

Secrets of The Bulletproof Spirit

David Van Nuys interviews Azim Khamisa

Shrink Rap Radio

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Azim Khamisa: What I've learned from my journey, David, is that you get problems in life your heads cannot solve; you get problems in life your hearts cannot heal. In my deepest crisis, I have a degree in math and finance, and I will say it was useless. What saved me was my spiritual foundation. I started to meditate when I was 20 years old and I lost my son in my 40s. I remember I couldn't sleep or eat, but I could meditate.

David Van Nuys: That was the voice of my guest, Azim Khamisa, speaking about developing what he calls a bulletproof spirit. Having lost his only son, Tariq, to a gang-related murder, Azim N. Khamisa, is a rare individual, who not only speaks of powerful and life-changing concepts, but also walks his talk, having created a foundation in his son's name, the Tariq Khamisa Foundation, which is dedicated to breaking the cycle of youth violence by empowering children, saving lives, and teaching peace. Azim is also the author of three bestselling books: *Azim's Bardo; From Murder to Forgiveness, A Father's Journey from Forgiveness to Fulfillment*; and this latest one with his co-author, Jillian Quinn, *The Secrets of the Bulletproof Spirit*.

Now, here's the interview.

David Van Nuys: Azim Khamisa, welcome to Shrink Rap Radio.

Azim Khamisa: Thank you.

David Van Nuys: You and your co-author, Jillian Quinn, have written a fascinating book called *The Secrets of the Bulletproof Spirit*. I'm eager to speak with you about your work on this topic.

Azim Khamisa: Thank you. Yes, it's been very well received. Thank you.

David Van Nuys: Yeah, well, that's wonderful, as it should be. Now, the subtitle of the book is *How to Bounce Back from Life's Hardest Hits*. I really like that subtitle for a couple of reasons. One is I like your use of the word hits for the slings and arrows of outrageous fortune. It's colloquial and it's a word and concept that I think we can all relate to. The other thing I like is your frank acknowledgment that we all take hits sooner or later, right?

Azim Khamisa: Absolutely. It's part of living, isn't it?

David Van Nuys: Yes, it is. In fact, you took a major hit in your own life and maybe you can tell us what brought you to this work.

Azim Khamisa: Yes, it was a personal tragedy and this was a tragedy on the Richter scale of 10, because how do you deal with the loss of a child? I think probably what I've learned is that parents were not engineered to withstand the loss of a child. It's probably the most complex thing a parent can go through. Fourteen years ago, my son, who was a student at San Diego State University and worked as a pizza delivery man on Fridays and Saturdays for a local Italian restaurant, it was his turn to make a delivery. He went to some middle class area where they delivered pizzas all the time.

He was lured to a building with a fake apartment number and he knocked on many doors and found out that nobody had ordered the pizzas. He came back to his car and put the pizzas in the trunk and climbed into the driver side seat. As he tried to back away from the scene of the crime, he was accosted by four youth gang members. Three of them were 14 year old, the leader of the gang was an 18 year old, who handed a 9 millimeter gun to a 14 year old. As my son was trying to back away from the driveway, the leader gave the order, "Bust him, Bones." Bones was the 14 year old gang member's nickname.

He fired one round, which entered my son's body under the left armpit, traveled across the upper part of his chest, and the bullet actually came out of the right armpit. As the coroner explained to me afterwards, he said, "Azim, this was a perfect path." He says, "You don't see a path like this very often." I said, "A perfect path?" He said, "Yes, because it destroyed all the vital organs." My son died drowning in his own blood a couple of minutes later over a lousy pizza.

David Van Nuys: Oh my goodness.

Azim Khamisa: At the age of 20. He was a great kid, charismatic, good student, had a wonderful girlfriend that he had just got engaged to and they'd moved in together. Always a very ... A lot of friends, generous, good writer. He was an amazing photographer and we had him for a short 20 years. He was a very important part of my family.

David Van Nuys: Oh, sure,

Azim Khamisa: Needless to say, it brought my life to a crashing halt.

