



**HEALING FROM LYME
DISEASE AND CHRONIC ILLNESS
NATURALLY SUMMIT**

Unpack the Fundamentals of Good Health

**Dr. Robby Besner PSc.D. interviewing
Darin Olien**



Robby Besner PSc.D.

Hey, everybody, it's Robby Besner, and I'm back with another episode of the healthy hotline. And today I have- And this is part of our Lyme series. And today I have an extraordinary guest to speak with us. Darin Olien is, I mean, when I read part of his information, his bio, I mean, first off, we've been friends and we've known each other for many years now. He has an amazing Netflix series called, "Down to Earth," that he's doing with Zac Efron. And he travels all over the world. He's already done a bunch of episodes. If you guys haven't seen it, you need to see it. It's super inspiring. And plus, you get to travel and see places that you may never see, like really see. Like down, like they get into the trenches. It's amazing. In a way that, you know, you might really, really love and experience and embrace. He wrote a cool book called, "Super Life," and it's a must read. It gives you the basics. He has developed and found a super food, which is really kind of part of his- I want to say his DNA is discovering, and searching the Earth for the best kinds of nutrition and ways to help yourself. And it's actually, it's by far my favorite, by far my favorite nut. I mean, I'm a nut nut, and I threw everything out as soon as I met Darin, and he was nice enough to give us a couple of packages that day. I started eating 'em, and that was it. Soon as I got home, emptied the cupboard, threw all of my other nuts selections out, and this is the go-to. I mean, he has it in various different variations, and also he makes nut butter, and all this kind of stuff out of it, best nut on the planet. He has a 121 tribe app that you can sign up for, and he kind of walks you through living a healthy lifestyle. He's got a podcast that's renowned. I don't know, man. I don't know how a young man of your- or a person of your age, can have accomplished as much as you have in such a short period of time on Earth camp, I call it. So Darin, unpack for the audience a little bit, give us a little backdrop, and then kind of walk us forward to the things that you're focusing on these days. And then, we'll just talk about sort of optimal health, because I think that that's a- you can speak volumes to that. And I think people out there listening, you know, want to know some simple tips of things that they can actually kind of utilize tomorrow,



that might make a big change as they move forward in their own health journeys. So- Give us the little- give us the stuff, you know?

Darin Olien

Thanks, Robby. Yeah, it's always interesting when you hear someone talk about you, and talk about the past. Like for me, I think it's- I feel like I'm barely getting going on what's possible and what I'm excited to do, and what kind of things I want to put out in the world, and the state of affair of the world just simply, you know, screams more and more of optimistically, you know, sovereignly moving forward in our lives in a powerful way. And you don't get out of jail free by not taking care of yourself. You know? I'm a small town kid from Minnesota, and really wasn't out seeking the world's, you know, super foods by any stretch of the imagination. It was really just the journey of just going off to college, and, you know, having some setbacks, playing college football, and then moving into physiology, kinesiology, business, nutrition, kind of this whole genre within study at university. And then it just peaked my interest. And then, you know, I took off, I started exploring just outside of Minnesota, and quickly realizing the insatiable curiosity of this body, and our interactions with it, with what we're doing. When we open our mouth, it's a very vulnerable thing. And a lot of interests of profit interests don't have your best interests. So I was getting more and more frustrated with seeing poor quality food, and supplements, and claiming all of this stuff, and really not backing it up.

And so that's really what got me kind of journeying into the outer reaches of the world. And that was just really an innocent view of like, if I'm gonna formulate anything and play with some of these foods and botanicals that I'm seeing and studying, I have to know in and out what's going on with the people, and where it's being grown. So it's really that kind of genesis that threw me into the world from seeing environmental issues, and getting active within water, power, food, sovereignty, shelter, all of those things, and realizing that it's all related, right? Part of my podcast has this fatal convenience side, where we can excite our endocrine system and suppress our endocrine system. Shut down and also turn on inflammatory responses just by the things that are around us, right? Like deodorant, and laundry detergent, and dental floss, and toothpaste, and, you know, fire retardant couches, and of course, as you know so well, EMFs, and all of this stuff. So, you know, yes, you need to combat and be aware of all of these things. And at the same time, don't be overwhelmed. Just take one step at a time. And so, you know, full circle. I still love to find the next thing that will, you know, help. From Alzheimer's, we're looking at this incredible



