

Rebellious Wellness^{over 50}

Meditation Doesn't Have to be Hard or Take Hours



Ep 14: Meditation Doesn't Have to be Hard or Take Hours with Terry Sidhu

Gregory Anne Cox

This is the Rebellious Wellness Over 50 Podcast for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way, there is and I'm going to show you how.

Gregory Anne Cox

In interviews, book reviews, rants and stories each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life. It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life.

Gregory Anne Cox

You just need to get a little rebellious in your approach.

Gregory Anne Cox

Welcome back, everybody, to the Rebellious Wellness Over 50 podcast, where we learn to be a little bit rebellious about our health so that we can enjoy life the way we want to, not the way the world thinks that we should as we age.

Gregory Anne Cox

Today, my guest is Terry Sidhu and we're going to talk about **meditation**.

Please don't run screaming from the room.

If you have tried and failed before, Terry is going to help us understand, first of all, why meditation is so important, the fact that anybody can learn to meditate, even kids.

He works with kids, he gets them to meditate, which I think is amazing. And I want to hear a little bit about. And even if you are a meditator already, Terry's going to give you maybe some information you haven't heard or some thoughts for yourself when you're in meditation to take you into a deeper state.

We're going to cover it all for you. So, Terry, welcome. Thank you so much for being with me.

Terry Sidhu

Thank you for having me. And this is a great opportunity I'm looking forward to. I love your energy and I love the podcast and the show. So very excited.

Gregory Anne Cox

Thank you so much.

So you've been meditating since you were a little guy, is that correct?

Terry Sidhu

I started at nine years old and then grew my practice, I was meditating independently by the age of 12, I was introduced to meditation from my mom. So it was very ingrained in me out of a very young age. And then I yeah, it's just kind of been part of my life. I don't know a world without meditation. So when I started realizing people weren't meditating, it was kind of almost like a culture shock to me.

You don't it's like sick people saying, yeah, we don't sleep. Very bizarre experience. No, I learned that the majority of the world just doesn't do this one intelligence that we have access to.

Terry Sidhu

It blew my mind.

Gregory Anne Cox

Yeah, I like that you called it an intelligence that we don't access enough or we don't have access to, some of us. Because I've experienced, I was reading a journal from last year because I was trying to tap back into early Covid days just what I was thinking, because I was really doing a great meditation practice every day downstairs in a quiet room and had some really great insights. And then it would be like, oh, I skipped a day today.

Gregory Anne Cox

I skipped two days today a little bit before you knew it. I was sporadic. But when I do it, I really do find either a sense of peace or I get an idea. Or like today I'm struggling to name a product I have. So I thought, I'm going to get done with Terry. I'm going to just go and sit in meditation for a while.

Terry

Awesome. I just noticed with a lot of my clients as well who say they started meditating and then they drop off. And then I was like, why am I dropping off? Why am I not able to build a consistent practice? And I think it's because we put too much emphasis on the idea of sitting and closing our eyes in contemplation. You need an intention for that to go into that state. And sometimes when life is a blissful experience, it's not too challenging, is there really much need to go into a deep, contemplative state of meditation? Meditation is a process that can go deeper and deeper and deeper, depending on the size of your question. If you're looking to reduce stress, you may not need to go into such a state of contemplation. You can probably just start your breathing as you're walking down the street. However, if you're looking to find the solutions to life's biggest problems, such as the meaning of life and what is the purpose of all this creation, you're probably going to want to sit in contemplation for that one.

Terry

And that's some of the of the misconceptions about meditation, is that it's this exercise where we have to sit and be still and to stop all of our thoughts and to exist in a state of stillness in this perfect void. It's a way, way after all. It takes a while to get that.

Gregory Anne Cox

Yeah. And as you said, it may not be that that's what everybody needs. Meditation or I mean, would you say that we should aspire to have deep meditation practices?

