

#400 - A War Correspondent's Memoir of Yoga Healing with Brad Willis (Bhava Ram)

David Van Nuys, Ph.D., aka “Dr. Dave” interviews Brad Willis

(Transcribed from ShrinkRapRadio.com by Eric Hanley)

Introduction: My Guest today is Brad Willis, also known as Bhava Ram, author of the new memoir on the healing powers of yoga and mind-body medicine titled, *Warrior Pose: How Yoga Literally Saved My Life*. For more detail on Bhava Ram, please go to the show notes on ShrinkRapRadio.com. Now, here's the interview.

Dr. Dave: Brad Willis, also known as Bhava Ram, welcome to Shrink Rap Radio.

Brad Willis: Wonderful to be here with you, Dr. Dave.

Dr. Dave: What a privilege it is to have you on the show today. Your book, *Warrior Pose*, tells such an inspiring story. I have to confess I went into it with a bit of skepticism, I'm somewhat guru-phobic so one of the voices in my head at the outset was "Bhava Ram, who does this guy think he is?" After reading the book, however, that voice in my head changed to "this guy has paid his dues so he can call himself anything he wants." I'm happy to address you as Bhava Ram, in fact, let me start over again and say, Bhava Ram welcome to Shrink Rap Radio.

Willis: Thank you very much Dr. Dave and maybe it would be good to start with a little explanation of what that name means if you like. It's a Sanskrit name and I'm sure, as we'll discuss here, I healed from some pretty daunting challenges in my life through ancient sciences in their fullness of yoga; and Sanskrit is the language of ancient yoga. The name Bhava Ram means a pure state of being in the heart, and, believe me I'm not always there but it reminds me that I've made a complete shift in my life. I've moved in a new direction of mind, body, and spirit healing to which I feel deeply devoted given my experience and the name reminds me that it's a constant journey. The only other thing I'd like to mention is I never perceived myself as a guru. I think that can be a bit of a dangerous avenue to walk down, what I really believe is that each one of us has a phenomenal power inside of us to overcome obstacles and turn them into opportunities to manifest our fullest potential, to have creative expression in our lives and that the guru really is you. Every individual has a power within them from which I think we've largely been disenfranchised. Reconnecting with that power, finding your guru is what I deeply believe in.

Dr. Dave: Me, too. So we're on the same page in that regard. It's totally appropriate, this name that you've taken for yourself because there is a sense in which you really have been reborn.

Your book reads like an incredible adventure story, and it *is* an incredible adventure story. And as such, for me, it was a real page-turner. I know you're a professional journalist and it really comes through in your writing.

Willis: Well thank you very much, you know, that career as a war correspondent for, ultimately, NBC network news, I was on the nightly news with Tom Brokaw. Back in the heyday of network news and it was a career that completely identified who I was, it meant the world to me. I was very Type A, I come from a humble middle class background and suddenly I was on a rocket of a career and everybody else seemed to be from better universities and, perhaps, a little more upper class background. But I didn't have any illusions that I was more intelligent or other capacity than anyone in this highly competitive business but I feel like I would work harder and longer than anyone else. I think back in those days, if you'd have looked up Type A in the dictionary, you'd have found a picture of me.

Dr. Dave: Well your book starts out as an external adventure but ultimately it's an internal adventure of healing and spiritual discovery so let's see how much of your incredible story we can get through in the time that we have here. The book is divided into three parts but I'm going to give them different names than you did. I see the first part as the hard-charging career as a war correspondent. The second part, as you've appropriately titled *The Abyss*, which is about your incredible medical suffering. And the third part is about your healing through yoga. So let's go through some of the highlights of part one, your hard-charging career as a war correspondent. Take us from Humboldt State at the beginning, because this is a sister campus of the college I retired from, Sonoma State University. Here you are, a fresh graduate, and boom, take us from there.

