

**EPISODE 703**

[INTRODUCTION]

**[0:00:34.8]**

**FT:** Welcome back to So Money, everyone. Thank you for joining me here. I am your host, Farnoosh Torabi. Question, do you think that everything in life happens for a reason? I had a friend in college thought that everything that happened happens for a reason and that everything that happens is right. [inaudible 0:00:29.9] all the tragic events in our history.

Our guest today is probably in that camp. He does think that everything happens for a reason and he would even go so far as to say that everything that happens is meant to be, especially when he reflects upon his own life.

Dr. Habib Sadeghi is the co-founder of the Be Hive of Healing Integrated Medical Center in Los Angeles. He is known as the healer to the stars. He has helped celebrities like Gwyneth Paltrow and Coldplay's Chris Martin improve their emotional well-being.

To say that Dr. Sadeghi is unstoppable is an understatement in my opinion. He arrived at his success despite many odds. He was a burn victim at the age of six, with over one-third of his body suffering from third-degree burns. At 21-years-old in the midst of medical school, he was diagnosed with testicular cancer and given just a 30% chance of living.

To meet him today, I get the impression that he is a super giving, positive and enlightened person. How is this possible? Well, his new book *The Clarity Cleanse* has just been released. It captures Dr. Sadeghi's 12-step guide to working through the emotional issues that hold us all back, and also teaches how to increase our physical health and energy all the while. Dr. Sadeghi is living proof of his own method.

Here we go. Here is Dr. Sadeghi.

[INTERVIEW]

**[0:02:00.0]**

**FT:** Dr. Habib Sadeghi, welcome to So Money. It's a pleasure to have you on the show.

**[0:02:05.8]**

**HS:** Thank you. Thank you for having me, Farnoosh. It's really a privilege, an honor to be here.

**[0:02:11.8]**

**FT:** Thank you. Thank you. I want to dive into your book, *The Clarity Cleanse*. As the healer to the stars, one of your more high-profile clients is Gwyneth Paltrow. Before we get to all of that, I want to talk a little bit more about you. I think one of the things that really stands out about you and I don't know you that well, but we have spoken on a few occasions. I have met people who speaks very fondly of you. You radiate this positivity that is very appreciated, but where does it come from? The world is a scary place and it seems like these days it's hard to stay positive all the time.

**[0:02:54.9]**

**HS:** Well, I appreciate that. Thank you. I think perhaps what you're describing as the radiance or light, perhaps it comes from what I'm all about, which is how to create an emotional management system, how to really create a septic tank inside that would allow us to have the space, the centeredness and not to get triggered so readily.

**[0:03:24.1]**

**FT:** You sent me a video recently where you were in Florida, because that's where you felt you needed to go in the aftermath of that horrible high school shooting. What guides you? How are you making choices for yourself on a day-to-day basis?

**[0:03:41.9]**

**HS:** The whole idea of being aware that there needs to be a septic tank. The cover of the book *The Clarity Cleanse* is really probably one of the most important message, the cover of the book is an empty cup. I can't tell you how many clients I've seen and these are really powerful beings in the world and they're having amazing conversations that they end up getting sick in the world of finance. You can list up.

Lloyd Blankfein, Andy Grove, Lloyd I think is from Goldman Sachs and Andy Grove from Intel, Robert Benmosche from AIG, Steve Jobs obviously from Apple, Warren Buffet. It's not an accident that so many powerful people, they end up with cancer, whether it's prostate cancer, or colon cancer, or thyroid issues, or neurological issues.

What I have seen and I really consider myself and what I do to be pretty to be a petri dish, if you would, a lab where you see people how their consciousness can create their physiological state. In the book I referred to it as how our biography dictates our biology. The reason that I accepted your invitation and for me to be here and the message that I want to get across, it's just that.

Many people they start a conversation, whether it's in finance, or politics, or entertainment and they become amazing at what they do. They become part of the crème de la crème, but they ignore their physiological state. They don't really create an internal cup. In the long run, they get overwhelmed and they get sick.

**[0:05:34.7]**

**FT:** I love what you said about biography is biology. Your biography Dr. Sadeghi is extraordinary. We just want to share with the audience a little bit about your upbringing. You were in a burn unit at the age of six. 35% of your body had third-degree burns. You experienced testicular cancer in the second year of medical school and you were only given a 30% chance of surviving. You were told you couldn't have children. Yet, here you are. You're a dad today. It feels like a miracle. Are you of the philosophy – Life happens for you and that there are no mistakes in life.