Terry

I think less aspire to that, and I think just allow the inspiration to come when it arrives because I mean, when I'm working with individuals who have severe mental health issues, such as depression and PTSD from childhood trauma, for instance, what happens is there is that desire to understand the meaning of life.

Terry

There is this kind of disconnect with the experience of life that they're having. So teaching meditation to those individuals is actually quite easy because they already have. The motivation is a desire to understand those higher, to develop those higher states of awareness. And I think teaching those individuals becomes easy because they're having such a disconnect from the experience of life that all I'm teaching them is how to detach and how to kind of navigate back into that state of stillness so that they can access those heightened states of being, access those deeper questions.

Terry

And the inspiration is already there. And someone who is depressed, they already have that. They're already wanting to know what is the meaning of all this? What is the point of all this? So, the intention is there is just about developing the practice to get that. But in the early stages, you know, just learn how to do the basics, learn how to separate thought from experience, learn how to separate your experience through your physical senses.

Terry

You can't think and feel at the exact same time, you know, separate them a little bit. When I'm working with highly stressed individuals who have these corporate jobs, for instance, dealing with kids who are just overly demanding and seldom like get your thoughts in a meditation and get the experience, the physical senses separate. Once you're able to do that, you've effectively started your meditation practice. Get a cup of tea. Sit down and think. You're meditating.

Gregory Anne Cox

Yeah, that's interesting because you're saying think. But then I have been taught. I'm sure I'm not the only one, to not think right. Just let the thoughts come in and out of your awareness or you just think. Oh, that was a thought. That was a thought. That was a thought. And then, so then I was practicing a sensation meditation like what am I feeling in my body? But that makes me think. I don't feel like I ever dropped into a place of stillness because I was working so hard on getting it all right.

Terry

Yeah, the whole the thing is with meditation and really what I found with teaching meditation is teaching people that you exist as so much more than your body at the moment. A lot of people what we understand about meditation, we're trying to meditate with our bodies like we're trying to exist as our bodies while we're in existing within our minds. And that's so counterintuitive to a meditation practice. One of the first lessons is to learn how to exist as consciousness, which sounds like a massive lesson to exist as consciousness.

Terry

And it sounds like a massive lesson, but actually isn't. When you think about, when I asked the first thing I teach my clients and to teach kids this too, as well as when you think of a memory, when you think about what you had for breakfast this morning, are you physically with your body going to that memory? Are you physically walking up to your past and saying, this is what I had for breakfast? You know, you're not physically there.

Terry

Your body only ever exists in the present moment. It can't exist in the past and it cannot exist in the future. I'm so sorry to burst that bubble, but the future doesn't exist for your body and the past simply doesn't exist for your body. Your body only can experience the present. Therefore, your body is limited in terms of what it can experience because it can only experience what's in the here and now for the physical senses. However, what you exist as when you're reliving a memory, when you have an idea or inspiration to do something, or you get these ideas in your mind or creative ideas, you're not witnessing that with your physical eyes.

Terry

You know, when you're not smelling that with your physical nose, you're not tasting that with your tongue. You're not hearing it with your physical is what is that thing. And that's where we introduce consciousness, a conscious entity. You as a conscious entity or consciousness, are navigating to the past, into the subconscious mind, into those realms of awareness whereby you can revisit and relive your memories. You can go into states of the future, construct realities that you can bring into life, predetermined states.

Terry

You know, if you think of a red lemon, you can think of it quite easily and then you can draw the picture in life. And there you go. You've just brought something in your mind out here into the world. And so, once we kind of grasp that understanding that we exist as consciousness more than we do as a body, then only then can we start understanding

what meditation is and how to meditate. And fortunately, we live in a world where we are so conditioned to appease our bodies and appease other people's bodies.

Terry

And fortunately, and thankfully, I came from a culture whereby we were taught to recognize each other as consciousness. You know, I see you as a person, but I'm greeting you as a soul. And, you know, it's like I see your shell, but I am experiencing something beyond that. And once we start understanding that about ourselves, we start realizing, yeah, I can't--I as body, I as a being, as a physical being--can't travel through time.

Terry

I literally can't. I can't even put you in an even if I put your body in a time machine and do 20 years into the future, you're still only experiencing the present moment where your body can only experience that as. But your mind consciousness itself, it can travel the world of the mind is so much more expansive, you can go back to breakfast in your mind, you can think about what you want for dinner in your mind.

Gregory Anne Cox

I can go back to the first egg I cooked at five years old. Now that we're having this conversation, that you said breakfast somewhere.

Terry

Yeah, there you go.

Terry

So already you know that your mind, what you exist within has more room to move. And we, I was actually having this conversation a couple of days ago with a friend and I said, really? Depression is when consciousness is trapped within a white picket fence. It's just created this world that exist in and hasn't realized that it can run beyond that. And he was just really this profound moment that we would have discussing that, because that's how I've always seen individuals with severe mental health issues.

Terry

You know, it's almost like consciousness is trapped within one specific world of operation and it's getting people to leave that world for five minutes. And all of these New Age meditation to say be in the present moment. How can you be in the present moment when your motivation is to escape it again? So there's there's a lot to learn. So existing as consciousness is very important.

Gregory Anne Cox

And that's a great reframe for me anyway. I hope for other people, too. And we I think as a society in our country anyway, and after Covid, many in the middle of the end of covid, wherever we are, lots of people have been wanting to escape, but they couldn't physically escape because they were locked down or they were wanting to stay safe. And so I don't know, have you gotten more clients? Because more people want to meditate.

Gregory Anne Cox

Is it more of a thing right now because of this need to go inside as opposed to always not being able to go outside?

Terry

Well, since covid I was life coaching my day to day, my life was life coaching. I was helping people develop those life plans. And covid half of those goals just went out the window. And then I was hit with an onslaught of emails when it hit. I can't do this anymore. This is typical of my life. Why every time I just started working, this happens. And like I was reading subject after subject after subject in my email inbox, I'm like, what is this?

What am I teaching? What am I doing here? You know why? It was kind of like a realization that my clients weren't really listening to me. They were just using me as this tool to help them get through. I was like, if I saw a therapist is what I'm trying to get you motivated to go and live your life.

Terry

And that's when I took the conscious decision to start teaching meditation full time because I realized every single person here, I can work with them one on one and get them to where they need to be with their minds and get their lives building again. But ultimately, what's that one thing I can teach all of them in one go. And that's when I realized I should be teaching them meditation. And that's when I made a conscious decision that teaching meditation full time, because this is not the first time this is going to happen.

Terry

If it's happened once, we are prepared for it, we know what's going on. It's just a matter of it happening again and all of this process all going through. Now is the time to start, I realized teaching meditation for people to learn how to meditate to the moment we hit the next state of isolation. We know that we can travel beyond whatever is happening at the present moment, and that's all that needs to be taught. And so that's what I'm doing now.

Terry

And so there was no direct demand for meditation. And I think it's because people didn't know that meditation was available. There was more demand for coaching just for someone to talk to and break free. And meditation is a very contemplated experience. It requires you to go in. It takes a certain level of commitment to access the untruths within your mind. And when you've got no one to talk to about those truths and you got nothing wrong way to express those truths, it can become a bit of a daunting task.

Terry

But, yeah, there's a lot of learning that has to come with meditation first, which is why I decided to write the book doing it and release that so that people have the education so they can get started and be prepared for the next wave.

Gregory Anne Cox

Now, I'm curious about specific types of people that you talked about, people with depression. What about people with I guess this is a motivation question. Not so much a "is it valuable?" Because I know it is. For people in pain or suffering from a chronic disease, the motivation to do almost anything when pain is present is diminished. Right, because it is still present. Is there a strategy or a way in for people in that condition that you could share?

Terry

Absolutely. In the world today, we have been taught to avoid pain, suppressed pain or just remedy pain. As soon as it's there, like find a pill and this just get rid of the pain, which is always taught to get rid of pain when it's present, which, of course, it makes sense if this pain here, it's making us feel uncomfortable. We don't want this in our lives. Therefore, we're doing everything we can to get rid of it.

Terry

Meditation teaches us to be a little bit more intelligent with pain, right? It tells you to listen and be very aware and observe the pain. There's a reason why you feel pain when you cut yourself. It's almost like consciousness moves directly to that, oh, there's a problem in life. Fix it, fix it, fix it, fix it. But the first thing we do is try and like, wrap it up and just avoid it or whatever.

Terry

We're not really focused before we go to the doctor. Do we actually sit in contemplation and listen to the pain and really diagnose? OK, I'm feeling this, but when I breathe this way eases a little bit better. When I move this way, eases a little bit better. That's basic yoga. And that's what's not taught about yoga either it's listening to your body, listening to those pain points and moving consciousness to them, like, for example, do have a set.

Terry

You can move consciousness to a memory. You can. And now think about moving it into different parts of your body, moving consciousness into different areas of your body, where some, for example, where you have pain, you can feel and assess that pain. Why is it there? How did it get there and then start moving your body and start listening to your body and start thinking about how to remedy that pain consciously, like literally rather than saying the automatic response pain.

Terry

I need to find this pill. I need to go speak to this doctor. I don't understand my body. Why don't you take the moment to understand your body a little bit better. And that's the intelligence where meditation comes in. It teaches you to really understand this tool that this that you have with chronic pain. My dad has cancer and so I've been teaching him all these tools about how you can use meditation. And as much as I want to say how you can use meditation to heal cancer, I think we are a long way from actually developing those tools and teaching those tools and not saying they are impossible.

Terry

There are definitely lots of stories and lots of case studies regarding that in terms of assessing and understanding that pain in the chronic illness that he's going through. I was teaching him a technique whereby I would say just sit quietly, just sit as comfortably still as you can. And that's the key part of it. Sit as comfortably still as you can. If you can't sit comfortably. The first part of your meditation is learning how to breathe properly. So get into a control state with your breath so you can breathe and then position yourself and keep on positioning yourself until you can sustain that way of breathing so that you're pain free and you can breathe comfortably.

Terry

And that's your control state. Then with your meditation, you are learning how to exist in that comfort, with that control breath much longer and longer periods of time. You want to be able to walk, being able to sustain this way of breathing. You want to be able to talk in a sustained way of breathing. You want to be able to operate in this life with this way of breathing. And just to kind of wrap that up and summarize it a little bit, you find your controlled breath, no matter how much pain you're experiencing, no matter what you're dealing with, the first thing you want to learn how to do is breathe comfortably.

Terry

You know, when women talk about giving labor and stuff like breathed into it, what's the first thing the doctor asks checks. When you admitted into the E.R. in hospital, I airway's clear breathing, breathing, breathing, breathing is the source of your life. It's the reason why your body even has any life. That's the first place you start with your meditation. Get your breath right. And once you've got your breath right, you can start assessing all the experiences, the physical, metaphysical or anything out here in that experience of life that is affecting your breath.

Terry

And it starts that way, and then you continue to remedy the situation based on the guidance of your breath. OK, I can step this way, I'm still breathing comfortably, oh, I can't move forward without breathing comfortably, something severely wrong. Now intuition and intelligence is kicking in. How can I now move forward by being able to breathe comfortably? I think one of the problems in the world today and speaking to a lot of people is that we're not taught our control state of being.

Terry

We kind of have an idea of what the normal experience of life is and how it should look. But we're not kind of taught how our normal conscious control state of being is. We do the experiments in science where you have the planted part and that's got everything, the light, the water, the soil. You take the light away in one study, you take the water away from another plant and you but you measure it all against that control state.

Terry

That's what you control that is doing. So you measure the pain against that. You start measuring and you start realizing all the things in your life that are contributing to the pain or the things that you're eating, all the things that you're drinking, consuming, how it's all affecting your breath and how it's contributing to the pain. Literally, once you understand your breath, you're the secrets of life all unravel. They really do. I love that you said that.

Gregory Anne Cox

And what came up for me is this "Am I breathing right?" What you said was find a comfortable way of breathing, not like breathe in for five and out for four, not ujaia breath, just breathing as if we were just a human who knows how to breathe. Sometimes we forget when we're upset, when somebody is coming at us. We don't like the news. We do this, we hold our breath. And so it's not about doing it right or wrong. It's just about allowing the breath to be in and out of the body.

Terry

Yeah, yeah. When I teach kids meditation, I put them all in different groups and I'm like, right, you're going to be this way. And I tell you, you're going to breathe. And all I want you guys to do is breathe comfortably. So inhale and exhale through your nose at the most comfortable manner that you can. So kids are just going like this. Bituminous, and then I've got another kid like you have to be fast for two minutes like this, and then another kid is like, you have to be as slow as you can.

And then now these kids are learning how important and valuable breath is to the experience of life.

Terry

Who was taught that at school? You know, and then the next day I like this is why I want to get meditation into schools because. A lot of especially a lot of young people they keep coming up with, like, I don't know what to do in my life, what do I do? And I was like, well, first learn how to breathe and then realize what experiences you can navigate to that, help you and can help you continue and sustain the way you want to breathe.

Terry

And when I'm working with my senior clients who are like I have done everything right in life, after everything, I've got the perfect house, the perfect life for all the investments. I'm retired, but I'm bored. What do I do? I was like, all right, let's go to breath. However, you want to breathe for the rest of your life right now, what's the next experience you can do to sustain that way of life sustaining that breath?

What do you want to learn? Is there anything you want to do you want to transcend? Do you want to find the source of this breath? And how about you sit in meditation literally trying to find out where this breath is coming from? There you go. Now you're making the journey into transcendence and then you can get building a closer relationship with your maker. What do you want? All sorts of simple.

Gregory Anne Cox

Yeah, I was laughing when you said, you know, kids don't know what they want to do, when you said, well, first you have to learn to breathe.

And all I could think of was the parents that want you to say you're going to go to an Ivy League school, working from home, breathing probably wasn't what they had in mind, but what a great foundational piece is missing for us.

Terry

Yeah, I find it hilarious that I'm teaching this of all the wonderful skills that we've developed in the world, all the advances in technology, we have yet to really understand the breath and the value of it. We've completely become ignorant to the most foundation

aspects of our lives. And I think really, it's because they have become very convenient, let's face it, and it continues to be more convenient. And despite all the tragedies and difficulties that covid has presented, it's also shown how convenient we've learned to live and how convenient life can become.

Terry

Um, no, this is not for everyone. I understand there's a lot of economic struggles for a lot of people or financial struggles, but a lot of us can be delivered. You know, the community. We're realizing that we can support each other as communities. We're learning how to take care of each other. We're learning what's important, what we need to maintain. And it's not been too difficult to get the food to get through this. You know, it's we as a species, we've learned to be very convenient to take care of our basic needs.

Terry

But even watching the news, no one's talking about breathing. No one's talking about, you know, if you're stressed, go back to your breath and realize what took your breath away, what got in control of what made you breathe differently and something that even most mental health struggles. It really is just that disconnection with breath and breathing is once you realize, oh, I can breathe. I can do this. Oh, I'm hungry, I need to eat.

That's my next priority, not making a million dollars. OK, I'm going to eat now. Now that I've eaten, I need to rest. OK, then that's what I'll do. And then it just builds and builds and builds and builds. And then, you know, you have those Maslow's hierarchy of needs right under those physiological needs.

Gregory Anne Cox

Let's just breathe well, and breath from the Aramaic, maybe the Greek pneuma is spirit. The very first thing when we are considered alive, never mind politics, is that first breath. And that was said in the spirit of consciousness, in imbuing us with spirit, given away for us to see it is and it never really occurred to me until you said that a minute ago about if you think about your breath and then something else comes up, you're like, OK, I'm breathing, I can breathe.

