



Answering Your Burning Questions: What I Eat in a Day, Small Changes to Make a Big Impact + More | Q&A

[00:00:00] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve our lifestyles, strengthen our mindsets and take better care of this beautiful planet we call home. If you are looking for motivation to take the next steps towards a happier, healthier life then you are in the right place. And I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

[00:00:44] Episode Commences

Darin: Hey everybody, welcome to show. This is Darin Olien and this is The Darin Olien Show. How's it going? What's happening? How's life? we are here to make it better. Hopefully one step at a time, one choice at a time, one awareness at a time, one fatal convenience at a time. But I just want to say I am super grateful for all of you. This is the 200th episode and someone that pushed off doing podcasts for almost 10 years, I finally did it. I am certainly glad I did, amazing guests and you, the audience today, we are celebrating you because we picked amazing questions that are spanning the gamut. Some things I do, some highlights of what guests have shared and just going through one question at a time, celebrating this 200th episode. So make sure you like and subscribe, because that helps us your comments, your questions, your likes, your subscribing, your passing it on. Your passing this episode, you are passing some information that you learn on the episode from a guest from here, from now, pass that on because that's how great media shared or two people or you and I sitting down together going through and trying to make sense of the world in the best way possible. Trying to optimize and maximize the life that we have because at the end of the day, what are you creating your life for other than obviously purposeful, but what do you want your life to be like? What do you want your life to be? And my good friend, Rob Derkit was very clear that I am going to get into a little bit further as one of my answers and that is get ultra-clear on every step of the way, reverse engineer your life so that you can maximize time, maximize your intentions so that you can create the life that you actually want by getting clear with the life that your ultra-clear want. And then the things that line up in order to support that and make saying yes and make saying no, a lot easier.

[00:03:05] Which guest gave you the most jaw-dropping moment?

Darin: First question. This is from Act Simpson Lifestyle, thank you for your question. What guest had the most jaw-dropping information moments for you on your podcast? While the thing that jumped out at me was actually way long ago and now Andrew is cranking and before he had millions of followers. So Dr. Andrew Huberman, PhD, Harvard professor, researcher, neuroscience, master of the eyes and which leads me to the jaw dropping or more eye-popping. And when he said, and this again, you can go back because it's an amazing episode. In episode 28, Dr. Andrew Huberman, we were going along in the conversation and it's about 42 minutes in. And he said something that I have never heard in my life that the eyes are made up of central nervous system. But in fact, the eyes got squeezed out of the brain. So in fact, the eyes



are the brain. They have the cells and the makeup of the central nervous system of the brain itself and then obviously they developed how to see, because the brain's trying to protect itself. So kind of makes sense, evolutionary, Hey man, we are plopped in this body. I got to know what's going to hurt me or affect me. So the eyes popped out of, evolved out of literally the brain and is connected to the brain. And that blew my mind. And I went and listened to it just before this podcast and I am telling you, I just started laughing. And he even said in there, he's never said that publicly. So for the first time he said that publicly. So, I am very grateful, thank you Andrew, for literally having an eye-popping moment.

Darin: And then I have to say that there's a second part of that episode because I listened to it again. And that is about 26 minutes in Andrew used this interception basically that is paying attention to the interstate. It's everything that the yogis practice, it's everything that all the religions, where our soul is, where the God is, where the universe is, where we know ourselves, the interception is the paying attention to yourself and no better way than to do some breathing. And so there's a psychological sigh that we do and if we do a double inhale, so we talked about this. So, when we do a double inhale through the nose and exhale out the mouth, this is a stress hack because it also shuts down the stress responses that are, seem to be turned on almost 24/7. So it goes something like this (inhale, exhale). So we can quickly calm down and this is also something that whim haul breathing. You can do something else, it's a five minute deep breathing and that is deep breathing of inhales and exhales offloading the CO2 and increasing the super oxygenation. And we now know if you've read super life, Oxygenation is the key it's creates the environment that keeps non-biologically friendly bacteria viruses. We are in control of the environment that we create. We are in control of the environment that invites disease in or invites it out. And that's some great work by this, Dr. Antoine Bukemp in the early 19 hundreds, where he was the top microbiologists on the planet. And he fought against the germ theory because it's like, you are not catching germs. you are either in environment where the germ can survive or you are in an environment where the germ is intelligent enough for its own survival, that your environment is not in a state where it can thrive. So, if you are happy and healthy and eating well, and you are super oxygenating yourself, then boom, you are creating the environment where disease does not want to proliferate. And of course that's the overall simplification, but here's a super oxygenated hack that you can do or you can do through the nose and out the mouth.

