

Caspar (00:00):

For many of us, we deal with health issues and can't quite figure out why. Chronic pain, fatigue, depression. We try different diets, exercise healing techniques, and yet they persist. Today we're going to explore the hidden reason you may be dealing with health issues and not living your best life. This is the story of subconscious healing with Uri Kak. Uri, great to have you on.

Jure (00:25):

Thank you Mr. Caspar. Good to be with you.

Caspar (00:28):

You know, we connected a little while ago through Instagram. It's the way people you know, get connected these days and network on social media. But you know, you, you are the tag, genuine athlete. Can you go into why you selected genuine athlete? You actually have a podcast being the genuine athlete. So I just wanna start there are like, what's so genuine and athletic about you, URI?

Jure (00:52):

Well, truth and genuinely being authentic is something that I always aspired. I was of course taken off track with my peers with my family, with societal expectations. But I always had this seed of being genuine, being me. Me and I always had the best success in my table tennis career as a professional in my career as a teacher, in a physical education in school, in my having the projects or being an animator. And whenever I was working. And then the last 13 ish years I've been a life coach and I'm energy facilitator in a way. So I always figured that being genuine, something that's so crucial, and especially being an athlete, I feel that every person is an athlete. Mm-Hmm. <Affirmative>, because being in sport as from young age of seven when I was already in football and then in table tennis more professionally, I saw that sport has given me so much of this inner discipline, understanding the sacrifice, positive one, and being connected. So like every mom, for me, every mom is an athlete. What the ladies go through being moms, it's like incredible. So in that sense, genuine athlete.

Caspar (02:02):

Do you feel, because I agree with you, I think we all are athletes in a sense, and we all need coaches in life, and sometimes we're the coach and another person's athlete and we pay it forward. You know, do you find yourself, now you do life coaching, so you kind of went from athlete to coach and you started corresponding all these different methods, which I actually really liked about you, but how did you go from that? How'd you end up, you know, you ended up the athlete Okay. Professional, how'd you go? And then was it easy for you to transition into this coach and then leading other people into successful healthy lives?

Jure (02:37):

As I see, and as I lived my life and experienced, I was always with a microphone somewhere. I will always, not looking for attention, but being somewhere that I can contribute and, and deliver my message. So already being a table tennis player, I felt that it's a platform. I was researching a lot. I was reading already as a 12 year old reading books from my mom about, about self-consciousness and stuff. Reading numerology when I was 13, I was doing yoga when I was 14. Nobody in table tennis in my country. Slovenia and Europe was doing yoga as a table tennis player. Most of the time I slept there and doing asanas because I was so tired of training. But I was always inclined towards this giving back or giving forward or learning and going through some stuff and then delivering the re resume or the short

version so that people don't need to suffer or go through something. And yeah, I just transitioned because I was always felt myself already in high school. I remember some colleagues asking me some things and I was so positive and giving so much good in introspective and insights and stuff. So it kind of just went on and I just delivered and, and learned more and more and put on top of each other. So this is now the experience of more than 25 years of me being unofficially a coach in a way for me. And then for others,

Caspar ([03:56](#)):

Table tennis is an interesting one. I mean, there's gotta be so much coordination within it. It's this sort of very small minute errors and it's, oh, so you gotta be very precise. I play, you know, tennis, tennis, it's a big court. You could be a little off here and there. Yeah. And

Jure ([04:12](#)):

You walk to pick up

Caspar ([04:13](#)):

The ball. I trick. Yeah, I know. It's a lot. But listen, I played table tennis recently, ping pong in America. Right. And man, it, it doesn't transition as easy. You can't just go like whale on the ball and, you know, putting a lot spin on, it'll fly off. But what did table tennis teach you in life?

Jure ([04:32](#)):

I am bored on eight. So num, neurology wise, number eight is like a person that's closed in some loop. Mm. So I was thinking too much calculating, analyzing before the game. In between the points you cannot deliver, you cannot play when you are thinking and interfering with the flow, with the essence of life. So what it taught me was I had several wins and then I figured, oh my God, I played good today and I want a better player. Because I just told myself, just play, just move. Just one mantra that helped me. That was me personally, that helped me so I could find the way how to come out of my brain, my head interfering in the flow. And the table tennis, as you mentioned, it's a lot of reactions, not just physically, emotionally mentally, you need to be very good adjusted. So this is what I, I was taught a lot of things. Yeah.