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plant compound that's reversing Alzheimer's now, to Barukas and discovering this nut that no one knew about, that's helping the indigenous. It's planting trees and getting out this nutrition from this delicious nut, like, wow. Like what a magical thing that little old me, gets to bring that out in the world. So it's really that humble nature and that excitement, that I want to tell those stories. And again, even Barukas, you're saying, "Oh, this delicious nut, it's so good, it's so good, it's so good." And you're getting all of these nutrients that are blowing away any other nut, but it's also connected to an ecosystem that needs support, that's being destroyed. So we're planting trees, it's connected to indigenous people, that this is wild grown. So the point is that I'm seeing more and more. That it's a systems approach that creates health. And it goes against, you know, the foundations of our healthcare system. Our healthcare system is so backwards in terms of its reductionism. Reducing things down to it's that thing that's killing you. No, no, it isn't. It's very rare that those things are occurring. That thing, whatever that is, could affect you if you have 12 other things that are underpinning your health.

So, you know, as I go into the body, and as I go out to the world, it's literally systems approaches to health systems approaches to the world's problems, to the environmental issues, to water, power, food, shelter, to the world. So that's the framework that we have to approach our bodies in. And, you know, having something like Lyme, and having auto immune conditions, and having systemic things that proliferate out, and it's hard to put your finger on it, it's really the symptomology of infinite inputs that you're getting from a detrimental standpoint. But it's also infinite inputs that you may not be getting from a nutritional standpoint, from a sleep standpoint, from healthy water standpoint, from a healthy, mentally emotional standpoint. Oh my God. You know? The super power that we have of health is right here. Right? We have mutual friends, right? That you know, I've asked Dr. Rankin several times, like how many times do you see a person with a condition from a medical perspective that doesn't have any emotional aspect connected to it? And he goes, that it doesn't exist.

Robby Besner PSc.D.

Exactly.

Darin Olien

It's 100% of the time. So we even have to fight our brains, and our minds thinking that we can control everything, and really let that mind be the facilitator of the heart, and of our knowing,



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right? So our knowing, and also the deciphering of information. 'Cause so many people have their point of view about Lyme, about whatever. And you still have to discern that information for yourself. But again, so I really think that, you know, from the super food guy, from the guy that loves to talk about compounds, and, you know, adaptogenic herbs, and things that definitely, definitely, especially in this space, and Lyme and people suffering from things, definitely adaptogenic herbs, and medicinal mushrooms, these things can be hugely beneficial from a long-term use perspective, and really creating Schizandra, Fantastic. Like these things are great, but if you don't sleep well, if you don't hydrate well, if you don't take care and ownership of your own sovereignty of health, and your point of view about your mental emotional state, your relationships, and you're not putting healthy food, whole food in your mouth, then there's nothing Ashwagandha or Schizandra, or any of these adaptogens can really do in the face of a forest fire, because they're a squirt gun. Now, when you start lining up great hydration, movement of your body in a healthy way, inputs like healthy, real, raw food, healthy relationships, loving, be vulnerable, be open, be radically honest with yourself and other people, now, and then all of a sudden, you start looking out going, "Okay, well, let's dampen the EMFs, let's get some Faraday cages. Maybe let's use some EMF blocking devices.

Maybe we increase oxygenation in our environment. Maybe we lower. We realize, "Okay, there's some chemicals that I'm using that I can eliminate." 'Cause now you start adding up, and you start building your system, your universe. Now everything starts compounding itself to talk about compounding interest with money, think about the compounding interest, the infiniteness, that compounds with health, right? The fortitude of our house, our house here. And then, man. Then you have the health, the resiliency, more energy. And if you have more energy, you have a more positive outlook. I'm telling you the universe opens to that. And then this isn't a "woo, woo" concept. You have literally more energy, more fortitude to see more possibilities, and to have things come to you. More information, new information, stay open, talk to this person, talk to that person, get inputs, try this, try that, sleep, go to bed earlier, put on blue blocking glasses if you're staying up too late. Like all of these different things, you can continue to add to your regimen. So it doesn't have to be an overwhelm, but it could be as simple as like, "Man, I don't even filter my water." Right? In my tap. And all of a sudden that's a toxic load of chlorides and pesticides, and-



Robby Besner PSc.D.

