand that it responds to sound in a very predictable way, we would not have to do those 30, 40 years of meditation in a cave. We can introduce the technology that would fast-forward that.

Dr. Kulreet Chaudhary:

Then maybe, if we saw a society that did that, in 30 years, or now that we're both going to do this anti-aging [inaudible 00:50:07], in 150 years, when we have this conversation again, I'm going to say, "I told you we were subhuman." Because all of a sudden, we will be unlocking aspects of our brain that we didn't even know we had access to. I can give you a specific mantra that is really, really helpful for aligning all of the centers in the body. When you include things like that-

Dave:

What is it? Can you share with everybody?

Dr. Kulreet Chaudhary:

Absolutely, yes.

Dave:

Sing it.

Dr. Kulreet Chaudhary:

This is a specific mantra. It's a very, very ancient mantra. I believe it's one of the Siddha mantras, and it's for every major energy center in the body, which is known as a chakra energy system in the East. I'll just sing it for you. (singing) I'll email you the information about it, because each one of those sounds actually corresponds to a different energy center. So when you do that, with the focus on that energy

center, you actually enliven that particular area. As you do it on a more regular basis, your energy state of your body actually shifts.

Dave:

Okay. I'm going to do the magic of editing here. You're listening to the show right now. We're going to play that loop back for you. This time I want you to do what I did. What I did there is I just tuned in, how are the different parts of my body feeling right now? There were definite shifts that I was feeling, at different stages of that. Listen to this from a very just not even the sound, as much as what is my body doing right now? Look at your gut, look at your heart, look at your throat, look at your forehead, and just see if something is there. We're going to play it again for you right now.

Dr. Kulreet Chaudhary:

(singing)

Dave:

When I had a really advanced yoga practice, again, before I had kids. They tend to suck your yoga and meditation right out of you. I did a lot of chanting in some of the classes, and it took me a very long time to remember any of these mantras. They're just non-words. I don't have a picture in my head to assemble them.

Dr. Kulreet Chaudhary:

They're just sounds, right.

Dave:

How do you remember a mantra like that?

Dr. Kulreet Chaudhary:

You repeat it. It's how you remember anything. When I was first given this mantra, it was really in the setting of, "This is the mantra that resets the whole body. This is the mantra that can reset DNA." I mean, this is a very, very powerful mantra. I was given it with the request of, "Go and share this with people. This is a very, very strong and healing mantra." Yet because it's balanced, because you're doing all of the energy levels, it's not going to leave you kind of topsy-turvy, which if you overdo only one particular energy center, it can actually leave you very ungrounded.

Dr. Kulreet Chaudhary:

When I first had it, I wrote it down. I would just read it until I had the sounds memorized, and then I would chant it out loud until it became so natural. Then once I had it memorized, then I would start to associate it with the different energy centers, the locations in my body. Now, as soon as I do it, I can feel those energy centers just light up like a Christmas tree. I mean, it's so automatic now.

Dr. Kulreet Chaudhary:

It's like anything else, when you're entrained to do it, your body just goes ... Any athlete, as soon as they start lacing up their shoelace, their blood pressure changes, their heart rate changes. It's the same thing for chanting. Once your body knows what's going to happen with the chanting, it starts doing it the minute you utter it, but there's a process to that.

Dave:

You write, in *Sound Healing*, you talk about Nāda yoga, which is a Vedic practice just about sound, but there's four levels of it. I think listeners might appreciate it if you walked through what are those four levels and why should we care?

Dr. Kulreet Chaudhary:

Let's just first of all back up, about what Nāda yoga is. Most people, when they hear yoga, they think of yoga as in like yoga positions, right?

Dave:

Yeah, it's a practice.

Dr. Kulreet Chaudhary:

Yoga actually means union. Asanas, which is actually the yoga that most people do, that's just one aspect of the science of yoga, or the philosophy of yoga, that helps you to achieve union. When we say Nāda yoga, it's the type of yoga where you are united again with yourself. You pierce those five sheaths to become reunited to who you really are, through the use of sound.