Darin: Or you can go all mouth that whim does (inhale, exhale). So you can do 30 to 40 breaths like that and then exhale and then hold on the exhale. So that hold raises that super oxygenation, that breath increases the adrenaline. And then on the exhale, it's teaching you how to stay calm under a stress, which is extremely important. Would you rather be calm and aware of what's going on under stress? Because if you are in fear and distress takes over you, you more than likely would be a victim to that situation; could be survival situation. It could be tightening up while someone is giving your comments on a job or whatever. So super important to do, you can go. I have the show notes on that. So check that episode out, that was a really fun episode. Episode 28, Dr. Huberman. Okay, moving on.

[00:09:13] How do you find your tribe of people?

Darin: Second question by at Stacy Versilia, thanks for the question. You seem to have so many great close friends. How do you find your tribe of people?

Darin: It's a great question, you know, like attracts, like. We are electromagnetic people, every cell is a battery. We have milli-volts, the Dr. Jerry Tenant, we also had on the podcast that was incredible episode. He talked about the milli-volts and I talked about that from an alkaline acid



perspective in my book, but I have come to realize that it's almost easier for people to understand electricity, electromagnetics and frequency potentially. So how do I find my tribe of people? I think it's clarity of self, it's clarity of purpose, it's intentions, it's living life in accordance with your integrity. For example, my health, you know, I am a plant based person, never will tell anyone what to do or what to eat, that's on them. And some vegans get upset at me for that, but that's my choice. People have their own journey. I am not going to tell people what to do. And again, I don't have judgment. I can have a carnivore conversation or I can have like, I have had Ben Greenfield on the podcast and we just don't go into certain areas. I have been on Max Lugavere's podcast. I think a couple times we just don't go into certain areas because we know that unless we are setting it up to be a debate, there's far too many things that people in the health world agree with. Then whether you are eating dead flesh from another being or you are eating plants at the end of the day, plants work for me. And I am making my mission to find the nutrients, the compounds, the vitamins, the minerals, the antioxidants, the amino acids from plants, because I have always found them big fan of raw living spirulina. Most assimilative full spectrum protein that you can find on the planet as well as all of B vitamins, antioxidants, and super powerful food.

Darin: So that food alone destroys the myth of complete protein. And it has more protein than any steak by far it also destroys the myth of that. You have to get your B vitamins from animal based foods, you don't. Nutritional yeast also has B12, but listen, that whole conversation is also, we are missing so many nutrients from our food that we are buying every day. we are in a world where we need to supplement, right? Which is why spoiler alert. The reason I created Shakology for beach body was because I asked myself a question, what are we missing in this modern day world? And which is why I put adaptogens and functional herbs and botanical in there before anyone that I knew was doing that. It just was something that came by asking a question. And then I got backed up by an incredible company and support by Isabelle Diller in the formulation and support by Carl and the whole team. And Shakeology has been one of the most highest selling new replacement shakes on the planet and I am grateful for that. Okay. So back to the question, when I eat a certain way, when I live a certain way, when I care about what goes in my body, when I try to work out all the time, those buddies that I have been training with for almost two decades, we love to push each other. And then yeah, I have a lot of plant-based friends, but again, I have carnivore friends too. And the common theme is we all want to live our best life. So again, no judgment. And then things of like the clarity around my purpose gives the reason I think I am living. The purpose I have on this planet creates a path forward in my life. It's like if I was meant to be on a path, but I kept distracting myself and kept going down this other path, up this mountain and over these trees. And it wasn't the same path that was fully aligned with who I am.

