



# Beyond the Hustle

SLIDES for DOWNLOAD:

<https://storying.site/Beyond%20the%20Hustle%20to%20find%20Balance%20&%20Bliss.pdf>

[https://storying.site/Boje\\_Pranayama\\_Tinnitus\\_Essay.pdf](https://storying.site/Boje_Pranayama_Tinnitus_Essay.pdf) and

First,  
stand if  
you can  
or want  
to



Second gather energy waves from the Earth



Third take four few deep breathes- Fill the tummy with positive energy



Four, Listen to the louder voice, and the more subtle quiet voice in your head



Write down the conversation

The ego is an inner voice of fear, judgment, and limitation designed to protect its constructed identity, often telling the true self lies like "you are not enough," "you will fail," or "you must be better than them".

It thrives on creating separation, insecurity, and a desperate need for validation

### **How to Differentiate Ego from True Self:**

- **Ego** sounds pushy, fearful, critical, and desperate for control.
- **True Self** (or higher self) speaks from love, peace, and authenticity, and is untouched by fear.

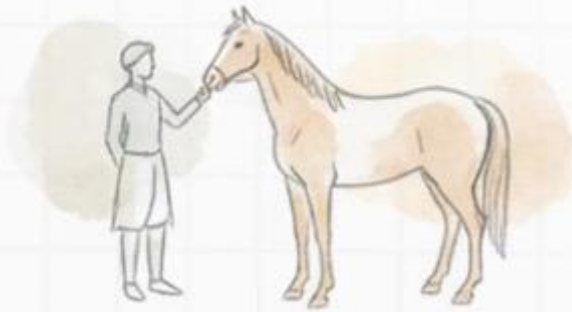
# Embodied Balance



The Palitana Climb:



Tinnitus as Teacher  
Inner noise as a signal for imbalance.



Fancy the Horse



Western Dressage

# Lessons FANCY teaches David





<b>Feature</b>	<b>Sympathetic (SNS)</b>	<b>Parasympathetic (PNS)</b>
<b>Common Name</b>	"Fight-or-Flight"	"Rest-and-Digest"
<b>Yogic Guna</b>	<b>Rajas</b> (Activity/Heat)	<b>Sattva</b> (Clarity/Calm)
<b>Physical Effect</b>	Increases heart rate & blood pressure	Lowers heart rate & promotes healing
<b>Yoga Examples</b>	Sun Salutations, Arm Balances	Savasana, Restorative Yoga, Yin

# Unconventional Teachers



- **Tinnitus:** An anchor for presence, not an enemy.



The Palitana Climb:  
Proves balance is a  
physical requirement.

# COACHES & CONSULTANTS can Learn to control their stress with pranayama Breathing

**PNS = MOON (YIN)**

**Breathe out count of 8**



**SNS = SUN (YANG)**

**Breathe in count of 4**

## **PNS = MOON**

- Rest & Digest
- Lowers Heart Rate
- Brake on Fight & Flight Response
- Reduce Stress/Anxiety

Left nostril Out-breath



## **SNS = SUN/FIRE**

- Don't eat when stressed
- Raises Heart Rate
- Increase Fight & Flight
- Raises Stress/Anxiety

Right nostril in-breath

**ALTERNATE NOSTRIL BREATHING gives Homeostasis (Balance)  
Increase focus/alertness & Calms & Builds Resilience**



Sit in a comfortable cross-legged position — or on a chair — with spine upright (or, on a mat in Yogic Child-pose).

I close my eyes gently and bring my hands into ***Shanmukhi Mudra***:

thumbs pressing gently over the ear canals, index fingers resting lightly on the forehead, middle fingers over closed eyelids, ring fingers above my upper lip, and little fingers below.

With my ears sealed and eyes softly closed, I take a long, slow inhalation through the nose, filling the lungs from the belly upward. On the exhale, with the mouth closed, I produce a deep, steady hum — not from the throat with force, but softly, so that I feel the resonance vibrating through my skull, my sinuses, my jaw, and the crown of my head. I hold this for the full length of the exhale. I choose to use alternate nostril breathing.



Indian Journal of Otology examined the clinical evidence on Bhramari Pranayama as a treatment for tinnitus, identifying a strong causal relationship between the practice and reduced tinnitus-related handicap, with effect sizes of 0.86 and 0.92 in the studies reviewed — figures that represent substantial clinical significance (Gunjawate et al., 2023).



A broader 2024 comprehensive literature review of 46 experimental studies in the Indian Journal of Physiology and Pharmacology concluded that Bhramari has positive effects on psychological, cardiovascular, and pulmonary health, and specifically helps tinnitus and hypertension sufferers reduce their symptoms (Chetry et al., 2024).



Across these studies, Bhramari was associated with increased parasympathetic activity, lower blood pressure, reduced anxiety and depression, improved sleep quality, and reduced irritability — all of which are directly relevant to my tinnitus experience.