Gregory Anne Cox

And now I'm hungry, I can eat. And then you said something earlier about all kinds of things will disrupt our breath, including food, the stressors of life. And I think because one of my focuses is on helping people learn to feed themselves. And I say everything is food because I consider everything, whether we think it or eat it or are surrounded by it. It affects our physiology. I didn't have breathing in there, so I'm going to have to put

breathing on my list of everything is food. Breath is more foundational food than anything else without breath.

Terry

It's like, yeah, that's it. Can't even eat your food without breath.

How many of us take a breath while eating our food like we've just taught to consume, consume, consume, even when cooking.

This is a beautiful way to cook. Just breathing between each. You forget cooking, shopping for your groceries and food. One of the things I do as a as a training exercise for those born into meditation is like once you've got your cow, it's in your best. Take a conscious breath and think about what makes you want to add to that basket and really look at the food and breathe and think about how it makes you want to breathe. When you read the ingredients on a packet of biscuits or something, does that encourage you to breathe?

Terry

Like your breath will teach you everything you need to know about your life. You start realizing the only way you need to build your life forward is a way that enables you to breathe. Maybe esoteric for a brief moment. I know this is already esoteric, but there's a couple of things I want to introduce about breath that will help make you realize the value of it. First, the science itself. When I studied meditation as a kid, I was reading all these ancient scriptures and I was trying to find the English word or prana, and most of what was translated was prana is breathing, Prana is breathing, prana is breathing, is like that does not make sense to me because Prana is the vital life principle.

Terry

How can it be breathing? And so what I started doing was teaching. So, if you think of Prana as this magic of life is force that, you know, that allows us to be alive. Breathing is the pump that keeps that force alive, so our rate, our breath really determines how fast we're living lives and really consciously controlling that pump. So once we get an all we have to do as a with our bodies is control that pump.

And the more control we have over that pump, the more control we have over that part of life and how we are. We disperse it, how we use it, how we connect with it. And so a lot of words in English are just there. And that's when I realized why meditation is becoming such a difficult thing in the world. Like literally when I'm teaching kids, it's like I think of honor, like magic. You have this magic and you have this pump that keeps the magic alive.

Terry

So, whenever you think you're losing control of your magic and life is getting all the crazy and all these things are happening, just get back in control of the pump and control it because the magic is just well, it's like a hose pipe doesn't lose a cool, like it's too much pressure breathing, get control of it. And then the second thing I wanted to introduce, especially when working with individuals and this and were senior individuals and and a lot of younger clients as well, is when they feel as if they don't have value, that they don't have perhaps passion in the world.

Terry

Was like, look at look at that tree over there and look at you and you in comparison, that tree, that tree is exhaling oxygen and inhaling carbon dioxide, give or take a few elements. But majority, it's giving you oxygen and it's receiving your carbon dioxide. And as a result, you're exhaling carbon dioxide and breathing in it's oxygen just by breathing. You are keeping the world alive just by breathing. You play a vital role in the preservation of life.

What makes you think that so long as you continue to live your life, saving your breath, obviously life is going to start rewarding you and open up because you are consciously paying attention to the preservation of life. If you breathe, you are valuable. If you are not conscious of your breath, if you are breathing in a very stressed out, difficult way. And obviously life is going to be a very stressed out, difficult place to be because the way your breathing is invaluable.

Terry

Get your breath when you realize the value of your breath and what language you sustain, a healthy breathing experience. Life will start navigating the way you need it to navigate, because you're facing now, not the needs of the body, but the needs of the press. And once you've got that lesson in place. Fun, have as much fun. I couldn't help but think of the heart when you said the pump, so the breath is the pump, but it's actually facilitating a healthier pump, physical organ called the Heart.

