

Estelle Bingham 0:00

I'm Estelle Bingham. And this is the love purpose connection podcast. Thank you so much for joining me on this journey of exploration into what I believe are the secrets of a good life. Now more than ever, when everything is shifting, uncertain, upside down, and quite frankly, a little bit inside out, the secret of life is just three things. The secret is love, purpose, and connection. But knowing the secret is really just the beginning of the journey. You need to know how to find those things, how to protect and how to grow them.

And that's where this podcast comes in. Here on love purpose connection, I want to explore how to discover and really develop the secrets of a good life. I'm a holistic therapist, and healer. And I work with people every day, from all walks of life, who feel stuck, lost or out of balance, feelings we all recognize. I helped them inhabit their lives in a new way, feeling a very real sense of positivity, empowerment, and hope. And so over this series, I'll be sharing frank, inspiring, sometimes raw, often joyful conversations with a different guest each time exploring their relationship to love, purpose and connection. Some of the people I've worked with, and others have informed and inspired my own work. But together we'll be exploring just what those three words really mean. And also crucially, how you can discover and develop them in your own life. Today, I'm talking to a bit of a legend, one of the most experienced and sought after Transcendental Meditation teachers in the world. Bob Roth, tm, if you haven't heard of it was first developed in India in the 1950s by Maharishi Mahesh Yogi. Bob himself has taught tm to 1000s of people from Hollywood celebrities like Oprah Winfrey and Jennifer Aniston to combat scarred veterans and inner city youth. He currently serves as a CEO for the David Lynch Foundation, a nonprofit organization working with communities most at risk of trauma and stress. I myself have practice Transcendental Meditation since I was a child. My mom learnt in the 60s and I learned tm when I was seven years old. So I really wanted to find out who Bob Roth really is. I wanted to reflect on the practice in more depth, and discover how it can affect our feelings of love, purpose and connection. So welcome, Bob.

Bob Roth 2:37

Well, I am very happy to be here Estelle.

Estelle Bingham 2:40

Well, I'm over the moon..I'm loving an old meditator,

Bob Roth 2:43

a very old meditator, very old crotchety meditator.

Estelle Bingham 2:46

No, I tell you what, I love Bob. It's just when I saw your face, it reminds me of John Windsor, who was my meditation teacher and ran the North London, tm center in Hackney in the 70s 80s and 90s. Where I learnt and so it's just wonderful to see you

Bob Roth 3:01

just have people your listeners you have the most beautiful smile. I mean, it just lights up a room, God, okay, let's get to what we're talking but

Estelle Bingham 3:11

let's get back to business. Okay, we'll get back to it. All right,

Bob Roth 3:13

we'll get back we'll get serious.

Estelle Bingham 3:15

Get serious. Okay, let's stay in the love purpose connection, podcast seriousness,

Bob Roth 3:19

okay. It's a deal

Estelle Bingham 3:20

Or in the joy of spontaneous being in life and exchange and in relationship. And actually, that's what tm brings into your life. Right? It brings that being present. And, you know, just deepening our relationship to who we are. And our connectedness.

Bob Roth 3:38

It reveals who we already are. It reveals that connectedness that's already there, it just gets away the sort of the muck and the confusion and the film and the dust. And then we realize, Oh, I am unified with everything and everything.

Estelle Bingham 3:50

So tell me about about this mission. But because of course, I was fascinated. You know, did you have an idea that you would be this close to humanity's sort of consciousness when you were a child? Was it something? Were you born without altruistic? Or or did it come later?

Bob Roth 4:09

I have a wonderful family. I was raised to be socially conscious. My father was a medical doctor and he volunteered at a veteran's hospital, he volunteered at a prison. My mother was a volunteer teacher at schools for children with learning disorders and physical handicaps. So I grew up with that. But I my interest was politics. I wanted to be the next Bobby Kennedy. I had worked for senator Bobby Kennedy when I was in high school. I saw him speak in San Francisco on June 1 1968. I looked around the room there were 2000 people, I thought we're gonna change this world. And then four days later, he was gone. He was assassinated and that was a devastating blow. So I went to the University of California at Berkeley in October 1968, which was you know, a cauldron of upheaval thinking I'm going to become a become a US senator. But just to tell you how I got to meditation it took me about a month to realize that politics is important, but my Dharma my path, it was to, you're never going to heal the soul of the nation with politics. So I thought education, I thought, My mom was a schoolteacher, I could learn, I could write educational curriculum, I could bring it to kids in under resourced schools,

give them the tools to make their way in the world. And so I was going to school full time working full time. But there was one guy who I knew who was so down to earth and real, and he was doing Transcendental Meditation. And I decided to learn it. And after one of my first meditations, I thought, Oh, this is the tool, I want to teach those kids. So that was June 28 1969. So it I had no idea at the time, you know, as a kid, and then it was just a path. If you want to make change in the world, it has to start from within.