Chlorides and everything else.

Darin Olien

Yeah. The reactive compounds that are happening within chlorination, that are volatile compounds. So we have heavy metals. We have all of this stuff. So if you just literally start one thing at a time, and add that up, go to sleep a little earlier, and you know, block out the light, and all of these things, that's really where- And this is a journey. This is an absolute journey. There is no perfect place to sit in, but it's a progress, progression moving forward. And then you have more resilience. So when something happens, you have more resilience to respond, right? You know, the pandemic, most people who have underlying conditions are at severe risk, of course. Very, very few, infinitesimal amount of people that are healthy- Right? Not really affecting them at all, statistically.

Robby Besner PSc.D.

Right.

Darin Olien

So, you know, just look at it. You think that 10 to the 31 viruses that are live in our air, right now, that's 10 with 31 zeros after it. That's more viruses in our environment than the stars in the frickin' Milky Way. That is the world that we live in. We are in and out of Murcia and staff, and like it's in and out of our systems all the time. The next virus is coming. The next thing is happening, but it's always happened. It always will. But the compounding negative, if you're not taking care of yourself, it's just that much more susceptible. So for me, I just go back to, it's just blaringly obvious to me, that that it's a system approach to health, individually. Like look at it mentally, emotionally, physically, spiritually, where are you lacking? What can you improve on? And be willing. You know? Because unfortunately, us as humans, we just lack the ability, the desire to look back at ourselves, and to look at us going, you know, "Listen, the only constant here is me within my life." "So what can I do to make myself better?" And most people don't want to look at the places that they're suffering from.

Robby Besner PSc.D.

Right.



Darin Olien

And unless you look, unless you take time, you know, it's kind of as good as it gets. And you know, Robby, you've been around this health space, and it's like, I don't know about you, but the more I take ownership of things that are happening in my life, that sometimes even, I'm not taking ownership from other people and everything else, but I'm just saying like, aches, pains, all of that, if I had a bulged disc that debilitated me in a way that I've never experienced in my life, right? Shooting pain down my arm for four and a half months. Couldn't sleep.

Robby Besner PSc.D.

Wow.

Darin Olien

This was right before I was supposed to leave the country, and go on an aggressive filming venture. And two doctors, the top doctors, cervical, cervical neck doctors in the world, one in California, and one in New York, I just have some connections. And I literally was able to talk to both of them. They saw my MRI, they said, "You need surgery." And I was like-

Robby Besner PSc.D.

Wow.

Darin Olien

And so get it done really quick. You can recover and be on your trip. And I was like, "No way, I have to try something." And I was betting a lot, because I was going to be stressed, and out of my comfort zone, on the road, horrible idea. From that perspective, you know, I contacted you. This isn't even a plug. I literally contacted you. I need your infrared thing. I need to put something on a plane, every time I'm at a car, every time I'm done for the day. Dude, I was religious about exercises, about using your infrared pad two, three, times a day for months. Yes. I found healers along the way. Guys, to physios. I did everything I can. Guess what I don't have. I have no pain. Zero.

Robby Besner PSc.D.

And no surgery.



Darin Olien

And no surgery. So it's literally was one of the hardest times, because it was chronic pain. It was consistent shooting electric pain down my fricking arm in every move I made.

Robby Besner PSc.D.

Wow.

Darin Olien

It was horrible. And so I just had this whole other perception of like serious chronic pain.

Robby Besner PSc.D.

Yeah.

Darin Olien

And, you know, again, it was like, I looked at the same thing is like, "Okay, what can I do?" What is- I contacted everyone possible, like talk to those. I did have epidurals before, because there was acute just radical inflammation. So I did have-

Robby Besner PSc.D.