Caspar ([05:25](#)):

It's interesting. I, I feel the same way. It's when you overthink what whatever it is, and, and especially I would say in sports, because you see the results right away. You hit a ball out, let's say, you know, that was a bad hit. You overthink it. You're thi you know, you have to be in a flow. I remember reading Andre Agassiz and for so long you think about how he was doing. He only took the next step when there was no thinking. Just doing his body just knew how to do that. Yeah. How, how do people take that lesson or, or or those teachings and apply them into their everyday life? Cuz we all overthink these days. I don't think there's a person out there that under thinks these days. Maybe they don't use their brain that much. Yeah, yeah, yeah. That's, they're

Jure ([06:11](#)):

Matic maybe. Yeah.

Caspar ([06:12](#)):

But everyone stresses. We overthink. We're in the future worrying. We're in the pa this you know, anxiety versus worry past future. What are you using as a way to get out of your own head?

Jure ([06:27](#)):

Oh, <laugh>, how much time do we have in a

Caspar ([06:30](#)):

Let's, let's go.

Jure ([06:31](#)):

Yeah. In a nutshell, like dancing, you know, when you think about too much about dancing, you miss the rhythm, you miss the steps. It's like, it's life. Sometimes you need to be on top of it, but sometimes you need to let it flow. Now what's the percentage or the balance between having the control and letting it go? Everyone, you know, realizes through life, becoming with the wise wiser. So life situations yeah, I implemented from table tennis and from life into table tennis. A lot of things already prior to me understanding all the profoundness and the vastness of, of life and sport. Because athlete, it's sometimes too much focused on winning. And when you see like, it's not only this because I was suffering when I was losing. Mm-Hmm. Like any good athlete, you know, you wanna win all the time, but it's not the case.

Jure ([07:18](#)):

You learn through defeats and you, you need to go through adversity and anyway, you train so much and then you lose again. So I learned to balance it out. I understood that it's like riding a bike. You need to go the double, you know, pedals not just one pedal, because then you'll fall. And just sometimes you need velocity in order to have the balance. You cannot be too slow, not too fast. So these things, you know, in table tennis, it's like playing, it's like ANDAs. He said that you mentioned tennis is like life. It's love. It's serve match game. And all these turbines that are in terminology, that's in tennis is the same in life. So being a mom, being a parent, being a business project person, you need to know how to balance, juggle between all the things. And sometimes when you know to let go, then don't touch. Do not interfere. But sometimes when you're like, eh, take it, grab it and guide it. And then again, so this is like river like Bruce Lee said, be like water in way, be

Caspar ([08:17](#)):

Like, like water. I love that one. Right. Too often we, we were, we were like you know, stoned, just sitting there and very frustrated and angry, right? When we have to flow and we have to be like water. And you, you help people to be like water in many ways, and you use some interesting things. I've, I've, you know, dealt with you a little bit here and there and done some things like the athlete's archetype, but you also have something called AQ method. Can you go into some of the methodology you're using these days and, and how that's helping people?

Jure ([08:50](#)):

As I said, I was already in high school inclined to help to provide some insights. Then I went into studies of sport and sports psychology. Then I graduated, then I went into more energy, kind of meridians and archetype, numerology. And I was coaching people all the time. And I had some workshops and then like one year coaching every day or twice, three times per week. And I always felt that something is missing because I could explain, I could give the clarity, I could clear cut through the BS to not say it. So I always

had that. But I know that in myself, like personally and with clients, they fell back into some patterns. We fall back into some old rigid things programs. And I knew everything about the programming and through neurology and through other jo and other aspects. But as I said, something was missing.

