



The Athena Wellness Podcast
Episode 057 – Ayurveda, Yoga and the Art of Being with Joe Rich and
Victor Briere, A.D.
July 25, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:29

Hello and welcome to Episode 57. Thanks so much for joining me.

Our guests today are Victor Briere and Joe Rich, co-founders of the International Institute of Ayurveda. You may remember Victor from Episodes 39 and 40, where we discussed his in-depth, individualized consultations aimed at identifying the underlying root causes of wellness imbalances and how to support the body as it restores itself to health.

Joe is a longtime practitioner and teacher of Kundalini yoga, has a degree in healthcare management, and a background in counseling emotionally disturbed inner city teens, running group homes for at-risk youth and working as an epidemiologist for the CDC.



These days, Joe's goal is to assist people in applying consciousness in everyday life and transforming the love of power into the power of kindness.

We cover a range of topics including:

- The interconnectivity between Ayurveda and yoga;
- The role of meditation in connecting with our inner wisdom;
- How intuition and surrender play a role in our wellness; and
- The concept of "We're All One."

We end this episode with Joe sharing what's lighting him up these days, including an offer he's extending to the listeners of this podcast. And as always, I'll put links to those items and Victor and Joe's contact information in the show notes.

And now on to the show. I hope you enjoy the conversation.

02:23

So Victor and Joe, welcome to the Athena Wellness podcast. Thank you so much for being here today.

Joe

Thanks for having us.

Victor

Thanks, Kathy.

Kathy



So our listeners have been introduced to Victor and know his backstory. But Joe, you have had quite a fascinating journey. Could you share a bit about who you are and what you do?

02:45 Joe

Well, you know, for all the things I've done, I'm still so young... (laughs)

Well, for the last 22 years I've been teaching and studying Kundalini yoga. So then we opened up our Ayurvedic center. So we've opened up a couple. So that's been the main focus the last 22 years, yeah, 22 years, the Ayurveda has been the last 10 years.

And then previous to that, you know, way back when I was young, I worked with emotionally disturbed teenagers in various settings. And then I went and became an epidemiologist with CDC. So I worked in clinics with epidemics. So I would be big right now, if I was still in the biz, I'd be working with COVID.

03:31 Kathy

When I saw that in your bio, you know, the CDC can't be more steeped in Western medicine.

Joe

There you go.

Kathy

So I'm curious. What would your counsel be to them today with the eastern perspective you now have?



03:45 Joe

Yeah, yeah. (laughs) Well, actually, you know, it was a progression. It made me start looking for Eastern. We basically just gave out pills. I mean, we just gave out penicillin for all kinds of infections and things – that's what we're dealing with, right, epidemic. Epidemics or you know, a lot of infections. So, it was just a lot of that and wasn't really practicing medicine, I wouldn't call it that. I mean, we diagnosed and then dished out the antibiotics.

So that's why I started with my own personal life. I started looking for it and read some books you know, this is way back now, back 40 years and started finding alternative stuff. Ayurveda was one of them and yoga was another. So practicing it all on my own because there was no such thing in America back then.

Kathy

Right.

Joe

Even trying to find organic foods. I became a vegan at the same time as I started all this and just even trying to find organic foods was tough. And I learned a lot.

So I just kind of self-taught myself and taught myself Ayurveda at the same time. And yeah, then as I aged things happened. People, doctors started showing up and I met a doctor in Kauai and actually used him as Ayurvedic doctor, and we're still friends to this day.



And you know, it just kind of evolved really. It wasn't hard - my mind accepted it easily, my body accepted it easily. I just didn't have many resources but now it's easy.

Kathy

And how did the two of you meet?

Joe

Victor came into my yoga class about 11 years ago, 10 or 11 years...

Victor

Twelve now.

Joe

Twelve, yeah, And then we just became, you know, friends.

Kathy

Mm hmm. All right, the rest is history.

05:35 Joe and Victor

Yeah, the rest is history.

05:37 Victor

I was looking for a career change. I was in my 20s. I had been practicing yoga, but I had never heard of Ayurveda, which is one of the funny parts about yoga in the United States. It's yoga, yoga everywhere, or at least, asana, asana everywhere. But no mention of Ayurveda, which is like inseparable from yoga.