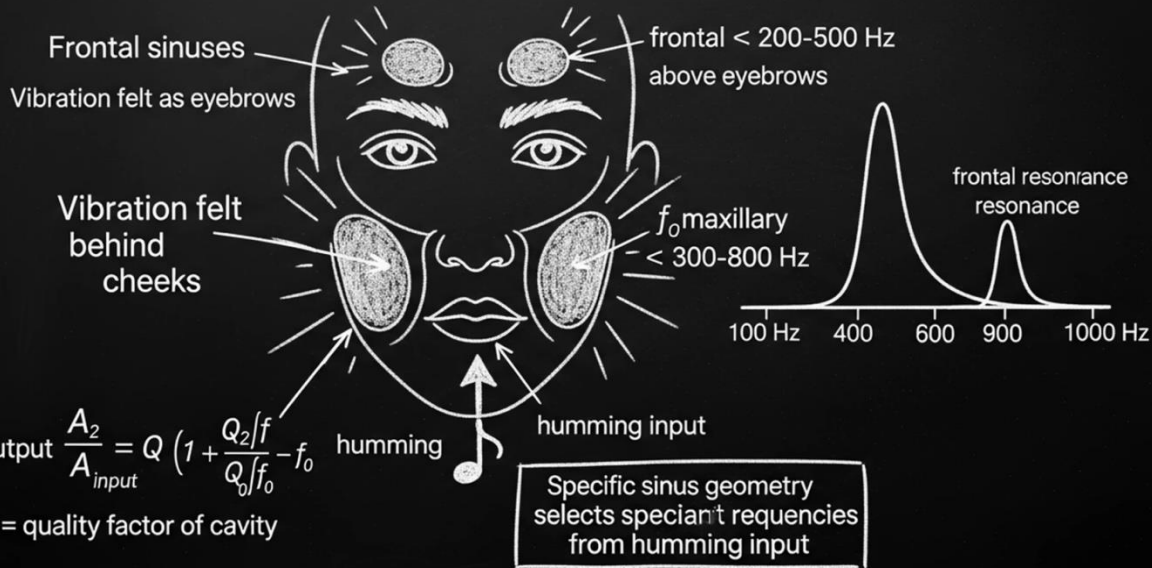
# Let's Do **COHERENCE BREATHING**

Humming to bring Calm to your Day and relieve my Tinnitus

Deep inhale (expand tummy)

Exhale with a Humm: OM, or VRIM, or MUMM. For a minute, with the mouth closed

## SINUS RESONANCE DURING HUMMING



## SPEED OF SOUND: AIR vs BONE

### SOUND IN AIR

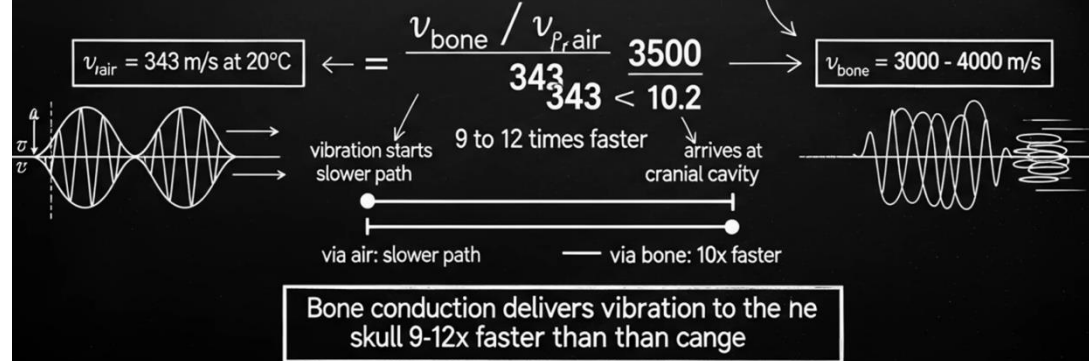
$$v_{air} = \sqrt{\frac{\gamma P}{\rho}}$$

$\gamma = 1.4$  (adiabatic index)  
 $P$  = atmospheric pressure  
 $\rho$  = air density