**[0:06:16.8]**

**HS:** I love that.

**[0:06:18.8]**

**FT:** Or even, gosh you can go to the extent of saying that everything happens for a reason.

**[0:06:23.8]**

**HS:** Yeah, I can see that. Look, if we were to peek out here in the real world, it's tough. People are suffering. I get that, but it's the context and it's the contact lens, if you would, or the pair of sunglasses that you look through that can create your internal, that can create our internal state.

Just like most of us, every human being goes through a certain level of turmoil, frustration, suffering, disease, sickness. Yeah, I mean I was a kid. When I was six-year-old, I fell in a pot and I started cooking. I ended up eight months in the burn unit. That was the easy part. The tough part was when I was discharged and I needed a graft, a skin graft in the left side of my body, because it had keloid up. My parents didn't have the resources.

Just the rehabilitation of every other day, having people hold you down and they would straighten your left arm and back and forth. Just to access that level of pain until you cry where there is no voice, where your voice leaves you. Or being diagnosed with testicular cancer at the age of 26 in medical school, and the background of this was 1997. The background was where Scott Hamilton nearly died of – the gold skater from testicular cancer. Lance Armstrong, gosh part of his brain was taken out, part of his lungs were taken out from testicular cancer.

People were just really painting a picture that was really dark. Somehow through the fog of fear, I managed to see the light and to trust my own gut feeling, intuitive sense. Even though walking away from city of hope where I was told that, "Look, you got 30% chance of survival." They were recommending for my entire gut to be filleted open. It's called retroperitoneal lymphadenectomy to 16 hours surgery.

After that, they were recommending radiation and at least four cycles of chemo. Look, I'm a medical doctor. I'm not advocating that this is for everybody, but for me at the time, tuning in I

chose to walk away. I didn't do any of that. You're absolutely right. My beloved and I, Sherry, she actually – we met in New York. I did my internal medicine clerkship and residency at Long Island College Hospital and she went to Columbia Dental School.

We moved down and we're happily married and we got two kids; 10-year-old Hafez and four-year-old Hannah, the traditional way. I'm here because I want to share my story, because I tell you I'm not alone. There are a lot of people that they're given death sentence and they don't necessarily have to believe it. They can take it with a grain of salt and then they can tap in and use their own intuition. That's what really *The Clarity Cleanse* is about. It's about how to create a cup, how to create a context and how to come through all the data, the information that comes at us.

**[0:10:00.2]**

**FT:** Can you share one step to *The Clarity Cleanse*? I know that you – the book is not about how to feel good per se, but more – you talk about this metabolism of shame.

**[0:10:10.8]**

**HS:** I think a good step would be just to be aware. In the book, I talk about metabolism in Greek. It simply means ceaseless change, endless change. I have found as a medical doctor and as a person who spends significant amount of my life studying how psychie soul psychology works. I actually have masters in the spiritual psychology with emphasis in consciousness, health and healing.

I put it together. I put the psychology, spirituality and the physiology together and to my knowledge – I read one to two book every week, that no one has ever done that. This is the first time that a person has stepped forward and they've created a language that we can now understand what is metabolism.

Metabolism as a ceaseless change has a system. There is a system to this madness, and the system always starts with catabolism. When you look at your favorite food, the first step is for you to allow it to come in and then you start mastication process, you start chewing it; catabolism, the breakdown.

It's only later on that anabolism, or the build-up comes in. Most of us, we don't really realize that going through life we need to create a context, what I refer to as emotional management system that will teach us how to metabolize any emotion that comes at us. That could be shame, that could be guilt, that could be pain.

We were asked by the congress person and the mayor to go to Parkline and we were privileged enough and lucky enough that one of our ambassador Chris Martin from Coldplay, also accompanied us. We held a three-hour ceremony, a sacred workshop for the parents who lost their children. Now really imagine that. Imagine that you say goodbye to your daughter, or your son and where you never see them again.

Or the wounded children they were there, or the first responders, these officers that they saw what this horrific act. To hold the space for them to our nonprofit organization that my wife and I co-founded Love Button Global Movement. It was just touching to really have the privilege of holding that space and walking people through the process of what it takes to breaking this pain down, breaking things down first before we can give it a meaning.

The book is about giving practical steps that people can do on a day-to-day basis and it really provides them a spaciousness, an opening that they get to move forward regardless of what it is that they're dealing with. Whether it's a loss of a job, or whether they're stuck in a dead-end job, or whether they're in a horrible relationship, or whether they feel like they're stuck between a rock and a hard place.