David Van Nuys: Yes, it's a nightmare that I think every parent fears. What was your life before your son's ...?

Azim Khamisa: Yes. Yeah, my life was very full. I worked as an international investment banker. I speak a half a dozen languages and I was educated in England. I primarily worked in the investment banking field, mostly doing international work. I used to think nothing of coming in from London, changing suitcases, and flying to Tokyo. After he died, it literally took all of my willpower just to climb out of bed.

David Van Nuys: I can well imagine.

Azim Khamisa: Yes.

David Van Nuys: Yes.

Azim Khamisa: It was very difficult, those early days.

David Van Nuys: Oh, yeah. Did you go through some stages following his murder? They talk about the stages of grief. Do you recognize any stages that you went through?

Azim Khamisa: Yes, absolutely. Absolutely. The first stage is exactly that. It's to acknowledge that you have been wronged. It's a grieving process. With the grace of God, I have survived the loss but the first few weeks and months were extremely hard. You don't sleep, you don't eat, your biological functions change. You're like a zombie. I was suicidal at one point because I did not know how to live without my son. He was a big part of my life, as children are.

David Van Nuys: You must have been very angry as well, I would think, in those early stages.

Azim Khamisa: I wasn't so angry at my son's killer. I was angry at our society because what I saw in this tragedy, which probably a lot of people wouldn't have seen, is I saw that there were victims at both ends of the gun. I saw my son was the victim of the 14-year-old gang banger and I saw the 14-year-old gang banger as a victim of our society. As an American, I felt we are all responsible for the society we've created. We love this country and I'm a naturalized American. I'm an immigrant firstborn.

I was born in Africa, although my roots are Middle Eastern. I went to school in England, as I said earlier, and I emigrated to the US in '74 and my son was actually born here. As an American, I'm a naturalized American, I felt I must take my responsibility because I am part of this society. This bullet was fired by an American child. I really felt I should take my share of the responsibility for that bullet. Quite frankly, so should every caring American, because I have learned that kids in our country, at ages of 10 and 11, join gangs for all the wrong reasons.

We're not doing a lot about it. It's a huge problem. Seventy-five kids get shot every single day. About 13 die. The rest end up in wheelchairs.

Another 230 kids are arrested every single day for violent crimes. This is every day and I'm talking kids. Kids ages 12 through 19. Something like 30% of our kids flirt with gangs, and I thought, "My God, this is not right." Nine months after Tariq died, I set up a foundation, which is named after him. It's called the Tariq Khamisa Foundation and our website is tkf.org, tkf.org.

Essentially, after I started the foundation, I reached out in forgiveness to the grandfather and guardian of my son's killer. I explained to him that "I don't come to you in anger or resentment or in retribution." I said, "What I see here is we both lost a son. My son died and your grandson went to adult prison. There's nothing I can do to get my son out of ... I can't bring my son back from the dead and there's nothing you can do to get your son out of prison." I've learned there are so many challenges for these young folks.

I shared with him all the statistics and I said, "I started this foundation with the mission statement of stopping kids from killing kids by breaking the cycle of youth violence by, first, saving lives, and by, number two, teaching and empowering the right choices, and the last piece is to teach the principles of nonviolence and peace and compassion. I've come to you in the spirit of forgiveness."

David Van Nuys: What was his reaction to that?

Azim Khamisa: Yeah, I told him, "While I can't get my son back from the dead and you can't get him out of prison, we can stop other kids from our community making the same mistakes as your grandson did. This is a very lofty mission and will you help me?" He was very quick to take my hand of forgiveness and he told me right there. When I met him, I remember looking in his eyes and there was this connection, which was beyond your mind or your heart. It was almost what I call a "soulullar" level, and I coined the word "soulullar."

There's this recognition of being one soul. He was very quick to take my hand of forgiveness and he said, "The first thing was this, I've been praying that someday I would have the opportunity to extend my condolences to you and your family." He said, "You've been in my daily prayers and meditation and, of course, I will help you." We've now been together for 14 years. We've reached 8 million kids.