Right.

Darin Olien

You know, epidurals and it definitely cut down the-

Robby Besner PSc.D.

Calmed it down.

Darin Olien

Yeah. And, thank God. And it calmed it down, and it dropped it to maybe, it's about 65%, you know? So it was good, but it was like, you know, like shooting.

Robby Besner PSc.D.

I get it.



Darin Olien

And listen, this was happening during the frickin' filming. This was still going on. This wasn't like- It was only towards the end, that I literally right now don't have pain. The point is, that I looked at our health is not for someone else to cure or manage. It's not. It is for us to cure and manage, and do everything possible, because, literally, if we don't have health, that's it.

Robby Besner PSc.D.

Yeah.

Darin Olien

So reckless, almost reckless abandonment in terms of the willingness to do everything possible to be healthy. You know? And- You know, if there was a point I was depressed, it was during that time. But what are you going to do? Wake up every day, keep doing the thing. So again, I hit it from so many different angles and trying to understand it, trying to do better, and literally would just gauge, and then I have so many different inputs from the other people. I would try things and go, "Nope, it doesn't feel good." And they would say, "Well, I've helped, you know, 10,000 people with this very same thing." I'm like, "Well, sorry." "It doesn't feel good, I can tell." You know, and that's important for all of us to constantly listen, not out of fear, out of an awareness. So anyway, that's just a tangent, but I just want to bring that up, because it wasn't one thing. We got to get out of this idea, that one thing is going to save our lives, and it's not. One great thing added onto the next great thing, and the next great thing, and the next thing that resonates, and the next thing, and the next thing, and the journey, and the journey continues. And then the more we feel good, and we have energy, the more we celebrate that. And then the world starts opening back up again. It's kind of pun intended.

Robby Besner PSc.D.

You touched on so many things that are so important for everybody listening today. In the beginning, you were kind of describing like the negative spiral of going from acute to chronic, and how you get stuck. Then the other emotional pieces that you're picking up those baggages along the way, but then you find yourself one day in bed, looking out the window, going, watching the leaves or the sand, the ethereal sand coming through the hourglass of your life, just wasting away. You've spent most of your money trying to find doctors, and you're not feeling any better. How do you get motivated? And you really gave us so many clues in what you talked



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about, just backing up for people that just tuned in, you know, their early primal. Air, water, sunlight, you know, get yourself exposed to some of those things, and refine those things. Because even breathing air now, it's not clean. They're actually finding it, our both mutual friend, Dr. Lee Cowden, has discovered that there's traces of glyphosate in the air and in the water, also in the food source. So that's causing a whole bunch of havoc to our bodies. People out there in the Lyme community, they've got a microbiome imbalance, but as you pointed out earlier, we're surrounded with viruses and bacterias on the outside, and hundreds of thousands of them living in somewhat harmony inside. And so, it isn't the enemy. Lyme necessarily isn't the enemy. What we're really talking about, is like you mentioned, a systematic approach to addressing the foundational parts of your health. And then sort of building on, tweaking little bio-hacks, and things here and there, to just keep improving and reversing that spiral downwards to coming back up and out of it. And the best part of the story here, is that we are perfect within our own subsets. And that our deliver guidance, whatever, you know, our spiritual guide gave us all the components we need. Yes, we're all alike and we're all different.

We have different genetic makeups. But what I found in clinic, I'm sure you've seen this, you know, come across your eyes, your desk a million times, that once you kind of set the foundation, the body wants to jump back. It's almost like when you're chronic, we lost our GPS, like our guidance system. Once you start addressing some of these systematic approaches, that guy gets turned on, and then as muscles have memory, cells have memories, the body starts to come back and go, "Yeah, I remember when I was like that before." And then it's almost like- it's like poetry to me. Watching an orchestra, your body just start tuning up and coming back. And even though it might be a little bit hard in the beginning, there is exponential advancements in your positive health experience and journey, as you start to move in that direction. So, man, you know, even your example of your own challenge, chronic- sorry, acute chronic, really gives so much people out there, I feel gave me, inspiration about your unwavering need to sort of dissect what's happening, and figure out, and claw yourself back. I used to ask my parents, and it was a joke between us, who takes care of your health care, mom? Like, who's in charge of that? And she would say, "Dr. Johnson, he's my specialist for kidneys, and Dr. Schwartz, he's my specialist for my heart and all this stuff." I said, "No, no, no, you're in charge of your healthcare." And really, that's the big message out there. You know? Like you can certainly get agents in, and I loved also your reference to that inner voice inside of you, because you were trying different pairs of jeans on, different recommendations, but none of them really fit right, so you really tuned into your inner



