

2.23AM

A CALL TO UNCOMMON ACTION

CHRISTINE: We are speaking today with Hiro Boga. Hiro has been a central part of the whole process of the 2.23 am journey. Without her guidance, work, and support, I don't think I could be in a place that I'm in right now to be having this conversation, and if I wasn't in this place right now to be having this conversation, it would probably be several years down the track. So welcome, Hiro. It's such a pleasure to have you on 2.23 am podcast.

HIRO BOGA: Thank you so much, Christine. Thanks for inviting me. I am so honored to be here and so very happy to see your reason come to life in this way.

CHRISTINE: Thank you. So we are starting with the question, and I've been really thinking about this because of the work that we have done together. I'm really looking forward to the response that you have for us. We are starting with the question, what wakes you at 2:23 AM? It is a metaphor but I'm sure you understand that. So, would you be willing to speak into that for me?

HIRO BOGA: Well, what wakes me, it's interesting because I feel as though it actually pulls me into a deeper state of dreaming but what wakes me at 2:23 AM is both the

sense of what it is that I'm here to do in this sort of last quarter of my life. I will be 65 next month and I'm just really conscious of the presence of time and the act of completion. Not just completing the things that I have started but also considering from the viewpoint of completion, what it is I wanted to begin now knowing that I have maybe another 20 years of active creative life, if I'm fortunate, and that there are things that are mine to do, ways in which I can contribute and serve that I have put off and now won't be put off any longer. So in many ways, that's the kind of call in my heart that is knocking on the door of my heart that happens in deep sleep and in that state of surrender that is the middle of the night.

With that comes also the call of my incarnation. So that is the call of my soul and what it is that my soul wants to do to serve. And then the call of my incarnation is about honoring the rhythm of my life in a way that is always evolving. I mean, I've never been 65 before and so I don't know what it is that I need at this stage of my life, and I'm just making it up as I go along by paying attention and by really listening. In many ways, the call from my body is one of even more spaciousness and gentleness and ease, and the kind of pulling in, not in an insular or isolated way but of pulling inward to conserve my resources and to be really mindful and discerning about where and when I choose to expend my energy and my time.

So it's that two fold process. It's the process of the inward nurturing and separating myself, and being in harmony with my body and in harmony with my life as it is now, and then out of that, that outward movement into creativity, shaping, and service to my world. I think that it's holding the tension between those in a spacious way and moving with the tides of that because there is a kind of a tidal current that moves between this. This is true, I think, it has been true for me my entire life, it's not new. What is new is the fact that my mortality is closer. I'm closer to the end of my life than to the beginning of it and so the choices that I make are distilled in some way into the real essence of my true desires of what my soul is here to do, of what I am here to do, and also what I'm here to experience and express. So it's not just about doing, it's also about that quality of being that only comes from that negotiation between the inner and the outer.

CHRISTINE: Wow, there are so many places I could go with that. I'm really mindful particularly with the people that I have lined up to interview and this is a process. One of the key parts of this podcast is that our intention is to reinterview every year for at least a couple of years and to really examine that. I think one of the things that would be really valuable to hear particularly given your wonderful perspective as an energy alchemist and teacher is the grace with which you're moving towards the end of this time. Would be willing to speak a little bit about how death and the end of our current

human existence how that is occurring to you because it's obviously behind this inquiry of you have this time nest and what do you do with this, how do you manifest and really connect with your true desires?

HIRO BOGA: There have been other times in my life when I was younger where meditations on death were part of my practice and it's less so now. I've always done this and kind of play with it where I will tune in to that portion of my soul that holds the pattern for my death and tune in to that, that energetic matrix and feel where I am in relationship to it at the moment, right now. Also just experience that energy and the energy is always very joyful. It doesn't feel anything like unusual tropes about death. It has never felt like any of the usual tropes about death. It's not about liberation. It's not about transcending the body. There just seems to be a gathering together, for me, the way that I have experienced it.