That is what I refer to as – it's a specific form of freeform writing that I refer to as PEW-12. It stands for Purged Emotional Writing 12 minutes. It's very simple regardless of where you are. They could use regular paper and I usually recommend that they burn it, shred it, get rid of it.

This is like creating a cocooning space, where you get to tap in and to really take a survey of what is really going on. It can really allow us to tap in and to see what are our low-hanging fruits of our thoughts.

**[0:14:03.7]**

**FT:** We've been raised sometimes to try to ignore our thoughts, because sometimes we go to those dark places where we don't feel our best and we want to ignore that. You're saying get closer to that, because that's part of the healing process.

**[0:14:18.2]**

**HS:** Absolutely. Because what we reveal, we heal. What we resist will persist. There is a distinction here, because brilliantly you had really created this. Being able to think, Farnoosh is different than having thoughts. That's a misidentification that most people are walking around. When I sit down and when I have a session and when we communicate and when I mentor, these powerful people – this is the most important thing. You need to understand, right now, here, you and I and your listeners can do this at home. I'm going to give you four words. I'm going to give you four words, Farnoosh. All I want you to do is I want you to pair them up. Here are the four words, Farnoosh; ping, pong, mouse, elephant.

**[0:15:12.4]**

**FT:** Ping, pong, mouse, elephant.

**[0:15:15.4]**

**HS:** Pair them up.

**[0:15:16.4]**

**FT:** Wait, am I supposed to put this in a sentence, or just –

**[0:15:18.5]**

**HS:** No. Line up ping with one of the two animals and pong with one of the animals that I mentioned, which mouse and elephant.

**[0:15:28.1]**

**FT:** It's a ping-mouse, pong-elephant?

**[0:15:31.0]**

**HS:** Great. Now how did you choose that?

**[0:15:33.1]**

**FT:** Well, a mouse is a small animal and elephant is a large animal. To me, the word ping seems smaller than the word pong.

**[0:15:42.9]**

**HS:** There we go. It's so brilliant. Now notice that –

**[0:15:46.8]**

**FT:** Is it really?

**[0:15:47.7]**

**HS:** Yeah. You created that. You actually gave that meaning and you created a world and you lined up that ping is small, so I'm going to line it up with mouse. Pong seems larger, more expanded and I'm going to line it up with elephant. Now having a thought has nothing to do with reality. That's why in the book, I referred to it as reality is irrelevant. Our perception is everything.

Most people they don't realize that they're walking around and they're having thoughts and these thoughts are producing chemicals that we referred to as neuro-transmitters, such as serotonin, glutamine, glutamate, epinephrine, norepinephrine, histamine, melatonin. What do they do? They create feelings.



If we're lucky, we feel good. What do these feelings do? Then they up-regulate our hormones; growth hormone, testosterone, DHEA, estrogens, progesterone pregnenolone. Then what do they do? They create holding patterns that were referred to as emotions, or emotional set points and it creates a personality. Now, I need to tell you that as a medical doctor, what I've seen is so many of us, we get stuck in these thoughts, feelings, emotions and we get stuck in these holding patterns that gives rise to misunderstanding, misidentification, misperceptions that the limit us, including our financial realm.

**[0:17:12.3]**

**FT:** Well, let's talk about money. Because when you say reality is relevant, \$30,000 in credit card debt is there's no relevancy to that. That is what it is, right? The reality is that you have debt, you have to pay it back and it can be stressful, especially if you're not making a lot of money, you have other responsibilities. How do we overcome a financial reality that is difficult, stressful?

**[0:17:38.3]**

**HS:** When I was in India, one of the things – after I took a sabbatical, I spent some time in the Northern part of India [inaudible 0:17:44.2]. I studied Ayurvedic medicine and Tibetan medicine. One of the pillars that I took away from that training was consciousness precedes phenotypic expression.

It simply means that the way our internal world, the finances of our internal world will influence our physiological state, I don't think that it's an accident that all the root chakras, the root chakras, or the lower chakras and they're usually covered by three colors; red, orange, yellow. The reason that I bring it up is because every single marketer on the planet, all the PR people, they know that if you want to get people to feel hungry, angry, or horny, you use these three colors. This is the reason that all the fast food restaurants, they use these three colors, because it stimulates a physiological response.

