

## **Ben Greenfield Fitness**

**“The 3 Key Steps To Intuitive Eating, Ego Dissolution, Raising & Educating Children In A Modern Era & More With Paul Chek.”**

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[www.bengreenfieldfitness.com/paulchek3](http://www.bengreenfieldfitness.com/paulchek3)

**For the third time, I've joined Paul Chek at his home hidden away in the hilly backcountry of San Diego, California to interview him. And this time we take a deep deep dive into topics such as intuitive eating, consciousness, ego dissolution, education models such as Waldorf and unschooling and much more!**

Paul is an internationally-renowned expert in the fields of corrective and high-performance exercise kinesiology. For over twenty-five years, his unique, holistic approach to treatment and education has changed the lives of countless people worldwide – many of his clients, his students and their clients. By treating the body as a whole system and finding the root cause of a problem, Paul has been successful where traditional approaches have consistently failed. Paul is the founder of the C.H.E.K (Corrective Holistic Exercise Kinesiology) Institute, based in California, USA and the P~P~S Success Mastery Coaching Program.

He is a sought-after presenter and has consulted for organizations such as the Chicago Bulls, Australia's Canberra Raiders, New Zealand's Auckland Blues, the US Air Force Academy and other elite organizations. He has produced over 60 DVDs and 17 advanced-level home study courses designed for the fitness and clinical professional. He is a strong believer in the essential role provided by practical training and has developed four Advanced Level Training programs to provide hands-on instruction for the exercise and health industries.

Paul's CHEK Exercise Coach program introduces fitness and exercise professionals to an integrated approach to conditioning; the C.H.E.K Practitioner Program is a two to four year advanced level program teaching corrective exercise and high-performance conditioning; the Golf Performance Series focuses on functional conditioning for golfers; the Optimal Health and Fitness Through Practical Nutrition and Holistic Lifestyle Coaching Program contains three levels and shows how to reach optimal health from the inside out. Thousands of people worldwide have been trained in one or more of these challenging and elite level certification programs.

Paul has also accrued three US patents for [posture calibrating](#), [hydrotherapy](#) and [equipment inventions](#), and has also designed several pieces of functional exercise equipment.

**In this episode with Paul Chek, you'll hear:**

### **-Why Paul became an espresso aficionado....4:30**

- Paul and his wife at one time worked 18+ hrs a day; espresso was an effective way to stay engaged and productive
- Caregiver archetype
- Studying functional medicine, Paul found people who had blood sugar issues had coffee on an empty stomach
  - Inflammation, hormone regulation issues
  - Logic doesn't work to get people to kick a bad habit
  - People have a deep emotional connection to coffee
- Came across some time release vitamins; saw word "chelated" on the bottle
- Saw a connection between chelation and coffee to help with above mentioned issues
- Began using organic butter, nut butters, [yak butter tea](#)
- [Laird Hamilton](#) was a fan out of the gate
- Encouraged people to put something in their coffee and eat a bit of food first thing in the morning

### **-Intuitive eating and a discussion on what is "God"...10:40**

- Difference between intuition and instinct:
  - Intuition is asking the totality of yourself a question and waiting for the answer
  - Only "God" can give you the soul; the soul is "God" in you
- Ken Wilburn is known to be able to "stop" his brain ([see video](#))
- Book: [Destructive Emotions by Dalai Lama](#)
- Scientifically speaking, "God" can only be defined as "zero"
- Book: [Stalking the Wild Pendulum by Itzak Bentov](#)
- Book: [The Physics of Angels](#)
- "What we call spirits and angels is the flow of information and energy that is anthropomorphized" (human interpretation)
- Eternity, not infinity, is the zero point that we call "God"
- Intuitive eating: One empties their soul, then asks if a particular food is what they should eat that day. They'll receive the answer according to the energy they feel, positive or negative
- "Human beings will continue to invent technologies outside themselves until they've either destroyed the planet or they've come to the realization that everything they've created outside of themselves is a copy of a technology that exists within themselves." --Rudolf Steiner

### **-An alternative view of human DNA...28:55**

- DNA is not a bunch of information like a computer; it's an antenna system that's tapping into morphogenic fields
- [The Michelson-Morley Experiment](#) (proved that the aether does exist)
- [YouTube video explaining Gregg Braden's "phantom DNA" experiment](#)
- Book: [The Mystic Spiral by Jill Purce](#)

- YouTube: [String Theory Explained - What is the True Nature of Reality?](#)
- [Article on Whirling Dervishes](#) (re: Paul's experience seeing photons in the sun)
- Book: [Ancient Mysteries, Modern Visions by Phil Callahan](#)
- YouTube series: [The Dirt Facts by Paul Chek](#)

### **-Soul connection and ego dissolution...42:40**

- Ego dissolution often occurs when people are in a deep crisis
  - It cannot occur when we are constrained by religious or cultural standards
  - Book: [The Second Mountain by David Brooks](#)
  - Book: [Falling Upward by Richard Rohr](#)
- [Books by Viktor Schauberger](#)
- Book: [Man's Search for Meaning by Viktor Frankl](#)
- Set aside preconceived notions, and allow your soul to speak to your body
- YouTube video: [The Hunza Diet](#)
- A British medical officer found that the Hunza people were regular smokers and drinkers with no apparent ill effect on their longevity
- The psyche is more powerful than physiology
- 3-step process on learning to be guided at 3 levels:
  - Diet logging
  - Muscle testing ([duck bill muscle testing](#))
    - The body will not support a lie
    - Addictions and unbelief inhibit honest biological feedback
  - Listening to the soul
- The biggest challenge to soul connection is a connection of the ego
- You have to have legitimate spiritual courage
- Supplements muffle the signals of the soul

### **-Paul's thoughts on educating children...1:11:15**

- Ground children into the realities of the real world (meet halfway on buying toys)
- Book: [Parenting With Love and Logic](#)
- Education system designed to support the agricultural and industrial revolutions
- [BGF Podcast on Unschooling](#)
- Book: [The Kingdom of Childhood: Introductory Talks on Waldorf Education](#)
- Steiner invented biodynamic farming, which has proven to be superior to other methods of farming
- Minimum screen time, maximum engagement with the world and creative stimulants at a young age
- We have a choice on how to raise our children: either allow screens and teachers or we can be proactive and use those as tools while retaining our role as primary educators

### **-The one question Paul Chek wishes he could answer but hasn't been asked...1:31:20**

**-And much more!**

## Resources from this episode:

- Podcast: [Why Humans Need Winter, How Too Much Christmas Is Dangerous, Rites Of Passage & More With Paul Chek](#).
- Podcast: [Heavy Rock Lifting, Building Your Own "Water Charging" Station, Biomechanical Fixes, Plant Medicine Journeys & More With Paul Chek](#).
- [All of Paul Chek's books](#)
- [Chek Institute](#)
- Book: [Destructive Emotions by Dalai Lama](#)
- Book: [Stalking the Wild Pendulum by Itzak Bentov](#)
- Book: [The Physics of Angels](#)
- [The Michelson-Morley Experiment](#)
- [YouTube video explaining Gregg Braden's "phantom DNA" experiment](#)
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-Book: [The Kingdom of Childhood: Introductory Talks on Waldorf Education](#)

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**Do you have questions, thoughts or feedback for Paul or me? Leave your comments below and one of us will reply!**