Darin: I am going to find different things down that path. I am going to attract different things. I am going to attract different people and situations as opposed to the magnetic field and the passion and the purpose that I have for my life. Then that clarity be, gets more clarity. I have so many different areas that I care about. Clean water, super foods, just great food, sprouts, plant based stuff, environment, better things than solar and wind new technologies. So in that space, trying to defend who can't defend themselves, like all of these things that I care about and so much more that I haven't listed define where my focus is. And then where my focus is I go to work and I take action on those things. And by taking action on those things, that's how things happen down to earth. Meeting. Zach was exactly that kind of representation. I was on Rich Roll Podcast. I think the second one I had done and just by being me and sharing and answering the questions and showing up as best that I could, Zach reached out to me from that episode and we developed a friendship. And the other layer is I had written down what I wanted to do as a TV show, beyond a superfood hunting. And because I had written that down the further deeper



friendship and conversation, Zach and I had this popped up and he said, oh man, I have this show that I don't want to do because it doesn't have the elements that I care about as much. So when I brought him my ideas, that was it. Season one of Down to Earth, boom came out and season two is coming out soon. I wish I could tell you exactly the date. I know it, I just can't tell you. So that I hope answers the question, developing the integrity of yourself, listening to yourself and letting that guide of your heart and purpose to lead your life and get more and more integrated. You know, how are you sleeping? What's your morning routine? What are you journaling about? How is your prayers and intentions and optimizing your health? And are you taking action on your purpose? Are you doing those things? Are you stepping into your life? When you step into your life, then life shows you the synchronicity and the serendipity. I believe that to my core has happened to me way too many times.

[00:16:41] How do you determine whether a company is trustworthy or not?

Darin: Question three from at Grace Maraz, how do you determine whether a company is trustworthy or not? So great question, Grace, of course you got to start with what, you know, what's on the label. Are they being transparent? Those kinds of things for those kinds of products, food or supplements, but you can't tell much from labels as well because there's so much misleading artificial flavors, flow agents within natural flavors, under the guidelines of FDA, for example, in the supplement world. And of course you got labels that say non GMO and organic and fair trade, those are all great. So those are hinting at a company that I would like to support. Then I like to go a little deeper as to investigate. It's a lot of the stuff that we are doing on fatal convenience is, is part of the solutions for some of these personal care or beauty products or food. We have to look deep at what these companies are doing and coming out soon, a great podcast, Simon Snick he had a great book about Start with Why? So, you want to start with why and the companies that have their, why sorted out they are reaching far beyond just sales. So there's a deeper reason for example, Barukas right, I have got Barukas here surrounding me. Some of our deeper reasons is to get you the greatest nut on the planet. So you can benefit from all the nutrients, but the deeper meaning is support the Sahadu, the Savannah of Brazil, that's being destroyed faster than any land mass on the planet. And then plant some trees of this very sacred bazetta tree that supports the ecology in all the areas that it exists in. So those are some of the deeper meanings and reasons and why Barukas exists not to mention like all of the nutrients in there, but that fuels us at Barukas because we also have fair trade. We also have a couple thousand people that we employ who forge and collect in a fair way. So those are some examples of deeper meaning. So check labels, check the website, check the company's deeper Why. And then poke around, you can use social media too, like anyone ever tried this product, or if you are in a category of like, Hey, anyone know of a good water vortex or anyone know of a good water filter company, like those kinds of things, those are the things that you can really dive into. And hopefully those companies are also transparent. If they are not greenwashing, they are telling you what they are doing in a very real way and just use your radar of bullshit because there is some bullshit. Part of my Fatal Conveniences obviously is that we are diving in to try to do some of that vetting for you. All the companies that I support on this podcast. Do you realize how many companies I have said no to? I mean like Caldera Lab love them, right? iCal extraction, process, state of the art using full spectrum, plant extractions and cold extraction processes using plant botanicals at their best for cleansing products, for the good, for all of their stuff, as well as Bite toothpaste, right? The packaging they are standing for something they are getting rid of this packaging stuff, as well as good clean products and not full of water. The tablets that you throw in, like all these things are qualities to companies that I really, really care about.