Of all of the experiences of this incarnation and every other incarnation a kind of gathering to a closing place and in that gathering together, it feels very joyful to me. So in some ways, I think, when I talk about mortality, I'm thinking more in terms of a different relationship with time than I have had in the past. So in the past, there was more time ahead of me than behind me in terms of my life span. So it's always the sense of being able to stay in timelessness within the flow of time and so able to stay out of urgency. That has been my practice and it continues to be, but I'm also aware of a

shaping force that comes with having less time ahead than there is behind me. There's probably three quarters of my life behind me and there's perhaps a quarter or maybe more, I mean, none of us knows how long we have, but where I stand in relationship to this stream of time and in relationship to my life as a unit of time is standing in a different place in the river.

It's more about being in that relationship when some way, the other shore is closer and the choices that I make now matter more. I feel as though there was a sense of forgiveness in the past where well, if I blew it in one direction and kind of went rambling off track for a while, it was okay. It was all part of the process and there was time to course correct. There was time to bring myself back into the flow of my life, and it's not that that isn't the case now but I'm just conscious of the fact that I have less time for those kinds of diversions and also less energy and capacity physically.

So I'm much more mindful and it sounds more deliberate than it is. In some ways, it's not that different from what I've always done, the kind of tuning into the flow of how I feel and what's going on around me and kind of going with that, but there is that element of choice, deliberation, and discernment that comes, I think, with being conscious of having a different relationship with time at age 65 than at age 45 or 25.

CHRISTINE: Yeah. One of the things that I've really appreciated, one of the many things that I have really appreciated

about working with you is what I'm hearing behind what you have just said. In our current business world, there is a huge sense of urgency. There is a, and I'm going to put this on a parenthesis, sort of 'go hard or go home mentality' where the hero is the one that works 17 hours a day or whatever that story is. I can understand that you can do it for short periods of time when you have a deadline but we all know that something that doesn't serve any purpose and one of the most amazing aspects of the work that I've done with you is to really challenge some of those core beliefs around what success and what business is in time.

I'm hearing that with what you're saying that as you approach the last part of your life, it's not that you're using a higher degree of discernment, it's the fact that the choices are, not that they matter more, it's really and it sort of turns back to really connecting with the true desires that need to be made benefit. This staying out of the urgency and not getting caught up in that whole cycle, which is a very, very typical part of the current business model that we have in society, it's definitely something that I've learned so much from you that I think you're speaking to now.

HIRO BOGA: Well, you know it's interesting you stride out by saying the current sort of mantra in business is 'go hard or go home' and if I were given that choice, I would always go home because in each stride, let's all go home.

CHRISTINE: Yes.

HIRO BOGA: So to me, what matters in business as in anything else is that we know ourselves and we know what we truly want as opposed to what we are taught to think we should want. We know ourselves from the inside rather than from the outside. It's really interesting. I've talked with private clients who have achieved enormous success in their sort of work lives and business lives, and the biggest shift that happens is that shift from looking at themselves from the outside in to looking at themselves from the inside out, or to experiencing themselves from the inside out, because when you're looking at yourself from the outside in, you're always judging yourself by somebody else's criteria and you cannot then be in touch with what your true desires are because it's too risky.

It may mean that you're not meeting up with the standards that you believe you should be living up to and yet, if it's not making you happy, I mean, if it makes you happy to go hard, then go hard. If you are one of those people who just naturally has tons of energy, loves to be really active and out there doing and creating, then go for it. It's not that one desire is better than another. It is simply knowing what it is that you truly want and beyond the kind of surface wants to what is your heart's true desire because our desires are always the voices of our souls. It's your soul saying, "Hey, this is what we're really here to experience and express."

So if you're not experiencing and expressing those qualities of soul in the form that is natural to you and that allows you to feel grounded and present, and whole and expansive rather than fragmented and fractured and racing to meet some objectives that you don't know why you're chasing it. You're never really going to find your way because you're chasing the wrong dream. You're chasing somebody else's definition of success or somebody else's idea of what you should be doing, and sooner or later, those parts of you that you have had to suppress in order to chase that vanishing horizon are going to rise up and trip you up because everyone of us seeks home, and home is the essence of wholeness, of belonging to ourselves, of belonging to our earth, of belonging to our lives, and that can only happen when you are truly honoring every part of you.