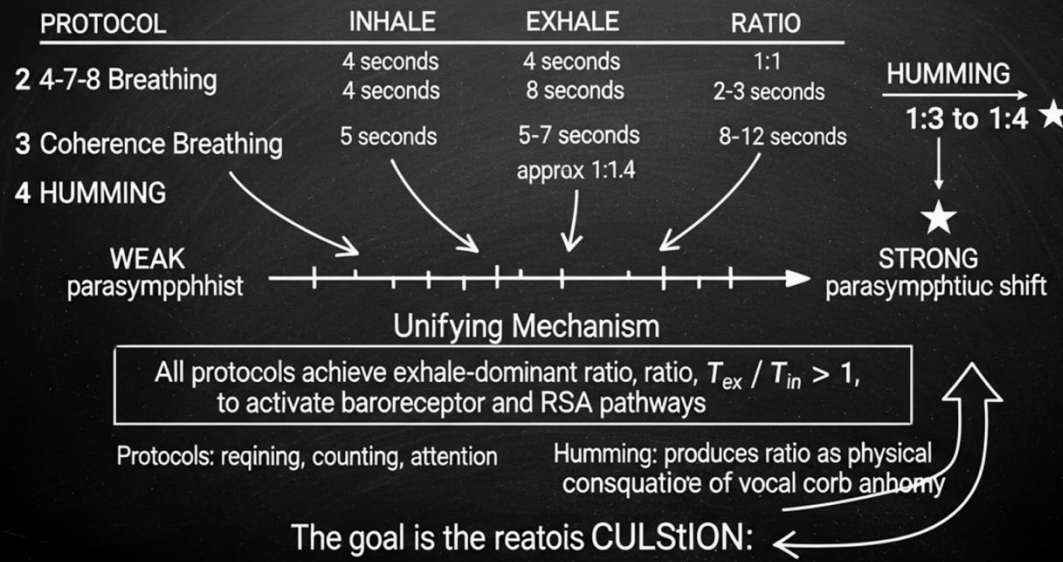
### SOUND IN BONE (SKULL)

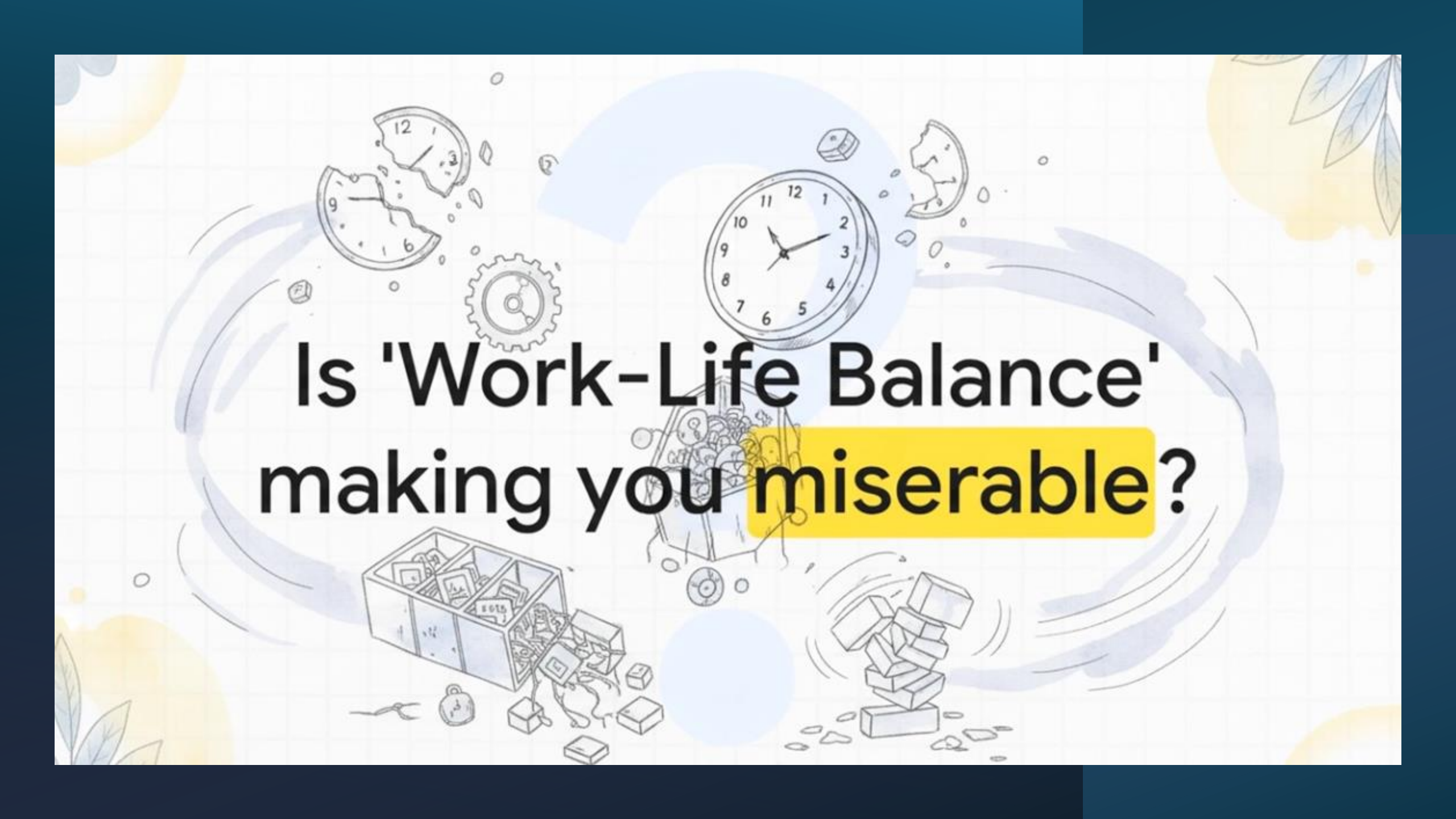
$$v_{bone} = \sqrt{\frac{E}{\rho_{bone}}}$$