Jure ([09:39](#)):

And then I met a e Q method. It's from one inventor from Slovenia, my country, Ash Ernst. And it's like clinical somatic exercises for rehab, but completely modernized and advanced way of combining it with clinical somatic exercises, not just for people that need rehabilitation. So this AQ method, what gave me, before I was playing metaphorically coaching tennis or table tennis with my clients, but without the ball. I was telling them something. We were doing meditation. It sort of figured and, and seemed that we are doing something physically, but something was lacking with AQ method. I have the ball, whether it's tennis, baseball, 10 table tennis, whatever I can now touch without touching because I knew, I, I figured, and I was, and I realized through the use of AQ method, what it is in our body, what's in our subconscious muscular tension contractions that we have since our childhood or prior, maybe also that we have embedded imprinted.

Jure ([10:42](#)):

So this AQ method is, has completely turned my life upside down to the better. I had chronic injury on my right hip wear and tear because of my, like, if this is my thigh, my hip was too much sense, my, my muscle the, the thigh muscle. So it was pushing in my hip this cup, and I worn down my cartilage. So this is like pain that you have to take and you cannot sleep. You cannot walk. If you walk too much, you're in pain that you, it's like chronic pain. You cannot breathe. It takes, it drains the life out of you. It can be on your knees, on your back, on your hernia, on your neck. It can be not just articulations, it can be muscular, it can be also emotional. Some people have chronic emotional dysregulation. Some people have mental dysregulation. So this is all chronic pain and AQ and my coaching deals, exactly, specifically this with this and from this point of view.

Caspar ([11:42](#)):

And a lot of that is, is also dealing with the subconscious. You know, I, I happen to know that so many patients that come through can have all the healing treatments and be very personalized, very advanced. But if they have limiting belief systems about themselves becoming healthy, and they don't even know it, they will always say, I want to be healthy. I want it. But there's a belief system subconsciously running, saying, you will never be healthy. Right? Contradictory.

Jure ([12:07](#)):

Right?

Caspar ([12:08](#)):

And maybe it was in the first few years of life when we really, really pick up our belief patterns and ingrain them in our subconscious. And then it's just like a computer program running in the background. You don't need to do anything to start. You just hit a button and it goes, right. So can you talk about that? Is a EQ really touching on the subconscious and reprogramming ourselves away from those negative belief patterns that we don't even know exist.

Jure ([12:35](#)):

Whatever guru coach Tony Robbins, Joe Dispenza, you'll touch, they all talk about these subconscious programs. Yeah, they all talk about these patterns. What AEQ does, it goes physically biomechanically and also from the physics point of view into your fascia, into your muscles below your skin. So in this fascia, we have these white lines between the muscles. And this represents a hard drive of our body structure. What does a hard drive do? Hard drive memories like it, it records all of what's happening. It's not just in our brain. We have memories in different parts of our body. If someone hit you, if your dad was beating you, you are like doing with this. If he was a lefty or a righty, if he hit you from one side. So you have like this, if you fall down from a bike, you have trauma on your side, lateral trauma.

Jure ([13:30](#)):

Then if you fall forward or backwards, those are all things that are embedded in printed in our, into our fascia. An AEQ touches this by soft and slow movement exercises like clinical somatic, but I said modernized and advanced. So that you begin to, the subconscious tension, you begin to realize that it tense consciously. And when you are conscious of something, then you can relax it. A lot of athletes train a lot like me. And then right before the, the finish line, you trip yourself or you do something or you miss a surf, or you do the double fall. And then like, oh, again, because it's like your subconscious doesn't want you to win or you have this contradictory pattern of being a loser or something, although you're training a lot. So all of this is explained through the, through the soft AEQ exercises, which need to be guided with the certified coach.

Jure ([14:21](#)):

Otherwise, there's just some exercises. You need this additional explanation and someone supervises how you're moving your right shoulder. Because I say to my clients, move your right shoulder up, and they go forward, or they go with the left shoulder. So how you translate these instructions, and then how much are you doing with pain or without pain? In my case, I went onto this aq online workshop for 30 days for the lower body, like from your pelvis down. And in one week I felt more than 80% of like I felt better. I didn't have the pain that I had before. I could sleep. I could move. And I felt finally that I don't need to be tense when I should be relaxed because people go to bed, go to sleep, or they sit and they are still tense as if they are running to catch a train, as if someone is, you know, the stress flight fight, freeze response.