So if you are caught in kind of a workaholic mode, and I get this way too, there will be times most recently for me when I was bringing on board a new team in my business and I had to kind of work at a pace that was really out of rhythm with my body and I just got to this place where nothing was dreadful anymore. I didn't wake up in the morning feeling really happy about meeting the day. I just wanted to crawl back under the covers and for me, because the gap between these different parts in myself that need different things is actually quite small. It didn't take long before my

body said, "That's it. I am not doing anything more until you restore some balance and some harmony here.

So I took myself off to a resort that had a great spa and I had a massage every day. I slept, ate, and read, and I had to push that reset button, but in many ways, it's better if we can just live in rhythm with our bodies and it's challenging to do that. It can get very easy especially when you own your own business to just work all the time because this is your baby and you want to give it everything you've got. But once you've given it everything you've got, you're completely depleted and what you've got is depletion, and that will show up immediately in the world of your business. People will disappear, clients will disappear, and customers will vanish. Your customer service will start to fall apart. The quality of your product will fall apart.

There is such a direct link between your own well-being and you the inner ecology of your life and what happens in the world of your business. Once you get that, you realize that working yourself half to death doesn't serve any purpose. It doesn't serve your business, it doesn't create joy and vitality, but it also doesn't create money and prosperity either. You can do that for a while but those things will dry up because the wealth springs that nourish them are also the wealth springs that nourish you.

CHRISTINE: So what would you say to a young entrepreneur, for example who, let me see if I can give you an example,

a young entrepreneur with a really good heart has created a really successful business on the surface - that's the outside - and inside, the desires there's a disconnect and I think this is fairly common. In my experience, I found that people this some sort of educational thing that happens from birth to really connect with our true desires and actually not just connect but it creates a permission, an interior permission that our true desires are actually worth going for and making benefit in a world through our expression in business. Because I know that some of the people are going to be listening to this are going to be in exactly that spot and they are going to hear you say, "You can't get to your true desires. That's not going to work for somebody else.

HIRO BOGA:

But the truth is your deepest desires are also the source of your greatest creativity and your power. You can function on will, and people do, willpower, for a while but it is a very limited resource. Willpower is an extremely limited resource and your best off using it more like a condiment than like the main course of your meal because it burns out very quickly and you can't regenerate it fast enough to keep using it. It's like the starter of your engine rather than the engine itself. So if you are a young entrepreneur and you have created a business that is thriving and successful, congratulations! That is really great and you have probably done it by putting your heart and soul into it and working very long hours, and now, it's time for you

to step back and ask yourself, and here's where we can play the death card.

If you knew that you had one more week to live, what would you choose to do differently? If you knew you had one more year to live, how would you choose to live? It's not that you would abandon this beautiful business that you have created but you would have a different relationship with it. So that's one question to ask yourself. The other question is to ask yourself, because you are in relationship to your business and if you think about the relationship between you as being like a marriage and if in your marriage you spent all of your time working and you never nourish – you didn't play, you didn't nurture your mind with intellectual stimulation, you didn't nurture your heart with deep connections - you wouldn't have much to bring to the marriage anymore.

It's the same between you and your business. You may think that by working longer and longer hours in your business, you are actually cementing back relationship with that bond between you more hopefully, but you're not. What you're doing is bringing just one narrow part of yourself and shutting other parts of yourself out of the relationship, and in doing that, your business ultimately will suffer because you're not bringing your full self to it, and to bring your full self to it, you have to take yourself away from it.

For me, it's absolutely essential to do something each day that has no purpose whatsoever related to your business, that you do purely for the love of it, purely for the joy of it that it has no monetary purpose. You can't leverage it, you can't monetize it. It is something you do just for love. For me, it's reading poetry, reading essays often by poets. You can make a living from poetry. There's no agenda there but it's those things that you meet without an agenda that reminds you of the truth of relationship, which is that agenda-driven relationships are short term. They are transactional and they don't last. If you want a lasting relationship with your business, then you had better nurture it with something more than agenda.