Willis: Well I came of age in the 1960's and I was deeply impacted by the Vietnam War and the movements for Civil Rights and Women's Rights and I was a little disaffected and dissatisfied. I was born in Los Angeles and I fled the suburbs of L.A. as soon as I possibly could and wanted to immerse myself in nature. So I landed smack in Humboldt County in the middle of forest living in a little cabin with no electricity, reading Emerson and Thoreau. I finally went to college to there at Humboldt, took a degree in English literature and was in graduate school and had this vision that I might be a professor, write poetry, wear a tweed coat and smoke pipes. By the time I was graduating, I realized that really wasn't me and I was driving by a T.V. station and I didn't even own a television, for some reason I just stopped in, Eureka, California, in my blue jeans and work boots and flannel t shirt and the general manager was the first person I met and asked if I was the one who was here to audition for the news reporter job and I said yes. Thinking, any moment, some graduate of a journalism school from San Francisco would walk in saying I was an imposter. I spent a long time taking a writing test and I knew how to edit film as it had been my minor, and they used film back then before all this digital media. I did a screen test and I think I was fairly relaxed because for me it was a lark and the next day I had a job that became my

career. And I think that anger and disaffection I felt suddenly became a tool and I was drawn towards investigative reporting and pointing out white collar crimes, political corruption, and environmental degradation and I went about it with everything that I had. With the integrity and intelligence I could muster and I was finally making a difference in life. This completely defined me.

Dr. Dave: You moved up the ladder over a fairly short period of years where you finally end up at 30 Rockefeller Center with NBC, having worked your way through various regional stops along the way. In the process, you went to a number of countries where wars or various conflicts were going on and in the process, also, you had some narrow escapes, you being held at gunpoint and either you or someone in your party had to come up with some rather quick talking and improvising so maybe you can take us through one or two of those or lead into it however you want to.

Willis: Sure, let me start in 1986, I was with the NBC affiliate station in Boston and I went to Afghanistan during the Soviet occupation, a very dangerous war to cover the Soviets were executing any journalists they caught in the country. It was almost impossible to get in and I had to cross through the tribal territories in Pakistan, hiding along the way with Mujahedeen Afghans and freedom fighters with Kalashnikov rifles in the jeep with us. We were stopped along the border without knowing who had stopped us, they had big weapons and there was a lot of fear and tension and they discovered our camera gear and I ultimately came up with the story that we were doctors going to see the Mujahedeen and this was medical equipment we were taking to them; and that the film equipment was to document what we were doing for the Mujahedeen freedom fighters. Our manifest that we had to use to come into customs in Pakistan listed all of our camera equipment and so I took it out knowing that they couldn't read it because it was really tense and we were about to be thrown into a dungeon. We said, "this is our documentation, we have a right to be here" through an interpreter and I pointed to our Sony camera and our beta-cam and said, "I am Dr. Sony and our photographer is Dr. Beta-cam," and that actually got us through. We managed to get past, in the middle of the night, and get up into the mountains and spend time with the freedom fighters, the Mujahedeen up in the snowy mountains as they fought the Soviets before going into the amazingly squalid and massive refugee camps along the border.

Dr. Dave: That's such a great tale and there are so many others in the book. You mentioned going into the refugee camps and you were witness to so much pain and suffering, not just in that refugee camp but in connection with, maybe most of the stories you covered or a great many of them. Maybe you can say a bit about what it was for you to witness that pain and suffering as a kid from L.A. In some ways, I think that must have prepared you for what happened way down the line in terms of tenderizing your heart.

Willis: I think unknowingly, it did. I covered momentous events through the Persian Gulf War to cocaine drug wars in the jungles of South America to chaos in El Salvador and Nicaragua

and Apartheid in Africa and elsewhere. I was always deeply moved by the incredible scope of human suffering. Especially, the children, and always struck by how we've done this to each other throughout history and have never seemed to learn the lesson. I saw unbelievable torture, death, ravaged bodies from bombs, legs and arms missing from shrapnel and faces, bodies burned from head to toe from napalm and just, really horrifying. I felt that in reporting this, I was able to make a difference to open our eyes to what is really going on. There were times when I was able to airlift children out of refugee camps in Afghanistan and Pakistan to New England for medical treatment because our viewers really came forth and wanted to help and hospitals gave services for free and airlines flew them. It felt very meaningful that I could turn that compassion I had into a skillful action through the power of being a journalist and being on television and broadcasting what was happening. It also made me appreciate on a much greater level, especially once I faced my own pain and physical and emotional crisis. It made me put things into perspective. I always looked at this incredible suffering and thought, how can I complain about anything in my life given what I have seen?

