**TBP 233 6R Ravi Edited\_Transcription**

[Daniel Hill] (0:05 - 1:40)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. Ladies and gentlemen, welcome to another episode of the Six Rounds Podcast on the Blueprint Podcast. Today, I have a very special guest for you.

So some of you may recognize this gentleman from a previous podcast. He is an emerging friend in my life and we met a number of months ago and I actually guested on his podcast and what we talked about is a very different topic. It was actually one of the most interesting interviews that I've done and I wanted to invite him today to go into some of this stuff in detail and do six rounds together.

He was a monk for seven years before leaving the monastery and going into business. He's run a very successful film production company called Be Inspired Films for over a decade and today we're going to go six rounds together with Daniel Hill versus Ravennaud Chambers from Be Inspired Films and Evolve Indoor Podcast to see where it takes us. Welcome Ravi.

Thank you so much. I'm delighted to be here. It is my pleasure.

Genuinely been looking forward to it and to kick things off, you can go first.

[Ravinol Chambers] (1:42 - 2:16)

Okay. Coming out of the corner with something strong. I was thinking about, you know, in the sort of hustle culture and the kind of inspirational culture, like there's a lot of good stuff.

But I feel sometimes, I wonder what your thoughts are on over-optimization. The idea that we've just squeezed every drop out of everything and over-optimized things so much that actually there's, where's the space for being and for, you know, relaxing or, you know, just not having to always be chasing something.

[Daniel Hill] (2:17 - 3:48)

Yeah, I think it's a really good question and I think the term sort of over-optimizing is, could work either way because I have most recently used that term and more about peak state, finding my peak state and where in beast mode over-optimization might be about Formula One car, you know, tweaking the granular detail to squeeze the last bit of the pips. In my mindset more recently, it's been about optimizing my life, which actually includes more rest. It includes my work is a lot better if I actually take a lot more time off.

So my optimizing now is trying to achieve a balance and I would say where I am now, that type of optimization is working really well and the aim of the game is to have the perfect day as many days as possible. Whereas back in the day when I was in beast mode, it was ultimate refinement. What can I do to get maximum energy, maximum productivity, maximum hours in the day, maximum work in the hour?

And I think it all serves a purpose. I think when you want to do it, one of the realizations I've come to in the last six months is when you don't have money, I'm talking specifically about business now, when you don't have money, you have time. So you spend all of your time trying to make money.

Really, you want to as quickly as possible cross that chasm because that window of opportunity and that energy disappears. And hopefully the other end of it, you have money and then you can still do the things you like doing in business with money. But actually, you no longer need to spend your time because my job now is to allocate capital to projects rather than put my time into them.

What about what's your thoughts?

[Ravinol Chambers] (3:49 - 4:29)

Yeah, that's really interesting, actually, the the idea that you can still optimize, but you're optimizing for something different because a lot of the culture on the Internet is about optimizing for growth, for success, you know, on the way up. And I think two things I want to say. One is it's maybe a privileged position to be thinking like that because we all in the beginning of our journey, we work so hard, like you really are working hard, hard, hard.

And I heard someone say it recently, it might have actually it might have actually been Daniel Priestley saying, all the people who are telling you to get more of a work life balance, that's because they've already succeeded, if you like. They're only saying that now. They weren't saying that at the beginning of the journey.

So it's like seasons, isn't it?

[Daniel Hill] (4:30 - 4:44)

Alex Hormozy says about it, he says, all these people are teaching you these morning routines, you know, three hours to get ready for the day that people are already wealthy. And now they're teaching you that back in the day. It was just get up and get it done.

[Speaker 3] (4:44 - 4:44)

Yeah.

[Daniel Hill] (4:45 - 5:03)

And I think it's necessary. I think anyone who tells you don't have to go out there and work like work to, you know, to the bone. Unless they're doing, you know, they're winning the lottery or doing a crypto curve.

It's my experience has always been hard work when you don't have money. And the aim of the game is to make the money and then do the smart work.

[Ravinol Chambers] (5:03 - 6:22)

And it's also like, it ties back into this over optimization. It's almost like searching for the perfect thing. It's almost like, I think I want to, I want to say, could that be classed as a disease?

Because if you think about it, even the idea of chasing perfect, because actually by doing that hard work and overdoing it, that's how you learn. Like in a way, if you could get it perfect straight away, how would you learn anything? Like how would you, where's the, where's the growth, like the personal growth?

You know what I mean? Like we can sit around or people can sit around and talk about how, you know, it's better to have more of a work life balance or whatever, because it's realized, you know, there's different types of knowledge. You can get knowledge from a book, you can get knowledge from someone telling you those.

If you're super intelligent, you might pick it up from those things. But most of us need to learn by doing and succeeding or failing or whatever, like pain and pleasure and then taking something away from it. So yeah, I think there's a, there's a sort of, there's a danger, I think, in chasing perfect.

I know you use the word the perfect day, puts a lot of pressure on you. It puts a lot of pressure on you. It could be exhausting, right?

What about just wanting to have a little bit of a more lazy day where it's, it's not perfect. It's just, it's just a day.

[Daniel Hill] (6:23 - 7:38)

Yeah. I mean, these are really, really, really, really strong points. And when we talk about beast mode, most people do it because they want to do it.

It's out of choice. It's not that they don't have money. They do it because they want to.

So we were just chatting to the guys in the studio and you asked him the same question I did this morning. Are you still enjoying that? And they absolutely love it.

They work seven days a week. You know, they're living on bread and jam and rolling it all back into the business. I remember doing it and they absolutely, absolutely love it.

I think the wisdom part comes where you understand that doesn't last forever. And I always had the urgency that every pound I made could be the last pound. So I really wanted to make progress with regards to fail fast, fail forward, absolute advocate of that.

But equally for everything that works, there's 99 ways not to do it. And if you can get it right five, four times, three or four times out of five by learning from a mentor or reading a book, I think that's the smart way to go. I always use the example of a flaming baked Alaska.

It's the most it's by definition the most difficult dessert in the world to make because it's frozen in the middle. It's baked on the outside and it's actually on fire on top. And if you just turned up to your kitchen and tried to make one, the likelihood is you would lose a year.

[Ravinol Chambers] (7:38 - 7:39)

You might never. You might never achieve it.

[Daniel Hill] (7:40 - 7:44)

But if you had somebody who gave you the recipe and you stood next to a chef who's been baking them for a decade.

[Ravinol Chambers] (7:45 - 7:48)

And they tell you all the usual things that go wrong.

[Daniel Hill] (7:48 - 8:06)

Here's the hundred and five ways not to do it. I think. Yeah, I think you need to do that.

But the tacit experience, knowledge is nothing without implementation. So it's you need to go through that that motion and it is hard to put the pressure on the perfect thing. Absolutely.

I see with business owners all the time.

[Ravinol Chambers] (8:06 - 8:14)

Because sometimes what ends up happening is because perfect is, you know, potentially out of reach. You live in a constant state of disappointment, potentially.

[Speaker 3] (8:14 - 8:14)

Yeah.

[Ravinol Chambers] (8:14 - 8:39)

So do you know what I mean? So what's your thoughts on that? Like about just having like sometimes people might call it a duvet day.

I mean, not literally, you know, some people, it is literally stay in bed, but like just have a day where it's kind of like, you know what, today I don't actually need to achieve anything. I'm just going to have a day or I'm a potter about do something in the garden. And maybe I'll after that, I'll do this.

I'm not sure. Maybe I'll, you know, whatever.

[Daniel Hill] (8:41 - 10:02)

The concept of, well, on that point specifically, my life coach calls it a box watch, which basically means the best of things and the worst of things. And the best thing about me is I'm a perfectionist. My standards are up here.

The best, the result of that is I get what I want. I achieve the successes because I'm so highly strong, but I push myself to standards. Nobody would ever hold me to the downside of that is I'm probably never completely happy with a piece of work.

In fact, I would say I'm getting better, but with the rest day, as an example, the best thing is I'm a busy person. I've got an active mind. And about 18 months ago, my partner and I, I was burnt out, exhausted, bank holiday weekend.

We said, let's just have a day of doing nothing. So 7, 8 a.m. we set a bed up in the lounge on the floor. We're there with the dogs, snacks, whatever you want, whenever you want it.

And I was sitting there first couple of hours. I loved it. I'd start some breakfast, really enjoying myself.