Dr. Kulreet Chaudhary:

My husband is actually a Nāda yogi, and this isn't a position you apply for. This is something that he was gifted, through his practice. Which means somebody who has now united with sound in such a way that it can be used as a tool, to penetrate tissues, penetrate thoughts, penetrate anything that is vibratory in nature.

Dr. Kulreet Chaudhary:

When we talk about Nāda yoga, we're talking about the different levels of sound. Oftentimes, we don't think about sound as actually having different dimensions to it. There's the audible sounds. We're talking, that is a form of sound. Then there's the sound that is a whisper. A whispered sound does have a different effect than the audible sound. Then there's the inaudible sound that you're still able to hear inside of your mind. That's what you do when you're reciting a mantra. Then there is the transcendental sound.

Dr. Kulreet Chaudhary:

The transcendental sound is sound that is perceived beyond our typical organs that are able to capture sound. This is essentially just a doorway into different levels of experience that are now beyond the senses. I know this is started to sound very kind of, "Okay, this doesn't make any sense." But we're not just our sense organs, as we see them. We have inner senses. Just like people can have visions with their eyes closed, you can experience sound.

Dr. Kulreet Chaudhary:

In some traditions, it's considered celestial sounds. Sometimes people say, "I feel like I heard singing that didn't sound like singing that came from a human voice." There are sounds from other dimensions. So when you open up, you're actually able to start to perceive that sound. In some traditions, they would say that is where the sound of god comes from. Remember, many traditions talk about the word or sound being the source of creation. Was that intelligible?

Dave:

I think I get it. I have read some of these things, and people who have listened for a long time have kind of figured out that I've traveled some weird paths. Almost every creation myth has something along the lines of, "At the beginning, there was the sound of the lord, the sound. There as om. There was amen." Depending on which translation you have from that, pretty much that's universal. Even a lot of the ancient shamanic knowledge that evolved to become the Bon religion and then to become Buddhism and then was a part of Hinduism, or maybe not even then, it just branched out.

Dave:

This stuff rolled across the Siberian Plains. This is just kind of the very ancient evolution of knowledge, but they all keep saying that. So I'm going to just believe that there's probably a reason for that, rather than them just being really dumb, which is the alternative.

Dr. Kulreet Chaudhary:

Right, because we would have to be universally dumb, in different places, at different times, and have the same kind of dumbness.

Dave:

Yeah, it seems unlikely.

Dr. Kulreet Chaudhary:

We'd have to have the exact same way ... When we talk about that kind of stuff, that would be considered the transcendental sound, the sound that is beyond just the organs of perception, beyond just your ears, and beyond even your mind, because your mind is an organ of perception. When you are talking inside of your head, who's listening? I mean, it's not from your ears. The mind is also part of your organ of perception. Everything you experience, you're not actually experiencing. Your mind is experiencing it. That's the connection between the mind and the sense organs.

Dr. Kulreet Chaudhary:

But there is a level of experience that is beyond the mind, and that is transcendental sound. That is where many of these ancient mantras, the Bija mantras ... You said, "How do you remember this? They're just sounds." That is where these ancient Bija mantras come from. That is why they are the fastest and easiest route to connect to the anandamaya kosha, or that bliss sheath, because that is where they are said to originate from.

Dave:

I get it.

Dr. Kulreet Chaudhary:

If you got that, pretty much that's all you need to know. You're done. Once you've got that, it's easy.

Dave:

I mean, you can understand there's different levels. If you want to take this, and something that maybe if someone's listening is going, "Okay, I did not get that." Have you ever been to a concert and it feels different? What's going on there? Someone plays a song, whatever it is, and you have a visceral

experience that's more than the way you hear it on the radio. What's going on there? You can say, "Oh, it's because there was a crowd," or whatever, but no, there's something happening that is transcendent. You can have a spiritual experience from music. That's why we play music, right?

Dr. Kulreet Chaudhary:

Absolutely.

Dave:

So I don't think it's that hard to grasp. I get that there's structure and that someone studied this for, oh, a few thousand years, and came up with some knowledge. Great. I'd rather study their cheat sheet than have to discover it myself because that seems like a lot of work.