David Van Nuys: Wow.

Azim Khamisa: I have personally spoken to half a million live. We have over 150,000 letters from kids and we are successfully keeping kids away from gangs and guns and violence. I started the foundation with no staff and about \$8,000. Today, we have 50 employees and have a 2 million dollar budget. There is so much demand for the work we're doing. I wish I had 200 million dollars because I want to be in every classroom in the world.

The program starts by me and him together. We go to schools and we're introduced, "This man's grandson killed this man's son and here they are together." We met in some extremely trying circumstances. He's African-American, I'm Eastern. He's Christian, I am Muslim. Here we are, brothers. His grandson took the life of my son. It's a very powerful, visual image of how you create love and unity from conflict.

David Van Nuys: Well, I'll say it is. Now, I'm wondering, I don't know if it was your Muslim upbringing or what, but somehow it seems like perhaps you had been somewhat bulletproofed, to use your phrase, before the tragedy. I'm wondering, what in your prior life bulletproofed you?

Azim Khamisa: Yes. I think it was my spiritual foundation. What I've learned from my journey, David, is that you get problems in life your heads cannot solve, you get problems in life your hearts cannot heal. In my deepest crisis, I have a degree in math and finance, and I will say it was useless. What saved me was my spiritual foundation. I started to meditate when I was 20 years old and I lost my son in my 40s. I remember I couldn't sleep or eat, but I could meditate. I used to do an hour a day, now I do two hours a day. I feel that without the spiritual foundation, I wouldn't be talking to you.

One thing I've learned is we all have a bulletproof spirit. Although not all of us are connected to that bulletproof spirit, and that's the point of this book, is when you are connected to the bulletproof spirit, when you have a strong spiritual foundation, I can tell you there are no problems. I want to repeat that there are no problems that you get in your life that you cannot solve or heal.

David Van Nuys: Yes.

Azim Khamisa: I'm a living testament to that.

David Van Nuys: Well, I'll say. I guess this is what in psychology would be referred to as resilience. Have you and your co-author reviewed any of the research literature on resilience?

Azim Khamisa: Yes, and I think that resilience is part of it. I think you see that a lot in a lot of kids that have gone through of abuse or gone through our social services that they do develop resilience. I think beyond ... and I didn't go through a lot of heartache. I grew up in a nice family and in a strong spiritual foundation, but I think that the ability to understand that the soul of the spirit is mightier than the head and the heart. That a head is a logical device. I have a good friend that says a mind is a dangerous place to go by yourself because a mind will justify anything. Hitler justified killing 6 million Jews and a lot of people joined him.

Some of us who are more evolved think that we live in the heart. The heart is where emotion resides. How often, as humans, do we get carried away by our emotions? A lot. The point I'm trying to make here is that the

real resolutions are in the soul because the soul is mightier than the head and the heart. The soul has a rudder, the soul has wisdom, the soul has compassion. The soul is really, if I believe in God, the soul is the God within us. It is our connection with God. Once you tap into that reserve, once you tap into that resource, you essentially have God as your partner.

I think that where you are able to build the spiritual foundation, and the book helps you go through it, because, really, if you look at the book, we talk about five different sections. We talk about your bulletproof birthright, and then our second section is the bulletproof plan. The third one is bulletproof breakthroughs. The fourth section is bulletproof blueprint, and then the last section is bulletproof best practices. These best practices essentially help you develop that spiritual foundation. I was lucky that I started meditating at 20 and I was given ... you know, forgiveness is a blessing and a blessing is when preparation meets grace.

I was given this gift of forgiveness very quickly because nine months after Tariq died, I was able to reach out to the family of my son's killer because I had the preparation in place. When preparation meets grace, that's what a blessing is. I truly believe now it is important for all of us to, it doesn't matter whether you're a Muslim or Jew or Christian or Buddhist it doesn't matter. Or even if you're an atheist, it doesn't matter, because we all have a soul, we all have a spirit. Spirituality is the study of the soul. You can go to a surgeon who can operate on the frontal cortex of your brain, if there was a problem with your brain, but you can't go to the doctor and say, "Fix my soul."