CHRISTINE: That's a pretty powerful statement. I really liked that, agenda driven relationships don't last. I really like you to say more about that because I know one of the wonderful things that I have learnt from you, again, there are many things I have learned, is that I'm not my business and my business is not me, and that I have this amazing relationship with my business where it has become a partnership that it's really quite extraordinary. The more I partner with my business, the stronger both myself and my business become. So I really love to hear you speak. I've never heard that said before but that's actually going to be a blog that I'm going to write, Hiro.

HIRO BOGA: That is at the height of everything that I teach. We're so used to identifying ourselves with our creations and

so we say 'my business' and we somehow think that what happens in the business is a reflection of us. I've had so many students over the years say, "But my business is me. There's nothing else. I'm a massage therapist or I'm a real estate agent. My business is me. If I would have dropped dead tomorrow, there would be no business," and that maybe true, maybe true that if you were to drop dead tomorrow, there would be no more business but your business is not you. It has its own soul. It begins in the soul realm. It begins in the subtle energy realm just as you do.

The analogy that I like to use is the analogy of children. If you have children, you've given birth to them. They come from your body, they come from your love, they come from your willingness to give them life, so their lives are absolutely intimately working with yours but they are not you. They have their own souls, they have their own path in life, they have their own purpose, their own mission, their own trajectory, their own friends and allies, and it's exactly the same with your business. Your business cannot exist until you agree, until you make an agreement with the soul of your business to bring it to life because the soul of your business can't act in the physical world except through you.

But once it is born and once it has started to grow up, it becomes increasingly clear that it has its own agenda, it has its own life, it has its own story, and it's different from yours. Once you get that, you can have a much healthier relationship with your business because you

can still live your life and if you've got difficult things going on in your life, they don't have to affect your business. Your business has the power and the capacity to carry itself through. Certainly, my business has done that. I've been in business for 35 years and over that period of time, there have been times when I have had lots of energy and resources to commit to my business and other times when I haven't.

There have been times when I have very, very young children or when I was ill and I was injured, and I had to pull back and let my business trust and my business would do its thing, not without me at all but that my role had to shift from being the one to drive the business to simply guiding it, leading it, and letting it find its own way and trusting that the systems and the structures that I had created would carry it. So it's so essential to know that even just on that very practical level but also on a much deeper level. Once you recognize that your business has its own soul then you can partner consciously with the soul of your business.

It has all of the immense resources that you also have, and then some, and it means that you are not doing this alone. That's what happens I think to so many entrepreneurs, even when they are long past the solopreneur stage and they are CEOs of large companies, in many ways, that sense of aloneness deepens as the organization gets bigger and more complex, but in the sole of your business, you have a constant partner with whom you have had a long

relationship and it's not a relationship that is going to go away. You can have people joining your staff, leaving your staff, and team members entering, team members leaving, but this relationship is constant and because of its constancy, it can continue to expand and deepen, and become richer.

The soul of your business, the faith of your business can show you possibilities that you can't even imagine because it has a much broader vision for your business and it's not limited by your limitations. So if I think about my business when I'm talking to the soul of my business, which I do each day, yeah, I have a limited lifespan and I have a limited capacity in terms of energy and time and so on, but it does not and it can show me, it does show me, "This is what's possible." This is what the soul of my business wants to create and it will show me also this is not dependent on me. It will show me practical steps that I need to take to connect with the kinds of support that it has in its own realm and quite miraculous things will show up, opportunities will open up. I still have to follow up on them but they are not things I could create on my own. They are things that I could not even dream of, the outside of the realm of my imagination. In relationships, you've got like two different geniuses coming together.