Dr. Dave: Another point that you make in your narrative is that when you went into this career you did your best to maintain a politically neutral stance as a good journalist that you did your best to stay objective, but at the same time, you discovered that U.S. foreign policy has been so misguided. Particularly, I think that was evident when you visited Vietnam and Thailand, also in South America during a time when you were working as a bureau chief out of Miami for NBC. Maybe you can say something about the impact of this. I was particularly taken by the story in South America regarding United Fruit and the railroad that runs down there and how you began to see this rather corrupt role that unfortunately the U.S. played down there.

Willis: Well I was actually in Central America at the time. The United Fruit Company was called by the indigenous people, "El Pulpo" or "The Octopus" because it had its tentacles into everybody's life. And through the United Fruit Company, which made hundreds of millions of dollars, based on agriculture and exploiting labor in these third world countries. They also toppled populist governments and put in brutal dictators and vehemently suppressed workers' movements, which of course were what the wars in Nicaragua and El Salvador were all about. You could just see around the world as a journalist how the United States has, in certain instances, we have been a great beacon for freedom and I love this country. I am a citizen of a great country and we have a lot of freedom. But we have done a lot of dark things around the world and then we tell ourselves a different story and don't want to look at it. I think it's important for all of us collectively, to look at how we are conducting ourselves internationally. Hopefully along the way, make some more conscious changes because there has been far too much exploitation, far too much control of people for our own economic and political advantage and the more we know about what we're doing, the more we can make conscious decisions about how we will want to carry on in the future.

Dr. Dave: You also spent some time in the Hong Kong bureau as the head of that bureau for NBC, and I think it was during that period that you went to Vietnam and saw extraordinary things there. I wonder if you could speak about that.

Willis: I went to Vietnam was Senators McCain and Kerry in 1990 to open up relations with the North Vietnamese after the difficulties and economic boycotts we had after losing the war. It was an amazing experience because I had been so profoundly opposed to the Vietnam War back in the 1960's when it was triggered for reasons that never happened like the false Gulf of Tonkin resolution. To see that these people to manage to maintain their dignity and integrity throughout all this time despite how we bombed them in Hanoi and I went into the regions where we used Agent Orange and second and third and fourth Vietnamese are giving birth to horribly deformed babies. There are people with incredible deformities and this is something that the chemical companies that made Agent Orange still deny ever happened and we haven't really made reparations for that and it was just another example to me that what we have done around the world that I don't think shows the best in us.

Dr. Dave: The lasting effects and generational effects of Agent Orange was news to me. I don't think that was a big of a story here as it should have been because somehow I missed that one.

Willis: We really want to be balanced and we want to be objective, and as a journalist I chose not to vote and not to get involved in political parties or favoring one side or the other. But there's a difference between reporting the truth as best as you can witness it firsthand and investigate it and the idea that you do a he-said, she-said, because that really isn't objective reporting if one side is not telling the truth and is using propaganda. We really have to look at what the truth is and do our best to bring it forward. This, really I believe, is our greatest freedom as Americans, our freedom of speech, because it gives us the capacity to know and be informed. I have been in many communist countries and right-wing dictatorial countries where people don't have freedom of speech and it's a horrible psychological prison to be in and is a complete disempowerment as a human being not to have access to unfettered and unfiltered information.

Dr. Dave: At some point, you're so long in your career, you go on vacation with your girlfriend in the Bahamas and something happens to you there, so maybe this is a good time to go into that story.