David Van Nuys: Right.

Azim Khamisa: Yet we all have a soul. What do we know about it? Just because we can't see it doesn't mean we don't have it. The soul is our best attribute. It is the most powerful organ that we possess and I think that you build this practice by creating some kind of a spiritual practice. Now, I do it through meditation, you can do it through prayer, inspirational reading. You can do it with nature. There are many ways you can connect with your spirit.

David Van Nuys: Yes. Now, it seems to me that part of the challenge of writing a book, such as you've done, is walking the tight rope between denial and realistic hope. I think you and your co-author have done a good job of doing that.

Azim Khamisa: Right, right. I think that one of the things you'll learn that if you are in denial, you are a victim. I had a very full life when my son was alive and I wanted that full life again. I have it again today. It's different. I don't spend as much time doing investment banking. Most of my work, 80% of my work now is working with kids and adults and I teach a course on forgiveness. The key point I want to make here is this, if I could have gone through life on crutches and saying, "I lost my one and only son." I have a beautiful daughter, but he was my only son, and people do feel sorry for you.

I didn't want people to feel sorry for me and neither do I want to go through life on crutches. There's no way that you can stop being a victim without forgiving. Once you forgive, you are no longer a victim. This is important. Forgiveness is something you do for yourself. I mean, why do you want such meager important real estate of your psyche occupied by somebody who has hurt you? Why not forgive and release that real estate of your psyche so love and joy can live there?

David Van Nuys: Yes. Well, let's step through some of the strategies in your book. You say that bullets or hits are spiritual bullion. Say a bit about that.

Azim Khamisa: Yeah. Essentially, in every hit, I mean the point I'm trying to make is I've had many hits in my life, as an immigrant too, and I've been able to take my life to the next level. I mean we get hits all the time, David. You are at this door and behind you is stuff that doesn't work anymore. People hang into relationships that don't work, they stay in abusive areas, or they keep working in companies that they are not getting their fullest satisfaction from. The point I'm trying to make is when you get a hit, the universe is trying to speak to you. You need to move through that door because it doesn't serve you anything.

Right outside that door is a whole new world. Every time I've taken a hit, and sometimes I say, "It takes faith," because it may feel like a chasm to go through that door.

David Van Nuys: Yes.

Azim Khamisa: You can't cross a chasm in two steps. You got to take that leap of faith.

David Van Nuys: Right.

Azim Khamisa: Go for it because when you do go for it, the universe is waiting on the other side to catch you and to help you and have a whole new life. Every time you take a hit, spiritually ... What this book does, David, is it provides the information and inspiration, the difference between somebody who is spiritually resilient and somebody who is spiritually fragile. The difference is that the spiritually resilient people have that inspiration and information. For the spiritually fragile person to get there, this book will be very helpful.

The spiritually resilient person talks about ... He doesn't say, "Why did this happen to me?" A spiritually resilient spiritual person would say, "Why did I attract this to me? What wisdom can I garner from this hit and how do I take the bullion from this hit and make the leap of faith to become a better person or to have a more fulfilling life?" I mean, I can clearly tell you I am a better person. Not that I was a bad person 14 years ago, but I'm a better person and we can all be better people.

I can clearly say that I made the right choice 14 years ago. I could have gone the other way, where would I be today? In my life, when I made that

choice, I honored my son, I honored my family, I honored myself, I honored the killer, I honored his family, and I'm helping society. Yet, knowing I made the right choice, knowing that, most everybody else goes the other way, don't they?

David Van Nuys: Yes, they do. Yes, they do. That leads into my next question. You have a short chapter on entitlement. One of my colleagues was just complaining to me that our college students seem to feel very entitled these days. They demand high grades. How does entitlement come into play in terms of the bulletproof spirit?