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voice, which is the best doctor on the planet, by the way, just to kind of figure out what fit for you. And that changes from time to time as you're on your journey. So it doesn't mean you need to abandon all that, it just means it may not be right for you right now. And that was super cool. I had a similar thing with my shoulders. I pulled out an injury like 40 years ago, and I went to an orthopedic and he says, "Oh, you need surgery." You know? Well if you go to a surgeon, of course they're going to recommend surgery, that's what they do. It's the way they- it's their headset. You know? Not that they're trying to mislead you, by any means, but it's certainly what they know, it's their skillset. And that brings us to maybe sometimes there's too many people in the room giving you advice. And so, you know, it's a paradox. Because the internet is a great resource, but it can be overwhelming, especially if you're in a chronic state. and you're not thinking very clearly.

Darin Olien

Hundred percent.

Robby Besner PSc.D.

You know, having a vision of that you will come out, just survive and thrive through your situation, is a big part of it, I believe. And that's really what you were talking about when you mentioned mind-body integration. And so integration, that emotional integration. Without those components, and certainly Dr. Rankin, Michael, our friend, he was an expert in it. We actually had an opportunity to interview him in the series, and that was his contribution, was amazing.

Darin Olien

I had several sessions with him. And, you know, specifically, as it related to this unpacking, sometimes it's like from left field. You have no idea. Like this journey that we're on, you know, I don't care what you believe in, but it's just this- If you're willing to be open, who cares if it's a past life or whatever, there's like- For me, there was definitely this aspect, as I was kind of going further in the world, there was this point where it was really important for me to keep my head and heart in balance. And so this neck thing was just like this exercise for me to really go in and clear out anything that wasn't mine. And that's a big, big thing that we don't talk about. We take on things, take on thoughts, feelings, emotions from definitely the first two people that we have. Most of us have our parents, right? Even before we're out. There finding more and more frequency, energy, arguments, loving, all of that stuff, absolutely affecting the birth, and the fetus, and the development. And so unwinding that stuff and go, "Oh, that was my dad." And



that was my dad's point of view. Okay. I Don't need that anymore. That was my mom's fear. Oh, okay. You know, it's like- The will, again, the willingness, you don't have to share this with anyone. You don't have to, just a willingness. I would go into states of just free form, conscious writing. You know what I did? I haven't told anyone this. So what I did, and I have a master's in psychology, and we did this thing, gestalt therapy, right? So we would set up a chair here, and then we would sit in the other chair, and whatever issue you had, you could have a conversation. So you literally, "I'm Darin. I'm having a conversation with my neck." And so I'm like, "Okay, I'm looking at that chair, and I'm saying neck, I'm really pissed off." "I'm in pain. I can't sleep. You got to help me out here. What's going on?" And then I'd literally go into the other chair, sit your ass in the other chair, now I'm the neck, and now I'm going to respond. And if you let yourself go, you tap into the subconscious power and awareness and perception. And I was having the craziest, coolest, freeing conversations between my n- Like, you will never guess, you can't guess what comes out. Because literally, it could be anything. It could be when I was five, my brother threw me against the wall by the collar of my rain jacket. And I couldn't breathe. Right? So that shit came up. I was like, "Holy shit." I had an emotional embedded thing in my neck.

Robby Besner PSc.D.

Right.

Darin Olien

And it was like layers and layers and layers of that. So again, like, that's a tiny example of how powerful the emotional, mental physiological side of this whole thing is. And again, we want to reduce. We don't even want to look at that system, 'cause that's like vulnerable sometimes. It's like, ugh.