As the day went on, it started to, I started twiddling my thumbs and watching a not Netflix thing. I'm thinking I'm losing it by 1.30. I was outside jet washing the patio because I was like, I've got to do something. And if I'm not going to do work, do something productive, work on the house, go to the pub, I need to do something.

And I got ultimate satisfaction spending four hours blasting the patio.

[Ravinol Chambers] (10:02 - 10:45)

Yeah. No, I can relate to that. Like recently, I broke my some toes.

Well, actually, it was my knee, actually, I got a bad infection in my knee and I had to have an operation and I was two or three weeks in a cast, you know, and it was driving me nuts because I couldn't really move around or do stuff. And the first thing I wanted to do as soon as I could probably hobble a bit out was be in the garden because I just needed to feel useful. So it wasn't really about climbing a ladder or anything to do with success.

It was just it's kind of like what you alluded to there feeling, you know, I needed to feel active and useful in some way. And that gave me a lot of personal satisfaction, just being able to do stuff, whereas I found it really hard to just be sitting in one place.

[Daniel Hill] (10:46 - 11:39)

I find time to yourself when it's deserved and is hugely satisfying. If I work my backside off for a week and get to Friday evening and have the weekend to myself, I love the weekend. I enjoy it.

I deserve it. But equally, a time doing nothing undeserved is actually detrimental. If you're being lazy and procrastinating, nobody feels good laying on the sofa when they should be at work or when they should be doing something else.

The sense of joy in life, in my experience, comes from doing stuff. And I get as much satisfaction painting a wall as I do going out and running a business. So I think it's a great one.

Great one to kick us off. Spirituality. I don't know if you listen to the six rounds I did with Ian Bower, but we had a round on spirituality.

And he said, what does it mean by definition? And I said, I honestly don't know. And then afterwards I was reflecting, I thought, I'm not going to go and look at it because I know a guy who probably does.

Spirituality. What does it mean?

[Ravinol Chambers] (11:39 - 12:30)

What is it? I mean, it could mean many things to many people because people will have their own understanding of it. I'll give you mine.

I'll give you my understanding. So if you think about matter and spirit, so what's the difference? So in one sense, in the most cosmic sense, there almost is a difference, but there isn't a difference.

It's almost like electricity that's coming through. Electricity can power a fridge, which makes stuff cold, or electricity can power an oven which makes stuff hot. So actually matter and spirit are different manifestations, if you like, for different functions of energy.

And, you know, in my understanding would be like the supreme energy of the universe, of God, of whatever, you know, from some much more higher power than we're not certainly creating it. That's for sure.

[Speaker 3] (12:31 - 12:31)

Yeah.

[Ravinol Chambers] (12:31 - 14:22)

So materialism is the study of matter. So spirituality is the study of spirit. So what is spirit then?

So spirit is that thing. So I was talking to Andy in the car on the way here. He's such a lovely guy, isn't he?

He's quite a spiritual guy. Very, yeah. So we were talking about it and he uses an example, and I think it's a brilliant example.

And everybody believes in radio waves because even though they've never seen them, because we have a device called a transistor radio. It can turn on and it can pick up radio waves and we can hear the music. So we all believe in it.

We go, wow. But we can't, we don't really probably understand them and we can't see them. So in the same way, we're in these bodies.

The body that we're in is like the transistor radio. It's matter, isn't it? Really.

Yet it's been perfectly designed as the device that we can express our spirit or soul through. And so what's the difference between a dead body and a living body? They both look the same.

I mean, to a degree, if someone's sleeping and all the parts are there, all the atoms are there, something has left. And sometimes people say that, don't they? He's left.

She's left. What's left? What do you mean?

The spark, the conscious entity, whatever that is. So from my tradition that I was a monk in, we would understand that to be the soul. And so spirituality is the cultivation and the understanding, the relationship, the being in that understanding of that.

I'm actually an eternal soul having material experience in this lifetime, in this body, in this country.

[Daniel Hill] (14:22 - 15:31)

And that can be especially in the modern day. That can be. And I sort of prescribe to that mindset in the same way that somebody might a religion.

Like if you think about what is a religion, it can be all sorts of things. It can be a cultural thing. It can be a family thing that you're brought up in.

It can be a belief system or it can just be, for want of a better word, a moral code or something or more so a an answer. So often people will turn to spirituality or religion when they've had a really bad life experience. Why has this happened to me?

And you find that reason or I don't know why I've got this calling to say the excuse, but it's a it's something that allows you to comfort maybe. Yeah. Comfort allows you to park the question and say, this is what I believe.

And I believe that which makes me less fearful of death. And it makes me more open and abundant. And I believe it.

And I was speaking to somebody this week who I'm the trustee for their estate. And they said, when I'm gone and we talk about when I'm gone or when I leave. And it's like, wow.

So this is like a game or a journey. I actually think it's the best holiday in the world.

[Ravinol Chambers] (15:31 - 15:52)

It's like a big train station. There's trains coming in and going out, there's planes landing, planes taking off. You know, it's sometimes described like that, you know, as a way of explaining it.

We're on this planet, but it's kind of like like a big bus station or, you know, people are coming and going. And we're here for what seems like a decent amount of time. But it's a blip, you know.

[Daniel Hill] (15:53 - 15:55)

Absolutely. In relative terms, it is.

[Ravinol Chambers] (15:56 - 17:31)

And I thought it's something very interesting. I heard I loved you shared with Ian that you have the picture of the universe. You put it up on your on your bedroom wall.

And I can imagine that's like cosmic, like literally, you know, seeing it. Just get this for a second. So in the Srimad Bhagavatam, which is an ancient text, which is part of the Vedas, the ancient books of wisdom in India, it talks about that there are unlimited universes.

And there's this one explanation that the supreme, you know, manifest in this one form, I think it's called Karanadakshi Vishnu. And he lies down on the coals of the ocean. And when he breathes out, all of the unlimited universes come out of his pores.

And when he breathes back in, they all come back within his body. And then when he breathes out, they go out again. Now, think about that.

That breathing of his is trillions of years in our time. How long is a universe? And the idea that they sort of manifest and unmanifest.

And we see that in history here, like a city will pop up out of the desert and it's there for a couple of thousand years, whatever. And then maybe it goes back into the desert and maybe then, you know, it gets covered over by an ocean or whatever. But matter is just transforming in different ways at different times.

And it's real, but it's temporary. So in a way, you could say sometimes in philosophy, they might say it's not really real. It is real, but because it's temporary.

Is it permanent? Is anything real? That's the thing, isn't it?

[Daniel Hill] (17:31 - 17:41)

Well, yeah. And do you think about when you think about the idea that we're all souls, so this is the physical body, the spiritual, the soul is the thing that comes and goes.

[Ravinol Chambers] (17:41 - 17:42)

The spark, yeah.

[Daniel Hill] (17:42 - 18:56)

Do you ever think about the, when you think about, one of the things Ian and I talked about, I said, I believe that you have far more control over your life than you think. I also believe you have far less control over your life than you think. When you think about that, do you, do you feel like you have a, I'll tell you a good example.

This morning I was in a great mood. Sometimes you wake up, it's a great day, sun's out, out early, loving life, water to the petrol state. I picked Andy up because we're going for a team do after this.

So I said, I'll pick you up today and I'll drop you home tonight so you can have a drink out with the team. And I was in a great mood, picked him up, he comes out in a great mood, got to the petrol station. The woman who served me was in a great mood.

And I was like, you know what, I feel this is not a coincidence. I feel like I'm probably. You're carrying that bubble of kind of joy with you.

Yeah, the current carrying the, of having that connection and they're feeling the energy or this is just a sense that you control everything around you. Like some people who are really negative and walk through their life being quite critical of everything, tend to have more problems. You know, they tend to have bad things happen to them in my experience.

And I just wonder, do you think that is coincidental or do you think it's the way the world works or?

[Ravinol Chambers] (18:56 - 19:51)

Yeah, I think it's, it's, it's interesting. You are brilliant at those little mantras, those little phrases, because it's true. It's both of those things.

I think you have more control over than you think in that you, what you bring, like the energy you bring has a, has a knock on effect, but I think it would be also kind of a little bit foolish to think that you're totally in control of that because so you can do your part, but there will be other days where, you know, you do that and you're, something still happens and left, you know, something comes out of left field or, you know, something, you know, you're not in total control because we're not.

And sometimes we get painfully reminded of that. Um, so it's kind of like, it's both at the same time. You can definitely influence it, but you're not ultimate.