Azim Khamisa: Yeah, I mean, entitlement is what I call the enemy of energy. The thing about entitlement is that it really zaps the energy necessary to take the hit and come out on top. Spiritually fragile people spend a lot of time with psychic, emotional, and physical energy, reacting to the unfairness they experienced because they feel they are entitled to certain kind of life, one without hits and hurt. That's not realistic. Spiritually resilient people don't do that. They resist this feelings of entitlement and use all of their energy and resources to do all they can with whatever it is they have been given. I think this is an attitude. You don't want to think "Why me?" or "I'm entitled to this." Everybody gets hit. Everybody has a story.

David Van Nuys: That's right.

Azim Khamisa: If you are spiritually resilient and if you're spiritually bulletproof, you see past the surface dynamics of your relationship, and you get to the real role of mutual spiritual evolution because ... I actually believe we all have a spiritual purpose, and my spiritual purpose was working with kids and stopping violence and the work I'm doing in forgiveness, not as an investment banker. I did not know that. The gift that came out of my son's tragedy is it put me on my spiritual purpose. When you are on your spiritual purpose, you're part of the universe. When you look at this entitlement, again it's a victim mentality.

David Van Nuys: Yes.

Azim Khamisa: You got to look and say, "This is not the attitude. I got to be spiritually resilient and right in this entitlement, I am short-changing myself.

David Van Nuys: Yes. Now, you have several chapters that focus on the grieving process. For example, you say grieve like a guru.

Azim Khamisa: Yes.

David Van Nuys: How does one grieve like a guru?

Azim Khamisa: Right. Well, according to my Sufi tradition, we have a ... I'm a Sufi Muslim. When a person dies, we are told that for 40 days after the soul passes on the other side, during the 40 days, it stays in close proximity of

its loved one and family. For 40 days, I had people come into my house every day. From my mosque, they brought breakfast, lunch, and dinner and everybody had to ask the story. I couldn't say Tariq died. I would say Tariq, and the word died would send like 2,000 volts surge through my body. It would take me a long time to get out and say, "Well, he died."

They would wait and they would hold my hand and they would do prayers. Finally, I would get it out. I used to think I'm not going to be able to tell this story one more time. The 40 days are for grieving and at the end of 40 days, I was counseled. After the 40 days, the soul moves to a new consciousness. I don't like to think of Tariq as dead, I like to think of Tariq at home. We are all eventually going there.

Souls also have a journey. I was counseled by my teacher, the rabbi in Muslim faith, that excessive grieving after the 40 days will impede your son's journey, your son's soul's journey. Other than grieve, you do a good deed. Good deeds are spiritual currency. Good compassionate deeds are spiritual currency and they will transfer to the departed soul and will help fuel your son's journey.

David Van Nuys: Yes.

Azim Khamisa: I thought, "Why don't they teach this stuff in college?"

David Van Nuys: Right. Really, well, I'm trying to. I'm going to teach a course on positive psychology and we will be covering many of these points.

Azim Khamisa: Yeah. Forty days was not enough time, David, and the clouds did not part for me for about 3 1/2 years, but I started the foundation 9 months later in my son's name, thinking I'm going to create ... Because the foundation, a nonprofit, by its mandate does good, compassionate deeds. It's what we do when we go to schools. I was able to start this foundation because I wanted to create spiritual currency for my son. The inspiration was I want to do something for my son. It's an automatic thing for a parent.

You go on a vacation, you buy a gift for your kids before you buy one for yourself. I wanted to create a spiritual currency for my son because I was taught by my spiritual teacher that by doing compassionate deeds in his name, you can create spiritual currency, which provides high octane fuel for the soul's journey. I thought I'm going to create millions of dollars in spiritual currency so Tariq could finish his forward journey in a rocket. Yeah, that felt good to me.

David Van Nuys: Yeah. Great way to express it. Then eventually, I guess you came to the place, you talk about invoking the sunset clause in relation to grief, which suggests that there is a time, finally, to let go of it.

Azim Khamisa: Absolutely.