Dr. Kulreet Chaudhary:

No, I agree with you. That's the intention of these whole books. They are really the cheat sheets of the Siddha lineage, where some of these people, they would meditate on a concept for an entire year before they would write even a sentence, in these ancient books. We're not going to do it that way. It's not just to be interesting, like at a dinner party. The whole point is, you can take these technologies, you can take sound, you can take even just the chakra mantra that I gave today, and you can do that for 20 minutes a day. You will notice things in your life shift, in that things feel better.

Dave:

It's true. I mean, anytime you do these things for a little while, you get nonlinear, like, "Wait, hold on. Why is everything easier?"

Dr. Kulreet Chaudhary:

Right.

Dave:

A lot of my spiritual practice, a lot of my meditations and neurofeedback and all that, it's about how do you make things easier. Things? What things? Whatever I'm working on, clearly. It doesn't matter if it's personal development, or parenting, or business. It's whatever. I want it to be easier, and that's okay.

Dave:

Now, we're up against the end of the show, but I really want to know, if someone came to you and said, "Okay, you've accumulated a bunch of knowledge around sound healing, sound medicine. Give me two things that would be most impactful, that I could start doing right now, to put this to work in my life." What would they be? You only get two.

Dr. Kulreet Chaudhary:

Oh, actually, that's very, very easy. The two things would be, have a mantra practice every single day. You can use the bija mantras that I gave you today for the chakras. The other one is, don't take sound for granted. Meaning, don't yell at somebody without equating it to hitting them with a bat. When you are in a situation where you are receiving destructive sound, go and negate that effect in your body. Do not take sound for granted. When you're exposed to negative sound, do something to heal that immediately, because it is having a biological effect.

Dave:

What heals negative sound?

Dr. Kulreet Chaudhary:

Positive sound. There's so many things. They say even in relationships, that if you hear one thing negative, you have to say five things that are positive, to negate that negative. If somebody just said something really negative to you, immediately say five things positive. Or if you say one thing negative about yourself, immediately say five things positive. This is actually something that my husband and I do as a practice, because we understand the power of sound. We're not perfect, but we negate as quickly as possible the effects of negative sound.

Dr. Kulreet Chaudhary:

It's just like dropping something that is acidic and is going to burn your skin. You would immediately alleviate that by putting aloe vera or coconut oil, something that would heal it. So do not take sound for granted. Always make sure that if you're exposed to negative sound, that you're doing something immediately, or on a regular basis, to heal the impact of negative sound.

Dave:

How long do you have to practice a mantra for it to work?

Dr. Kulreet Chaudhary:

There's something kind of magical about 20 minutes, that carries that through pretty much your whole day. That's been my practice. I do two different mantras. I do the chakra mantra every day. To me, that's like taking a bath. It's like taking a bath for all of my chis, not just my physical chi. That incorporates cleaning all of my chis, so I do that. Then I have another mantra practice that's specifically with the mantra that I was given. That's my daily sound practice, and each one is about 20 minutes.

Dave:

Dr. Kulreet Chaudhary, your book is Sound Medicine. This was a fantastic interview. Thank you for going to the weird places and sharing what you're actually doing with listeners. I think it's fascinating.

Dr. Kulreet Chaudhary:

I really appreciate that you are doing this, that you are taking people to some of these weird places, because eventually they're not going to be weird.

Dave:

We want to be there first. That's what biohackers do. We want to be able to take advantage of them because I like to think people are as lazy as I am. Which is, why would I want to do it the hard way? There's no moral superiority to suffering. Let's get this work done, and let's have extra time and energy at the end of the day so we can do fun stuff. So I think that if anyone listening, say it goes from three hours to 45 minutes, that's a win.

Dave:

Your website is drkulreetchaudhary, and if you guys aren't familiar with how to spell names from India, it's D-R, K-U-L-R-E-E-T, Chaudhary is C-H-A-U-D-H-A-R-Y, dot com. Of course if you go to daveasprey.com,

we'll have show notes, transcriptions. We'll have the mantra there, and we'll have links to her website, as well. Thanks again for being on Bulletproof Radio.