$E$  = elastic modulus of cortical bone = 20 GPa  
 $\rho_{bone} = 1900\text{ kg/m}^3$



## CLINICAL BREATHING PROTOCOLS: THE COMMON MECHANISM



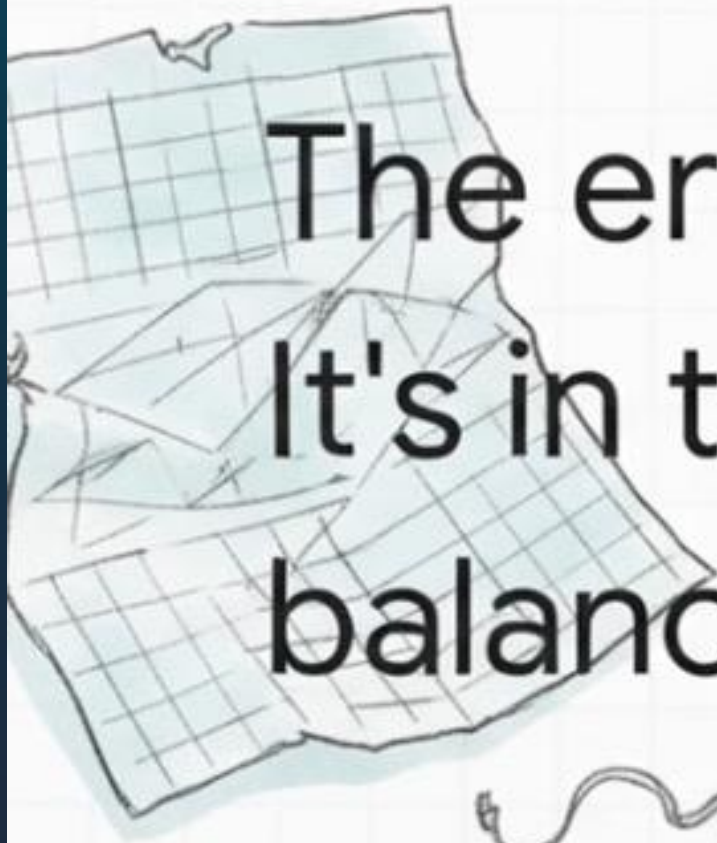
The background features a light blue grid pattern with a large, faint blue circular graphic. Scattered around are various line-art illustrations: a clock with broken pieces, a gear, a box of tools with a wrench and padlock, and a stack of blocks. The text is centered over these elements.

**Is 'Work-Life Balance'  
making you miserable?**

The error isn't in your effort.

It's in the definition we use FOR

balance.



The goal isn't to **ADD** more wellness hacks. It's to **REMOVE** the interference.





**Balance:** Coherence,  
Stillness, Hearing the Inner  
Voice.



**Turbulence**



**Balance as Clearing:**  
Removing internal obstacles  
to reveal an innate state of  
being.

A hand-drawn illustration on a grid background. In the center, a person is sitting at a desk working on a laptop. To the left is a large clock. To the right are several gears. Above the person is a book. The scene is filled with tangled, thorny vines and various small objects like a lightbulb and a cube. The overall style is whimsical and conceptual.

**Is Your Worldview  
Driving Your Burnout?**



Tradition	Workaholism Potential	Primary Drivers
Baptism/Protestantism	Higher	Calling, Duty, Salvation Assurance
Judaism	High/Moderate	Achievement, Tikkun Olam
Catholicism	Moderate	Dignity of work, Vocation
Buddhism	Lower	Non-attachment, The Middle Way
Jainism	Lowest	Asceticism, Non-attachment

# Key Differences in Consulting/Coaching Approaches to Balance & Bliss

Feature	Jainism	Buddhism	Western Psychology
Primary Goal	Karmic purification & Liberation (Moksha)	Ending suffering & Equanimity	Personal happiness & Productivity
View of Bliss	Inner stillness from non-attachment	Inner joy from understanding impermanence	Emotional satisfaction & Pleasure
Balance Focus	Ethical conduct & Self-restraint	Mental and emotional regulation	Cognitive consistency & Goal-alignment
Method	Renunciation, Non-violence, Fasting	Mindfulness, Meditation, Compassion	Cognitive Behavior Therapy (CBT), Positive Psych, Psychometrics
Key Driver	Soul's purity (inner)	Freedom from desire (inner)	Measurable outcomes (outer)

Approach	Focus of 'Balance'	Definition of 'Bliss'	Key Consultant/ Coach Action
Jainism	Non-violence, Minimalist needs	Lasting Equanimity	Reducing attachment, ethical audits
Buddhism	Middle Way, Mindful effort	Inner Peace/Equanimity	Mindfulness training, detachment
Catholic	Order: God $\to$ Family $\to$ Work	Service-oriented Joy	Setting Boundaries, Ethical Leadership
Baptist	Service-oriented time management	Joyful Stewardship	Purpose alignment, servant leadership
Judaism	Shabbat (Rest)	Community well-being	Implementing downtime, social good
Psychology	Cognitive/Emotional balance	Happiness/Flow	Evidence-based self-regulation