If we are literally inside, we feel that we're not good enough, if we actually hold the thought that poor is pure, then guess what? We're going to have a \$30,000 – forget \$30,000, we're going to

have \$300,000 debt. No matter how much money we make, we will always be caught in this holding pattern, because inside, we don't feel worthy. We don't feel worthy, because we actually think that if we are financially affluent, we're not pure enough. I've actually seen this.

I see people with prostate cancer. I see people with colon cancer and these are some of the most powerful human being on the planet that they haven't really created an internal world. They haven't mind their internal financial realm. Guess, what? They end up getting sick.

**[0:19:36.3]**

**FT:** Your mind actually does impact your financial well-being. Time now for our chase late question of the day, which is what big ticket item Dr. Sadeghi are you currently saving up for?

**[0:19:51.8]**

**HS:** As I briefly mentioned, my wife and I we've started a nonprofit called Love Button Global Movement. One of the things that we're actually saving up for is to eventually have a spinner, where people come from all over the world and we get to work with them, they get to stay for three to 30 days, or three months and it's almost like a caboots, like a healing intentional community, where people cultivate what it is to be loving. Then they become ambassadors, and then they get distributed all over the world. Really the intention of it is to create a culture of loving.

**[0:20:39.2]**

**FT:** How is it going? How is the savings plan going?

**[0:20:42.0]**

**HS:** It's going really well. Part of that plan, we were lucky enough that one of our ambassadors, Chris Martin, distributed over six million love buttons all over the planet. His last tour at, let's see, had full of –

**[0:20:58.2]**

**FT:** I got one of those buttons.

**[0:20:59.8]**

**HS:** That's exactly right. If you went, took a Coldplay concert, by the door you got a button that says, "Love." On the side of it it says lovebutton.org. That's part of that plan.

**[0:21:11.0]**

**FT:** That's incredible. All this time. We were connected before I even knew you, when I got that love button we were connected. I will say too that Coldplay is probably my favorite band.

**[0:21:22.9]**

**HS:** It's such a privilege. Actually on their last album, the song Everglow has been dedicated to my late brother Mehrdad and I. It actually says, "For Habib and Mehrdad."

**[0:21:36.4]**

**FT:** That's so sweet. Can I ask you how you got connected? I mean, that is such a special relationship and obviously, he feels so close to you. How did that relationship evolve?

**[0:21:50.4]**

**HS:** Every relationship and I think you brought it so eloquently, we really are connected. I remember – I think it's United Nation's building entrance. There is a saint from one of the poets that comes from the very city that I was born in, City of Shiraz, his name is Sadhi. The translation, it's [inaudible 0:22:12.6]. It's the children of Adam.

The translation is human beings are members of a whole in creation of one essence and soul. If one member is afflicted with pain, other members uneasy will remain. If you're no sympathy, if

you've no sympathy for human pain, if you've no sympathy for human pain, the name of human you cannot retain.

In a way, we really are connected. I absolutely am of the opinion that that which is for our highest good, the connection, the relationship, the jobs, the teachings, it unfolds with its own grace and ease. This relationship was that – for me was part of that elegance that it just occurred and I was lucky enough to see it and to cultivate it. It's been an amazing experience.

**[0:23:18.9]**

**FT:** My parents are Shirazee as well.

**[0:23:21.8]**

**HS:** You see. We were way connected before you were born.

**[0:23:23.8]**

**FT:** What is going on? I mean, I knew you are Iranian, but didn't know that we originate from the same great city of Shiraz. Well, I was born in Western Massachusetts, but I'm one degree from Shiraz.

**[0:23:39.2]**

**HS:** It's beautiful. A lot of good poets, Hafez, the name of my son, our son and Sadhi, there are a lot of incredible mystic poets. Sadhi was from 13<sup>th</sup> century medieval. I mean, their writing is just stunning.

**[0:23:53.8]**

**FT:** When you were growing up, what was your exposure to money? How did you learn about money?

**[0:24:00.8]**

**HS:** When I growing up, my mom and dad they're both non-literate. They cannot read or write. One of the first books that really shifted my financial realm was Napoleon Hill's *Grow and Think Rich*. Because I realized the growing that he was thinking about was a mental growth. He was referring to being mindful, really paying attention to my thoughts, feelings, emotions inside would create a linguistic abstraction that oozes richness. That is the difference.

That has allowed me to be a healer, but to be one of the most generous human beings on the planet. Or at least that's the intention that I'm holding. That's the reason that if there is a sickness, if there is an opportunity an opportunity where I could be of service, no matter how difficult it is, no matter if I have with my beloved get on a plane, red eye in a coach and sit up straight and then get there and just take a quick shower and show up and be of service and then get on the red eye and come back and get – start my medical practice again, I do it. Not because it's convenient, but because it comes from a place of commitment.