CHRISTINE: Yes, I'm at the beginning stages of developing that level of relationship and I hear there are a couple of things that are really critical behind that. So first of all, this is a relationship and like any healthy relationship, it

requires focused attention and it's that making that time to be in communion with your business so that that relationship is not only built but the partnering and the listening and so on can develop, and depending all of that is this deep sense of trust and I think even that, looking at the trust that moves under that in the world that we live on where most of our business systems are monetary systems and so on are based and propagated on a platform of scarcity. There's a huge sense of not just trust but a huge sense of an abundant universe that I have learnt through your work as well as developing this relationship.

HIRO BOGA: Yeah because developing this relationship puts us in touch with the incredible ways in which we are held. It strips away that illusion that the three dimensional world is all that there is because if you think that that's all there is, then you are constantly coming from a place of being a very small person in a very large world. There's just a natural sense of contraction in the face of that and because as entrepreneurs, we're taking risks every day. If you take risks from that place of "I'm really small. It's a big scary world out there," then you're continually jacking your central nervous system into a state of alarm and that can create all kinds of problems.

But when you have this daily communion and this daily connection to the deeper sources of your own being and that of your business, it puts you in touch with the entire universe of subtle energy which is there whether

you acknowledge it or not, but when you do acknowledge it, then you know yourself to be held. You know that you are held in much more powerful arms than your own and yet, you are also part of what holds that fabric of the universe in place. You're not like a child being cradled but you are also the arms that cradle.

It gives you both that sense of home and belonging, and of your own agency, your own power, your own creative contribution to this amazing partnership with your business but also to the amazing creation of the world that I think ultimately, the greater purpose for which we are all here. Business can be because it fundamentally addresses those issues of how to make a living, how to provide for yourself, your family, your community. By doing that and connecting that to soul sources, it has such an incredible power to be a force for good in our world.

CHRISTINE: Wow. So you mentioned you've been in business and I know that in a previous business, you had quite a number of employees and so on and so forth. Is that correct? Can you tell a little bit more about...?

HIRO BOGA: Well, I had a training and research center so it was like a school for grownups.

CHRISTINE: For grownups, yes.

HIRO BOGA: Yes, I had staff, I had teachers that I employed who I had trained. It was a complex busy enterprise and I

was in my 30s and 40s, and had the capacity to lead that, to create that, and shape that.

CHRISTINE: Also, I sought a lot about this in reference to your background because I know that you were born in India but you spent most of your life in North America. Is that correct?

HIRO BOGA: Yes, I was born and raised in Bombay. I left when I was 21 and I've never lived there since. I was in the United States for four years as an undergraduate and then immigrated to Canada. I have lived here ever since so I have spent all of my adult life here in the Pacific Northwest.

CHRISTINE: I would imagine and this is an assumption that I'm making that some of the early cultural influences from India, can you attribute to them in forming in any way around the work that you're doing today because the work that you do is both unique, not unique, beautiful and just extraordinary around really patterning this new business and who you are and so on. How do you gather those threads?

HIRO BOGA: It's a good question. I know that India and being born there and being raised there had a profound influence on my life. There was, as with all things, it was purposeful. My soul chose to be born in India because that was the best place for me to grow up and then I chose to leave because this was the best place for me to live and work, and kind of carry on the work of my incarnation. For completely different reasons, I think

that the things that were so valuable to me, growing up in India, I can't even begin to list them. It's a complex thing but one of thing is simply that all of us are born, where each one of us is born knowing who we are.

We know that we are incarnate souls. We know that we have this amazing astonishing gifts and capacities, and part of the process of growing up is learning how to negotiate the difference between the limitless capacities on a soul level and the limitations of physical life because this is a physical world. On a soul level, I can be in Australia with you but on a physical level, we have to be on this phone line even to speak, you know?

CHRISTINE: Yes.

HIRO BOGA: So there is a difference between physical reality and energetic reality, and we all started out knowing who we are energetically and then figure out how to make that work within the limitations of the physical world. What makes it more difficult here, at least in the west, is that the foundation of western culture is reason, or it has been since the enlightenment. We have, in many ways, a very materialistic view of the world in the sense that the material world is all that there is. Our five senses and what we can perceive with them and what we can observe through the scientific process, is real and everything else is meant for a story or fantasy or not real.