Robby Besner PSc.D.

Yeah.

Darin Olien

I don't want to revisit any of that shit. But guess what is dealing with it? Your body is dealing with it. It's holding on to stuff. So anyway it's a big topic, but absolutely anyone suffering from anything, I would say right now, the easiest thing you could do, the powerful, get a self, safe spot. Give whatever pain, whatever you're suffering, give it a voice. You don't even need a professional



therapist. Just let it out. Let your hand write. Let your fingers type, and just give it a voice, and just let it go. And don't try to think about it. Like sometimes I'll do it and I don't even spell check. I don't. I just go, I shut my eyes and I just, blah. I don't look at it. I don't rewrite it.

Robby Besner PSc.D.

Super cool. Super cool. Something you don't know about me, I went to- my undergrad was in Boston university in the late sixties, early seventies. And that was the birth of the gestalt whole industry, you know? And my major, I had a dual major, I was in psych-bio at that time. And so we were doing Skinner behavioral modification boxes on one set of my labs. And I was dissecting, for the zoology side, I was dissecting rats and the other parts of my labs each week. So like, I just figured, I have a certain amount of time on Earth camp. I'm just going to absorb as much as I can. And I'm just going to see what fits me. And then I'm just going to kind of move through it, and just follow the direction of love, you know? Just follow that, trust the whole process in a way. Yeah. You know, one thing that struck me, that's super important for people to know, well, there's Louise Hay, she has a whole body of work about how emotional stuff, and you know, that you pack in, expresses itself in a physiological event, or some kind of symptom. But one thing I learned, the first thing I learned from our friend, Michael Rankin, was how- were physiology can, you know, take some time to correct emotional stuff. My God, as soon as you kind of tack onto maybe whatever that little tweak was, or let's say you have up in your road, and you ask for forgiveness. Like, one is Ho'oponopono, the Hawaiian method.

Darin Olien

Yes, I love it.

Robby Besner PSc.D.

But then, boom. It just freakin', it like just disappears, it evaporates. And then all of a sudden, you're like unblocked. And you know, the Eastern cultures with all the energy meridians, there's emotional blocks there, and that affects your systems. And so it's all connected. And it's another part of that primal stuff. But I love your idea because of just kind of giving it a voice, because I often recommend journaling with the Lyme people we talk to and work with, just so they can follow and track their progression. Because some of the improvements are subtle. And if you're depressed and you want to see improvement, decided, "Well, okay, I'm moving in the right direction." On pain or whatever your challenge is. A journal is a great way to do it. And we used to



put numbers on it. So you're in pain, it's an eight out of 10, by the end of the month, it's a six out of 10. So yes, you're still in pain, but you're not at 10 or not at eight, you're at six. So we're going in the right direction. That gives us hope.

Darin Olien

A hundred percent.

Robby Besner PSc.D.

So, man, we're almost out of time. This went so fast, and I really appreciate your time, because it's super valuable. So thanks for everything. All the little tips that you gave us in the short period we're together, so we're about to close and I'm wondering, is there anything that you might want to leave us with that you didn't brush on? Because there were some pretty broad strokes, and some amazing concepts and great, great ideas. And of course, you know, you're so approachable in your different venues that people can really tap into these sources, and all your podcasts, and go back and listen to these guys, the people you interview are amazing. One after another. So in closing, is there something else on your mind? 'Cause you got it all.

Darin Olien

Well, thank you. And it's such a pleasure to talk with you. You know, I think the thing that comes up is, I know that there was a part of me that was pissed off, while this was going on. The emotional body of just like, "What the fuck?" You know? And so it's important to give that- to acknowledge that. Because if we don't acknowledge that, it's like, 'cause sometimes we spiritually bypass stuff. You're like, "Well, I shouldn't feel that way," when in fact you actually are. So part of the grief, there's grief when it comes to the lack of homeostasis. 'Cause it's like, " Fuck, I can't be me." Right?

Robby Besner PSc.D.

Right.

Darin Olien

So it's important for people to acknowledge, "I'm angry, I'm upset, I'm sad, I'm pissed off." And hell, scream into a freaking pillow. You know?