Gregory Anne Cox

I was in the doctor's office with my husband, who had to have his blood pressure taken or something, and the doctor was female, that she was nurse practitioner. Just walk behind him and she put her hand on his shoulder and talked to him for a second or two and said, just do me a favor. Take a deep breath. Oh, good. OK, your lungs are clear. Then she did his blood pressure and I said, why did you do that? She said, Because I could tell he was all breathing hard and his blood pressure would have shown higher than it really is. He calmed right down. But the point being, we can

get misdiagnoses because of erratic breathing. We're nervous. We've got white lab coat, hypertension, whatever.

But there is also the real repercussions of too shallow breathing, too much stress on the body, not honoring the breath to slow us down like everything you've said made me think "I don't have time for this."

It's too slow. I have to think of my breath.

I'm kidding in a way, but I know that that's a common way of thinking about this whole change of the way we look at this is not this is going to take too long, but this is my life. How much would I not give to have more life and to have a fuller life and a richer life? And it's just all interconnected. The body, the breath, it's beautiful.

Terry

Yeah. The breath, I mean, when people say like when because I've had a few clients as well who said when you say the pump, I'm always thinking about the heart.

That's like, are you in control of that heart pump? I was like, can you control the heart pump as easily as your lungs? I was like, the breath is your manual pump the heart. It's the beat. It's a rhythm.

I was what I was understood about the heart and what I was taught about the heart was that the heart is a communicator.

Terry

It's a tool that communicates to the rest of the body as opposed to I mean, it pumps blood to the rest of the body. Absolutely. Ultimately, the heart's role in the body is a communication and how the heart beats and how the frequency of the heart determines what we're experiencing. And it teaches us it basically expresses how we're communicating or what we're feeling and communicating. That's why love and emotion and all that's connected to the heart as it does it does something to it.

When I try and demonstrate the heart's role in this whole kind of physical experience of life, what I get people to do is some do something to get out of breath. So, get them to run really fast on the spot, get them to jog. And obviously the heart's going like that. Now, as I write, find your pulse, engage conscious, controlled breathing and slowly notice how much the breath controls the pace of the heart. This knowledge like this can really I mean, it's obviously research has to go into it and I'm no doctor, but it can help save people's lives if people understood.

Terry

Oh, and the thing is about being aware, aware of the breath and the pace of practice that you can start measuring when things are getting out of control, save you from panic attacks, you can sense anxiety before it comes and attacks you. You can sense a heart

attack before it comes because you're restoring your breath. So you're slow in your heart. But even then, listening to your breath, understanding what foods take your breath away.

And I was noticing this actually when I was in university, we'd all go out and drunk and do all our thing. But then we're eating the most terrible foods that the way we're eating that food is just we're not even taking a breath and we're consuming it.

Terry

And then at the end of it, I feel flat out. And without that important, vital role of breathing involved in that whole process, obviously it's going to be clogging arteries and causing all sorts of physical health issues because we're completely dismissing this idea of breathing and how important it is in our understanding of how this body works and how to navigate and operate through this life. If we dismiss that one aspect, which we tend to do because we're not taught, as long as we're breathing, everything's fine.

As long as the air is going in and out, you'll get no, it's the controlling that and understanding that force is what when it's good, when you know how much air to intake and how much to exhale is when it start, life starts to get really good.

Gregory Anne Cox

Do you think we don't exhale enough? Do you think it's easier to take an inhale breath for most of us? Didn't we just sort of shorten that exhale breath?

Terry

I think it differs from person to person. I do. I do. I think I think generally we do inhale and exhale, I think before understanding how much to inhale and exhale.

I think the first level is just to be aware of breath, be conscious of it, to be aware that we are inhaling, exhaling. And thing is, once you start sitting in contemplation and start breathing in that way, you start realizing the value of slowing that down. The first yogic lesson then that I understood I embraced was the longer the breath, the longer the inhale and exhale, the longer the life. And and you start seeing these results and you start looking at these yogis that are living past 100 and living for many, many years after its breath, is that vital role.