When as a culture we hold those belief systems, they exert enormous pressure on the newborn soul, on the new baby and then that baby grows up in a family environment that may or may not reinforce those belief systems. Certainly, by the time they get to school they are being more and more conditioned. Just forget who they are and begin to look outward for reflections of who they suppose to be. There is a kind of soul lost, it's not the loss of soul but a disconnection from soul that happens. It's not that that doesn't happen in India. I certainly don't want to romanticize the culture at all, but there is a much greater integration in between the life of the body, the life of the world, and the life of the spirit and the soul, that they are not separate from each other. They are kind of woven. Everything is woven together.

I've experienced that same sense of wholeness in the few contacts that I have had. I've had a few sort of close contacts that I've had with aboriginal people, with first nationals in Canada because they have a similar holistic views of the world where the spirit doesn't mean church on Sunday. It is who you are, it's how you live, it informs all of your relationships and puts you in relationship with everything and everyone around you, and we have lost that in our western culture. So for me I am really grateful to have had that time to anchor my knowing that they came in with into my day-to-day life without shutting it out.

By the time I came here even though I was only 21. I was 21 and I had my own very direct experiences of both the physical world and the non-physical world, and the ways in which they intertwine and the ways in which they interconnect. That was pretty much established for me. I didn't come with the same cultural assumption that my kids perhaps, I mean, my kids didn't quite grow up with that because they grew up in my household, but there is that sense. Certainly I noticed that when they got into junior high school and all of a sudden, they have to turn that off because if they didn't, it was too weird for them. They couldn't talk about that with their friends anymore. So I think that there is a huge gift in India and culturally, I started meditating when I was 3 and did yoga.

CHRISTINE: 3?

HIRO BOGA: Yes, 3. It was just a part of the rhythms of life and knowing that I came in with was not weird to...

CHRISTINE: Yeah.

HIRO BOGA: So my dad would tell these stories and one of the stories was that when I was 3, and I don't have any memory of this because I don't really remember much about that time, but he took me to a lecture at the university in Bombay by some world famous authorities, Sanskrit scholar, Vedic medic scholars, authority on the Vedas and pre-Vedic, whatever. The man was a friend of his. We sat on the front row and he gave his lecture and all these people were there. There were dignitaries

and so on. Then he asked if anyone have questions or if anyone wanted to discuss. Apparently, I sat there and I kind of took down his point by point by point, and gave this other vision of what I saw and my dad said this man and I talked for like an hour and a half after the lecture was over. But if that had happened here, I would probably be sedated and hospitalized.

CHRISTINE: Right.

HIRO BOGA: In the psychiatric unit. So there are assumptions in that culture that really supported my growth. They allowed me to stay whole and not get fragmented or not shut out with myself. I think that that was very valuable.

CHRISTINE: I'm really aware when we were really looking at 2.23 am as a brand, which has a magical mystical origin in its own right which will be told in the story, but a lot of people do wake at that time. This call is that there is this recognition of the wholeness that you spoke about that we're present. We're aware of now and our birth and formative years, and the longing to find that, which sort of go back to the beginning of our conversation where we talked about coming home or home. That's my deepest sense, particularly in the West that there is so many wonderful people who have a deep commitment and aspiration to a more whole expression of both themselves and their business.

HIRO BOGA: Yeah, and the gift of the West and the reason that I've had my entire adult life here and not in India is that there is value to the individual life that there isn't in

those older cultures. There is a kind of rhythm to express your soul, to express your soul's desires, to become who you can be, not in a kind of striving, though there is that too, but to truly expand into your soul's potentials because it's those gifts that you bring to the world and it's those gifts that change and transform the suffering of the world into something rich and beautiful and nourishing for everybody.

My experience of India, anyways, was that there was this such a strong streak of faith and everything is pre-ordained. People are incredibly loving and kind within their own circles, and then they can be incredibly brutal and thoughtless when it comes to the collective good. Those traditional roles and traditional beliefs can become very rigid and very confining, particularly for women. Anytime that one part of society is bound by role definitions, all of society is bound by those role definitions too. So there is deep spiritual connection in India and there is a profound understanding and experience of freedom here.