You're not the ultimate controller. Do you follow Wayne Dyer's stuff? I don't follow it, but I have heard of him.

Yeah. A lot of people like him. Yeah.

[Daniel Hill] (19:51 - 21:02)

He has a concept called I am God. I remember being at an airport, I hadn't slept and I was jaded. I was probably burnt out.

And I was in a, when I go search and I think it's the other thing about religion and spirituality, maybe we're not one for this round. So I'll round it off, but I found spirituality in a dark place and it took me back to a light place, which was, which was great. And I remember being hung over, burnt out at this airport, listening to this series of Wayne Dyer audios, and it came onto this one.

It was just this really intense one that said, you are God, or he says, I am God. And he just started talking about this concept of everything you are and everything that is, is all one thing. And initially it made my heart drop and I was anxious to get on the plane.

So I was thinking, Oh my God, like, has he just cracked the code and told me that this is all a computer game and it's all in my head. And actually none of this exists. And then after it settled down, I actually started connecting it to the spirituality or sense in the way I follow it.

But I believe we're all part of the same thing. And in the same way, a body has good cells and bad cells. We're all part of the same collective.

And actually we're all playing our own little part in this one singular thing, really.

[Ravinol Chambers] (21:02 - 22:28)

Yeah, definitely. Just to round off on that, it's in philosophy, in Eastern philosophy, there are different sort of schools. And one of them is called Mayavadi.

And it basically, they believe that they are God. And it's a subtle difference. I would see it slightly differently.

Do you know Kula Shekhar? Have you heard of that band Kula Shekhar? No.

So they have a great song called A Chincha Beda A Beda Tatva. But I'll try and sing it. Why not?

It goes, A Chincha Beda Beda Tatva, tatva. So anyone that knows it, but they're touring at the minute. They've been on top of the pops.

Well, they're proper big, you know. They've got another song called Govinda. Anyway, they sort of followed this philosophy as well.

And then Chincha Beda A Beda Tatva means a Chincha is inconceivably. Beda means the same and A Beda means different. And tatva means truth.

So they're saying that the Supreme and us, we're inconceivably one and different at the same time. So we are of the same quality as God, but we're tiny. So in a way we are God, but we're not God God.

You know what I mean? We're like a tiny God. So, because to say that we are God God is funny because some of these people let's say that then they're rolling around in agony with a toothache.

I mean, that doesn't happen to God. You know what I mean? So, so it's funny.

[Daniel Hill] (22:28 - 24:40)

Yeah. It's and it's, I mean, we could lose ourselves in day for days. It's spot on.

You're next. Oh, me. Okay, cool.

Back to me. Um, conflict. Okay.

Over to you. Conflict. Nice.

Okay. So conflict is something I used to run from. Uh, I was very much people pleaser, uh, hated conflict.

In fact, I, uh, in my earliest, earliest days as a adolescent hormone pumped teenager, I was, that was my space. I was a big into weights, got into all sorts of trouble, energy drinks, adrenaline, uh, working out at the gym, doing athletics, just, I was just competition, competition, competition. And my view of the world was in order to get ahead, you had to go against.

So it was, I was just taught that this world is mine for the taken. And then into that, uh, and then as I grew up, that started to change. And actually I started to become more comfortable with conflict.

So when I started my business, it was one of the biggest challenges having challenging conversations. I used to sweat, I would cry, be very emotional, hate it, feel sick for days before a disciplinary or, or firing someone nowadays, I actually see huge value in it. Obviously this is my definition of where the conversation is going, but nowadays I actually really value a good, challenging conversation.

I did a, um, I did a session on property entrepreneur, Adam did a session on property entrepreneur last month. We created a blueprint for it because my belief is that a well-approached challenging conversation always has a positive outcome because if you want an easy life, you need to have hard conversations. If you want to have a hard life, you just float through life, having easy conversations and never facing anything.

So in that capacity, that would be my stance and that's where I live now. And I'm very happy with it, comfortable with it. And I give critique in exactly the same voice tone, love approach mindset as I do compliments.

And in that way, it breeds a group of people around me who are just really great, solid people. And there's not that emotional heaviness and challenge with it. What about you?

[Ravinol Chambers] (24:41 - 25:08)

Well, I'm very similar, but just before I, uh, how did you get then? Cause that's quite a big contrast. You know, now you are very, um, mature, let's say level headed.

And I can see that there is great value when you approach it like that. Uh, hopefully the other person can approach it like that too, then it works really well. But like, how did you move from being the guy who's so emotional, so caught up in it, so afraid of it?

I mean, that's a big shift, right?

[Daniel Hill] (25:09 - 25:55)

Well, like I said earlier, if you want to keep growing, there's some things you've just got to get through. And I learned that the hard way, but I'll always talk about don't ambush someone. What, how do I know that?

Because I ambushed somebody and I was mortally offended. I created huge upset. It was completely unproductive.

I called someone into a meeting with a preloaded conclusion as to what had happened. This is what I'm doing. They burst into tears.

I burst into tears. The whole thing was horrendous. And it turned out it was a storm in a teacup.

So yeah. And to grow, you have to do it. You can't live a life with that.

And also you need to promote a culture where you hold people to the standards. The danger as an entrepreneur and a leader is if you don't hold people to higher standards, assuming that's the culture you want to develop, you give them enough rope to hang themselves. And that's a dangerous space as well.

[Ravinol Chambers] (25:55 - 25:57)

So you've got to take some responsibility for that as well.

[Daniel Hill] (25:57 - 26:38)

Yeah. And I always say it's not, it's coaching. It's not criticism.

If you want to be the best you want to be, I'm probably the sort of person you want to be with. And I want to be with you in our, in our team. Um, but I'm not doing it to criticize you.

I'm not here. And this is the whole, the whole blueprint around challenging conversation. It's very easy to, especially when you work with people who are happy to take feedback, you then have a responsibility that you have to approach it in the right way, because the default is here's a great opportunity for me to bash someone around the head with my own ego, to make myself feel better by telling them how they're not good enough.

And that's, that's can become very toxic. So it's very, it's a, it's a, it's an art form.

[Ravinol Chambers] (26:38 - 30:36)

Yeah. Yeah. So it's funny.

I had a very similar kind of, um, story arc, I guess. I remember being in school and we did a transition year between what would be GCSE and A levels. It was like a personal development year.

It was brilliant. Did all kinds of like retreats and poetry and personal development and stuff. But I remember being in, um, some of these sessions and I would, I would make the people I was debating against cry.

I wasn't trying to like, I was just all gung ho for, from my, my point of view. I remember, how did you feel about that? At the time I, at the time I, I, I wasn't insensitive to it.

I obviously didn't like want to try and make them cry, but I felt a little bit kind of like, well, it's just logic, isn't it? I mean, like, you know, you, you get, you're crying. That's fair enough.

But like, I mean, I'm just making a point, you know what I mean? Like it was just debate, you know what I mean? Cause, and that was the forum that it was.

But, but as time went on, I didn't feel good about it. Like many times as an adult, I've thought back to those times. And I, I, I feel like, gosh, I, I, I, you know, and I've, I'm not like that anymore.

But I, I realized, um, what wealth dynamic profile are you, creator? Um, I'm a dynamo, yeah, creator, and then I lean towards a mechanic. Yeah.

Yeah. So that's the steel coming out. Steel don't understand why people get upset.

Yeah. Now listen to this. It's frank, it's fact.

Why are you crying? And it's also like, I wonder sometimes if that's maybe why I needed to become a monk, because I have a, an assassin type strand to my, you know, to what, to my nature. If I, if I wanted to, like, I think sometimes I could, I could have become an interrogator or a, um, uh, barrister because I'm like very, my mind is super fast and can just, it's almost like you go into a room and it go do, do, do, do, do, do, do.

And it's got all of it. And that, but it also can see the weakness. So it's almost like you see the weakness and you can press on the weakness until the person dies.

Yeah. Like that's the extreme. So I'm like, I don't like that.

That's too much. You know, I don't want to be like that. Um, and so I think, um, and it was never bad intended, but it was just kind of, but it's there, it's like, it's like a laser beam that I've got, you know?

Um, and so, um, but it's like I said earlier, you're, you're learning about yourself, you're growing up, you're just, you're just sort of like, how, how will you know what to do with it if you don't, if you don't see what it, what it is. And so over time, yeah, I just, um, and especially being a monk, I mean, like then it was like an entire seven years committed to service and just serving other people and not nothing for your own personal gain. So I think it really leveled me out.

And it also made me like really focus on empathy and, and, and wanting to do right by everyone. And, you know, so, so now I'm, I, that's still there, but it's massively tempered, you know? Um, and I like you in the middle, you know, I went through, you know, you go through where you're feeling, um, you know, maybe a bit defensive and all of that, and those conversations are difficult.

And I had some really difficult conversations with, um, with, with, when I was making the film with, with an editor, I don't want to go into it actually, but, um, but yeah, so, and I've thought back on those concepts. I've given myself such a hard time looking back on them. I'm like, how did that happen?

How did I go into that conversation with someone with a reasonable point of view? And they were just completely unreasonable. And I, because of people pleasing or whatever, I wasn't able to just sit there and have that kind of like, um, conversation of like, this is that's okay.

Whatever you, but for me, this is my company. This is how I want it to be. And I think what I can look back on and probably take a bit of responsibility is like you said, I didn't maybe set the clear enough boundaries.

And if you don't, people will sometimes walk all over them. Not everyone, but some people will.

[Daniel Hill] (30:37 - 32:18)

Yeah. A few, a few things to pull out of that. Cause this is going to be something that everybody, including me, that's listening to this has experienced.

And the idea is how do you get better at it? And it is an art form. And there's a few things that one is that we definitely need to learn how to practice that.

And it is a blueprint. And in the same way as baking a baked Alaska, a flame baked Alaska, a challenging conversation is exactly the same and practice makes, makes perfect. I think as a leader as well, there's a big difference between being liked and being respected.

And I'm actually doing a session on property entrepreneur next month for the advanced delegates about it. And being liked is not a good thing as a leader without what we would call the talking Teddy. And it means nobody, everybody wants to do a good job.

If you let them get away with not doing a good job, it'll only get worse and worse. And that doesn't work for anybody. But with the monk element, when you talk about tempering it down, I think that's probably that awareness and that direct conversation is probably one of the reasons why I find you a good conversationalist because we're, we're going deep, we're cutting things open.

We're having real Frank conversations. And when we have to find where to temper that, the challenging conversation is not a natural human instinct, but to have that challenging conversation. Well is not any way any normal human being would behave.

It has to be highly strategic. And in the same way you walk into a room and you see everything, the weakness is. I said to somebody once, do you think it's possible to know too much?

Cause when you have a high frequency brain and you can just see everything, you can walk into a room, she's upset. That's a high performer. That person's got some serious problems that needs dealing with.

Or you having a conversation, you know how to direct the conversation. It can be very powerful in the right setting, but also you can't, I'm assuming you can't turn it off and that can create problems. Yeah.

[Ravinol Chambers] (32:19 - 32:34)

It can be over, it can be overwhelming at times. It can be quite exhausting. I mean, I kind of don't mind it cause you're in it, but my, my wife sometimes will have to say to me, we're talking and she's like, I just, uh, you know, that's enough for now.

And I'm like, yeah, cool.

[Daniel Hill] (32:37 - 34:27)

Great topic. Jumping in quickly with a huge congratulations to everyone who managed to secure a place at this year's annual three day blueprint events in person at the five star Belfry golf and spa resort, both events in June and July sold out in record time. The first event didn't even make it to the open market.

And the last event, the grand finale on the 5th to the 7th of August was 50% sold out before we even launched the places. If you've not yet secured a place, this is your last chance. We only open the doors once a year.

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Let's get back to the podcast. Monk life. So lots of people are going to be interested in this, myself included.

Why did you, you've alluded to why you became a monk. What's monk life like? What did you get from it?

Monk life.

[Ravinol Chambers] (34:28 - 35:22)

Yeah. So I was chatting to Andy about it too, and I've obviously got a lot of, um, deeper clarity on it now, many years later. At the time throughout my teens, I would like, I think most teens probably at some point thinking about like, what's the meaning of life for me?

It just never went away. It was always there. It was pertinent.

It was like close to, if not the top of my list of things. And it is trying to figure out. So I was, I was searching, I was looking at philosophies and cultures and different traditions and stuff.

And like, it was a burning thing. Like, I felt like if I didn't figure this out, like whatever else I did in my life, my life would be, would be a failure in a way, not a failure as in like Dan and the Dom's failure, but just like, like it wouldn't, I wouldn't have taken full advantage of what it, what it means to be here in this life. So anyway, I studied lots of different things.

And after my university, I did a degree in psychology. I went to. Out of interest.

[Daniel Hill] (35:22 - 35:30)

Was that a question you wanted an answer to, or was it a confusion that was driving you nuts? No, I wanted an answer to it. You did?

[Ravinol Chambers] (35:30 - 35:31)

Yeah. Oh, totally.

[Daniel Hill] (35:31 - 35:32)

You're a savage.

[Ravinol Chambers] (35:33 - 35:38)

I know. I really, and actually some, exactly. Some people would say like, that's such an arrogant thing to do that you.

[Speaker 3] (35:39 - 35:39)

I wouldn't say arrogant.

[Ravinol Chambers] (35:40 - 36:02)

I would say it's dangerous territory. Well, maybe, I mean, but like, I just felt like it's well, like I'm like that with everything. If I want something, I'm just like, I'm going to get it because what's the point in wanting something if you're not going to get it, you know what I mean?

Like, that's what I mean. I'm like, that's how I am. So obviously you have to, you've got to temper that because not everything you want is good.

[Daniel Hill] (36:02 - 36:07)

And was it from a place of inquiry and being inquisitive, or was it from a place of pain and desperation?

[Ravinol Chambers] (36:07 - 37:10)

No, absolutely inquisitive. And like, I wanted knowledge. I wanted to understand.

I wanted to know. That's amazing. Yeah.

Um, and so anyway, I w I was in San Francisco after I finished my university and, um, I, I went to a, uh, they call it a festival of chariots. It's an ancient festival from India called Ratha Yatra, where they take Lord Jagannath out of the temple on this big cart and they take him through the city. And in Jagannath Puri in India, they have like tens of millions of people there.

You know, every year, some people get crushed by the car. It's like a mayhem, but everyone's like trying to see the Deity and they're ecstatic about it. So it's the idea that he comes out of the temple to see the people.

Um, so anyway, I went to one of these festivals in San Francisco and I really enjoyed it. They had lovely vegetarian food, philosophy, music, drama, all this stuff. They had a book table and I was chatting to the guy at the book table and he was showing me a book, the Bhagavad Gita, and he was telling me about, you know, karma and all these things.

And I kind of felt, it was a little bit arrogant. I kind of thought, yeah, yeah, I know this stuff. I've studied this stuff a bit already or whatever.

And then he was talking.

[Daniel Hill] (37:11 - 37:12)

Were you spiritual up to that point?

[Ravinol Chambers] (37:12 - 41:54)

Well, I would say I was spiritual. I was, I was, I wasn't practicing spirituality, but I was, because I was focused on this idea of knowledge. So, so I'll, I'll, if we get to it at this, in the Bhagavad Gita it covers three main areas, karma, jnana and bhakti.

Karma is kind of trying to do good by your actions. Jnana is you're seeking knowledge or wanting to know the meaning of life. And bhakti is, is a completely left field thing.

It's, it's devotion. It's love. And they're classified as three different ways to approach the Supreme.

And they're kind of, not that one's better than the other per se, because you are where you are, like you're, you're at the level that you're at. But ultimately bhakti is the one that the Bhagavad Gita says is the one that will give you the deepest satisfaction because you're going to, you're going to be a dad. Five weeks today.

Five weeks today. God permitting. Yeah.

Yeah, absolutely. So you'll, you'll see, and you've already seen this from other people's kids, but you know, when you have your own child, when your child is thinking about what they can get from you, so that's where the kind of karma side of it, like, you know, oh, you know, daddy, get me this, or, you know, get me that. Now you'll do it out of love.

You'll want to give them stuff. And then the jnan level might be like, you know, that they're, they want to, like it's when they're a bit older, they want to understand what you do. And, and, you know, maybe like, just understand you better.

And that's a slightly deeper level. And, but then the top level is love. Imagine your kid, especially when they're tiny, comes to you and goes, daddy here.

And they give you like a little pebble or something. And it's just, it's not the pebble, is it? It's the fact that they saw the pebble, pick the pebble up and thought, I know what I'm going to do, I'm going to give this to my daddy.

And it's the, it's the loving exchange. And that even just, I can see you smiling. That is the sweetness of that is, is the highest thing.

And so when I was a monk and we were following that, that path of bhakti, of devotion, of trying to approach the Supreme in a mood of love in service. And it could be with your, your actions, your body, your energy, the stuff you're doing also with your mind, your intellect, you're trying to engage all of it in that direction to try and cultivate that relationship. So it was very blissful.

I mean, it was, it was wonderful, but it was also really hard as well. And so just to circle back at the time when I decided to become a monk, I won't say I decided to become a monk. I wasn't setting out to become a monk.

I would have happily been an armchair philosopher, to be honest with you. I would have, you know, I was still having the odd drink, smoking a bit of whatever, hanging out with my mates, you know, it was a kind of, it was almost like a hobby, like, you know, we'd go up to this dolmen and we'd lie on top of this big dolmen and look at the stars and see shooting stars. And it was, it was like the pursuit of knowledge, you know, and understanding.

It was, it was exciting. It was a real interesting journey and I would have happily gone along. So I used to go to, so when I came back from San Francisco, a friend of mine who was in a band said, Oh, I, I actually go to the temple here on Sundays.

They have, um, they call it a Sunday feast. They've got lovely vegetarian food. They do music, kirtan, you know, you know, uh, meditation, philosophy.

I thought, yeah, I'll go along. I started to go along regularly and really enjoy it. And there was an older monk who used to give the talks.

And what I loved the most was now I had someone who was like super wise and had been doing this for, at that time for like probably 20, 20 odd years and was this dynamic, powerful, older man as well. I think that's important. Like as men, I don't know, you know, like you, someone who kind of sees something in you, believes in you and they're kind of like wise and they're further on the path and, you know, I really felt, I looked up to him and he, um, the philosophy that he would talk about was ancient philosophy, but he'd explain it in a very contemporary way that I could understand and I could look out into the street in Dublin and see with my eyes what he was talking about. Do you know what I mean?

So it was very real. And so, but I still would have happily just come along on the Sunday and that would have been it. Well, anyway, one day he said to me, he used to travel all around UK and Ireland and putting on these big cultural festivals for the public, um, where they could learn about this stuff.

And he was always traveling. And he said to me one time, if you, if I'd thought of it, you could have come traveling with me. And that was it for me.

Like a light bulb went on and I thought that would be an adventure. And so I did. How old were you then?

I was, I think I was 20. Okay. Yeah.

Maybe nearly 21. And then I was with him, like his right-hand man for, for seven years. I spent two years in Africa, a year in India.

What was the, what was the practice as a monk? What was the like routine?

[Daniel Hill] (41:54 - 41:55)

Was it, was it.

[Ravinol Chambers] (41:56 - 44:11)

Yeah. I mean, we would get up about three 30 in the morning. Um, we would have, we would sleep on the floor.

It was very simple. We would have a sleeping bag, but we wouldn't have a pillow. I mean, you might have a, yeah.

I mean, I didn't really think, I mean, it sounds really austere and it was, but we didn't mind it at all. It was, we were really blissful actually. And, um, then we, and you didn't have your own like personal, like, I mean, you'd be asleep on the floor.

Like, it's not like you even had your same spot on the floor. It'd just be, you know, wherever you can find a spot. And, um, we'd often be traveling.

So you'd often be in different places all the time. Um, you'd be living out of a bank. You would, um, have cold showers.

Now there's a lot of, now people are warmed, warmed up to the idea of cold showers as being, um, having loads of health benefits and all the rest of it. But still cold shower now? Um, not so much, if I'm honest.

Yeah. Occasionally I might have a bit at the end, but it does really clear out more than anything, your, the cobwebs in your mind. Um, but of course it's cause it, it sends blood pumping all around your body and stuff, you know, physiologically.

But it was, it was because we actually didn't have a hot tap. So we just, you know, cold showers all there was. Um, and then we would do, um, as sort of, we would collectively then come and cause it was a temple, we would, we would worship with a lot of the worship is through songs, you know, and, um, they they're obviously very deep, deep, deep prayers, and then there'd be that kind of collective worship, which would be with music, with different drums and cymbals and all the rest of it.

And it was very, um, sometimes it would get very lively, especially with this senior mentor I was with, like for half four in the morning, we would be jumping around, bouncing off the walls, jumping up in the air. Um, and it was great. And then we'd have a period where we do about two hours of personal meditation.

We used to do mantra meditation. Um, and then we'd have breakfast and then we'd be out. We were busy in the day.

Cause it's the idea that you can't, well, you can try and run away from the world. It's a bit like you on that one day off. Um, but you know, it's very difficult.

So in this day and age, the idea of running away and living in a cave is, is, there's a great quote that says busy hands, still mind, isn't that? Yeah, yeah, exactly. And I experienced that in the garden all the time.

[Speaker 3] (44:11 - 44:11)

Yeah.

[Ravinol Chambers] (44:12 - 44:26)

But the point being that, you know, especially you're, you're young, you need to engage what you have, whatever that energy is, that intelligence, that whatever skills you have, but you need to direct them towards this sort of higher endeavour.

[Daniel Hill] (44:26 - 44:44)

And to finish, was it a introspective philosophical searching journey that everyone was on independently, or did it become more of a, I don't want to use the word cult-like or religion, but did it become a single mark, single focused blinkers, this is what you believe. This is how we, how we, this is what we do.

[Ravinol Chambers] (44:44 - 46:30)

Yeah. There's a very clear, um, sort of tradition. So the knowledge, it comes from the Vedas.

So Veda means knowledge. Um, and they're basically ancient books of knowledge from India. So yes, it's not just sort of saying, um, yeah, just close your eyes and just imagine whatever you want and whatever feels good.

That's it. I mean, definitely not. Um, um, so it's kind of like it, it certainly, yeah, it, it, it proposes that the knowledge is descending knowledge, that it's actually knowledge that's coming down from a higher source.

Now, do I fully accept that now? Um, I don't know, but I, I wouldn't say no, but I wouldn't say that I know. I'd say that it's, um, powerful stuff.

It's, it's very, there's a lot of extreme wisdom in there from a practical point of view, rather than not from a doctrine point of view, I'm not, I was an atheist. So I'm actually not at all. I don't like, I actually don't like the idea of religion at all.

So what I liked about it was it's sometimes called the science of self-realization. Um, and I suppose the, to answer your question, to finish off, it can be both. It can be very much down the religion side.

And that's the bit that I don't really like because people can get stuck in dogma. It can be very judgmental, can be very sort of rigid thinking. And then on the other side of it, it can be, um, as wide open and as expansive as you want it to be, but you need to, even within a tradition, that's still a brave path to take, because that's a path that is one of the things often people like from religion is certainty, but you gotta, you gotta go beyond that if you really want to kind of, um, become self-realized.

[Daniel Hill] (46:31 - 46:32)

Nice. Do you feel like you are self-realized now?

[Ravinol Chambers] (46:34 - 46:42)

No, no, but I feel like I'm, I'm, I'm, um, I'm a student of, of, on that path.

[Daniel Hill] (46:44 - 46:44)

You're up.

[Ravinol Chambers] (46:45 - 48:18)

Cool. Your last choice. Is this, what rounds are we on?

How many have we done? This is your third. This is your third.

Then I've got one more. Okay, cool. So you may have heard this story before.

There's the idea of the, we may have touched on some of these points a little bit, but there's the idea that in India, um, different countries have their version of this. There's a man sitting by a little lake, surrounded by some mango trees. He's just relaxing.

He's having a nice life. And, um, some, let's call it, let's say he's American. He doesn't have to be, comes along and says, uh, oh, wow.

You know, it's a nice little spot you've got here. And he goes, yeah, it's really nice. Really enjoy it.

And he says, yeah, but see these mango trees, you know, you know, if you just kind of, you know, pick these mango trees and you put a brand on it and maybe you'd expanded it a bit and you kind of got more mango trees, then you could like, you know, sell them. And in my country, people would love them. You could ship them over.

You can make a really good profit. And then you could grow it up and you can have loads of people working for you and you can do all of this. Right.

And he's going, yeah. And then he says, and then you can make loads of money and everything. And he goes, okay.

Okay. And then what would I do after that? Because well, then you could like relax to a little place, like, you know, a little lake and you can sit under a tree and you could, he's going, yeah, but that's what I'm already doing.

Right. So it's just an idea. And I think I know my answer to it now that as an older person, what I would say to it.

But I remember hearing that as a young man and it's kind of like, yeah, like what, what is the point and when's enough enough?

[Daniel Hill] (48:20 - 52:42)

Yeah. So I could do a PhD on this. Uh, I've considered it at length.

I've practiced it for decades. I've been, I've had the benefits of it and I've been the darkest of holes with this sort of topic. And, uh, so I've, I've heard the, the sort of parable before fable before, and it's great one.

Um, and a similar one sprung to mind when you said about it and it's, well, before you find enlightenment, you chop wood and carry water. And then it says, what would you do after enlightenment? You chop wood and you carry water.

It's like, well, what is the actual point? And that you can ride that to the depths of the ditch, which is why do anything? Right.

So we don't need to be in business. We don't need to make money. Well, why do anything then?

And then your life can be like, what is that? And then you go into this whole, what is the meaning of life? You know, why do anything?

A few things that we've touched on already. I think being busy and being active is, is important. Um, I think the still, uh, still mind, busy hands things, very true.

Sitting, sitting around doing nothing for me is not good. Um, either I get into bad habits, drinking, overeating, being lazy, or, um, I go into a dark place and I start asking questions. The only time I ask the meaning of life question is when I'm unhappy or I'm burnt out or I'm tired.

I never had a great, I've never had a great day skipping through the petrol station this morning and just stopped and thought, I wonder what the meaning of life is. I'm like, this is a pretty great day to be alive. I've been through it.

I've done podcasts on it. Um, why bother? How much is enough?

I think moving into the more, um, materialistic side of the question, there's certain things in the world we live in that you need. And I ha have never been happier than living on my narrow boat, living on my narrow boat on 750 quid a month. You're talking about cold showers earlier.

I genuinely had on hard hot shower this morning. And I thought, you know what? This is the definition of success is a hot shower on demand when you want it and being surrounded by people that you, you love and doing things like today and enjoying what you do.

That's what it's all about. It's having more of those days. And I did that on a narrow boat and Andy was driving me through Nottingham the other day.

And we've been to some sites that I did back in the day, showed him where I used to live 10 years ago. And he said, doesn't it make you so proud to be driving out? You went into not a number, nothing.

And now you're driving out 15, 20 years later in a Rolls Royce, achieved everything you want going back to your dream house. And I said, you know what? I never think of it like that.

Genuinely never think about it. I feel like I'm the same person that lived in that student house. If I was driving through, I drive most of the time around the Volvo.

I just have the car for work. It's good for business. It's part of the game, but I don't, and there's no, I don't, I don't feel it.

It's no, no way as good to me as people think it would be for them. People would look at it in the same way I did when I bought it, zooming in on the chairs, obsessing over it for the six weeks before I bought it, how amazing it's going to be when you've been through that enough times, like I have, you understand it's just the hedonic Ferris wheel on the way up of, I'm going to get this. It's going to be amazing.

I'm going to whatever it is. It's fantastic. You get it.

And then it's a slow road ride down to the bottom till you catch the next thing. And as long as you know, that's the game, that's the game in society. We need money.

So it is being able to cover your costs. And as you become, as, as you achieve relative wealth, where maybe you make an a hundred grand, but spending 10 grand, when that becomes a million and a hundred grand, it's all relative. And what you then have is you can have a bigger house and you don't need it.

My bigger house doesn't make me any happier. It makes me 5% as happy as people think it does. I now walk around seven.

I pulled in the other day and neither of us batted an eyelid. We said, don't you think it's sad that this is now just our house and we don't, we take it for granted. And ever since then, every moment I catch myself not pulling up and being like, wow, this was my dream house.

But that's part of the game is we're human beings. We're in this tangible materialistic body. We're living in 2024.

Part of the game is if you want to play the game of business is what'd you get along the way? How'd you keep motivating yourself? What's the next target?

You've got to have that thing to keep moving. And yeah, it's yeah. And around about answer, that's where I've got to with that.

[Ravinol Chambers] (52:43 - 54:47)

That's good. It's good. I think my answer would be, um, you need to understand your nature.

And, uh, whilst it's a nice, and we've got into a culture these days of like little wise, little parables or little memes and stuff and everyone, you know, they're, they, they, they sound good and they feel good, but ultimately it's not a one size fits all. The real game I think is to figure out your own nature, what you want, what you need, and to be honest. So there's also a thing in the, in the ancient, um, um, scriptures that I learned about, which is, is better to be a sincere sweeper of the street than a charlatan meditator.

So instead of thinking like, um, oh, I'm, I'm not materialistic though. Well, no, maybe I am. But if I am, then I will operate at the level where I'm at, but I'll also plug myself into something that will gradually elevate me, but you got to be where you are.

So there's also a story about this, um, elephant that's in the water and, uh, he gets attacked by a crocodile and the elephant is way more powerful than the crocodile, but in the water, he isn't. So it's about being properly situated according to your nature, where you're most strong. So if you are materialistic and you do like nice things and you want, you have aspirations and all that better to try and get them and along the way.

But this is why it's important. I think you can get lost if you don't have any spiritual dimension, or if you don't have any kind of other framework, that's kind of helping. If you're only totally in the materialistic bubble and there's nothing else, then that's, that's a, that could be a very painful journey.

Um, but if you, uh, can have something that you realized actually that ultimately this maybe is meaningless, um, but I still want it. So I'm going to try and get it. I'm going to see what I learn along the way.

Hope maybe I do get it. Maybe I don't get it, but equally, I've got a sort of, um, a deeper thing going alongside it that gives me a bigger framework to put it in context.

[Daniel Hill] (54:48 - 55:58)

I think you bang on with the nature and it's, it's, it's horses for courses. And it's when people say living your best life, I think it's a really important soundbite because it's living your best life. Like Sav, my partner, she's a young soul.

So everything's a little bit overwhelmed, man. She's a tempo profile, very chilled, unfussed by anything. The first time I picked her up in a chauffeur driven car to go to the airport, to the Caribbean, it was like two o'clock in the morning.

She got up in her pajamas, got in the back, just fell asleep. Could completely unfazed by the fact we were being chauffeur driven to the airport. I remember just thinking I wasn't expecting that.

And then I thought, but you know what? I absolutely love that. And it's like, that's a good thing.

She wants to be chilled. So for her, if she's too busy, she gets burnt out and isn't happy. When we talk about the bot, what she's very chilled.

That's her. I'm very driven. If I get too driven, I burn myself out.

If she gets too lazy, she gets out of shape. And we both sort of try and keep each other in that middle lane where it works. Cause yeah, it's just, it's living your best life.

And that's the aim of the game. It's not comparing yourself to others and it's, yeah, it's, yeah, it's just whatever makes you happy. And that's an ongoing quest, isn't that?

[Ravinol Chambers] (55:58 - 55:59)

Absolutely. Yeah, definitely.

[Daniel Hill] (56:00 - 56:24)

Nice. Last round. All right.

I better think of a good one to finish. So we've, there's two that we've sort of touched on, but I'm going to go into. So meaning of life, uh, the soul and death.

So life after death life in this life and the soul. I just alluded to the fact there that Sav is a young soul. What is your belief on the soul?

[Ravinol Chambers] (56:26 - 1:00:17)

Okay. So I believe the soul is eternal. You know, we talked earlier about, um, this idea that it's like of the same quality as God.

So it's sometimes I would have learned it in this phrase part and parcel. So it's like a tiny quantity or equal quantity, quality to, to the Supreme. However, someone wants to understand that.

It's like a drop of water. It's like a drop of water from the ocean. It's exactly the same quality, but it's, um, and it's called also, it says that it's, um, it's like a marginal energy.

So if you use the analogy of a fire, a spark that comes out of the fire. Is still fire, but it can't last very long on its own because it doesn't have enough fire, you know? So, so the idea being that when you are connected to this, to the Supreme power, you know, whatever way people are comfortable thinking about it.

When your soul or your life force or your consciousness is, um, is in some way connected to that Supreme, then you will flourish and you will manifest whatever it is that you're going to do to the, that will be your best life. I suppose your best, best life, you know, to, to your full extent. Um, and because it's, it's a very hard concept to get your head around eternal.

So there, there is eternal. I actually find it quite reassuring. Yeah, absolutely.

Very much so. But what I mean is, is like, it's like, yeah, but when did it start? It didn't.

It's always been there. You know, it, it, you know, we know what it means in print, in sort of theory, but like you can really go round and round in circles, you know, anyway. Um, so you're eternal.