# 1<sup>st</sup> Breakout- Bliss and Burnout in your life

## Clearing the Channel

### 1. Notice Absence

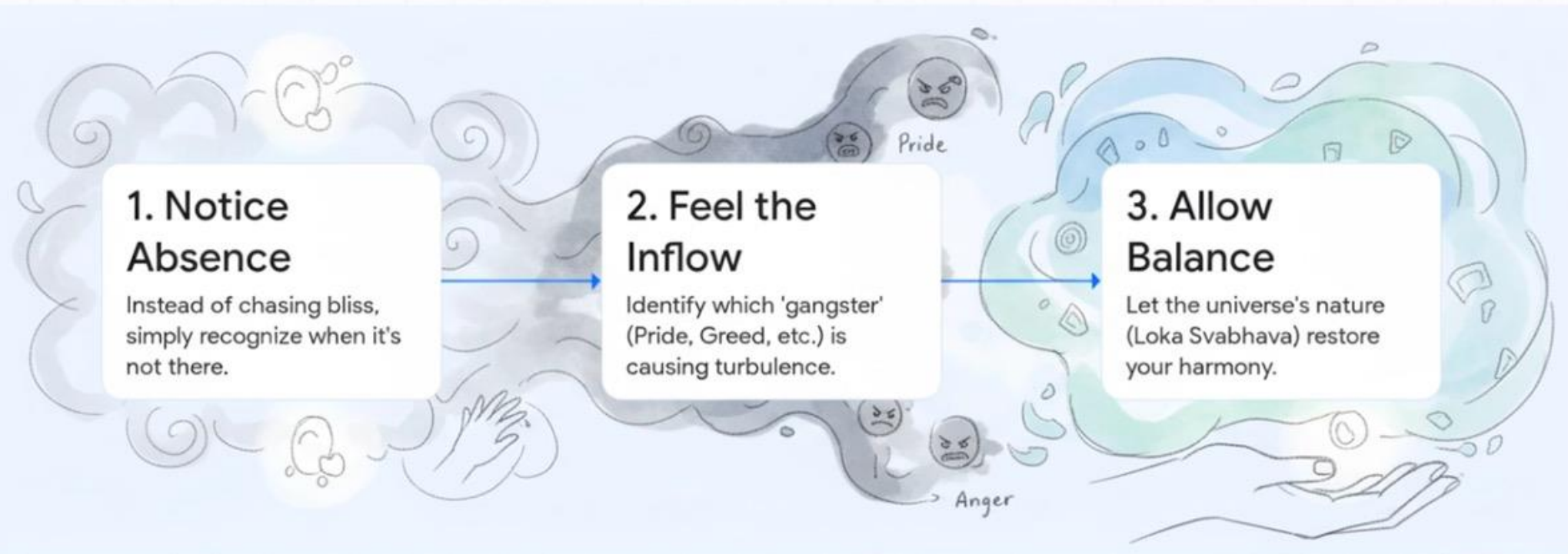
Instead of chasing bliss,  
simply recognize when it's  
not there.

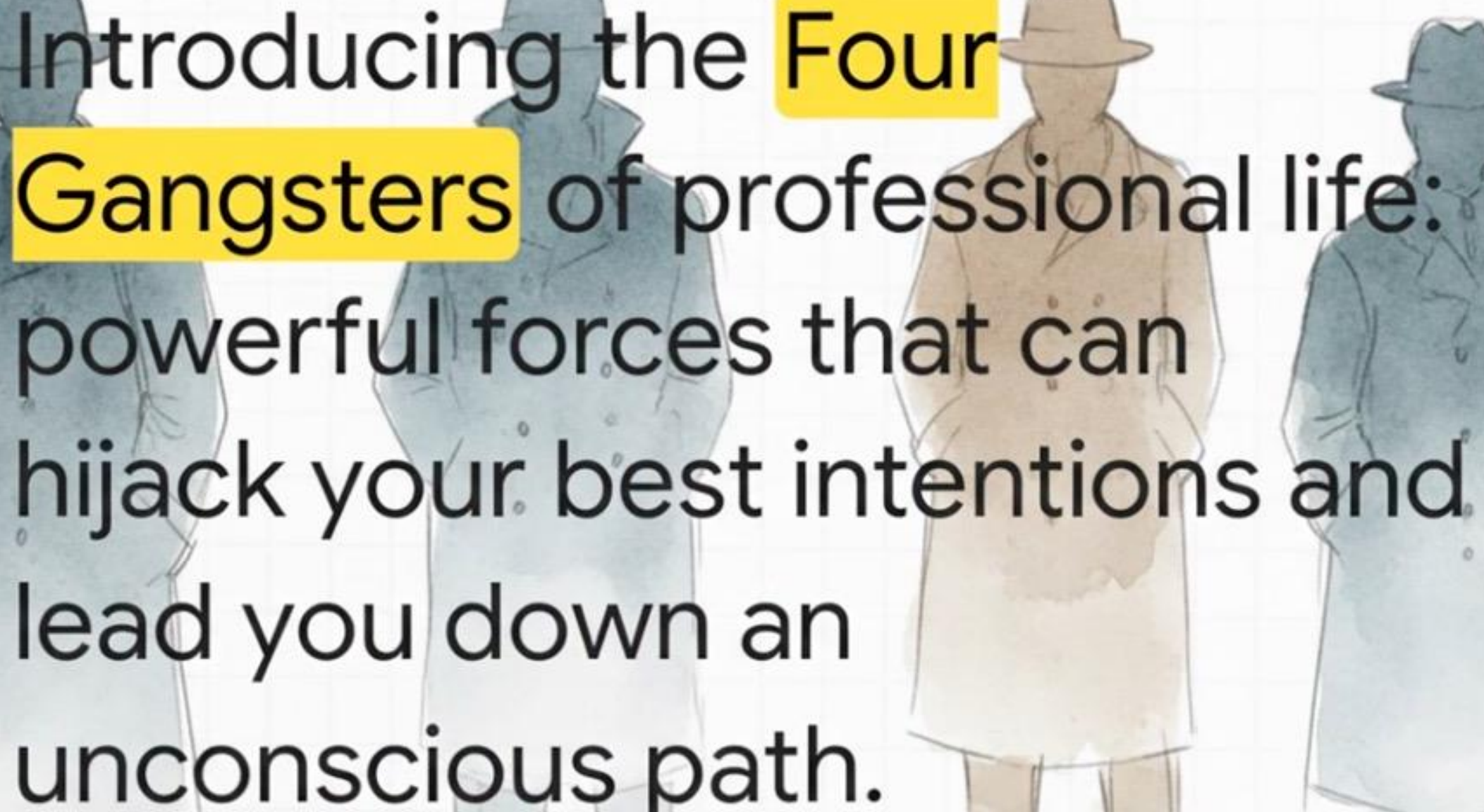
### 2. Feel the Inflow

Identify which 'gangster'  
(Pride, Greed, etc.) is  
causing turbulence.

### 3. Allow Balance

Let the universe's nature  
(Loka Svabhava) restore  
your harmony.





Introducing the **Four**  
**Gangsters** of professional life:  
powerful forces that can  
hijack your best intentions and  
lead you down an  
unconscious path.

# The 4 EGO Gangsters

- **Pride:** "My methodology is the only way."
- **Greed:** "Signing the wrong contract for the money."
- **Anger:** "Dealing with a resistant client."
- **Deceit:** "Telling clients what they want to hear."

# Bliss and Balance: Spiritual & Psychological Frameworks for Professional Well-being

This infographic compares how Eastern and Western religious traditions, alongside Social Psychology, define "Bliss" and "Balance." It highlights how these different frameworks impact professional risks like workaholism, leader egocentrism, and ethical decision-making.

## Eastern Traditions (Jainism & Buddhism)



Focuses on internal states and non-attachment to achieve permanent equanimity and inner peace.

## Western Traditions (Christianity & Judaism)



Aligns outer life with a divine plan, emphasizing stewardship, service, and communal joy.

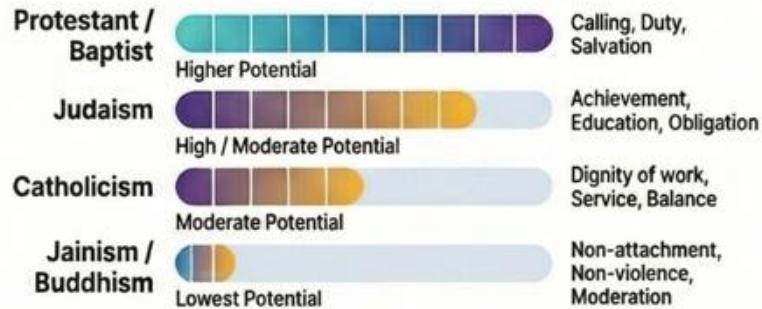
## Social Psychology (Secular)



Uses data-driven techniques to achieve measurable outcomes like happiness, flow, and cognitive consistency.

## Professional Risks and Obstacles

### Workaholism Spectrum



### Leader Egocentrism Risks



### The "Four Gangsters" (Karmic Veils)



Pride, greed, anger, and deceit act as professional obstacles that block innate bliss.

# The 4 EGO Gangsters

## PRIDE

Over-attachment to your methodology; the need to be 'the expert'.

## GREED

Accepting misaligned clients purely for financial expansion.

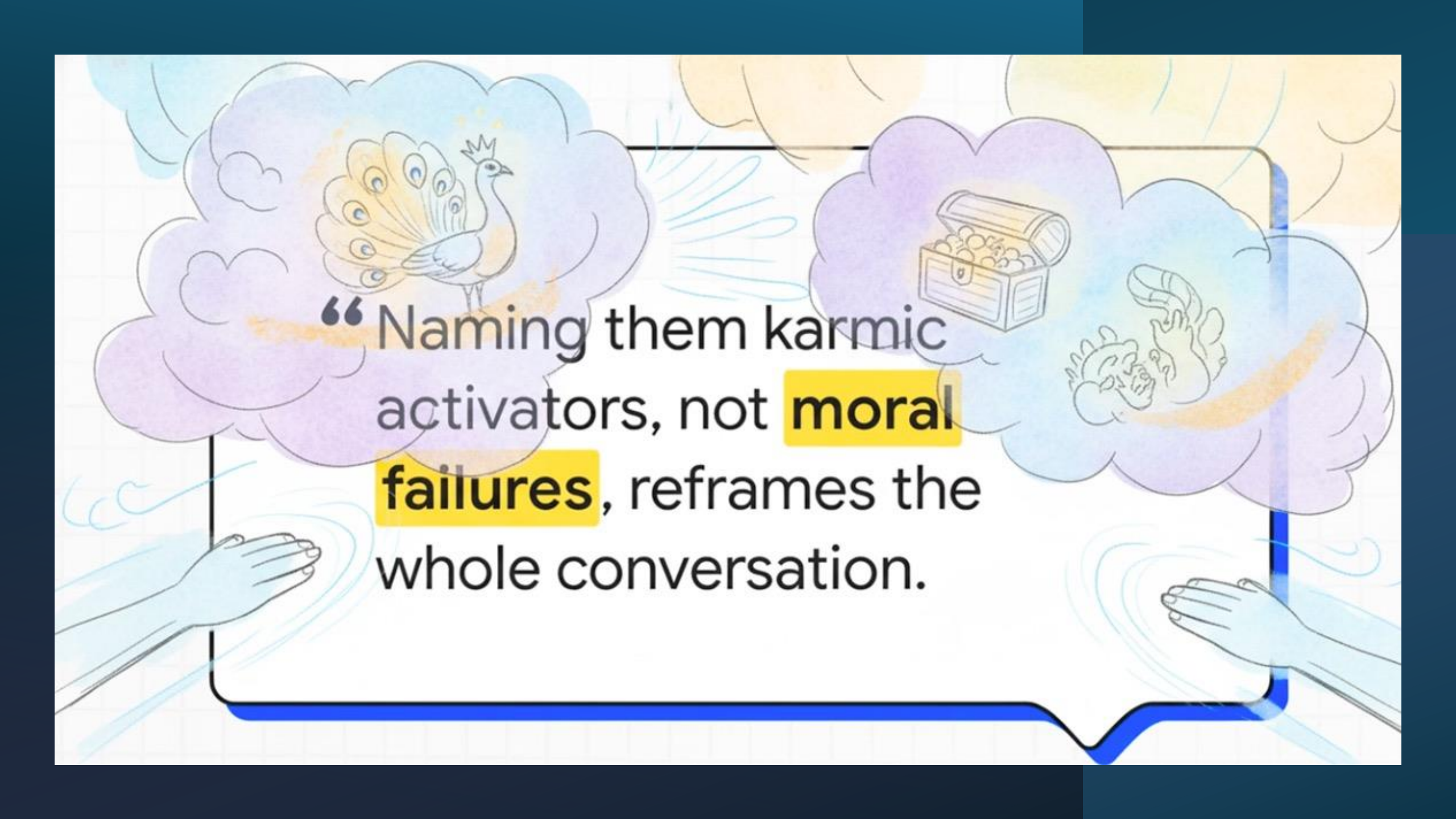
## ANGER

Reactive frustration toward resistant clients or friction.

## DECEIT

Telling clients what they want to hear, not what they need.



An illustration of a conversation. Two hands are shown at the bottom, one on the left and one on the right, with blue motion lines around them. Above the hands are three thought bubbles. The left bubble is purple and contains a peacock. The middle bubble is purple and contains an open treasure chest filled with gold coins. The right bubble is blue and contains a hand holding a small animal. The background is a light blue grid with a yellow sun in the top right corner.

“Naming them karmic  
activators, not **moral  
failures**, reframes the  
whole conversation.



The Old Story: Burnout comes from taking on too much work.



The New Story: Burnout comes from karmic layers that veil your innate light.

“Bliss is not a destination  
you chase, it is the **felt**  
**state** of being in  
balance.





“ **Bliss** is balance—and balance without bliss is just **management**. ”



# Key Differences in Meaning of BLISS

Feature	Jainism/Buddhism	Western Social Psychology
Nature	Innate, Permanent, Liberating	Affective, High-intensity, Transient
Source	Internal (Shedding attachments)	Internal & External (Relationships/Environment)
Goal	Liberation (Moksha/Nirvana)	Subjective well-being/Well-lived life
Approach	Ascetic/Detached	Experiential/Engaged

The goal isn't to **ADD** more wellness hacks. It's to **REMOVE** the interference.