Willis: Well, shortly after I came out of Afghanistan in 1986, I took a rare vacation. I went to the Bahamas, to a very rare island, no automobiles, only about 200 people. Seven days of sunshine and relaxation, and on the last day a tropical storm came up and I thought it may be a hurricane. It was really horrific. I was batting down all of the storm windows on a cabin type house I'd rented on a remote tip of the island. The last window, and by now I'm soaked

and exhausted, the night was falling, and I was high up on the ledge and I climbed up and balanced myself on the ledge, twisted the handles to give them all I had because they were all corroded and they broke and I fell twelve feet and hit the base of my spine. Knocked the wind out of me, Dr. Dave, I thought I might die because I couldn't even inhale. I was so numb from the trauma from the hip that I didn't feel any pain and crawled in bed exhausted and woke up the next morning and the worst lower back pain of my life running down both legs. I had never had back pain and this was excruciating. But remember that Type A- work harder than anybody else person and I got up and gritted my teeth, not knowing that I technically had a broken back. I had a hairline fracture in the lowest vertebrae in the fifth lumbar vertebra. I worked for seven more years, hiding the secret of my pain as best I could. Because I knew that my career, especially after Afghanistan, was on a rocket in a highly competitive industry. The minute I gave up my seat on the rocket, I would never get it back. That caused me a lot of fear because this was my whole identity, my reason for living. So the way that I coped was through pain killers and muscle relaxers and drinking a little more alcohol at night. I'm reminding myself of all the war-wounded children I'd seen and telling myself that tomorrow I'll get better. But that tomorrow never came. So as my career continued to soar through the Gulf War and Africa and Latin America and Vietnam and beyond, and into Hong Kong, my emotional and physical health was like a rocket going in the opposite direction. Going towards a crash landing. In 1993, that crash came. I was in Manila, Philippines and leaned over in a chair to look closely at videotape and a crack in my lowest vertebrae split wide open. I liken it to having a pock in your windshield and one day it splits all of the way. It started to impinge on my spinal cord and I howled like a feral cat and I blacked out. I was brought home to San Diego where I had a family and had major back surgery and it failed. I was declared permanently disabled and from a global life where I felt fully self-expressed, I was confined to a body brace from my sternum down to my hips with a metal band running down my left leg strapped around my knee with a leather strap and I couldn't sit up to eat a meal or walk without a cane. My diet was now Vicodin, Valium, and Prozac and three or four other pharmaceutical medications I can't even pronounce. I went into that abyss, that middle portion of the warrior pose book, because not only was I in excruciating pain but more I had lost who I was. I think the emotional pain was far worse than the physical pain and I did whatever I could to escape it and the only thing I knew that gave me an escape was to self-medicate. To drink a little more every night and for the next four years, I became darker and darker. Also bigger and bigger because I continued my meat and potatoes diet while I'm lying around the recliner or couch or bed all day long. I put on eighty pounds on my body and a thousand pounds of self-pity and anger and fear and anxiety and depression and I really turned into somebody I never believed I could become.

Dr. Dave: To complicate things, somewhere in this process, you also discovered you had throat cancer. And they did surgery and gave you a poor prognosis?

Willis: Well what happened four years into that darkness, my only child, my little boy was born and it gave me some hope that I really had something to live for and three months into that I was diagnosed with stage four cancer from exposure to depleted Uranium years before in the Persian Gulf War that was used by American forces to pierce Iraqi tanks and I was on the front lines of most of the fighting there. Doctors said it was metastasized through your lymphatic system and you're not going to live for two years and its best to just get your affairs in order and here's some Morphine to go along with the arsenal of drugs you're already taking, good luck. I got even darker and I felt phenomenal guilt that I was leaving this little boy's life, leaving him without a daddy, I felt impotent and horrified about myself and I fell further into the abyss of my own self-created suffering.

Dr. Dave: One thing that was crucial to your recovery, as you've alluded to, was that little boy who at that time was around two and there was this critical incident where he said, "get up daddy" which became your mantra. Tell us about that little piece.