David Van Nuys: How does one move on from the grief?

Azim Khamisa: Yes, and that's exactly the point. That's a very good question because there are several chapters on forgiveness. The first is acknowledge you've been wronged. That's grieving. The best way to do this, by the way, is through ritual. I explained to you my Sufi ritual but all faiths have rituals, but you have to have a sunset on the grieving because if you don't stop grieving, you remain in victimhood. While it's important to grieve, it is also important to stop grieving.

Now, the Sufi tradition says grieve for 40 days. I suggest to people grieve as long as you want, but then you got to stop that grieving and take that energy and put it into something positive for society. By creating in the name, whatever it is that you'll do, if you want to join a nonprofit or go volunteer or work in a soup kitchen or help a lady cross the street, in any way you can, go out there and create compassionate deeds. Because in that giving of compassionate deeds is where the real healing comes in.

I love talking to kids because I know I'm saving lives, I know that I'm keeping kids away from gangs, guns, and violence, I know that I'm empowering the right choices, I know I'm teaching the principles of peacemaking, love, forgiveness, and compassion. Through that I get the healing. I love the work because it has got so much meaning and my son did not die in vain. At some point, whatever that your hit was, right there is the message of once you're done with the grieving pieces, you evoke the sunset clause, you stop grieving and you take that energy and transform it to the soul or the spirit because the soul is a prism. It can take dispersed, negative dark light and create positive, bright, laser-focused light. That's what you got to do.

David Van Nuys: Yes. How did you hook up with your co-author, Jillian Quinn? Is she a Sufi as well, or does she come out of a different tradition?

Azim Khamisa: No. She actually is—came out a Christian and she is a teacher, a mother, and a wife. And she teaches, a professor, she teaches a course of miracles. She's a very spiritual lady. She lost a daughter in a trimester. She was almost ready to deliver it and then lost it in a pregnancy and then went through some very cathartic experiences and then went to China and has adopted a third child. She has had two and lost her third child. She was here in San Diego. She lives actually in upstate New York, and her husband is a teacher as well, so they take summer vacations.

They were in San Diego and she came to one of my talks. I speak often. I've given like 300 keynote speeches, and she came to one of my speeches; was also writing a book, and was looking for a chapter in forgiveness. Obviously, my story was perfect. Then after we met, and she did come to my house and I gave her my story and she wrote her chapter. Then eventually it led for us to a book together because she really always wanted to do a book on forgiveness and she asked me if I would be interested in doing a book with her.

Actually, she came up with the title and did a lot of the writing. We wrote it together. A lot of the stuff that I gave her came in interviews and conversations and then looking at every chapter. She's a great writer and did a phenomenal job on the book.

David Van Nuys: Yes, yes. It's well-written. Yeah, I like the structure of it and I love the chapter titled "Dance between Desire and Detachment."

Azim Khamisa: Yes.

David Van Nuys: Take us to the dance, if you will.

Azim Khamisa: Yes, yeah. I mean, there's a Chinese symbol that has the symbol for crisis, which is essentially a conflict, which is between the dance and the desire. What I talk about, the dance between desire and detachment is essentially similar because the Chinese symbol for crisis has the symbol for danger and the symbol for opportunity.

David Van Nuys: Yes.

Azim Khamisa: In every crisis, the danger is to create more conflict; the opportunity is to create love and unity. That's where spiritually resilient people can understand the difference, that there is that peace. Spiritually fragile people are often unaware of how important their desires really are to the manifestations of their dreams. You see what I'm saying?

David Van Nuys: Yes.

Azim Khamisa: I actually believe that if you are very clear, you have to, you must figure out how to combine passionate desire with dispassionate detachment.

David Van Nuys: Yes.

Azim Khamisa: This dance of desire and detachment requires grace and practice, but will reward you with tremendous boost in your ability to bounce back after taking a hit. I would say that when you are ... I do it through meditation. When you are [inaudible 00:32:51], you put out very clearly to the universe what your desires, the how is not important. If you really put it out there and said, "This is ..." Obviously, the desire has to be in the highest good, highest good for me, for even the killer of my son, for society. If it is in integrity and if it's clear, I believe the universe then conspires to make that happen.