Terry

And even speaking to people who are now in their 90s, past 100 years old, you realize it's just the way they breathe is very different. It's very peculiar. It's very intentional. Almost. If you want to live a long time, obviously you want to take care of the one thing that preserve your life and that's your breath, not what you eat, what you drink. If you go for days fasting, no problem. You know, the moment you realize things are going wrong

is when the breath starts running out and you like to fill this thing up, you know, and food and fuel fills the body so that you can continue breathing.

That's all that everything about life is designed to help you stay breathing, everything about your body. You know, we always focus on heart health, but we very rarely, rarely focus on that and our lungs and our breathing health. And it blows my mind that it's just knowledge that's not there. And yet it's literally the foundation of all life on Earth.

Gregory Anne Cox

Well, I'm going to do my part to get the word out for you, Terry. Thank you for your book. And where can people find out what's the title?

Terry

The title is *Meditate, Breathe into the Meditation and Awaken Your Potential*. So I wanted to and you can get, visit meditatethebook.com and it can lead you directly to the site on Amazon. And that's where I'm selling it most of the time, I'm an independent author. So Amazon is the best marketplace to be able to be able to get the book. And yes, *Meditate, Breathe into the Meditation and Awaken Your Potential*. I've designed it very specifically to put the book together so that it teaches the fundamentals.

Terry

It makes meditation easy. I take as much of that dogmatic and esoteric knowledge out as I could. It was double the size when I finished it, but then I reduced it down and took over. It was too much. I realized when I started going into the deep meditation section, I realized I was putting to I was giving away too much as I was the point in meditating. I want to teach the tools to help you realize these higher states of awareness, to help you understand and help you find the answers to the questions that you have. And the only reason why I realized the importance of that was I was working with clients who were going on like ayahuasca retreat or going on retreats where they were taking psychedelics and having these awakenings. And one client was saying, yeah, "I met Buddha" and other clients were saying and "I met Jesus". Another client like "I met Krishna."

Terry

So you have all these individual people who are connecting with this energy of love, let's call it, and having different subconscious contexts based on their experiences, life wrapped around it. And so I realized that's what I was doing by presenting my ideas of what creation is and my ideas of what I thought, what the world was about. But I can only give you what I've understood and learned about the world, the context in which I have in my memory bank and what I've learned in school and study and whatnot.

So, it's kind of pointless because the other half of the world will have a completely different say. And then you start understanding why religions are so different and drastically different. So what if we just taught the formula? What if we just taught the basics so that people could understand, just understand the different realms that they can access, the difference between body and consciousness, the difference between the heart and the breath? These little simple tools that we all have that unify us all, we can just breathe right for ourselves and study ourselves and study our experience of life, study us as an individual like I'm not teaching you to meditate in my way.

I'm encouraging you to learn meditation, your way to breathe, your way to discover your truth. And once you've got that intact, your life is just great.

Gregory Anne Cox

Well, and we say no more. That's just a perfect ending as far as I can tell. Thank you so much. You've done a lot of reframes. I have to go back to that word, for me, I hope for my listeners as well and made meditation sound less daunting, less like a system I have to master, because there's plenty of those running a business, as you know, and more like something that I could access that could be enjoyable.

Terry

Yeah, absolutely.

Gregory Anne Cox

Thank you very, very much for being with us. I hope to see you around on the interweb. I'll find you on Instagram. You're everywhere, Instagram, Facebook, got all kinds of places.

Yeah. Pick up the book, meditate. Everything we've talked about is in that book, and it sounds like it's going to be a pretty simple way to get started and maybe find the motivation to keep going. Terry, thank you so much for being with us.

Terry

Thank you for having me.

Gregory Anne Cox

Be well till next time peeps I will see you again soon.

That's the end of another episode of the Rebellious Wellness Over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send it my way, would

you? And if you've not ever been to the website, [Rebellious Wellness over 50 dotcom](http://RebelliousWellnessOver50.com) head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.