Willis: He turned two in December of 1999 and just before Christmas, he and I were very close and it was the only place I found love, I had alienated everyone else in my life. I don't know how anyone could have stood to be around me at the time, its embarrassing to remember it. He looked at me and finally I realized that in his own little way, he got it, he knew that daddy was not meant for this world and was really broken. He said, "get up daddy." It hit me in a place that I didn't know I had, it touched me in a deep place in my heart and for the next three weeks this mantra looped through my mind, "get up daddy" but how? I had a broken back, a failed surgery, I'm dying of cancer, a total wreck. Finally I decided as the New Year dawned, to completely detoxify of all the drugs and alcohol, fourteen years of heavy narcotic medications. Someday, someone might tell my boy that the way your daddy got up was that he answered your plea and died with dignity, he was no longer this pickled monster that he became. So I checked into a hospital, I went through detox program, seven or eight days locked in room with lights off, I can tell you as a former journalist that all the demons and inferno are real because they all checked into the room with me. They tore at my physical and emotional body like you can't believe. When it was all over, I was almost crawling and I was dazed and confused and the drugs were still wearing off. It really takes years for it to get out of your system. I had no idea what to do next.

Dr. Dave: Let me slow you down here, for a moment. Do you have a copy of the book nearby? I thought I'd have you read a passage I've selected for you. As a father of four myself, and as an older father with a second wave of kids when we had twins unexpectedly I can really identify with how important your little boy, Morgan, was to you and the bond that you two had. There's a passage that was really touching to me, so I'd like you to read from the top of page 210 to the following page.

Willis: This is when I am up in the hospital and attending this chronic pain center. "I feel the pain of Morgan's absence most in the morning. He had been punctual and devoted, always

running into the bedroom and crawling onto me when he woke up. And each time I would slowly lift my knees and he would straddle them, his back facing me as he whispered, please draw on my back daddy. I have a nail file that we call the magic drawing stick on my nightstand, just for this special moment. "What you like?" I would always ask, always knowing the answer. "A sailboat, daddy." "This is the mast," I would say each time, drawing a gentle line on his spine. "Here's the right sail, here's the left sail, here's the body of the boat, the ocean is down here. What are these?" I would ask as I drew squiggles on his lower back, he'd giggle and answer, "fishies, daddy." "Here's Morgan, the captain at the wheel, daddy is on board and our cat Max is right next to us." I'd draw little bees in the sky above the sailboat and make bird whistles and before I could ask he would say, "those are the seagulls flying in the sky." Finally, I would draw a circle high on his right shoulder and a stream an array of lines down his back. He'd beat me to the punch again, "that's the sun, shining down on us." Then we'd take our boat on an adventure with the magic drawing stick, coursing over the high seas of his smooth little back. We would fire our cannons at pirates and make a daring escape, then with land on a remote island, hike across the beach and slip into the tropical forest. We'd peek and poke at all the darkest places, avoiding tigers and snakes, of course. Then, behind a thundering waterfall, we'd discover a huge treasure chest, filled with gold. Sometimes, Morgan would ask for rocket ships after the sailboats. Then we'd blast through space, conquering the dark force. Other times, a fire engine would rush to the scene and put out the blaze, rescuing all the children. But the sailboat was always his favorite. Before he was taken from me, I had been drawing one on his back for almost a year. Daydreaming, I can feel Morgan on my knees, I can smell his golden hair, see the soft skin of his gently sloping shoulders, hear his sweet request for another adventure on the landscape of his back. I also hear him whispering, "get up daddy."

Dr. Dave: That's so beautiful and I was so touched by that passage, particularly as a father of three sons. One of the things that strikes me is the juxtaposition of the fact that your own back was causing you such pain and that you were turning his back into this really beautiful experience.

Willis: I was aware of that as we did that little practice together. And actually that passage in the book is just before I decided to check in to that detox ward and try to clean myself up and die with dignity.

Dr. Dave: You decided, but only after an intervention, that part of this story is precious too as painful as it was for you at the time. Your wife at the time had contacted a professional interventionist who you didn't know and you come home from somewhere in your clamshell body cast. And here's all of your family and friends, and this guy you don't know, there to confront you to do an intervention. They each read a statement, telling you just how difficult you've been to live with and the interventionist tells you they have a spot for you in the Betty Ford Clinic. And you say you feel all this resistance, but with the combined pressure of each person sharing how painful it's been, that that resistance fades and you say,

"alright I'll do it but I need to say goodbye to Morgan." And they say no, you've got to go right now. So they take you to the Betty Ford Clinic, where supposedly everything was set up for you, but the clinic wasn't quite set up. From there, you end up going to a pain clinic. Maybe that's a good place for you to resume this story.