So Joe was the one who introduced me to Ayurveda, and he introduced me to, said, "Hey, check this out" and there's a documentary. If anyone's interested, it's called Ayurveda: Art of Being, which is a fabulous documentary about traditional Ayurveda. So don't think you're gonna walk into an Ayurvedic clinic in the West and get that experience. But it's a very good representation of the spirit of it. And I watched that and I was like, "Oh, yeah, this is, this is the juice. This is where it's at."

06:27 Joe

That's cool, that documentary is cool. I mean, you gotta, you know, you got to be in the India frame of mind to watch that documentary. But it's cool. It's fun. It's fun to watch.

06:37 Kathy

It's funny, the image that just came to mind, the last time I was in Delhi, in the airport, there's a sculpture of sun salutation, right?

Victor

Yes, I know what sculpture you're talking about.

Kathy

Yeah, the only one in the world that I've ever seen, you know, in all the airports that I've been in; it's quite striking. For our audience, who may have a high level understanding of some of the things that we're talking about, can you speak a bit about the interconnectivity between Ayurveda and yoga? Let's go a little bit deeper, what's important for our listeners to know?

07:11 Joe



Well, I always like to say this, Ayurveda was created because the yogis used to throw you out of balance. You go into a yoga class, and of course, you know, the yogis back then, it wasn't all about just doing asanas and stuff - they used to mess with your head, right? Because they tried to get you to go get off your ego and your, you know, just your way of thinking to try to open you up to consciousness, they would throw you out of balance, they get your Pitta too fired up, they get your Vata too airy, they get your Kapha, you know, going.

And so they kind of invented Ayurveda to put you back together. So you go to yoga class, and you have to go see an Ayurvedic doctor, get you back together, you know? So that's kind of why, that's the fun story I like to tell. Victor can tell you probably more of the truth.

But I do find it to be true. I do find that to be true that a yoga class with a teacher that's going to challenge you and challenge your consciousness is definitely going to upset you a little bit at times. Because you know, you get started going inward and looking inward, you find out you're not as perfect as you thought you were. And so that'll whack you out a little bit. So then here comes the Ayurvedic doctor to put you back in balance. So that's Victor's role.

08:25 Victor

Yeah, it's a team effort, certainly. And there's a lot of correspondence in some of the ancient history, correspondence between yogis and Ayurvedic physicians, which were called vaidyas back then. Because remember, they didn't have to go get a certificate or anything, it was just the person who knew what they were doing.



And it's like, "Okay, I'm going to send one of my students to you, because this, this, and this happened." It's like, great. And so there was a commingling there and an intentionality behind that about how to really help someone not just physically but spiritually, because at the end of the day, those two things are not separate. So it's very different than the way we look at it now. Yeah.

09:04 Kathy

You've mentioned the doshas. Can you speak a little bit more about that, again, our listeners may be a little unaware of what that is, and what that means to both yoga and to Ayurveda.

09:16 Victor

Dosha literally means "that which can go out of balance." And if you go online, and you type in, "What's my dosha," you'll find all these quizzes. Don't take them. They're going to ask you to assess yourself. And inevitably, you're going to assess your own imbalance. And then you're going to come out and your constitution at its heart is going to be something like Pitta. But you're going to say, "Oh, I'm a Vata - the quiz says, I'm a Vata." Why? Because you answered all the questions as your imbalance.

So it's like, "Do you find that: your mind races, is medium speed or is sedentary?" It's like, "Oh, it's racing all the time." And then at the end, it's gonna say, "Well, you're a Vata." It's like, "No, that's not true. That's your vikruti, which means imbalance. Your prakruti is your balance.

So the doshas are Vata, Pitta and Kapha. And what those are, in brief, I mean, this is in a nutshell, but they're biological forces that unite our bodies with the natural forces.



So Vata deals with movement, primarily how anything moves in your body. Pitta deals with the transformation of one thing into another. So think stomach acid, it breaks down food so that it can be used to transform into tissue later. And then Kapha deals with the growth of tissue and how tissues bond and adhere. And it creates structure and resilience.

We all have all three in our bodies playing out at all times. But we have different proportions - we're all a recipe, we have a recipe, and not everyone's created equal. So some people have more Kapha, some people have more Pitta, some people have more Vata.