So in one sense, then if you were self-realized, you wouldn't be afraid of death at all because you never die. So in the Bhagavad Gita, there's a, there's a verse where it says there, it's actually very interesting. The Bhagavad Gita, it's, it's, it's a sort of a conversation between, um, Krishna, who's, who's God and in, in, in this context and Arjuna, who's his friend, who's a warrior, he's a soldier and it's on a battlefield.

And so it's kind of, some people would say it's like an analogy for life. We're on the battlefield, right? We have all these things we, uh, we have to achieve or to do or whatever.

We may have obstacles. We have things we're trying to... Do you feel like you are on the battlefield?

Um, well, when I, yes and no. I mean, it's for the analogy, for the purposes of the analogy, it's not that we have to fight. It's not that we're, need to be in battlefield consciousness.

It's more just, we're on, we're in this place and it is sometimes called the field of activities or is another way of describing it. So, um, but in this instance, in this, in this story, in this conversation, Arjuna is on the battlefield and he has a duty that he needs to perform as a soldier, but he doesn't want to do it. Um, he's, I got all these different excuses about why, but if I do that, then this will happen and that will happen.

And he's, all of his kind of arguments are related to, to the body because he's, he's some of the people on the other side are part of his family. It's like these two big families are going to go to war. And Krishna says to him, never was there a time when I did not exist, nor you, nor all these people on this battlefield.

And we never will, we cease to exist. So he's trying to take him out of this bodily consciousness to, to a spiritual consciousness, to the idea that we all get attached, right? We're all going to like, it is, it is sad and it is painful.

And we miss people and we, we are afraid of death and it's all very real, but it's because we're identifying with this body, which is temporary. And it's very powerful. Don't get me wrong.

I'm not, I'm not being whimsical about it. I mean, it is a super powerful paradigm that we're all in, but if you really believe the soul is eternal, then you don't die. You just move on to, to the next situation.

And we'll come back to that.

[Daniel Hill] (1:00:17 - 1:01:39)

Um, the, I did a conversation with the board a couple of years ago and we talked, we talked about, it was a spiritual conversation and we were talking about the universe, things like that. And it was about death. I said, who's, here's afraid of death and scared of death.

And the majority of people sort of identified. And, uh, I said, well, let me sort of put your mind at rest. I said, before you were born, you were dead for 82 billion years.

And actually you're the biggest professional in death of anyone. So this is, you're less experienced at being alive than you are of being dead. And when they had that realization that there was eternity before they were born in inverted commas, it gave them this sort of, well, it definitely gave me this sense of, ah, okay, well, I didn't know about it then.

I'm not going to know about it in the future. And I believe that the soul, I don't know about reincarnation is the right word, but I believe like Sav's pregnant now in five weeks or, you know, give or take, she'll give birth and hope all being well, we'll have a healthy young baby. At what point does the soul come into that?

You know, there's, there's going to be a soul into that chance. Daniel Friese did a podcast with him yesterday and he said, your kids are going to be born and you can guide them and you can mentor them, but they're going to be born with personalities and you've got no input, but they're going to be born. It's going to come from somewhere and it is what it is.

And I was like, that's the soul to me.

[Ravinol Chambers] (1:01:39 - 1:01:57)

Yeah, absolutely. And there's also the idea though, if you, the idea that the soul, when we call it like reincarnation, it's almost like say an actor who plays multiple roles on a stage. They, they're on stage in one set of clothes.

They might pop to the side, change clothes quickly, come back on the same person inside, but they just look different because it's a different body.

[Daniel Hill] (1:01:57 - 1:02:02)

But that's what, uh, my Tyson says about people in history because they just asked with weird, wearing funny clothes.

[Ravinol Chambers] (1:02:03 - 1:02:26)

And the other thing is, is that the, the, the Vedas explain that, um, well, what makes someone born rich or someone born poor? Like someone could say that's so unfair, but they explain, it's like walking into a movie halfway through and going, how come they're being mean to that guy? What's going on?

That's not fair. You haven't seen the earlier part of the movie where he just did something awful, you know?

[Daniel Hill] (1:02:26 - 1:02:31)

And do you believe that the progression of the direction to believe the reincarnation of the soul is progressive?

[Ravinol Chambers] (1:02:31 - 1:02:48)

Well, potentially it can go up or down. Yeah. You believe that?

Yeah. Oh yeah, absolutely. So like what, just like, just like we talked about earlier, like, you know, as you sow, you sow you shall reap.

You go around doing bad things. Probably bad things are going to happen to you, right? Go around doing good things.

So that's, that's literally what karma means. Well, I believe it a hundred percent.

[Daniel Hill] (1:02:48 - 1:03:01)

I walk around in my life. I think I can't believe when something goes right. I believe, but my house was just bought.

I can't believe that we've just completed on the purchase of my dream house. But then I'm like, well, I actually can believe it because I've done everything I could to get to that point.

[Ravinol Chambers] (1:03:01 - 1:03:25)

And it's mainly just positive vibes. But that's in this lifetime, right? But we all, so what Daniel Priestly was saying that somebody comes into this, like your kids will come in and they'll have a personality and they'll have a, they're, they're not just coming like completely blank.

They're coming with something, right? So obviously it's an expression of the soul, but it's also there. If we believe that this is, you know, you're popping up again and again, they're coming with karma.

A hundred percent. Good or bad.

[Daniel Hill] (1:03:25 - 1:03:25)

And age.

[Ravinol Chambers] (1:03:26 - 1:03:47)

Do you believe the soul ages? So I know you've talked about that concept before. Not really, because if it's eternal, you know, you could say, you could sort of almost say, well, are they on an up cycle or a down cycle?

Maybe that's a way to look at it. Maybe what you're talking about like an old soul is maybe a soul that's sort of on the way up or is evolving, you know, evolving.

[Daniel Hill] (1:03:47 - 1:03:59)

Whilst it definitely conflicts with or contrast or conflicts with the concept of eternity, I definitely believe, or having read around it, I believe in the concept and can see the concept of wisdom.

[Ravinol Chambers] (1:03:59 - 1:03:59)

Yes.

[Daniel Hill] (1:04:00 - 1:04:16)

And some of us are very stoic. We roll through life, not roll through life. We're not here to learn stuff.

There was a great film I watched recently about the soul. And they said, do you ever pick up, start doing a task and you just know how to do it? And they say, because you're not learning it, you're remembering it.

[Ravinol Chambers] (1:04:16 - 1:04:32)

Yeah. Or kids who can play the piano and there's five and stuff. You know what I mean?

Come on. Or people that can speak a language. You know, I mean, so there's lots of, you know, there's lots of stuff out there.

You know, ultimately it's, um, there's evidence for it. There's evidence against it. It's not about convincing anybody.

[Daniel Hill] (1:04:32 - 1:04:58)

Yeah, of course. I'm just asking, can you see the logic of having two people who are both of the same age and maturity and upbringing, but actually one thinks about the world in a much more chilled, put your feet up transient way. And the other one's more driven, less phased by the small stuff.

Maybe it's not, maybe it's just more what I've read. Cause actually you might be right.

[Ravinol Chambers] (1:04:58 - 1:05:32)

Maybe that's just, I think what you're saying, I totally understand your point. And I'm, I'm, I'm kind of, I maybe I'm just reframing it a little bit. So like it's, cause of using the word older, young, then it kind of feeds into that there was a start point.

You know what I mean? So, but yeah, I think you can certainly see that in this point, you get a bit of a reflection of where they're at on their journey maybe. But, but because they can, it's, it's, it's not a linear thing.

It can go up and down. You know, you could meet someone who's looks all intensive purpose is not doing very well right now. For all you know, 20 years ago, they could have been doing brilliant.

[Daniel Hill] (1:05:33 - 1:05:41)

Yeah. I agree with the concepts. And now that you've challenged me on it, I'm inclined to agree that it completely contrasts with my belief of, it's just a much bigger picture.

[Ravinol Chambers] (1:05:41 - 1:05:50)

Like, so when you're looking at it, that's, I suppose the thing is, is if you zoom out enough, then you possibly see stuff that you're not considering right now.

[Daniel Hill] (1:05:51 - 1:06:37)

No, I think it's more my reading on the soul. The age of the soul is less about whether they're having a good run or a bad run. It's more about in the same way you can go from one to a hundred years, the soul can go from one to a hundred thousand and somebody's, somebody who's 40 years, human years and 10 soul years is a very different character to somebody that's 40 human years and 500 soul years.