Jure ([15:13](#)):

So this limbic system, it's exactly embedded in this a eq. And one more thing before I forget to mention it. Consciously, a lot of people read books, listen podcasts do a, do different methods consciously. But if your subconsciousness is not invited in this training, in this reprogramming, in this method, in this cure, in this healing, your subconsciousness stays there as a wounded little inner child. And it'll hit back again because you didn't invite, because you're fighting against. And what happens when you fight, when you resist, it only grows stronger. So that the gap between the conscious and subconscious needs to be smaller. And with learning these exercises, you begin to close the gap.

Caspar ([16:00](#)):

You know, it reminds me of a saying, the issues in the tissue. And so we store that right. Within the

Jure ([16:05](#)):

Tissue. Exactly. I love that. I'm gonna write it down. Thanks.

Caspar ([16:07](#)):

Yeah, yeah. No, it's a saying. And then

Jure ([16:08](#)):

Tissue is in the tissue.

Caspar ([16:09](#)):

The issue is in the tissue. And then there's, there's, you know, old books I remember by Dr. John Sarno, healing back Pain. And it's really all emotional. And you know, a lot of us deal with back pain or we say you're a pain in the neck is literally meaning that, right? You're, you're holding on your tenses in your neck, not because of the structural issues of let's say, some damage there, but actually emotional, stressful issues. But this idea of subconscious, let's go back to a little bit because I've explored it a little bit also is, is how do you, you know, change something you don't know you have? Because you don't know it's there in a sense, you could only sense it because either you're not healing, you're not getting a certain outcome, no matter how hard you're trying. Yes. And so you, you start to pick up on that is the, the a eq method, because I understand it's dealing with the tissue. Is it going, is it trying to reprogram the subconscious as well? You know, it's, it's alleviating some of the, the, let's say, correlated pain in the fascia in the tissue that is, is correlated with these, you know, subconscious events, traumas, emotional you know, experiences. But are you also addressing that? Because that's, that's really a fascinating topic, is how do you address something you don't even know is there? Because your subconscious will not expose it to you in your conscious state.

Jure ([17:26](#)):

It's the blind spot. Yeah, it's the blind spot that wherever you turn, it's gonna be your blind spot. Right? And we live through these blind spots not knowing you don't know what you don't know. So how do you know you slow the F down?

Caspar ([17:39](#)):

<Laugh>

Jure ([17:40](#)):

You slow down because subconsciousness is designed to automate a lot of processes. The problem is that subconsciousness has access to a lot of things that shouldn't be automated. Mm-Hmm. <Affirmative> like being kind or loving or slow. So subconsciousness automates everything that goes through our brain. Not willingly, not knowingly, but it's automated. So when we are automated, we are fast. When we are fast, we do not know the moment you slow down. I didn't know that my thigh muscle, I was doing physiotherapy. That therapy, this method, other method, nobody explained this. They were just all just doing something on my muscle. Nobody asked me what happened to me, what happened to my relationship with my dad, because the left the right side and the, the right leg represents the male masculine and father figure, father energy. So my dad, I needed to pick up on his emotional dysregulation in my relation in her, his relationship with my mom, so that I was balancing them out, their relationship.

Jure ([18:38](#)):

It's a long thing. It's a long story. That's why it's a vast process to go into the subconsciousness. So immediately you slow down, you begin to sense things, not just physically, mentally, you begin to sense them physically. And once you release that muscle that stands, something is triggered and some memory is released. I remember things that my dad said to me, 40 years, I'm 40, I remember, no, 37. I was 2, 3 30, 8, 30, 37 years ago. I remembered what my dad said or did to me prior to this relaxation. I had a memory. Yeah, we were on the beach. Haha. Now I had a memory. We were on the beach. It happened. This, my dad said this. He did to me this, ah, like it goes bigger because finally I could access below this tension that was relaxed. I could access the true memory, the true trauma, and then I could know then I know.

Jure ([19:34](#)):

So I, I could enter slowly into subconsciousness. And you had a good question. Why or how does this happen or doesn't allow us to happen? That we know what we don't know? Because subconsciousness is also designed to prevent us from knowing, right? We need to forget some traumas because imagine that you would remember every day you need to push it, suppress it somewhere. Some things that happened to us abuse us and stuff. Or somebody was bad to you or mean to you. Also, Taylor not Taylor. Te swan explains a lot about this. And she, she delivered this knowledge as well about relaxing and releasing the traumas that are built inside. So under this tension, subconscious tension, subconsciousness is like fighting to prohibit or to not allow you that this knowledge would come to your consciousness because then the subconsciousness was lo would, would lose its power.

Jure ([20:30](#)):

Yeah. So the moment you slow down, you begin to get these memories and you need to slow down because if they come too fast via, via some things or some triggers, if they come too fast, you are then also like, it's all of a sudden you're not blind anymore. It needs to be slow because if you're too fast, you're gonna go back to the same old pattern of being tense, right? So that's why it needs to be slow, slow movement, slow relaxation, that these memories slowly detach and decompose and that you can process them, digest them. And then you begin to know, then you go into the unknown knowing

Caspar ([21:06](#)):

You brought up ayahuasca and you know, the idea of medicinal journey psychedelics and everything. Are you a fan? It sounds like you're not a fan if you're not ready.

Jure ([21:15](#)):

It's not that I'm a fan or not fan. One of one of my friends is actually inviting me to go with him to Colombia now. And the next week I'm still like this. I know that some things are meant to be in time and you need to be ready. Right? I'm not against it or I'm not for it. I know that it's good, it helped a lot of people, but it also didn't help some people because they were not ready. Yeah. It's like I cannot sit in a la Lambo now. How can I sit in a Lamborghini? I drive a Chinese car that goes one 40. That's it. Yeah. I cannot sit in Lamborghini. It goes 300. I don't wanna sit in Lamborghini. So I need to be ready. I need to prepare myself so that when I will experience some psychedelics or something else, it'll be a not pleasurable or present journey. It'll be more of a enhanced journey that I will put it on top of something that I already did some steps and learned about me.

Caspar ([22:03](#)):

Yeah. I was listening on my way into work today. I was listening to Ryan Holiday, stillness is key. And he, he talked about how so many people don't sit there with themselves in quietness and ask questions. And that's the biggest problem. And I do believe that if you truly are in a state where you're still, and you're, you're, you know, not in a stress state, you're parasympathetic, you're, you're in a good spot. You start asking questions. I do think the subconscious answers and it answers truthfully. And it's not your brain. You know, when you, it's literally, and a lot of people say this with meditation and other things, you could sit there and say, okay, show me you know what its memory is that's holding me back. And you could bring it up. It's not like crazy talk. A lot of people probably listen and would think, oh, I'm just gonna throw any thought. No. If you really get in that state of sitting with yourself, not just right now, ask yourself, you'll probably, your brain will think of something. But is that part of what you'd recommend as well? This idea of, Hey guys, just sit with yourselves, just ask questions and, you know, be inquisitive into your own mind.

Jure ([23:10](#)):

It's, it's much more profound. Instructions need to be much more exact because subconsciousness and life is way more complex. The problem is that we like to have it easy. And when we like to have it easy, it's complicated. But when we begin to understand, I think I posted the post. When you begin to understand that life is complex, it becomes easy when you begin to learn and, and, and accept that it's complex, that is the profound, that it's vast, that it's wide. So in that sense, not just sit with yourself, you need to go through some process of someone guiding you through that. Sitting, someone explaining and touching some points, giving you some exact trigger words that you can open and be more vividly aware of those questions and really sitting on those questions and be ready for the answers. Because we are not ready for the answers.

Jure ([24:00](#)):

If you're tense. Yeah. Like you've met a lot of people and sometimes you just spoke the truth, the truth was spoken through you, and that person was like, oh, no, no. And you're like he's, she's not ready. Mm. So you, you need to be prepared. And with this AQ method, I believe that it's a method that's gonna heal the world in some way. Release a lot of, because all of the diseases all of the chronic pains and injuries come and happen from being a tense contracted. We are living in a world that's too much, too fast, too contracted to everything. It's, it's like we would need to go into the nature and you immediately relax a bit. You immediately wind off when you're in the forest, when you're outside in nature, like you are watching sunrises and sunsets, you immediately connect with some pure nature essence, and this is where we should go. But a lot of people are like, you're posting, you watch the sunrise and sunset, and a lot of people are like, I don't have time. Yeah. Or like that Buddha said, if you don't have time to meditate, half an hour, meditate one hour or something like that. Right. But it's not that simple. It's complex. It's very complex. All of this regarding inside of us.

Caspar ([25:07](#)):

Yeah. We live in complex times and

Jure ([25:11](#)):

Additionally that

Caspar ([25:12](#)):



Yeah. And I, I find it that a lot of times you're a people, you know, like the complexity get caught up in it and don't want to take the responsibility for actually doing the work to, because you know this, you know, a lot of people, if they have pain, they go on pain pills. If they have depression, you go on antidepressants, you don't want to sit there and do, you know, 30 days of work with a EQ with this practitioner and have to face Yeah, your challenges. Yeah. But it's the right thing to do. It's the correct way to actually fix yourself and not sweep things

Jure ([25:45](#)):

Under

Caspar ([25:45](#)):

The rug.

Jure ([25:46](#)):

Everything you mentioned now a very important word, responsibility. And also then maturity, being mature. Like we don't have time to heal ourselves because we need to be all the time accomplishing something and achieve something and being on this journey. So you just take a pill or you go to have a massage and that's it, but you just prolong. It's a short term relief for a long-term, long-term suffering. Yes. And a EQ slowly teaches you and guides you. And it, you begin to develop this other connection with your body, with yourself slowing down and wiping the windshield. Because when you're in a car and the windshield is like dirty, you don't press the accelerator, you don't push the gas first, you clean it and then you go faster. But what do people do? I need to do more gym. I need to do more yoga. I need to do more this, and then I'll relax.

Jure ([26:32](#)):

No, first you need to relax and then you go, can go to the gym. First you need to decompose, de decompress, de track. So regarding responsibility, people cannot be responsible and mature because their body is still in the past, living in that trauma when it was triggered or when it was also screenshot made, the body shot was made. So that muscle tension is still inside. And you wanna be mature, you wanna be an adult, you wanna be responsible. You wanna have the ability for be able to respond in a certain situation. But what is actually being adult mature and responsible, that an adult person solves more problems, more issues than it produces a child. A baby infant, they produce only problems, only issues. Poop. Their poop here, food here, sleep there. Like until you're 10, 15, 20, you do more problems. And some people with 50 do more problems than they solve because they have stayed in their inner child, childhood behavior, like state of being subconsciously.

Jure ([27:32](#)):

So they cannot be responsible. And of course you're just gonna, you know and, and all these pharmaceuticals and all these agendas and then different deep states and stuff, they just take advantage of us being stupid, of us not slowing down. So this is where I see slow down. Like I love, I would like to have one more time pandemic that the world would slow down. I would love it. Like in that sense, I was ready because I was listening. Since 2010. In 2020, something will happen. Yeah. Some visionary, something told me, they didn't say that it's gonna be some corona or something, but something will happen, some trigger, some milestone. Yeah. And we will need to be different. So I was like, oh, what's gonna happen? And then it happens. I'm like, I'm ready. Because I was getting ready 10

years Yeah. To have this like, slowing down. I was just, okay, I'm gonna produce, I'm gonna be creative. This is what I was waiting. So finally everything stopped.

Caspar ([28:25](#)):

It, it was wild, wasn't it? Because for many that weren't stuck in let's say a a a fear cycle of things. It really was just a slow down, a reset, a way to, all right, this is different. I don't have to, for many people go into work right now. I can be anywhere. I do have choices. I know many of my friends that had kids you know, went that route of let's travel, let's slow it down. Let's go to places like where you are Dominican and enjoy the weather and the beach. Let us enjoy ourselves more. It's really wild that it goes so against what we believe life should be. You, you know what I'm saying? You, you, we believe life should be go, go, go work 12 hours or so a day, be away from family work, you know, until you are very old in a sense.

Caspar ([29:20](#)):

Then maybe enjoy it in your retirement years when you can't really enjoy things too much. It it, it's kind of backwards. And you know, you're right. For, for a little while there, during the pandemic, people were sort of like, wait a second. But they couldn't figure it out because a lot of people did maybe lose their, like leave their jobs even. And you know, oh, I wanna do this, but didn't follow through. I heard the great resignation is now the great regret. So many people are like, oh no, I gotta go back and find a job now, or I gotta do this and work harder. Do you think that by doing something like an AQ method, you could come into the re realization of your authentic self, that you don't need to be a part of that, that you don't need to go into this matrix of stress of, you know, the rat race and actually break free and slow down. Is that something that people you've noticed went through and came to the realization and transformed and transmuted their lives?

Jure ([30:17](#)):

This is exactly as per the deal. We maintain with our subconscious not knowing, not willingly, tension, contraction. We maintain the illusion. Yeah. We live in an illusion. Can be matrix, can be deep state, whatever can be your job. It's an illusion. We have illusion, relationships that you suppress your feelings, emotions, because you don't wanna disturb that relationship. Either it's with your spouse or with your husband or with your boss or with your project. With your company or with your coach in sport or whatever you're doing. So the problem is that we don't want to lose the illusion because nobody wants to be authentic in a way. I'm saying the generalization. And that's why, because ego wise, you support this illusion and you've worked so hard for this. How can I just let go like Tom Brady or whatever. I've been working 20 years for N F L and now I'm just gonna walk out.

Jure ([31:10](#)):

I'm gonna support this illusion until I die. Yeah. Well, you lost your family almost because of that, right? In some generalization way. So of course, yeah. A lot of people were not ready or are still not ready to face the truth. They cannot handle the truth like Jack Nicholson said in that movie, <laugh>. So it's like you can't handle the truth because you're still so tight. You're still supporting some illusion, some lie that you live in because you can't, you don't know. You shouldn't, you don't want to express the truth to someone because that might cost you too much. So this realization is getting in tune with being your self authentic, genuine and being relaxed and just, you know, whatever f it, if it this happens, this happens. I'm, I was, as I remember being a child, 5, 6, 7, as I remember back, I was always so worried it needs to happen.

Jure ([32:00](#)):

This, I have this plan, I have this control. I, and I was always like, this happened. Oh no, this should happen. It's, it's exhausting. It's draining life. Mm-Hmm. And now I'm like 40, about to be 41, and I'm like, oh, my client just canceled. I'm like, okay. Five years ago I was going baloney, how can you cancel? We had a meeting or like, I need, I want this food. And you know, in Dominican Republic, sometimes they don't bring the food that you ordered. I'm like, yeah, okay. Like, it's not that I'm released and that I'm like completely whatever's happening, but I'm so calm and so composed in that sense, being relaxed. I still have my issue when I'm like, when the anger comes and I'm, no, you just hold it. This too will pass. And then it goes away. And I can manage myself now.

Jure ([32:46](#)):

I can regulate myself mentally, emotionally, physically, while prior I didn't. And I produced a big chronic pain. Yeah. I, I can, if I'm gonna have children, if that'll happen in my life, I'm not sure that I'm gonna be able to run with them far because I've abused myself for 30 sevenish years and I've worn down my cartilage. That's crazy. And a lot of people do even crazier things, supporting illusion, because I didn't wanna say something. I was holding here on my right side and I, you know, pressed and used the cartilage. So yes, it's, it's this, you can't handle the true thing.

Caspar ([33:23](#)):

Do you think that anyone could benefit or is there a certain person needs to be in a certain, my state to get into the AQ and really see the full potential of the method?

Jure ([33:34](#)):

The only thing is if it's already over some point, we have some not, not reversible point. Mm-Hmm <affirmative> that you cross with some injury that you need an operation, that you need some other approach that's like, it can help you to relax some muscles. Of course, for anyone it's okay, but some things can be reversed because it just over the point. But a lot of things can be reversed with this method. And even if it's over the point, you still can get this knowledge, this responsibility coming out of the illusion, you know, lifting the veil and, and becoming more clear in life and, and taking this responsibility because why people cannot be responsible because they are holding so much grudge and tension and you are in my necking, that they cannot add more responsibility. So that's why they don't put more physically, mentally more responsibility.