And these doshas are great because they go around and they're circulating through our body at all times. And they're determining how our body is going to function with a certain type of intelligence. And they're constantly adapting to the millions of inputs in our environment, at any given time, thank God, because if we had to do that ourselves, we could never keep up.

But that same adaptability makes them liable to fall out of balance. So like within yoga asana, there's a point where it's "Oh, I'm very flexible," and that's great. But if I get too much more flexible, I lose strength. And vice versa, if I'm not flexible enough, I lose flexibility. And I become rigid, and then I become brittle. And then I can't bend. So I break.

And the same thing's going on with these doshas. And we're always, the doshas are always seeking an equilibrium with each other inside our own body, in relationship to the environment. That's why they're so important.

12:02 Kathy



So there seems to be this optimal place that we just move in and out of just like anything else in life, right? It just seems to, depending on what's going on, can influence and depending on how we take care of ourselves can be factors in moving either way, in balance or out of balance. Is that fair?

12:21 Victor

Yeah, absolutely. And what we eat influences, when we sleep influences, every thought we have influences our doshas, our relationships influence our doshas, everything influences the doshas, which means that everything influences our body.

12:37 Kathy

Mmmhmm. Joe, getting back to some of the yoga. We've said yoga in general, but you, in particular, practice Kundalini yoga. Can you speak to the difference between Kundalini yoga and what people may think of when they hear the word yoga, the other practices?

12:54 Joe

Yeah, well, you know, they're very similar. I mean, the asanas are similar. The breathwork, the pranayama are very similar. You know, there's different names for the same things. Like we call Rapid Fire, other people call it something else, it's, you know, Warrior pose, it becomes Archer pose. So a lot of the stuff's the same.

But here's the thing that they say - is that Kundalini yoga causes your Kundalini energy to rise much quicker. It's much more focused on that particular thing. So if you're, you know, pitta, you will love Kundalini yoga, because it gets you that quickly. And that's what they want, that's what Pittas like.



So the whole idea is to get your Kundalini to rise, then stimulate your pineal gland. And, you know, open up your 10th gate, or open you up to what, you know, what was called "the bliss." That's the idea is that to get the Kundalini to rise up the sushumna and stimulate the pineal gland, and so they, the asanas that you practice, in the breathwork you practice, in the mantras you chant, in the mudras you do and all of that, during Kundalini yoga class, just gets it there faster, it's more stimulating than other types of yoga. So you know, fit your personality, as Victor was just talking about, your personality type. So if you want to, if you like to go hard and fast, Kundalini yoga is your thing, if Hatha is a little bit better for the slower, but if that's your style, that's your style.

14:22 Kathy

So yoga, in general, is more aligned with Ayurveda - it doesn't have to be a particular type.

14:28 Joe

No. Absolutely, yoga, you know, the word yoga just means to yoke yourself with your divinity, to your divineness. So however you do that is how you do it. Yeah, and that's ultimately where yoga is supposed to take you.

I mean, you know, it's great to have a flexible body, but it's Joseph Campbell's, you know, Hero's Journey - yoga is part of the hero's journey. It's about bringing yourself to self-awareness and consciousness. And sure, you've got to have a flexible, healthy body to do all that. And that's all good. But ultimately, you know, you want to have the experience of awakening or consciousness and then return to the village and serve the village with this new awakened consciousness that you have.



So, you know, the idea behind yoga was always to make you a better person so that you could serve society in a much more conscious way. I don't know a better time to be doing that than right now. We better get ourselves together.

15:29 Kathy

You speak a lot about these individual journeys, right? So it's not, Victor to your point, you can't get online and take a test. And there isn't one right way, that there's all of these combinations depending on your own constitution, your needs, your imbalances. Can you speak to the role of meditation as a way for someone to connect with their own inner wisdom since that individual journey is so important?

15:54 Joe

Yeah, well, you know, that's what it all comes down to. Again, the asanas were created much later on in yoga. Yoga was practiced for 1000s of years without asanas. Asanas are created to set you up for a good meditation. That's what you do asanas for.

So, the meditation is the important part and the depth of meditation is determined by the strength of the navel point. And so having a good navel point, so you could do Nabhi Kriya, which is a set of asanas, and that'll strengthen your navel point, which will allow you to meditate more deeply. So there's the connection.