# Unconventional Teachers



- **Tinnitus:** An anchor for presence, not an enemy.




The Palitana Climb:  
Proves balance is a  
physical requirement.

Are you just rearranging the furniture in a **dark room**? Bliss is the **light** that lets you see the path.



Stop striving for bliss. The real work is to start clearing the channel so that the bliss already there can flow through you.



What 'gangster' is  
veiling your bliss  
today?



Are **Pride**, **Greed**,  
**Anger**, and **Deceit**  
running your life?

2<sup>nd</sup> Breakout

# Bliss is Balance: Clearing the Veils to Your Innate Light



## The Essence of Bliss

Bliss is the felt state of being in balance; its opposite is "drama-mind chatter."



Lise Western Dressage



and physical climbs as tactile anchors for professional balance.

## EMBODIED PROOF POINTS



## CLEARING THE CHANNEL

Shift discipline from "effortful striving" into clearing the channel for the universe's nature.

## THE PATH TO COHERENCE (THE SOLUTION)



### PRIDE

Over-attachment to a specific methodology



### GREED

Engaging in the wrong types of contracts



### ANGER

Harmful vibrations cannot be stopped until you train yourself to feel them arriving.



### DECEIT

Telling clients only what they want to hear

ASRAVA  
(THE INFLOW)

## THE FOUR GANGSTERS

## A NEW LENS ON BURNOUT

Burnout is the accumulation of too many karmic layers, not simply taking on too much



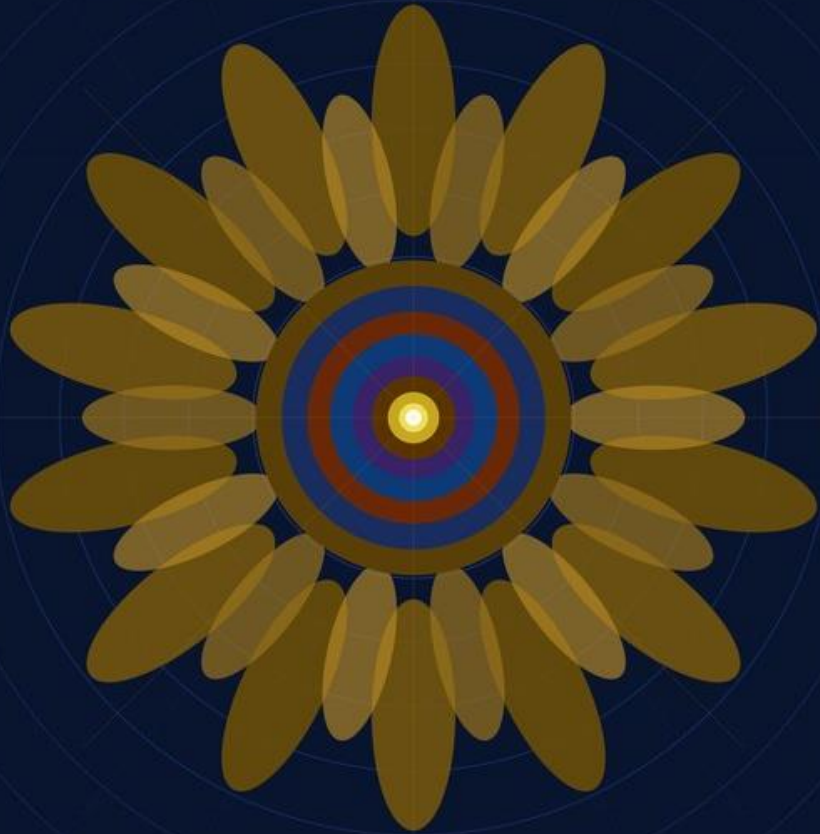
## • Summary of Differences in Coaching/Consulting

- **Jainism/Buddhism:** Focus on shifting the *inner state* (mindset) to change the external reality. They emphasize non-attachment and reducing internal craving to find stability.
- **Christianity/Judaism:** Focus on aligning the *outer life* (actions) with a divine plan. They emphasize acting in the world with integrity and stewardship to achieve fulfillment.
- **Balance:** Eastern methods focus on avoiding extremes (equanimity); Western methods focus on proper stewardship of time and resources.
- **Bliss:** Eastern methods see it as "inner peace/joy" from non-attachment; Western methods often see it as "purposeful joy" from fulfilling a calling.

# THE QUANTUM SEER

14 DAYS TO NON-LOCAL KNOWING

JAIN WISDOM · HOLY FIRE REIKI · THE GOSPEL OF THOMAS · QUANTUM STORYTELLING



- **The Quantum Seer 14 exercise at <https://Storying.site>**
- by David Michael Boje
- **14 Days to Non-Local Knowing**
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