I remember the very first time that I sort of sat down and connected with both the Deva of India and the Deva of Canada side by side and realized, "Wow! This is why I chose to be born there and this is why I've chosen to live here." I needed that foundation and then I needed to move from there into concrete action.

CHRISTINE: Yeah and it's a whole another conversation that we are not going to have now but I also think that part that

you mentioned around there is more opportunity for a woman to express the whole of themselves, and it's still not perfect but in a lot of the Western cultures it's, yeah. Hopefully the world is changing towards that everywhere. So, I want to circle back to sort of complete this conversation and go back to the sort of the opening where you are really aware of the time and sort of unfolding and what you are wanting to do while you have the capacity and so on. Would you be open to speaking into a little bit about what's arising there for you?

HIRO BOGA: Yes, sure to the extent that I can, because in some ways, I'm meeting something whose shape I don't know yet. It's like just glimpse, kind of little glimpses of what's coming. But in the work that I have been doing, I see it more and more, the need for people, for each one of us, to step into our own leadership and it isn't leadership in the sense of one fearless leader and 9,000 followers. It is that inner sense of agency, of sovereignty and agency. This world, I am part of shaping the world in which I wanted to live. Whether you believe in a divine being or God or goddess or whatever, if that didn't exist, then you would still be responsible for creating a world of kindness and generosity and love or the opposite.

It's our actions that shape the world in which we live and so it's leadership in that sense of accepting the responsibility as human beings, the creative responsibility for what we bring to the world and the

ways in which our presence, energetically and otherwise, shapes it. It doesn't mean that we all have to rush off to Kolkata and become Mother Teresa, but it does mean that it requires a commitment to living mindfully, to being conscious of our internal states because whatever our state of being is that's what we contribute to our world. That's the place in which everything flows.

Even if you are writing the most magnificent inspiring book in the world, if you do it from a place of great stress and anxiety and driving your body beyond its capacity, that book will be infused with those qualities. It's being mindful on a moment to moment level of what energy you are generating because that's the way through which you're shaping the world. It's that sense of leadership and the things that are calling me now are about, I'm in the midst of creating a program that has to do with that, how do we become the leaders that we are so that our world can become the world that it can become.

Also with that, because to me nothing is separate from anything else then that encompasses how our relationships with our bodies, our relationships with other people, our relationships with our planet, our environment, with our work, our businesses and with the communities and cultures that we create. Every business is a culture and the more consciously we envision what we want that culture to be, the more consciously we can shape it because we have that

power within our businesses. Part of the joy of being an entrepreneur is we have the power to create the kind of culture that we want as a microcosm of the world that we want. That's kind of my next project and the other project is a new collection of poems.

CHRISTINE: Yes, very nice. Hiro, I can't tell you how grateful I am for discovering you as a teacher and steward, and guide for the beautiful work that you do and also for stepping out to participate in the 2.23 am conversation. I look forward to the unfolding story and revisitation of this in about a year's time. Thank you.

HIRO BOGA: I look forward to it too. I think that's a wonderful thing. One of the things I love about teaching and the way that I do is that people come back and you can see the progression from one level to the next and what a wonderful creation you've made.

CHRISTINE: I'm sorry?

HIRO BOGA: This is such a wonderful project, this 2.23 project. You will have to tell this story, 2.23.

CHRISTINE: Yes it is. Thank you. The idea to not just create a podcast but create a podcast that steps back into the conversation for at least a couple of years with the same people really came to me both through connecting with my deep desires, through a conversation with my own business, and through the influence of your work, so our deep out gratitude and I

hope you have a beautiful afternoon, what's left of it.
Thank you so much for joining us.

HIRO BOGA: Thank you, my dear.

CHRISTINE: Thank you, bye.

HIRO BOGA: Bye.

[end of audio 01:01:08]

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