[00:20:46] Safe Sleeve Ad



Darin: Protect yourself from harmful radiation emitted from your electronic devices, by using SafeSleeve's cases. Electromagnetic fields, frequency, radiation, electromagnetic pollution- Yes, these fields are created all over the place from smart devices, televisions, WIFI routers, laptops, and our cell phones. They are everywhere and they are invisible that they are causing us harm. And we need to protect ourselves from this pollution because it's having devastating effects on our biology and physiology. I have been using SafeSleeve for six or seven years now. Well before I have been in touch with them and even telling you about them. It's a great cellphone case that goes over your phone. Each case is designed with a radiation shielding technology that was tested by a third-party FCC Certified Lab that drastically reduces radiation by up to 99%. They also have a brand-new product - Privacy Pouch, which is awesome. It's based on the Faraday cage. Incredible technology. So, this new Privacy Pouch, you can stick your phone in there and cut off all the radiation straight away if you are not using your phone. And, all of their products have passed the military grade drop test. So not only are they great sleeves and products, but they are actually highly functional. To check out their really cool EMF blocking and lifesaving technologies go to safesleevecases.com and use the promo code DARIN10, to get 10% off your purchases at safesleevecases.com.

[00:22:50] What's your ultimate morning or afternoon routine for good sleep and health?

Question four at Miss.JenniferJ, what's your ultimate morning or afternoon routine for good sleep and health? Well, here's the thing a good morning or good next day starts with your good evening. Right? So I start that by going to bed by 8 or 8:30 every night, shift it down so that I can thrive the next day. This is a key to understand these are little fractals of the hole. Every fractal adds on top of the other with compounding interest. So if I stay up until midnight need to sleep until 8 and rush out the door, I have just blown off any intentional things that I would want to do. Now, once you get more and more clear on your life and your life goals and your business and your business goals and your relationship goals, once you get clear on all of that, then it gives you that drive to be like, yes, I get another day. So after that, then I wake up around 4, 4:30 and I go right to making water vortexing. So distilling water, I vortex my water minerals, hemanual salt or BLK or both, fulvic minerals and then that water's vortexing. Get the dog sorted out with water, maybe take them out. Then I stay pretty calm and then I shift it down and I go right into meditation. And that meditation right now is I do brain tap. So a light therapy and Bioneural beats, some great brain entrainment activity from brain tap love that company, Dr. Patrick Porter created that technology. And then from there, that's about 30 minutes that will go off. And then I will sit quietly for about five to 10 minutes, that is a silent meditation. And then I will go into journaling. And then that journaling man, that is the key because that's now, I believe like that intersection from that inter reflection and that coming together of soul and spirit and universe and God, and then speaking with myself at the deepest level in my journaling and that could be a lot of things. If I need to clear something also what I have been doing, Rob Derkit taught me is I start tracking my day. So for me, I do it in the morning from the day before I said, how was that day? How was life 1 to 10? How was work 1 to 10? And how was my health 1 to 10? So I have been doing that, continue to do the journaling process. Sometimes that's just a stream of consciousness. Just let myself write, just be in love, be in gratitude, be in purpose. And then that will kind of move me to take the dogs for a run, get outside to get that early morning light. Cruise around with the dogs, breathing, mountain biking, and then we come back, feed them. And then that starts moving me about an hour before I start getting clear on my day, like I am pretty scheduled. If don't schedule, then I miss out on opportunity of what I want to create. So, I schedule the hell out of my day and then about 30 minutes of that, then I go find my buddies on the beach, in a gym at one of our houses. And we throw some iron resistance training, jump in the ocean, sprint on the beach, something and if the surf's up, we surf. Right? So, things like that, that takes you through my morning. And then once I am done with the



workout, I come back, I make a massive fruit bowl, existing of couple bananas dates, plums, pears, peaches, goji berries, golden berries, soak chia seeds, blueberries and then of course my favorite chocolate cover barukas this trail mix is crazy. Sometimes I will put as a finisher to the fruit bowl, I will put Baruka butter on some apples. So that's it, that's my morning routine that's the jewel. If you don't do it, nothing moves; that's how I feel energized and powerful. Once I do that because I am lining myself with what I care about.

[00:27:31] What's your favorite food or muscle gain?