Jure ([34:23](#)):

But when you relax, you begin to have new energy. New energy is released at prior was abused and used to make you ill. So even if you've over the point, you can still, if not that, you can still retract some other things and adjust yourself in the right way. So it's for everyone. I would not suggest for children as much because I can adjust children with the method, but they will go back to the same parents, to the same house where they need to get back tense again. So parents need to do first and then

Caspar ([34:54](#)):

It's a lot about the environment. If you don't have control over the environment, there's little you could do. Yeah. And unfortunately, children don't have control. And that's a parental thing usually. But just

Jure ([35:03](#)):

To mention, yeah, go ahead. Thing is powerless. Feeling powerless. This tension comes because we feel powerless. When you feel powerless, you begin to develop hate even against your parents that you adore and idolize. And then you have double trigger inside of you supporting this solution. Someone you should love, you idolize, but you hate them or it or him or her. So this is what produces this subconsciousness trauma, a tensions additionally.

Caspar ([35:28](#)):

Interesting. Interesting. Cuz so much of it starts in childhood and then we have to unravel it as we go along. Do you need to do the a eq method in person? Because it, it seems that there's a lot of manipulation online. You can do it online.

Jure ([35:42](#)):

No, online. I just need to see the person on the yoga mat. First exercises are done lying down, then you can sit or even stand up. But you need to be like a baby, you need to be vulnerable. You need to be, begin to learn how to walk first at the beginning.

Caspar ([35:55](#)):

And if they don't have chronic pain, let's just say it's just general tightness.

Jure ([35:59](#)):

Oh, they have, they have. It's just like some people say, oh, on some days I feel pain, but most of the time not, yeah, on some days you don't have the energy to suppress it, but on some days you're so exhausted that there's no energy available to handle this pain and it pops out. Or like menstruation period. Ladies have a lot of issues, cramps and ladies, please bear with me because men can fall on their, or get a ball or fall on a bicycle on their balls. And it, it's painful. We have some pain experiencing as well. But ladies have more pain and period time because they should be 20 days of the month relaxed. But they're not, they're, they're pelvis bottom, their muscles, abdominal and all the work they do, it needs to be tense. So when the menstruation comes, the body of the below your dia frag of the, of the woman becomes more tense because it needs to create pressure in order to pressure out the blood and everything that needs to go out of the system of the ovaries and the uterus. So when you already have a level seven or eight tension because you are a leader, you are a c e o as a lady, and then you get a period, it's on top of that tension that's on top of the tension. So that's why they experience a lot of pain. And when you relax, you begin to live relaxed when you should relaxed and tense, when you should be tense. It's,

Caspar ([37:16](#)):

It's a, it's a really interesting method in that way cuz it is about balance. And I think we all live slightly for

Jure ([37:21](#)):

A q a lot of bad balance. Yeah. A EQ stands for balance. It's actually a eq I equ us old Roman goddess of fair trade between the buyer, the seller. So it's iquius, it's balanced. I

Caspar ([37:33](#)):

Like that. Nice story there. Little Roman philosophy there as well. So if, if people wanna work with the Yuri, where can they go to where think can they learn more about you

Jure ([37:42](#)):

Instagram, Jenny dot athlete or they can find me on Link Tree if you're gonna post that link. I have several links or due to being the genuine athlete Facebook genuine athlete, so they can find me wherever on these links we'll and

Caspar ([37:57](#)):

Approach me, we'll link all of that. And this is really interesting. I mean you know, I've known of your work for a little while now and I really do find it on the cutting edge of what's going on there. So thank you for your work and, and keep it up. And I'm hoping you could influence a lot more people to, you know, find that space where they're slowed down, relaxed and their authentic, genuine self

Jure ([38:17](#)):

And handle the truth.

Caspar ([38:19](#)):

Absolutely.

Jure ([38:19](#)):

Because it is liberating,

Caspar ([38:21](#)):

Incredibly liberating. You're a thank you so much. This was a liberating conversation itself.

Jure ([38:26](#)):

Thank you Casper. Thank you.

Caspar ([38:28](#)):

You heard here the subconscious mind is incredibly powerful. Figure out how to use it to your benefit and you can live a healthy and abundant life. Follow your a on Instagram at Genuine dot athlete and look into his work. It's really super interesting and could be very beneficial to so many people out there. Until next time, keep writing your own healing story.