Meditation is a tricky thing in this day and age, because sitting quietly with, you know, a straight spine - that's sitting in a meditative pose, but that's not meditation. The Western mind has a lot of trouble meditating because we are so agitated and our environments are very agitated.



And our whole link to success is agitation, right? "I work 14 hours a day, I can go, go, go, I'm sucking caffeine down." You know, all that kind of lifestyle, you're not going to be able to meditate.

So to meditate, you have to change your lifestyle. And again, I'm not saying this for any reason, personal reason, but animal proteins are very stimulating. They stimulate your adrenal glands because they're very acidic. They're hard to digest. And so it makes it very hard to be in a meditative mode when you're eating those kinds of foods.

Victor could tell you more, like what time you eat and all that's going to be important. You definitely don't want to be ingesting caffeine or nicotine, of course, that's totally out of the question, any of that kind of stuff, so that your adrenal glands are down, your breath is slow and deep and all of that and your mind is quiet, then you go into meditation and even go deeper.

So what are you looking for? Well, you know, most people are not going to experience what I was talking about earlier, where you're going to have some sense of tapping into the bliss. You're not going to have your Kundalini rise and stimulate your pineal gland. That's what the yogis were after.

But you certainly could get quiet enough where you start to be able to tap into your intuition, rather than just your rational mind. Our rational minds are more subject to the ego, to fear, to worries, to anxiety, whereas intuition is often called the Voice of the Soul. So that would be a much better place to be living your life from and making decisions from and relating to one another and communicating with one another from - that'd be a much better place.



So when you deal with it then, you get into the thing like Victor would, with a Vagus nerve. That's what the parasympathetic state is. So when meditating, you want to bring yourself into a parasympathetic state and then start dealing with the world from there, but you can't stay there. Because sometimes you've got to get going, you got to go do something that throws you back in your sympathetic state. So I'm not saying live your entire day in a parasympathetic or meditative space. But a couple hours a day would be nice.

19:12 Kathy

How do people start to move in that direction? It feels like there's an opportunity now, because the world has quieted down just a bit. So what might be some first steps?

19:24 Joe

Well certainly sit in a pose. You want to get your back straight so that the energy can rise up the spine. So just sit in a pose and get used to it and get your body used to it, get your back muscles strong. And once you accomplish that, then you can - don't worry about the fact that your mind is very active, have the thoughts and just let them pass through you as if they're water running over a rock. But don't get involved with them. Don't start thinking your thoughts, just let them run.

I would say, at the beginning, it's good to play some kind of mantra, it kind of helps quiet your mind. Anything will do as long as it satisfies you, you know, as long as it gets you there, that's what's important. You can always use the mudras, you want to do your mudras with your fingertips and just get used to the feel of it, get, just get used to it. And relax, don't judge yourself. It's not going to come that quickly. You've been living in a world that lives in the opposite direction, up until now.



So be patient, give yourself some time, sit in a quiet room with little distraction or no distraction. Just get used to sitting, just get used to sitting and see what happens. And then you can start working on the breath and getting your breath down to two breaths a minute, three breaths a minute. That's pranayama. It'll all come, you'll get there. Just have fun. You know, if it's not fun, you won't do it.

20:48 Kathy

There seems to be a role of surrendering, right? As you're speaking, I'm hearing, there's this feeling of call and response, of taking action yet allowing. You know, for Ayurveda, trying something new but listening to how the body is taking to it. What role does surrender have in all of this and in learning something new, like meditation?

21:10 Joe

It's pivotal, because - that's a beautiful way of saying it - you've got to, you've got to surrender your mind. And if you, I mean, people literally are afraid to let go of the agitated mind. They don't know what would happen to them if they quit thinking.

We are addicted to our thinking. And we think that our thinking is what's keeping us safe. And we think that our thinking is what's keeping us influential in the world, you know, that's all mental. And then, you know, most of us make our money that way.

So the thought that we'd ever become mindless and surrender - in the West, that is tough. Because "surrendered" is considered weak, it's considered failure. You know, you've lost the war, "I'm surrendering."

And most Westerners would even use the word submit, they would say, you're submitting. No, I said, surrender. Well, it's the same thing. It's like, no, it's not, not at all.