Robby Besner PSc.D.

Yeah.

Darin Olien

You know, it's powerful. I mean, we absolutely did that in our last, week-long thesis thing, when we, at the end of the day, oh shit. We're just screaming into a pillow. Okay. And so, you know- And just the act of acknowledging it, is super important. I am upset that X, Y, and Z has happened. That's also a perfect segue to do a gestalt, or to do a subconscious, or giving it a voice. So I just wanted to say that. Because it is so- I've gone through my own grief, losing houses, and losing parents, and all of that stuff, and then you have to allow it all to be there. All of the shadow, all of the dark, all of the anger too, or it's just going to be pushed and pushed and pushed. And then proliferate a diverticulitis event somewhere in your life, and push out, and explodes itself somewhere.

Robby Besner PSc.D.

Yeah.

Darin Olien

So we shouldn't be afraid of all the kaleidoscopic aspects of ourselves. Because underneath it all, that wasn't us either. The fear, the anger, all of that stuff. So it wasn't us, that isn't us, but we took it on somewhere. to let it go, but we have to acknowledge it. Because we are light, and beauty, and frequency, and love without a doubt. But you can't just bypass all of the stuff that we are absolutely in fact, a human experiment in this world. And we get to be here and get all of this. So today I woke up. There was some events I pissed me off. I was like, "What the hell?" Right? But the moment I went into did some work, I actually did Ho'oponopono today. Like- And so clearing it, clearing it, talking with a couple people that can hold the space, boom, done, gone. But if I didn't, it's now it's festering. Now it's taking over. Now it's gonna dis-ease me. Right? So that's what I'll leave people with.

Robby Besner PSc.D.

Wow. Well, this is my download. That was great. And the animation, Darren, man, I'm going to put that on a loop somewhere, because that was awesome. But what my download was, free yourself to be yourself. Right? Isn't that great.?



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Darin Olien

Love that.

Robby Besner PSc.D.

Yeah. And that's it, man. Because like, there was a- Just a sidebar, you know, you go out on a train, you go on a trip, and you pack up a bag, and you put your clothes in. And I don't generally do this, because my wife likes to change my hotel rooms, while I'm sleeping, so- So to keep me on my toes. Anyway, so you pack up your bags, you get to your hotel room, you unpack your bag, and you put it in your stuff in the drawers or whatever, and you enjoy your holiday or whatever reason why you were traveling. And we do that emotionally. We pack this bag with our emotions. In my family, we would get to the destination, not unpack the bag. And then we go to another destination, and another destination, and the bags would get full. And then when we ran out of room, my family would just buy another suitcase, rather than unpacking your emotions to allow them to breathe. They have a life. They belong on a shelf somewhere. And then you're free to be the person, be in touch with the person inside of you. Because like you said, if you keep shoveling it under the carpet, and the brain, your body, your consciousness, subconscious and total consciousness, it doesn't like to be in pain. It kind of sort of mutes that out. And so that's the emotional pain too, as well as the physical side. And however it manifests itself. So just unpacking your emotional baggage makes you so much lighter, and gives you the ability to really, to be who you're meant to be, follow your bliss, all that kind of stuff. Good stuff.

Darin Olien

It's a super power, for sure.

Robby Besner PSc.D.

Yeah. You're amazing. Thanks for your time today. Appreciate you in the biggest way. And I know everybody out there gained so much from today's interview and opportunity to meet you. So we'll keep going, keep charging on.

Darin Olien

Thanks brother. I equally appreciate you. You've helped me along the way, and you've just always come from a high integrity standpoint, and you and all your products, and just like, I literally use them every day. And knowing that they're coming from you, just makes it that much better.



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Robby Besner PSc.D.

Can't wait to see you again, guy. Take care.

Darin Olien

Thanks brother.

Robby Besner PSc.D.

Stay well. Bye, bye now. Hey, everybody, it's Robby Besner. Thanks so much for joining us today. Please share this content with anyone that you think might benefit from it. And we're looking forward to having you with us tomorrow for another great interview.