David Van Nuys: Yes, yes, I've seen instances of that in my own life.

Azim Khamisa: Yes. What you've seen here is that the spiritually bulletproofed people combine that creative power of their desires and the profound power of detachment to heal from their hits and manifest their dreams.

David Van Nuys: Yes.

Azim Khamisa: There's a process here. I tell people, "If you don't know how to forgive, set that intention out there. Make sure there are no strings attached to it. Make sure it's in the highest good for you and that other person and society. Through meditation or however you want to do it, get that intention out to the universe in a consistent way." I meditate three times a day but I always tell people to do it at least twice a day. Once you get that, it will manifest.

David Van Nuys: Well, you've got 30 chapters, each with some very specific advice and homework exercises. I'm not going to ask you to give away the whole book here. The country, indeed the world, is going economic hardship right now. What bulletproofing advice do you have for our listeners who are maybe hard hit by the economic downturn?

Azim Khamisa: Well, I think my biggest advice is that I don't worry about problems that money can solve. I worry about problems that money cannot solve. I think you need to look at your blessings and hopefully you are healthy and you are able to work and you are able to have a family and you are able to have other blessings in your life. I think that if you've had a financial hit, maybe it's time to look and say, "Life is not about the relentless pursuit of the almighty dollar. That life is about integrating the other aspects of your life." I've always had an equal emphasis on my material life and my spiritual life. If I'm reading a book on investment banking, I'm reading the book by the Dalai Lama or Thich Nhat Hanh or Rumi.

I've always believed that you have to take things into perspective. Money comes and goes. I've had many setbacks of money. I came here as an immigrant, made money, lost it, and then made money. I've always felt that there is an ebb and flow to money. I think that I have learned in my journey is that if you have built a strong spiritual life, happiness is not a material concept, it is a spiritual concept. I work very hard not to be living in those low vibratory emotions of greed and jealousy and anger and resentment and avarice. What has brought us to this stage in the financial crisis is the greed and avarice in Wall Street and in our country as a whole.

David Van Nuys: Good point.

Azim Khamisa: Yeah. Now, there's a point to see that that was not the way we should be living our lives. That you want to live in the high vibratory emotions of goodwill, of friendship, of trust, of empathy, of compassion, of forgiveness, of love. If you can live here all the time, you will succeed in finding happiness. You have to look at the financial hits and see what excesses you may have had, what attitudes you had about greed and avarice, and how you can now look at this and say, "I want to not just be in the relentless pursuit of the almighty dollar. I'm going to improve my spiritual base. I'm going to improve my resiliency. I want to improve and want to be able, when this thing will turn around eventually, I'll be much

stronger, much more resilient. Yes, I've made money before, I can make money again."

It's not the end of the word, you know what I'm saying? It's an opportunity to now look and see how this financial hit can impact your core values. Were you always in this area of material pursuit? Where are you spiritually? How resilient you are? Do you have thoughts about greed? Do you have thoughts about avarice? Do you have thoughts about jealousy? Or are you living in these high vibratory emotions? I think this book will be very helpful to people to develop those attitudes. I work very hard not to get angry. I don't usually get angry, but we all have a bad hair day, right?

David Van Nuys: Yes.

Azim Khamisa: I'm able to preempt it, because I've realized that when you are in those low vibratory emotions, you've essentially fallen off the wagon. Happiness does not live there. It's important to develop good core values and good hygiene. We have 30 different secrets here to help you so that you can not only take hits, but thrive from it.

David Van Nuys: Okay. Well, I think that's a perfect place for us to close.

Azim Khamisa: Okay.

David Van Nuys: I'll put a link to your website and encourage people to visit it and to look at your workshop schedule. Azim Khamisa, thanks so much for being my guest today on Shrink Rap Radio.

Azim Khamisa: You're welcome, David.