Willis: What had happened was, in the middle of the night, my then wife, now ex-wife, had left and taken my son Morgan and I woke up one morning ten days later or so and there was the intervention. I think I would have thrown them all out in anger had it not been for him saying, "get up daddy" to me and my need to be with him. That's when I decided to try to die with dignity and when I crawled out of that detox and not knowing where to go or what to do, the doctors came to me and had just started an experimental pain clinic though they couldn't help me with the cancer. It blended ancient Eastern healing modalities with modern Western holistic techniques. Dr. Dave, I didn't understand a word they said but I said, "I'm in." It was like a lifeline and I took a hotel near the hospital pain center and I started the next day. And that's when my whole life began to change.

Dr. Dave: The keys elements there for you were a tough-love approach, where they wouldn't let you use your pain as an excuse and they really pushed you. They offered physical therapy and were fairly demanding. Jin Shin Jyutsu and yoga were the elements.

Willis: The very first day, I had biofeedback where they hook you up to electrodes and take your skin temperature, heart rate, brain waves and so forth and played a meditation tape. I think it was the first time in my life where I really relaxed and twenty minutes later when this guided visualization was over, all of my vital signs had changed to a more peaceful, harmonious, rhythmic state. I felt a different taste inside of my body, and I realized for the first time I had an inner awakening that I could take charge of whatever healing capacity I had. I started on that journey and about a month and a half into it, I started therapeutic yoga. I had never done yoga in my life and I was a jaded, cynical, foreign correspondent who thought everything was "hooley" unless it was proven to me. The minute I walked into this yoga room, stiff and in pain, wondering if I'm going to live, I had my third epiphany- I heard a voice somewhere inside that said "this is it." My ego voice said this is bologna, my soul spoke to me and said, "this is it." I soon went back to my hotel and had the concierge order a number of texts on yoga and I found out that it's so much more than what we think in the West as postures. It's a complete body-mind spirit science of how to be a human being. I embraced it as my only hold on life, my only way to crawl out of the abyss. Soon I was started to embrace all these ancient practices and the pain center closed and the insurance companies would not reimburse the hospital, called the treatments unproven and alternative. I knew three people in treatment, two went back to drugs and alcohol, and my best friend took his own life. I went home and built a yoga room in my house, back in Coronado. I started ten to twelve hours per day, just seeing my boy and getting him down for a nap or to preschool and crawling back into my cave. The first thing I did was become vegan, pure organ vegetarian. I called it my organic chemotherapy. And through ancient yoga practices,

I did massive fasting that took eighty pounds off of my body and I did massive mental fasting as well. I turned all that despair, anger and fear into gratitude, compassion, and loving kindness. As I really looked at myself, I created a different inner chemistry in my body. We now know, scientifically, that when you're stressed you're creating too much cortisol and adrenaline, and when you're in a state of peace you're creating the chemicals of healing and homeostasis. Breath techniques, meditations, studies of this ancient science including remaking myself psychologically and releasing the ego and embracing humility and this pure state of being in the heart are what Bhava Ram stands for, as best as I humanly could. There were times that were incredibly tough, I was getting up at three in the morning and going into the cave. But every time that I felt weak or painful, I would just chant silently, "get up daddy" and it gave me a power to keep moving forward.

Dr. Dave: This is an extraordinary story, an extraordinary turn around and I get help but note and I'm sure you've noted this as well, you described yourself as formerly type A and hard driving guy and I see that quality there as a deep part of your personality. Clearly in a much more positive way but you were all in. Any doubts that you had you just put them to the side and you kept reminding yourself, I'm all in. Extraordinary commitment, particularly given the pain that you had to work through and what listeners might not realize, and I hope that they'll get the book, that you were able to do very advanced yoga poses over time. As you've underscored, it's not all about the physical part. But that's the part that's very visible and very dramatic- here's a guy that had throat cancer, a broken back, how can you do these things?