Estelle Bingham 5:55

You know, I loved this, I read up that you asked the teachers "Do I have to believe in anything for this to work".

Bob Roth 6:02

I'm a skeptical. I mean, a skeptic in the sense of, I'm not a cynic. If I was a cynic, I'd never get out of bed. But there's so much stuff out there. And so many people making so many promises, and then the 16th, it was just like crazy. And so I remember thinking, if this could work, it shouldn't be based on belief, because then that's just going to limit I wasn't interested in limiting and and I wasn't interested in a new religion. And so when I asked my teacher, you know, I don't believe in this stuff. And she held up a piece of chalk. And she dropped it, let it go in her hand, and the chalk fell, fell into the palm of her hand. And she said, You don't have to believe in Gravity for the chalk to fall. And you don't have to believe in Transcendental Meditation for the benefits to come. And that was compelling. And then when I learned it, it was so easy, and so relaxing, and just a tightly wound 18 year old kid, almost like first year away, it's college, a university, angry, scared, tense, and in a war, you know, sort of protection mode, and then within minutes to have this amazing relief and release. So yeah, it was it was a big thing.

Estelle Bingham 7:09

Yeah. And it's such a huge tool, and it's such a massive gift. So I want to hear about when you got your backpack on because I've got this this image that you you get your backpack on, you're in Berkeley, and you decide to come to Europe, you get you come to Spain, which at the time is quite a big deal. And you arrive in in Spain, and you meet Maharishi Yogi who was the guy who taught the Beatles tm, how is that

Bob Roth 7:34

the thing is, his training was as a physicist, in university in India. And then he learned what he could about the deepest fundamentals of life from physics from modern science. And then he had a chance to study with the greatest scientist of meditation or consciousness, and was brahmananda Saraswati for 13 years in India, where he learned from him the technique of transcendental meditation. And so I had seen him speak in the United States in 1970, and these Nobel laureates in different sciences, and also spiritual leaders, talking about his ancient and modern truths of life. So he was my kind of guy. And so I had a chance to study with him in in Spain, and to be in that environment was extraordinary. Those kinds of minds and his practicality. And the way he saw life, it was a great experience. I just, like soaked it up and I was so inspired. That's what I've been doing. I've been teaching meditation for almost 50 years, you know, all over the world. And now the David Lynch foundation.

Estelle Bingham 8:38

Yeah, I mean, I want to talk about the David Lynch foundation. And I also want to talk about the practice just so people who don't know or understand it yet, you know, that they can kind of get a sort of eye opener have an eye opening moment, because you explain the science...it's almost been the mantle has been given to you to kind of explain a science around this effortless return to self

Bob Roth 9:00

It is a complicated thing. People people say, Well, I do mindfulness meditation, I do Vipassina meditation, I do guided meditation, I do headspace, I do calm I do walking meditation, I do Transcendental Meditation. Are they all the same? Do they all put basically, you know, different strokes for different folks, but they produce the same results. And it turns out from brain research, that they're not all the same, that we know from brain research, that distinct experiences that I have impact my brain in a distinct way. So if I watch, if I listen to classical music, it has one effect on my brain. If I listen to heavy metal music, it has another effect on my brain. So they wanted to know what happens when you do these different types of meditation and they came to three basic types. And I use the analogy of an ocean where we have choppy waves on the surface, and the depth of the ocean is silent. So the first is called focused attention. The philosophy in this analogy would be if you want to have a question Ocean, what disrupts the calm ocean waves. So stop or minimize the waves and you'll have a calm ocean. If you don't have a calm mind, what disrupts a calm mind are all those thoughts. So stop your thoughts, you'll have a calm mind. And that's focused attention is a type of meditation, you're concentrating, you're trying to clear your mind of thoughts, you're concentrating on a thought or a mantra or something. When you do that, it creates something called gamma brainwaves, which are 20 to 50 cycles per second, your brain is working hard. Second, open monitoring or mindfulness, open monitoring. For those of you who practices This is very In brief, open monitoring is still it's an interesting thing. The philosophy around open monitoring are thoughts are not necessarily the disrupter of calm. But the content of thoughts can be the disrupter of calm. So open monitoring teaches me to live in the present, be mindfully mindful in the present Don't be five years ago, be now, be in the moment.. So it teaches me to dispassionately observe my thoughts, my moods, my feelings, that creates theta brainwaves? 48 cycles per second, like a dream. So now to answer your question, transcendental meditation, but I think it's good for people to know that