**[0:25:13.4]**

**FT:** What would you say is the most generous thing you've ever done? Not that you do any of these for any admission of generosity. You don't do this to prove anything, but describe an experience that you had that was so generous you even – you surprised yourself.

**[0:25:30.0]**

**HS:** Yeah. Look, I went back to medical school and I finished medical school. Instead of wanting to become a neuro ophthalmologist, I chose to be a jack of trade master of none. I chose to become a family doctor, because I wanted to see cradle from grave, to be a healer. Initially I wanted to become a patent attorney. I have a background. I have a masters in electric chemistry. I studied microbiology, medical technology, but I walked away from that because I wanted to be part of a linguistic abstraction that oozes healing.

For me, I think not only it's been a privilege, but it was one of the most generous thing. Why? Because I gave up myself. Look, it's not easy to go to medical school. It's not easy to go to three, four years of training, of residency. It's one of the most grueling.

My time at Long Island College Hospital was unbelievable. I was beaten three times by three HIV, fully blown HIV-infected patients. I had to go through my internal medicine preliminary year and being on AZT and triple antibiotics and I was puking my entire gut every other day.

Every single doctor who is really a healer, by nature they are the most generous beings. The lifestyle that I have chosen to be a part of, I think for me from a place of humility, it's the most generous thing I've ever done.

**[0:26:58.4]**

**FT:** Was the medical field something you always gravitated towards? As a child was this an area that you always knew you wanted to pursue?

**[0:27:07.2]**

**HS:** No. It's so funny. Eventually became a patient, Noah Wyle. He was part of a show called ER. One day I was doing my thesis for – completing my thesis for electric chemistry. I saw the show ER, it touched me. Then I said, "I want to volunteer in the ER." I ended up volunteering at Martin Luther King Hospital, Drew Medical Center, which was affiliated with UCLA.

As I volunteered throughout their 12-week program, two experiences occurred for me that changed my life. I realized that I wanted to pick a profession that was about a life of service. I completely gave up wanting to become a patent attorney and I pursued a life of service as a medical doctor.

**[0:27:59.3]**

**FT:** Noah Wyle. Thanks to him. Who knew?

**[0:28:02.4]**

**HS:** Yeah. He knows it. It was a full circle when I had the privilege of being of service in that context. It really touched me.

**[0:28:11.6]**

**FT:** Well, it's been so much fun getting to know you a little bit better. We connected earlier this year and have been excited for your book. Just want to say thank you so much for coming on the show. The book is called *The Clarity Cleanse*. As parting advice, Dr. Sadeghi, what would you say is your advice for someone listening to the show who is struggling with achieving their financial goals and doesn't have to be someone who is buried in debt, but a lot of us feel as though and you know this that we're stuck in a rut, and ruts come in all shapes and sizes. If we are stuck in a financial rut and we feel like we just can't get ahead of it, we can't control it, what's your best advice?

**[0:28:56.3]**

**HS:** I would share from a place of humility what I started telling my two-year-old son, who is 10 now. Every time we would get in the car, we would put him in car seat, I would say, "You're my co-pilot." I would pretend that we're a pilot and I would say, "Give me my code." Initially, I would tell him, "The code is 10-10-80." Then eventually when he was six, he said, "What is 10-10-80? Why is it that every time we're in a car, you ask me for the code? What does 10-10-80 mean?"

I said, "I've been waiting for this." Every single time that you get, if I give you a dollar, always remember 10-10-80. 10% of it you give away right away with a smile, 10% you save, 80% of it you enjoy. What I would like to leave with all your listeners from a place of humility is that 10-10-80. Just start with that and things will shift and change.

**[0:29:50.5]**

**FT:** I love that. Oh, my gosh. I wish I could give you a hug. Thank you so much for sharing that story and all of your insights and we appreciate you for all your impact, Dr. Sadeghi. We will be sure to keep following you. We'd love to have you back at some point, talk more about money,

because this was not enough. I love this 10-10-80. I'm going to start teaching my three-year-old this and I look forward to giving him the code. Thank you so much.

**[0:30:21.6]**

**HS:** My privilege, Farnoosh. It's such a honor and thank you for asking me and thank you for the conversation that you're holding for so many and being a beacon of life. God bless you. Speak soon.

[END]