Surrender is a choice. It's a choice to let go, to let go of the mind and risk what happens in that moment when you bring awareness to yourself. Because the mind is no longer telling you what to do. Now you're free to create your own reality,

The surrendered mind, when you've done the work to truly surrender the mind, and like I said, get in touch with the intuition, you can now create your own reality, in relationship to what's around you.

So you can start creating relationships better, you can start creating communication better, you can start definitely creating a way you make a living, be more fruitful, you can make those kind of instant changes in your life. And it all goes back to what you said. Can you surrender the mind and allow?

23:16 Kathy

Yeah, I think about this surrendering as if you're handing the reins over for a bit. I think where people may get tripped up is this idea of, well, then what do I do with my surroundings? Because there's that tension when it first starts. And you're trying to live from a different place. You're trying to live from your heart, not from your head. But that's not what you've surrounded yourself with. And it takes a while to make some of those changes. And I think that's where there's that kind of one step forward, two steps back kind of a feel.

23:49 Joe

You bet. I totally agree with what you're saying. And it's very difficult to live in that kind of slower, more meditative, conscious space and then put all kinds of judgment on that. And people think success is tied to being amped up and being willing to do, you know,



twice as much work then you should to keep, you know, that you feel yourself so out of balance. Pretty soon the body starts to break down. What's the saying, Victor, about Westerners who make all their money and then spend it all the last 20 years of their lives on their health?

24:25 Victor

Yeah, they sacrifice their health to make a bunch of money so that they can retire comfortably. And then when they retire, they have to spend all the money they made recovering their health, which they never end up recovering.

24:36 Joe

Yeah, and we see it in the clinic every day.

24:38 Victor

Yeah. And I see a lot of times, I mean, we're getting into the deeper waters, which is great because it's necessary. But you know, a lot of times, people, they come in with an initial impulse of the desire to heal, but when they wake up to the reality of what they would actually have to change to heal that and it starts to threaten their intimate relationships...

I see it time and time again, a spouse coming in and saying, "Oh, I can't do that." "Why?" "Because my spouse will never, they'll divorce me." And they're being serious. They're not making that up. It will create so much pressure and so much conflict in the relationship that it's like, "No thanks. I'll just keep the habit and take my chances." Especially with things like alcohol and, you know, meat.



The point is, if I make a change and my relationships come under threat - am I willing to go through that change? And that's the real hard stuff that creates barriers to healing. That you have to be ready to at least attempt because sometimes it doesn't turn out all bad, and the other person gets benefited by your change. But then sometimes the fear comes true.

25:46 Kathy

Yeah. Speaker Rob Bell once said, it was a mentor that gave him some words of wisdom as he was getting more successful in his career. And it was something to the effect of, "Whenever you gain something, you lose something." That's just the way it goes. And so yeah, wonderful thing, but something drops away. And I think that's the choice, whether people realize it or not, it's that intuitive choice of, "I know, this is going to play well, or it's not. And I need to choose whether or not I want to walk down that path."

26:21 Joe

Amen. Yes.

Victor

Definitely. And so that's, you know, a lot of Western medicine, we all like to say, "Oh, the MD did this wrong or that wrong, or the system is so messed up." Which, okay, sure, there are problems with every system. But when we look at ourselves, it's like, "Yeah, but whether I know it or not, I'm asking for that. I'm asking for the easy pill. I'm asking for the surgery that means I don't have to change anything else about my life." And as a culture, we're asking for it. And so we're the consumer. And so someone's just supplying it.

Kathy



Supply and demand.

Victor

Yep. And I think that's where a lot of deep healing can happen when we really get to that layer within ourselves. It's like, "Okay, how am I going to make changes on that level?" Because that's what it's gonna take. This isn't going to be a pill or, these days, it's like, "Take this herb." It's not going to work. And so, don't think it will and we can skip that step. The Pitta in me says, "Let's get to the bottom faster."

27:19 Kathy

Exactly. Yep. And you are a proponent of small steps. It's like it doesn't have to change overnight, right? And in fact, that's a part of the philosophy, right?

27:30 Victor

It does not have to change overnight. Your mind can change overnight, but the body will take some time. But the spirit is there the whole time. So that's really what you're dealing with is, "Do I have the spirit to heal? Do I have the intention and the will and authentic will to heal?" And that is not something time bound.