Darin: Okay, question five at Jblue. What's your favorite food for muscle gain? That's it, what's your favorite food for muscle gain? Well, it's number one if you have read my super life book, if you eat a diversity of food, then I just eat more. So, I eat more and more food, eat more sprouts, easy to sprout, right? So, broccoli sprouts, soak them overnight, rinse them in the Mason jar about two and a half tablespoons of broccoli, seed sprouts, and then with a wire mesh on top. And then you rinse those twice a day, every day, and then you have a full sprout salad. So, I increase my sprouts. I increase my vegetables. I increase my Barukas again, like a handful of barukas goes on a salad every day. And then the other things that I love is I go back to, I mentioned earlier, raw living spirulina. So, the raw stuff, full plant power, full protein, amino acids. And then of course Shakeology, I created shakeology in 2006, got it done in 2008 and I still drink it to this day and more oftentimes it's my smoothie bowl. So, I will, Shakeology even go a scoop and a half on that. And then beans and legumes are a constant every few times a week, I will have beans and legumes and all of those things, the spirulina, the deep leafy greens on my salad, the beans, all huge amounts of iron. And then if I want to really crank creatine I will use on occasion because creatine is one of the most well studied supplements on the planet. And that's a nice way for my body to keep using that creatine upon working but you got to work. An intensity really works well when you are taking creatine, that's a great one.

[00:29:33] What is your average daily diet?

Darin: Okay. Question six, this is from at Julieatterdice66. What does your daily food look like? Talked about a little bit. So yeah, it goes back to what I just said. The morning routine, full smoothie bowl with Shakeology, spirulina, barukas, bananas dates, pairs, peaches, blueberries, plums, and then tons of barukas, chocolate covered barukas, trail mix barukas. And when I am saying like the smoothie bowl is massive, right? Not afraid of fruit at all. If you keep your saturated fat intake down, your insulin spike is more and more efficient. So, I don't spike, my body is used to taking in that amount of fruit. And if you are sensitive, just go slow and then lower your saturated fat intake. Your insulin sensitivity will go up and up and up, and then you will be more and more efficient at taking whole plant food in whole fruit as a clean source of energy. And then it's really two meals a day. Very rarely will I have anything else. So that will be about 10:00 AM and then I will start making food at about 4:00 PM and hopefully be done eating no later than 5:30. So that always consists pretty much 99% of the time of a big ass salad, romaine and red leaf. These are all biodynamic. These are all from local farms. I thank God we have some locally and then I am growing my own food. So, I get those and red peppers, yellow peppers, purple cabbage, rainbow carrots and then again, broccoli sprouts, lentil sprouts, gubonzo beans sprouts. I sprout all of those things. And if you want to get sprouts, good sprout seeds, a great company called Tru leaf market.com. I will put the link in, and then also for my dressing for that salad I make from tahini to hummus, I throw some soaked chi in there. Sometimes I actually even throw the spirulina in there too, because again, it's we raw living and meso and ginger and apple cider vinegar and lemon that makes all combined. And I usually make a big Mason jar of that and that is incredible dressing. And then oftentimes from that salad, I need a little more substance. I mean that salad's massive and then I will have sweet



potatoes, regular potatoes. I will make an amazing burrito with either cassava flour. I won't make it from scratch, I don't have time.

Darin: Cassava flour or sprouted grain flour, burrito shell, and then tons of veggies, beans, Tempe. I am not afraid of tofu as well, but Tempe is my number one. And then of course, like I said, beans, and then I love soups too. I don't eat as much as soups in the summer because they're hot, but I do love a good soup.

[00:32:40] Water filters: which are the best?

Darin: Okay. Question seven, at Nadler chase. What water filter do you personally use? Man, I get this all the time. So, I use Aqua tru, easy to have a below counter unit or an above counter unit. And I took that above counter unit the entire time in an, on Down to Earth season two, all around Australia. And I just brought up my hotel room. I didn't have to go out and get bottled water. We were trying to be a plastic free set and I bought a AquaTru for the crew as well. So, they could anywhere we were, you could put any kind of water in there and it would reverse osmosis the water. So that was great without wasting water. So AquaTru gets rid of the unwanted contaminants. You know, you have pesticides, you have herbicides, you have thalates, you have nitrate runoffs, you have all kinds of things, pharmaceutical drugs that show up in our waterways. Yes, they are filtered from a certain perspective, but once it hits your tap, it still has all of these things in there. Don't ask me why, but it's true. So AquaTru clean it out. But listen to me, do not drink RO or reverse osmosis or distilled water. Now, the other thing you can do is get a water distiller and get this for, I mean, AquaTru go to my website. There's a huge discount, \$150 off, and you will save so much money, not buying water that this thing is well worth it. Or you get a distiller for a hundred bucks, couple hundred bucks, little more power intensive, but you can do that. And then please listen to me very closely. Do not drink that water on a consistent basis. If at all, you need to add minerals back to it. The earth naturally Keates and spins and vortexes and electromagnetically balances water and you need electrolytes. Keep in mind again, we are batteries. We have 70 to a hundred trillion batteries in our body. The water in and out of the cell has to be balanced full of electrolytes, calcium, magnesium, sodium, all of these things and more. We need these minerals. If you're without minerals, the body's going to break down. So, get your minerals. So, you have to add minerals in it. Use fulvic minerals, ancient plant minerals, BLK is an amazing company. So fulvic minerals, they got a little dropper.