Willis: What I've learned and the reason I wrote the book is that we all have a power inside of us from which we've been disenfranchised or don't believe is there, and we have the power to heal our maximum potential to turn obstacles into opportunities. Ultimately, to find our most authentic self and establish a dialogue with that deeper being within us, our soul, get out of our head and get into our heart and ultimately manifest our fullest potential. Whether you're type A or type B, it doesn't matter, you have that power inside of you no matter what agreement you might have with yourself right now. I say this to anyone who might be listening to our interview, you have a power to take charge of your life and I know it's true. Looking back, I saw that in the refugee camps, I saw that in the war zones, in the people facing the most horrific emotional and physical pain that anyone can imagine and somehow it ignited a greatness in them and they overcame amazing odds. The little boy, Mahmood, that I started the book Warrior Pose with, who I met in the refugee camps in Afghanistan, was burned all over his body with napalm, was maybe eleven years old and we walked for twenty days out of the mountains with a totally burned body and his family had been killed by the jets that dropped the napalm. He walked for twenty days out of these mountains to find that refugee camp and healed. I know look back and a broken back, the loss of an incredible career that I loved and completely identified with, and stage four cancer, those were the greatest things that ever happened to me. Thank God. They made me a much better

person than I ever was. And now my life, as the founder of Deep Yoga, a new wife who is the cofounder of this with me and devoted to helping people own their power and live their truth. We teach, we practice around the world now. The idea's just to share this message, that if someone is broken and dark and desperate and mucked up as I was can do this, don't tell yourself a story that you can't, because no matter who you are you can.

Dr. Dave: That is a great message and maybe that's the place for us to close off the interview. Unless there's something else you'd like to add.

Willis: Well I can announce a little news for you. I just entered into contract with a Hollywood-based independent film company to make a full-length feature film out of Warrior Pose. It should be out in 2016 and I'm hopeful that it helps spread the message of self-empowerment, that the guru is you to a wider audience. If anyone wants to be in touch, they can find out more at deepyoga.com, we call it deep yoga because we seek to anchor back into these ancient texts that give us this incredible science and wisdom of how to be a human being and bring it forth in a practical, tangible and not overwhelming way for people. Anyone that wants to be in touch, deepyoga.com, I would love to be in touch with you. Again, I just remind anyone who's listening if you embrace whatever suffering you're facing you might find that it's a catalyst for becoming who you were always meant to be. Miracles really are possible, each and every one of you are filled with miracles.

Dr. Dave: Wonderful. Bhava Ram, I want to thank you for being my guest today on Shrink Rap Radio.

Willis: Dr. Dave, thank you very much and thank you for the good work you're doing.

Dr. Dave: Well as the universe would usually have it, this seems to me to be the perfect interview to celebrate our 400th episode of Shrink Rap Radio. There are lots of people, previous guests even, who will say some of the things that Bhava Ram said, the guru is within you listen to your inner voice, you have the capacity for inner healing of your body, mind, spirit and so on. And of course, they're right. After a while though, many of us will become somewhat jaded to these ideas. Most of us have our inner skeptic that may be going along the lines of, "yeah, yeah, I've heard all that before." I don't know about you, for me, Bhava's words carry considerable more weight because he's been there. I mean, really been there. The evidence of his transformation is there for all of us to see. You'll before and after photos in his book, Warrior Pose, you can see a fifteen minute version of his story of TedX.com. Maybe it's Ted.com, but it's a Ted X episode. There are a number of videos featuring him on YouTube.com and I encourage you to check those out, too. I have to say, I think this is a must-buy book for all of my listeners. After you've read the book, you'll probably end of buying more copies as gifts for those in your life who you know could benefit from it. If you do buy it, you can always use our Amazon widget on the right-hand

side bar and a few pennies will go into our tin cup. But that has nothing to do with my recommendation.