And they, I'll have to give you the soul test because it'd be interesting. I suspect you're a, again, it'd be interesting to discuss it in further length. And then, uh, so yeah, death, we talked about life and then, yeah, just to close off meaning of life.

We've gone around the topic. Where did you get to in searching for the answer and where's your, presence and belief with it now?

[Ravinol Chambers] (1:06:38 - 1:08:09)

Yeah. So initially what I suppose when I was looking for the meaning of life was like a sort of, um, a blueprint or a framework. Um, and I definitely felt like I found it.

It was a very complete blueprint, a very complete, like almost to the point where like every single question I had was answered. Like every single one. Um, and there was a great sense of peace and, um, satisfaction and contentment in that.

Um, and it's still there. It's still very much there. But I also found that maybe, so I'm not changing the blueprint, but I'm, what I'm feeling like I'm at now is I'm trying to become more mature within the blueprint.

I think. And it's, it's, it's often described that there's, there's three levels of, um, kind of realization. One is called a Kanishka Adhikari, which is a very much, you're almost like a material spiritualist.

You're kind of, understand the principles of spiritualism, but you're still quite affected by materialism. So you sort of, you might, there's still judgment. There's still, there's almost this pride that now I know.

So there's a pride that comes with that. Like I know something. And maybe then I'm judgmental or even in a very, very subtle way of people who don't know, or maybe I might think that I'm a bit better than them.

So there's that kind of thing, which, which I started to see in myself. And that's the ego.

[Daniel Hill] (1:08:09 - 1:08:12)

The ego is, you're never going to get that thing back in a box.

[Ravinol Chambers] (1:08:14 - 1:10:27)

Yeah. Although there are higher levels, um, well, no, of, of, of spiritual advancement. Um, there's a middle level, which is called Majjhima Adhikari, which is where you have a bit more perspective and relative to the examples you talked earlier about being able to have a difficult conversations.

So it's almost like the first stage is you might know the theory, but you can't really do it. The next bit is, is where you you're actually able to apply it. Like you've got some perspective, you've got some distance, you're able to stay a bit more equipoised.

Um, and you can discriminate. You can see, you can still discriminate. You still see, oh, this is like this, this is like that, but you don't have the judgment because you're, I guess, identifying in a real way more with the soul.

So you're on a, you're on a different level that the other thing can't touch you so much. And the topmost, which is extremely like rare. When I say extremely rare, I'm talking almost like on, you know, it won't be hardly anyone that will ever get to that, but it is there.

It's called an Uttam Adhikari. And it's someone who actually just sees everything with completely equal vision. Like they're always seeing from the position of the soul, always at all times.

And they're, they're, they're completely equipoised. Like they are, um, they'll see the, the dog. There's a verse in the Bhagavad Gita, the dog, the dog eater, the, the priest, all equally, because they're not seeing the outer coverings.

They're seeing them with their eyes, but they're seeing the soul. So they're seeing on the level of the soul. And that is where the, so there was an element of kind of almost like dissatisfaction, dissatisfaction with feeling like now I've got there.

Now I know, I knew theoretically whatever I'd learned. And so there's some arrogance that comes with that. There's also some kind of, um, Oh now like I've got to the top of the mountain, like that's it.

But it's, it's, it's now it's about the depth. So how can I actually make sure I don't fall prey to those, some of those ego aspects of, of, of, of some of this stuff. And actually, uh, progress, uh, to genuine being, uh, in this knowledge rather than just knowing it.

[Daniel Hill] (1:10:27 - 1:10:32)

And is that progression through those levels, the meaning of life, or is that just acknowledging where?

[Ravinol Chambers] (1:10:32 - 1:11:02)

I think though it's, uh, I, well, if you accept the framework, the blueprint, um, that, that there is a God, or there is a supreme being. Um, and if you believe that we are of the same nature and quality, and we're the soul, then how could there really be anything outside of that? Then developing, cultivating that consciousness and that relationship.

Obviously we're talking real big picture here. Day to day, the meaning of life could be a different thing. It means following your nature, um, being, um, being of service in the world.

[Daniel Hill] (1:11:02 - 1:11:07)

And trying to life's to being the physical life and is here to be enjoyed.

[Ravinol Chambers] (1:11:09 - 1:11:17)

Um, well, it's not that it is or it isn't. It's, it's, it's there, isn't it? So I can't tell you what, what you should or shouldn't do.

[Daniel Hill] (1:11:17 - 1:11:27)

So I'm more asking from your mindset when you're going through your day, are you aspirationally trying to develop a world in which you enjoy in your life?

[Ravinol Chambers] (1:11:28 - 1:11:28)

Yes. You are.

[Daniel Hill] (1:11:28 - 1:11:29)

Yes.

[Ravinol Chambers] (1:11:29 - 1:12:09)

And I think that's another thing that in an immature, um, aspect of spirituality that they talk about attachment to something and aversion to it are two sides of the same coin. So sometimes people, and it's, it's interesting because they talked about different types of people who tried to learn about spirituality. And one of them is someone who's in distress.

And so, um, when someone's in distress, they've tried to maybe over enjoy, but they've tried to be really trying to like enjoy the material world and they get burnt out. So then they think, what's the solution? Get away from all that.

Like, you know, throw the baby out of the bath, go on a retreat, get away, live in a cave, sell the businesses, go live on a narrow boat.

[Daniel Hill] (1:12:09 - 1:12:15)

And to be fair, it was effective, but it was extreme. Yeah. But it's not effective in the long run.

No, no. It's quick fix.

[Ravinol Chambers] (1:12:16 - 1:13:22)

I've had too much to drink. Oh, I'm never drinking a beer again. Exactly.

So, so basically the, the, um, the idea there is, is that actually in maturity, we can say, no, I'm cultivating a spiritual life. It doesn't mean I have to be allergic to money or materialism or any of these things. And that's why I think that's maturity is kind of figuring out who am I, what do I need to fulfill myself at all the different levels?

But, but I suppose the most important thing is, is when this conversation though, is if you believe in this path is, but you do need the spiritual aspect, because if you take that away, then it can still be fulfilling and everything, but it doesn't have that ultimate sense of meaning perhaps. I mean, I mean, everyone to their own, you know, how they look at it. But for me, it's kind of like that last final widest view of things.

So, okay, I'm doing this right now. Um, I'm not trying, I'm all, I have a family. So immature spiritual practitioners might not look after their family properly.

They might not look after their responsibilities properly. They may think, Oh, that's just all an illusion. And actually, um, you know, that's, that's, that's no good either, you know?

[Daniel Hill] (1:13:23 - 1:13:37)

Nice. And, uh, to close off, would you say on your spiritual journey, would you say you had your peak as a monk or you've come out and now you've got the best of both worlds having the sort of normal life and those learnings, or would you say it's work in progress and you're,

[Ravinol Chambers] (1:13:38 - 1:14:57)

it's really interesting, you know, cause I've, um, I'm by nature driven and I'm by nature kind of aspirational in whatever I do, but I've kind of, it's back to my thing about over-optimization.

I've kind of, so I know that's my default. My default is on the accelerator. So I don't, um, I've got comfortable with not putting pressure on myself.

So obviously in, in some ways the peak was as a monk and I'm now, but I'm not going to, I don't allow myself to put any pressure on myself to feel in any way lacking because I'm not doing it like that. And equally, I understand that right now it could be way better, but I'm just totally comfortable with where I'm at because it's where I'm at. And it's like I'm learning other things from it.

There are certain things I can see over there that maybe I'm not doing so well on those, but I'm learning something else over here and I'm actually overall I feel like I'm becoming more rounded out and I'm just comfortable and confident that as long as I'm always, um, tuning in and tuned into myself that I know what's important. And as long as I just keep in the right direction of travel at whatever pace at different times, then everything's going to be okay.

[Daniel Hill] (1:14:58 - 1:16:24)

Yeah. I think that's, I think that's a perfect note to finish. I think you bang on the money and the conclusion I came to when I did the meaning of life podcast was that from all the different experiences I've had, the definition of success is actually, and the meaning of life is to wake up every day, being excited to do what you're going to do and then go to bed, being excited to get up the next day and do whatever that is.

And for as long as you can maintain that, that's the sweet spot. And whenever you move too far either way, it's where the sort of, yeah, the unhappiness starts creeping and the deep and dark questions sometimes come. Do you want to hit the bell for last time?

Do it nicely done Ravi. Pleasure to have you. Thank you very much.

That was very, very interesting. Thank you. I hope you enjoyed this blueprint podcast episode.

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