Darin: Just drop that in or like I have said from the beginning also Himalayan crystal salt, a pinch per glass, or a half a teaspoon per gallon. Don't go crazy with not needing to get it perfect, but just get the electrolytes in there, just like a battery. If your battery does not have electrolytes, it will not work. If your body does not have the elements, it will not work. And here's the thing. The other level of water is it's going through twists and turns of pipes. It is no longer spinning vortexing and moving and flowing and water becomes dead. It lowers its electrical potential; it becomes dead water. So, when you have gotten tap water and then you have cleansed it, it's still energetically low, it needs input. I am a big fan of vortexes. So, I vortex, I have a spinning it's all Femi Nachi curves and the spinner, it allows for the flow of mimicking nature. So, it becomes more of that H 3 0 2, which Dr. Gerald Polic has discovered that when the body takes on and, in this water, it structures itself when it comes up against cells, but it also has to take energy away from itself. So, you want to bring in water, that's structured and structuring is a huge topic. Okay? But keep in mind that if you look at cyclones, if you look at waves, if you look at a shell, if you look at these things, all nature, that's the mathematics of the universe. And that is electromagnetic. Those are resonances, those are coherences those create crystallin structures and nature, especially with water. And that seems to increase a higher amount of oxygen and



hydrogen in that water. And the electrical potential goes up more. Of course, it's best when it's from a natural stream, but we can't get that because it naturally spirals.

Darin: It naturally vortex and it naturally moves. And our capillaries and the circulation systems, all of that stuff. If you look down and see men, especially because we can see it easier when urine comes out, when you're peeing and you look down and see that water its vortexes, that's how blood moves up and down the veins. It's an incredible thing when you start to understand the structure of turbines and generators, vortexes are the key, but pipes and stagnation kills the energy of water. There's also electromagnetics you can use the whole magnetics thing is a completely massive conversation. Credible work by Dr. Lee Lorenzen. So even if you're buying bottled Springwater, it's no problem free, because it's also dead. So, vortex that water, I put links in the show notes where you can get a fairly inexpensive vortexer. There's a great one called clean-water.com. I know this guy, I met him at the water conference in Bulgaria, the top scientist in the planet. He's a Scandinavian researcher of water. Eric Leving, incredible vortexer, I have this one, I have worked with him and he finally perfected this vortexer and it's fantastic. I use it every day. So, maximize the energy of water by mimicking nature. Again, if we divorce nature in any way, I will have consequences that you cannot make up. You can't make up ill health by taking a pill or a shot. But if you build your resilience of following nature, eat whole healthy food. Get out in the sun, put your feet on the ground, breathe in, lose your diaphragm, open yourself up. Stress yourself, get in hot and cold therapies. Follow nature, man, and stress yourself out with your own stressors and allows you to be more resilient in life and be on purpose. So that's water and a quick little nutshell.

[00:39:50] Can you name some simple changes that make the most impact?