So yeah, it might like you said, it might take time for changes to unfold. But the desire is there and then you communicate with someone who's going to help you on that journey. But if you abandon that desire, that spirit, then you'll notice that what you're comfortable with will snap back into place very quickly. So you might spend two years trying to change everything, but then it's like, "Oh, I give up," and then bam, you're back in where you started, like lightning, because those grooves have already been created.

28:22 Kathy



You gentlemen like to use a phrase that is, “We are all one.” What does that mean for you personally and for your clients?

28:32 Joe

Oh, that's my favorite. You just asked my favorite question. So in Kundalini yoga is Ek Onkar. So obviously, we cannot be one in the body. But okay, so what can merge? Well, the soul can merge. That's what can merge, two can become one, right? And that's taught through every religion. Every religion has some talk about that, about us all merging into the oneness. You can call that the Universal consciousness, the Collective consciousness, the God consciousness. But it's all, they're all pointing in that direction that the ultimate goal is to merge ourself into the one consciousness.

Well, so what are we waiting for? I don't get it. It's like, “Okay, let's go, let's go do it.” I don't, I don't want to spend my day pointing out the differences between me and you, Kathy. I don't want to. I want to sit with you and talk about the similarities and how you and I can merge our consciousness and our souls.

Because I don't care about anything else. I don't care about the color your skin, the sex of your body. I just don't get why people are so obsessed with this stuff.

Victor

Because I don't like that guy.

Joe

Yeah, I don't like that guy. I don't like that brother of mine who reflects exactly the parts of me I don't like. (laughs)



So whatever, It'd be beautiful man, come on, we could do it. It's just a choice. We could all tomorrow, just decide to treat each other truly like the brothers and sisters that we all love and cherish. We really should just adopt that philosophy of treating each other like we want to get treated. As long as we want to treat ourselves well.

Everybody keeps wanting to point out our differences. I don't want to. I want to point out our similarities and genetically what we're all like 99.9% the same. There's like no difference between a man and a woman. There's no genetic difference between skin colors, right?

Victor

It's like so miniscule. I mean, it's ridiculous.

Joe

I don't even think you can measure it or something crazy like that. And yeah, look at - we have a whole society based on those two things, right? Our patriarchal culture over the matriarchal culture, a whole racism that we've been experiencing like crazy lately with all the shootings of these young black men and by our police officers in the Black Lives Matter movement. It's like, yeah, Black Lives Matter, of course they matter. Let's stop it. It's our brothers, man.

You know, it's like this. It's just gotten. I don't know, I grew up in the 60s and 70s. It just seems too crazy for me right now. It's like, what happened to that spirit? I'm not saying we pulled it off in the 60s now - everybody got lost in LSD and free sex.

Kathy

Yeah, they were other distractions.



Joe

Yeah. Too many distractions of the mind. Yeah. I'm cool with that. But yeah, I'm just saying like, why can't we get back to you know, come on, Dr. King, you know, Mahatma Gandhi. We, you know, the whole the whole Gloria Steinem and the whole feminist movement. And we've been here, why are we going back? And why are we stuck again? We've already been here. We've already talked about stuff, the racism, we've already talked about. Stop viewing your sister as a sex object and all that, like, come on. Do we need to do this all over again? Can't we just say, yeah, yeah, okay, let's go. Like we've had this conversation, that happened in the 60s and 70s. Why do we need to do it again?

32:15 Kathy

Do you think that there's a potential for this being a wave of the next wave to come? So I was born in the 60s and I don't remember back then. But I do, in studying history, it seems like there was all of this horrible turmoil. It's like somebody turned over the compost pile. We saw all his ugliness. And then when I came along, and you know, my coming of age in the 70s, there was this sense of like, I had opportunities the generation before didn't. It feels to me like we're at that inflection point again. And perhaps we're seeing all this ugliness to get us to come together to do exactly what you're saying, Joe.

32:54 Joe

Yeah, yeah. Yeah. If that's what it takes, that's what it takes. But I just, I've never been a believer that you have to have ugly to appreciate beauty. Now, like, I'm not saying that isn't true. I'm all about the Yin Yang. But, you know, I can walk out in nature and look up and go "Wow, that's beautiful." I don't need to look at some ugly right before I do that to get it.



Kathy

That's a great point.

Joe

Yeah. Beauty is beauty, man. And I know for sure from just like, you know, when you feel close to somebody. Like I played a lot of sports in my youth and stuff, when, you know, as a team, when you win something and you go and you're in the locker room, you're hugging each other. Man, your body is just radiating with energy, it feels so good to have done that with other people. And you feel so close, you know, it's like, you couldn't feel any closer at those moments. It's like you love that person that you are on the team with and it doesn't matter the color of their skin or anything like that.

So I know we can experience - we don't have to, we don't have to feel pain to experience that pleasure of coming together. We don't have to. We may keep choosing to, but we don't have to.

And like I don't even know you but I'm sure you and I could go for lunch right now and have a great relationship. Why not?

Kathy

Absolutely.

Joe

Why would we not have it? But that's not what people think. It's like, "Well, I don't know you, can I trust you? I can't be vulnerable in front of you." Okay, well, look at where it's gotten us in this divided country, we all speak poorly of one another.



So maybe that philosophy isn't right. Maybe we should learn to just trust and be vulnerable upfront, and yeah, every once in a while you're gonna get hurt, like, okay, so what, you know, move on and keep going. But like, I don't think so. I think you and I could go have lunch and talk about anything we want. And I'll bet we'd come out of the lunch liking each other. So I don't think we're gonna get hurt.

Kathy

I'd take that bet.

Joe

Yeah, I'd take that bet.

34:56 Kathy

So we'd like to wrap up these episodes on an up note and share with the audience some things that are keeping you inspired, Joe. So is there anything that...

35:06 Joe

Yeah, I'll put something out there to all your listeners. I did this on a couple of different podcasts and I'm going to do it with this one because this really does uplift me.

I can do yogic numerology. To all your listeners - if they want their yogic numerology done, I'll do it for free. Victor will give you the email. I need your birthday, your birth month and your birth year, not your time. This is not astrology, this is numerology. If you'll send it to me in an email, I'll do your numerology. And I'll give you a little brief email response back. It'll be very general and all that stuff. If you want more specific, you'll



have to ask me questions. I'll be happy to do that. I'm not putting a limit here and I don't start charging money halfway through it or anything goofy - this is not a come on.

Actually, I've done about 40 in the last two weeks because of the podcasts, and I'm getting such a kick out of it that when you asked me that question, that's my answer. It's turning me on right now to do a bunch of total stranger's numerology.

36:09 Kathy

Okay. All right, that sounds wonderful. And then Victor, it's over to you then to tell people how to get in touch with you.

36:16 Victor

Okay so, www.iiayurveda.com That's the easiest way. All our contact information is there and so on and so forth. You can send an email to reception@iiayurveda.com for the numerology thing.

We also just did, it's also free. It's like a mini course that we put together on mantra and mudra. So if anyone was like, "Oh, I want to start a mantra mudra meditation practice." If that sparked anyone, then just email us and I'll send you the link to do it. Again, no cost. I'm not going to try and upsell you, or anything like that. I mean, maybe I will later but not for a long time, right? You'll forget. (laughs) You'll forget. So it's all good. And it's really easy to get a hold of us. Yeah, we want to merge.

37:06 Joe

Yeah, we want to merge. We're really friendly. We're like really easy-going and friendly.

Kathy



And I got a lunch invitation. So it's all good.

Victor

Yeah. You got a lunch invitation and don't think we're letting you off the hook.

37:17 Joe

And I'm a chef. Not only will you get lunch, I'll cook it for you.

37:22 Kathy

All right. I'll tell you, I've got my van. I gotta point my van westward. California here I come.

37:31 Joe

Well if you don't hurry up you'll need to point it in a different direction because I'll be in Italy in six months.

Kathy

Different vehicle.

Joe

Different vehicle, but you're welcome to come hang out with me in Italy.

37:44 Kathy

Wonderful, wonderful. Alright, gentlemen, I really enjoyed the conversation. I can't thank you enough for joining me. It's much appreciated.

Joe



Thank you. Thanks for having us.

Victor

Thanks, Kathy.

37:59

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!