Estelle Bingham 11:20

I think it's good to know the differences because that we're bombarded by so many different types of meditations. Now, you know, when you started meditating, when I learned how to meditate in the 70s, as a six year old, or, you know, people thought you were mad...

Bob Roth 11:32

you didn't even want to say the word in polite company, you

Estelle Bingham 11:34

know, you would never mention it in polite company,

Bob Roth 11:37

I want to talk about religion, no politics, or meditation.

Estelle Bingham 11:40

No. So now it's the thing. Okay, and you know, it, I think it's important to understand what is in the science behind the science of meditation. So the mindfulness is really important, we've learned that these two types of meditations can take take us to certain places, where does tm take us so

Bob Roth 11:58

tm has an interesting thing. Tm says, waves are natural to the surface of the ocean. So thoughts are natural to the surface of the mind. But the ocean has a vertical dimension. As I said, before, the ocean maybe turbulent on the surface by its nature, but the ocean by its nature is pretty darn silent at its depth. And so the same is here with the mind, the surface of the mind is the gotta, gotta gotta mind they call it the monkey mind, whatever. But that's the surface. In transcendental meditation, we don't try to stop that, like the other approaches, or those are called cognitive approaches, we don't try to manipulate that, we access a deeper level of the mind where the mind is already settled, and peaceful and calm and wide awake. It's our innermost nature, way deeper than intuition or feeling way down there, there's a level where your mind is completely settled. And when we access that effortlessly during transcendental meditation, then it's still, there's a constellation of changes that take place in the brain and the body. Number one, the electrical activity in the brain, it shifts to something called alpha one, which is eight to 10 cycles per second. And that's when your mind is settled, and not wide awake, it wakes up a part of the brain. Technically, it's called the default mode network, they now call it the genius lounge. This is where those really amazing, nonlinear linear, really creative, innovative ideas come from, not by forcing so wakes up that my conclusion is different approaches to meditation. It's not that one is better or worse. Vitamin A does one thing, vitamin C does something else. Mindfulness helps adjust the thoughts. Transcendental Meditation gives access to the source of thought your most innermost self. And you can do both, you can learn, do tm in the morning and do a mindfulness practice sometime during the day. It's not an either or it's a yes. And

Estelle Bingham 13:51

so without getting, you know, too esoteric, but I feel like it you know, sometimes we talk about these things. And because we've been so fearful of talking about them for years, but you know, today in this day and age, why not talk about these things? There's this idea of sort of Unified Consciousness, this idea of dropping deeper into this this silence. What is in the silence, Bob?

Bob Roth 14:15

Well, first of all, it's such an interesting thing, modern science, possibly forever. But since Einstein, with Einstein wanted to know Well, what's what's underneath everything, you know, you see the world you see the world, right? Is this the ultimate reality? Well, it turns out, no,

there's atoms, atoms under the underlying and they said, okay, atoms are the basic units. Well, now it turns out, there's molecules, well, molecules are made up of, you know, electrons, and then and then go deeper and deeper into Einstein. He was looking for what he called a unified field. What's the underlying unified basis of all the infinite multiplicity of life diversity of creation? So he got so far and then recently, some theoretical physicists and quantum physicists have hypothesized something called a unified field. That's like an ocean that underlies all the waves. The problem with that field is it was no piece of machinery that we could access that field. That's the basis of the whole flipping universe. But the ancient scientists, the ancient seers, the ancient rishis, describe the same field, underlying everything in the universe. And they but they said, it's actually a field of consciousness. It's actually it's, it's not inert, distant from us, that unified field that's out there. It's also the deepest level of my innermost nature. And I can access that during my quiet meditation, that the real purpose of meditation transcending is not just to get rid of stress, or even do something wonderful, like wake up to genius lounge in the brain, but to give me reconnect with my origins with my source, this unified field of consciousness, and that unified field of consciousness is from where we draw our creativity, our energy, our intelligence, our happiness, it's my source. And when I'm disconnected from that, that's when I get cranky and depressed and sad and angry and violent, because I'm, I'm not drawing upon my own inner birthright. So marshy. his point was, that could sound theoretical philosophical, said, you don't have to believe in any of it. It's just it's theoretical. Meditate, use your brain and nervous system as the instrument to access that, and then wake that up in your own life. And that's when you see all the genius lounge and the creativity. So it's, it's not out there. It's not theoretical, it's not new age mumbo jumbo. It's a confluence between the most cutting edge modern scientific understandings of, of the ultimate reality of life. And most ancient understanding of the ultimate reality of life and how our brain can intersect the two

Well, no, it's an interesting point. No person is an island. These are stressful, anxious times. And it impacts the mind and the nervous system in very real ways. So the idea of being able to transcend clearly and experience that unbounded ocean. Yeah, those are when you know, the when the waves are calm on the surface. This is tsunami days. And I think most people find their meditation is it's a great, it's like an anchor in the storm. It's like a rudder in the storm is helping me keep my head above water and not just survive, but even thrive to a certain extent. But I never look to the meditation for any particular experience, because it does come and go. I meditate for how I feel afterwards. That's, you know, you meditate for 20 minutes, and then you've got 810 hours before your next meditation. And after all these years, and I think this is true for anybody. The reason why you meditate is not for the sake of the 20 minutes, because sometimes meditation is like a, as you said, like a dip into a pool and sometimes like being in a washing machine, but we're not meditating for the sake of the meditation, we're meditating for the sake of our life. And even in a shallow dive into a pool, you still get wet. So I don't really think about what happens in meditation. I do appreciate the resilience, the strength that I have more energy now as a 70 year old, which I am than I had when I was 25. I sleep better now than I never get sick. And I have all this you know, energy and creativity and that's from meditation. So that's why I do it. Like you water a tree you pour pour water on the root of a tree. Not because pouring water on the on the dirt is so exciting. It's fine. Wow. Now I got leaves and an apple tree flowers and apples and no, that's why you do it.

Estelle Bingham 19:23

Well, I can't believe you're 70 Yeah,

meditators look pretty good, but there is a thing with meditators, right? Like my mom looks really looks, looks youthful. At some level, we haven't been absorbing that level of stress. You know, as a culture, we're so profoundly adrenalized, and it's so aging in every way to the organs to the skin to the eyes, everything.

Bob Roth 19:53

So I think this is when you meditate. This is how the body is supposed to look. If you eat properly if you meditate. Do tm if you take care of your sleep and all that stuff, this is how the body was designed to function. It's when we don't, it's like, if you don't take care of your car, it's gonna grind to a halt in two years. If you change the oil, if you do this, if you do that, then they can drive a long time. We don't take care of our body, our brain. And so, and I think at the basis of all of that is transcending is meditation. Because I talk I teach a lot of World Class athletes, professional athletes, Olympians, and they're in the best physical shape, but they still worry, they're still anxious, they can't sleep at night. People who tell me Well, I exercise, that's how I get rid of my stress. I say, when you exercise, and you meditate, because you need it from you need the mind you need the body you need. And I think you need relationships. I also think you need service charity, I think that's a forgotten value in life of giving of yourself. So I think it's everything.

Estelle Bingham 20:51

I mean, I talked to a lot of my clients about the ruminating mind, and like you say, like, it doesn't matter if you're a top athlete, you know, How do we navigate the fears and the doubts, and it and tm allows us a way out of that. It's like you say, an effortless root out of that,

Bob Roth 21:12

you know, sometimes when people say to me, Well, okay, let's dig a little deeper on how tm is different. And they say there's an assumption with these other approaches that basically the mind to one degree or another is a monkey, and you have to control it, because left to itself is just going to bounce and bounce and bounce and bounce and bounce in whether you try to control it gently or firmly, you still have to control it. And Maharishi's insight was the mind is not just a monkey, he said actually, given the opportunity, the mind seeks happiness, the mind seeks love, the mind seeks energy health, which seeks it, give the mind something satisfying, it'll head to it right away. Well, inside is a really nice place my own quiet self. And all we're doing with Transcendental Meditation is giving the attention of the mind in inward direction. Instead of going out looking for that happiness through the senses. Oh, that guy is gonna make me happy if I only could be with him or that job is going to make me happy or that house is going to be Yeah, for a while or partially Yeah, but inside the infinite. So all we do a transcendental meditation, there's no control. It's not a monkey. We like to teach your child how to dive lean over like this. And then gravity takes over in the pool you go in tm give the attention of the mind

and then we're direction with that ocean analogy. deeper levels of the ocean more satisfying. In you go just effortlessly like that.

turns out as you know, this, no amount of money, no amount of fame, no amount of power. If you've got a trauma from your childhood, if you've got a genetic predisposition to insomnia or alcoholism or depression, you can have all the people in the world cheering your name when you're on stage singing the you know, doing that concert. And when you walk off the stage, and you're by yourself in that hotel room, it right there. So the people that I know are you know, that I teach. They're just human beings. And and it's easy to say, well, you got all the money in the world, you should be happy. Okay, let's say you can't sleep, or your your son or daughter is suicidal. And you can hire the best psychiatrist you could put them in the best hospital for how long are you can't sleep? How many pills of sleeping pills Can you take? His like limit, so it breathes? Well, that can bring comfort, but it does not heal, it does not heal. And so when I work with those people, some of those people you mentioned, I see in their eyes, the same fear the same concerns the same worry that I see in in anybody else,

Estelle Bingham 24:11

because there is no separation. And I think that's also the amazing part of being human. And when we can kind of surrender to that there is no separation. But everyone people have these ideas in their head that they're the only ones that have ever felt suicidal or that they you know, and you know that it's just them, or if they have more money or bigger houses and all of that stuff, that it will get better. But ultimately, it's just where you are in yourself. It's really that relate that very deep relationship with self

Bob Roth 24:39

beautifully put. Yeah, it's it's forever they've been saying true happiness lies within the kingdom of heaven is within Lao Tzu said to the mind that silent the universe surrenders. So I the instruction is turned within the surface of the ocean is turbulent, and that the new knowledge and you can make it as a hypothesis. Is the deep within every human being right now, doesn't matter if life is hell, for a lot of people it is and uncertain and insecure and tumultuous, and all that stuff doesn't matter. underneath all of that is the hypothesis that you have a level of you that is settled, and clear and powerful. But beyond just being some aphorism that you put on, as a note on your mirror, when you're brushing your teeth, you have a tool, you have a technique and transcendental meditation, to find out if it is to access it yourself. And the results. It does, as you know, Estelle, it doesn't take months and months and months, people start noticing that relief right from the beginning.

Estelle Bingham 25:40

Yeah, it moves, it moves things in a very deep place, for sure. So one of the things that this podcast is about is the love purpose connection, podcast, and you mentioned love, how is your time on the planet been so far in relationship to love?

Bob Roth 26:07

Well, that field of silence that lies within is ultimately the field of love, universal love. And when you access, you get wet in that in your meditation, when you dip into that, then you come out with that loving yourself, there was this great quote that said, Make a list of all the people you love in your life. And how many people do you list before you add yourself? I thought was such an interesting thing. Because we don't, we don't we look for someone else, you know, it's again, it's like a Hallmark card thing, we look for someone else to make us happy. But that innermost field is a field of love, or bliss, or power or strength. And then when you come out from that, then you do have individual loves, Oh, I love my nephew so much, or I love my son or daughter so much I love but it's just it's a natural expression of who you are. Love isn't something that you're sucking out of somebody else. It's just a flow, you love to be around that person because that person, there's a safety, there's a trust, there's a an openness. And so then oh, this person just allows gushes of me to flow in that direction. And then because I love all the brain research, when you feel that love in meditation, there's a hormone called oxytocin, the love hormone, or the trust hormone or the it's released when a mother is giving birth. And also when mother is, is nursing, the touch of a child's finger on a grandmother's hand, can create oxytocin in the grandmother just touch. It's what happens after sex orgasm, and what I like, but not just any orgasm, when there's intimacy, not just a physical sort of release when there's intimacy. And that gives a feeling of love. And when you can reduce cortisol, which is a stress hormone, then you can be present with the people who you actually love, and who love you. But if you got too much cortisol, you're so distracted. You're around people who are just jewels, and you're just seeing rocks everywhere. So I to answer your question, the more I meditate, the more naturally life is

Estelle Bingham 28:20
loved more loving.

Bob Roth 28:22
Yeah, it's a field of love. Yeah, we think of so much romantic love, which by the way, according to researchers last maximum two years romantic love, your brain can only pump out so much dopamine and and you know, which is your sort of drug high and that kind of oxytocin is different, and then it just sort of calms down. And the other thing that happens with romantic love is it shuts down the prefrontal cortex, it sort of makes you numb. The prefrontal cortex is the part of your brain that says, you know, this person may not be, oh, I never saw that about that person. This person choose too loudly or this person is kind of rude around my parents or when you're in that trust that drug Hi, of romantic love, you actually the part of your brain that's discriminating is shut down.

That's exactly what it is. And then the real thing is, is there an underlying love that allows you to want to be with that person forever, even though they do things that annoy you, but everything is noise. And so what you're so grateful to be sharing your life with that person?

Estelle Bingham 29:28
It's true.

Bob Roth 29:29

Well, you're the expert. What am I taught, you should talk about this stuff. I'm coming back on the show to interview you sometime.

Estelle Bingham 29:35

Oh, I love that.

Bob Roth 29:35

We should do it.

Estelle Bingham 29:36

I love that. Before you do that. I really want to talk about the extraordinary work you're doing with the David Lynch foundation. It is so powerful that you're taking tm into prisons. You've apparently 1 million students in 35 countries have learned tm, you take it to you know you're working with veterans who have PTSD You're working with survivors of domestic abuse women and children. It's just incredible work.

Bob Roth 30:05

There's a beautiful Vedic aphorism Vasudeva tune become. And I think you live your life this way the world is my family and that child in Rwanda, who's suffering, it's real pain, that child feels real pain, real suffering, and the child in my own home or the child down the street, it's the same pain. And so, if you have an ability to alleviate pain, you want to do that. So that human being doesn't have to suffer. Well, there's suffering of trauma, and they call it adverse childhood experiences, aces, early traumas. And you feel that and so here's, here's an antidote, we need a lot of things in the world, we need to have better housing, we need to healthier housing, green housing, we need to have better food, we need to have better health care, we need to have real health care, not just disease care, all these things have to happen. But at their core, we need to we should give every human being the ability to heal themselves from within, to transcend and access. That unified field of consciousness, whether it's in a pure state, or just in just a passing glimpse, it's still, even in a shallow dive, we're getting wet. And so my, and the whole David Lynch Foundation, goal and purpose is, let's share this with everybody,

Estelle Bingham 31:22

Bob, you all this very unassuming, humble, fun person with this, you know, with these amazing aspirations and this incredible wish for humanity. And in these times, and you you describe them yourself, as these are, this is a tsunami. And it's and it's also, it's coming, it's like it's sort of just begun, we're going to really see the ripples of this, oh, yeah. All over the place in it. And in terms of, you know, poverty and all this all the trauma that we've spoken about in all different types of households all over the world. But it's so refreshing. And it's so grounding and comforting that you know, to to meet you today and, and really know that you're engaged like this in this way.

Bob Roth 32:13

Well, you're a very lovely human being. And it's been, as I said, the beginning, it's an honor to spend time with you and to be on your show.

Estelle Bingham 32:24

As we've discussed in the podcast today, there are many different kinds of meditation. So it's a really good idea to go out there and explore a little and find out what works for you. If you want to find out more about tm in the UK, go to uk.tm.org otherwise, check out the David Lynch foundation.org. And meditation Bob is where you'll find Bob on Instagram. You can also follow me of course at Estelle Bingham comm find me, I'd love to know what you think of the show. And of course, if you've enjoyed the show, do spread the word and rate it if you can. This podcast was produced by Sarah cotton, with exact production from Kate Taylor. It's a feast collective production. Till the next one, wishing you all more love, purpose and connection

it's amazing now that science has finally caught up with the, you know, all of this profound knowledge that's always always existed. And this idea of this Unified Consciousness, when you meditate, Bob, tell me about some of the times when you meditate, because my meditation practice ebbs and flows. Like for me, you know, I just meditate all the time, sort of find myself in a meditative state, you know, I can drop into that now, I think, because I've learned it from an early age, and it ebbs and it flows. And I've had moments of real real bliss moments. Do you feel like you had those often?

Bob Roth 19:26

I know, but the funny thing is I feel better now then I did in my youth

Estelle Bingham 22:40

I feel like I've gone in! So this is obviously one of your gift, that you you've been able to bring and teach tm to athletes, like you've said athletes and also people like Oprah Winfrey and Jennifer Aniston, people who, you know, they've got a lot going on.

So we call that the honeymoon period. Right?

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