Darin: Question eight by at Lexiangrow. What is the easiest simplest change we can make to produce the most impact? oh, that is a big one. What is the easiest simplest change we can make to produce the most impact? The easiest and simplest is everything that I just said, breathe, eat whole food, introspect yourself. Get clear on who you are, take time for yourself, listen to yourself, follow that truth. Follow that purpose because that is your gateway to health, joy, and happiness, and forgive yourself for anything that may have disrupted that connection to you and source or you and your own happiness. I don't think there's anything more powerful than knowing who you are, because you are beyond your name. I am beyond Darin, Darin is just this, but I am my soul and I believe that at my core. So, I think that's the most impactful thing you can do to get to know yourself, journal and meditate and dive in. And then in terms of your life, ask yourself what you want your life to be in those spaces and let that come in. Literally let yourself dream, even if you don't know how you are going to get there, let yourself dream and don't let your vision be stolen or given by someone else. Television, the television media, people around you. If you are not clear, you will be guided by something that doesn't care about you. So, care about you and let that scream out in every way possible and integrate that in your life. Let your soul scream, let your love lead, be brave to dream and then once you allow yourself to dream, then you know what? The next steps happen because you stay with that dream. You sit with it; you write it every day. You think about it, the next steps will happen and then you start writing those out.

Darin: What do I have to do to get that? Do I want to make an impact in the world? Do I want to create clean power for everyone and water and food? Yep. Do I want the best house ever? Sustainable to demonstrate? Yep. All of these different things are aspects of why I am here. Ultimately, I want to be happy and contribute to this life the best way possible. And the best way that I know to do is do this; education, inspiration and then connect people up to maximize the creation of strong sovereign people in this world who are in their hearts, nonjudgmental and who



love life and then are building the infrastructure for life to be sovereign. Water, power, food, shelter, hopefully that's helpful.

[00:43:10] Name a guest or topic you can't wait to talk about.

Darin: Okay, last question at Lauren Kelly RN. I wonder if you are a registered nurse. Question, name a guest or topic you can't wait to interview or talk about. I just interviewed my buddy Chris Patton for the second time on podcast. I think he was number two, but he wasn't able to talk about everything. He wasn't able to talk about everything that he's up to and everything him and I, and we are partners in some clean energy technologies that he's been working on for 20 years plus. And we know some technology that can change and alter many things. So, he's going to get into a little bit of that. I don't know if that episode has come out yet, but I talked to him. So, I am so excited for you to hear that but I talked to him on a pretty much daily basis. I am excited for you to know more about that because he's finally opened up his mouth up about a certain technologies of energy creation, splitting atoms, splitting hydrogen. Well, it's really splitting hydrogen molecules and them slapping back together and being able to create power from the air, those kinds of things. Yeah, that's true and I have seen it. These things are not pie in the sky. These things I have seen and I have known Chris for 17 years. So, I am excited to always talk to him. But second time coming to the podcast, the other person is Rob Dirton. I was so excited to talk to him, but I have been wanting to meet him for 10 years. And Rob's science around diving into what you want your life to be, and then how to construct it is masterful. And he's impacted my life ever since I met him and talk to him and I am forever grateful for that super successful guy, but his legacy is what he's talking about now and how to help create that. And he's building that infrastructure to help more and more people. So super excited about that and you know what someone I haven't yet talked to, I would love to sit down with Elon Musk.

Darin: Because I have some questions that are going to make him a little uncomfortable and I am sure he has some for me, but I don't think electrification and electric cars are the way to go. There are some big, big problems, big problems with that infrastructure and where that power source is coming from. We do not have enough power, certainly in California. It's a joke. We don't have enough power on hot days alone. Having people with electric cars, they don't know where they're getting their power from clean source of power doesn't exist for them. But there's ways and things that we are doing that absolutely can be scaled and will blow electric cars away, or at least give them the power that they need from a clean source perspective. So yeah, I would like to sit down with Elon Musk. So that's it, this episode, everyone of course was sponsored by my company.

Darin: Barukas, we had a challenge with Barukas this last year. I ended up buying out many of my partners, all of my partners and acquiring a new partner. And I am super excited about that. Everyone was burned out, no one to blame, just wasn't working. So, my good friend, Steve Faybos came in and we acquired the company and we are so excited for what Barukas is going to be doing for the Sahadu, for the people of the Sahadu and for you. So, you can have the best nutrient dense nut in the world and the best tasting nut in the world. So that's it. Thank you, everyone really appreciates it, that was a long one, that was a good one. And just remember, life is precious. It really, really is and it's so fragile. If we're not going to swing for the fences, what the hell are we doing? Love you all peace.

[00:47:20] Podcast Outro

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would



like to learn more about my incredible guest, you can find all of their information in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode.