

# **Profound Paths to Health, Healing and Happiness Teleseminar series**

Hosted by Dr. Carol Robin, DC, CCN

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## **Interview with Jordan Gruber April 21st, 2009**

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Welcome to the “Profound Paths to Health, Healing and Happiness” Spring, 2009 teleseminar series, and our 8<sup>th</sup> call of the series. I am Dr. Carol Robin, and I am your host as we continue to explore some of the most innovative and visionary approaches to health and wellness on the planet. Each week I have the great privilege and pleasure of spending an hour in in-depth conversation with these brilliant teachers, authors and practitioners. They incorporate an understanding *of*, and an orientation *to*, body, heart, mind and spirit. In this series, they graciously share their wisdom, insights and tools for creating your own unique path to health, happiness, peace and freedom. If you have missed any of these remarkable calls, please go to the seminar info page for our mp3, transcript and CD options. We’ve had some not-to-be-missed calls so far, and have them available at a special discount during the series.

In this series, we explore some of the common challenges we all face, and the profound inner resources we all have to draw on. Our intent is always to help you find what works for you in *your* life, on *your* path. It is our belief, that there is no one right path, no one right technique. We are all unique individuals, with our own unique needs and goals, and by sharing these different philosophies and techniques with you, I hope to help you find what resonates with, and works for you.

When it comes to ‘what works,’ my guest tonight, Jordan Gruber is a master! Jordan is the founder of Enlightenment.com, which is the oldest independent eclectic psychospiritual multimedia website on the web. Enlightenment.com has been live since 1995 with the goal of evolution, transformation and community, by bringing together the many paths to enlightenment, through spirituality and human potential resources. He is also the former managing editor of GNOSIS Magazine, and an accomplished and wide-ranging author and interviewer. Jordan is known for his signature “What Works?” focus, which we are going to be talking about tonight.

In Jordan’s quest for ‘what works’ on the physical plane, he discovered a unique form of exercise and movement known as Rebounding. This is one of my favorite forms of exercise, and I have had a mini-trampoline, or Rebounder for over 20 years. Jordan has taken this exercise form to

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new places, and tonight we are going to talk about rebounding as a multi-dimensional platform for achieving physical health, psychological wellness, and spiritual transformation. Jordan will describe how to transform simple rebounding into "Chi Bounding" and explore the transformational potential of this unique exercise form.

So Jordan thank you so much for joining me today, I've really been looking forward to our talk.

Jordan: I've been looking forward to it too Carol, and I feel very honored to be among the people you're speaking with. I mean so many of them are so famous and so well known, and I hope I'm able to add a little bit here.

Carol: Well I'm sure that you will add a lot to this. Your whole "what works" concept and focus is so much about what this series is about. Really looking at all these different approaches, and it comes from my belief that, as I said earlier, that there are so many different paths, so many different ways to health, to healing, to transformation, to enlightenment, and what's really most important is finding what works for you and what really resonates with you.

Jordan: I think that's absolutely true Carol, and when you were speaking before in your introduction about what works for you in your life and your path, you reminded me of one of our earlier catch phrases for Enlightenment.com which was "many paths, one site." I think for me it all goes back to when I was younger and I would go into a spiritual bookstore. I would be overwhelmed by the choices on the shelf because I knew that there were things there that might be the right thing for me, but I had no real way to navigate. So of course I bought lots and lots of books, and practiced lots and lots of things, and over time became more comfortable with finding a few things that really resonated with me personally. And that was the inspiration behind Enlightenment.com originally, was to use the power of the web to help people to figure out what would be more likely to work for them.

Carol: Well certainly a great use of the web, and it's a great site. And

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you've brought in some amazing people and concepts through that site.

Jordan: Yeah I have a lot of fun with it too. Getting to (usually I'm in the interviewer seat,) and getting to sit down with someone like Charles Tart, or Jean Houston or Dan Millman, or we did an interview with Ken Wilbur, which at the time was a big deal because Ken had never allowed anyone to release him in a finished product, so you couldn't actually even hear Ken's voice before we got to do that. So I really got a kick out of helping to bring out the core or some of the core people like Ken and then give it to other people.

Carol: So now you're in the other seat.

Jordan: Yes, the other seat.

Carol: Great, let's start with talking about your whole "what works" concept in a little more depth, in terms of how you've talked about really getting to the core of things...

Jordan: Well you know Carol, my experience is that a lot of the different tools and techniques and teachings and teachers that are out there, actually are very valuable and do work really well for some small subset of people. Unfortunately, usually when there's a teacher or a group, they will promote only what they have, and tell everyone else that they have the one real truth and the one real way. I find that it's just not so, that when people find what resonates with them and they take it upon themselves to practice the real practice behind it, very often they will have substantial effects, and they'll be happier and healthier, and they'll see and feel a lot. It's a question of helping people find what is out there because it's just so varied and wide spread, and very often people in one group don't even acknowledge the reality or validity or the seriousness of what other people do. And I think that's a mistake, because I think there really are as many paths to enlightenment as there are people, and we have to recognize that what works for us is very unlikely to work in the exact same way for anybody else.

Carol: And you have to wonder why are there so many paths? I mean I've had people ask me that, I've had clients ask me that in terms of so

many different diets or different meditation approaches or different spiritual concepts. Why are there so many, isn't there just one truth? And I think when you get to the bottom of so many of these, there really is one truth, but so many different paths and so many different ways to access it.

Jordan: I think it's because people are so very, very different. We all come from very different places, and what we all need is very different. And some people get very lucky, they'll find something early on that works really well for them and they'll stick with it, and that's it. They'll be pretty much done, but for so many others of us, it's ... You know Jean Houston, when I interviewed her, spoke about Americans as multi-pathed practitioners, and I think she's right. I think that most of the people that I've known, that I've spoken to, they do three or four or five things and they do them well, and many of them are open to finding out new things that are out there that they might not have heard before. Now of course there are limits, and if you just do a tiny little bit with each thing you might never really get to the point where it makes a difference in your life. But I think generally speaking we have to accept the reality that there's lots of things out there that are very powerful and very potent. For example, every speaker that you have on your series has a very valuable practice and a very valuable way of going about stuff, but it's just a question of whether the listener or the reader, or that person walking in the book store, that they can kind of find what resonates for *them*. They see something, or they hear about a course or they go to an introductory workshop and something inside of them rises up, and says "Yes, that's for me, I'm going to give this a real shot and see if this makes the kind of difference I've been looking for".

Carol: Yes, and so what works is not just the question of does it actually work in reality, but does it work for you, does it work with your lifestyle, does it work with your habits, does it work with your inclinations?

Jordan: Right and *does* it work? I mean there may be a sort of meta level underlying metaphysics and ontology that speaks to the fact that a lot of what we're experiencing is made up, but it doesn't matter

anyway because there's some kind of overarching placebo process that makes work whatever it is that you think is going to work! If you dig deep enough, you find that we don't really know what's at the core of very much of what's out there at all, but what we do know is when something makes a real difference in our lives. And this whole "what works" approach is really very American. When you think of Americans, you think of them rolling up their sleeves and getting to work, and inventing stuff and figuring it out. You go back a hundred years or so to the great psychologist and philosopher William James and his idea of pragmatism, he defined a true belief as '*a belief that proved useful to the believer.*' And I think that's very appropriate and apropos to what we're talking about here. You're not going to know what works ahead of time, you're not going to know because a friend says it works, you're not going to know because somebody's got the biggest and fanciest website or has made the most money, or any of that. You have to take it one at a time and really, as Ken Wilbur would say, 'you have to follow the injunction, and see the results and then maybe talk to some other people who do similar stuff to get some course corrections, but it's really up to each individual to find what's true for them.'

Carol: Absolutely, I agree with that. So our focus for today though I think we're going to probably branch into a lot of different things, was to talk about Rebounding, and I know that you became interested in that through looking at from the physical and exercise perspective what works in terms of exercise.

Jordan: Right, well what happened with me was, when I was 24 years old back in 1984, I had bought one of these Rebounders, you know they're sort of mini trampolines. And it had little springs, and I thought 'okay I'm living in a small studio apartment by myself in Astoria Queens, I have no regular way to exercise so I'll get one of these things and I'll use it every day.' And I used it about three times! I just stopped because it didn't really work, it didn't work mechanically, I didn't enjoy it, it didn't feel good, it didn't feel right. I put it aside and then something like nineteen years later back in 2002, a friend of mine came over and she brought a very nice spring base rebounder, and I got on it and within about ten seconds of bouncing up and down on it,

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after I got over my fear that I would fall off and hurt myself, after about ten seconds I knew there was something inside of me that went “wow” this feels great! I love the way this feels, I’m going to find out about this, I’m going to keep doing this. And then pretty much I’ve been at it virtually every day for almost seven years since then, and the reason I’ve been at it, is because, going back to the theme, it does work! And it not only works on the physical dimension of my being, but it makes me happier and it makes me grounded, and it makes me know that I’ve handled the physical component of my life that so many people miss. That’s why I really like it, that’s why I stick with it.

Carol: Well this series is about, the theme of the series is body, heart, mind and spirit, and one of the pieces - I like to try to keep a balance between those - and one of the pieces I was really looking for when I invited you to speak, was the whole exercise piece. But exercise not from the kind of very mechanical fitness perspective, but what you’re talking about. And so I’d really like to go into more how exercise can be multi-dimensional, how exercise can impact you not just on the physical level. And people will say, well it reduces stress if I exercise, but when you talk about how it makes you happy, and look at all the various implications of this kind of exercise - I’d like to just go into that in more depth.

Jordan: Let’s take it on a kind of multi-level basis. Let me just go back one step and say, when you do look at the different aspects of people’s lives, if you break it up into body mind heart or spirit, or any other way, what I find is that most of the people, especially those that are in my age cohort, I’m almost fifty or older, the boomers, they’re letting the physical part or the exercise part go, they’re not really finding a way to do anything that’s sustainable and continuous. I mean there are many exceptions, there are many people who do yoga, and martial arts, and walk a lot, but I find a lot of people missing a piece.

And so when you start with rebounding, if you get on a high quality rebounder, the very first thing you want to do is really just kind of move your body a little bit and adjust your posture, and stick with your breathing and just sort of see how it feels, and the first thing that happens to you is that your lymph starts moving. The lymph, unlike

the blood in your body, the lymph, which is part of the immune system, the lymph doesn't have a pump. It doesn't move unless your body moves physically. So as soon as you start moving up and down on a rebounder, even a little bit, what has traditionally been called the health bounce, you're starting to get immune system benefits. And I can say for sure that I get sick way less than I ever got. Now if you start moving a little bit more on the rebounder, it starts taking some of your breath, it starts to get aerobic. You can pump that up as much as you want, but even with just a little bit of effort, a little bit of bouncing, you start really getting into the flow of things, and air starts coming in through you and out through you.

So now you've got the immune system working better, and you're getting a heart, aerobic effect in a good kind of way. And then if you keep bouncing a little bit higher, pretty much on every bounce, you're using your core to push down and it naturally reacts to the changing gravity, and you start strengthening your core. And then you can also pick it up and use hand weights, and that gives very definite strength effects and you can even tone and even grow muscle by rebounding that way. So at this point you're feeling better because you're not getting sick, you're getting an aerobic effect and you're getting stronger. And then the breathing; if you pay a little bit of attention to it while you're bouncing you'll notice that it's very easy to stick with a regular deep breathing pattern while you're bouncing. And what that does of course is it kind of brings you into various kinds of light trances and makes it easier for you to then bring in other work, like let's say visualization. Or you can chant while you're rebounding, or you can do different finger positions or different mudras, and kind of very definitely bring in the spiritual level of practice to it very easily.

The thing about being on a rebounder is you're not going anywhere, you're not running, you don't have to pay that much attention - after you get pretty good at it, after a few weeks - you can really focus on your *internal* state. Or if you're just interested in the physical aspects, you can find something that can keep you going time after time, like I listen to music. And that keeps me motivated and it keeps me in sync. And then the other point to note is that, there's many other types of spiritual disciplines that can easily be brought to rebounding; if you are

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practicing visualizations in the Hindu tradition or the Buddhist tradition or the native American tradition, or you're doing different types of breath work. Or if you're a martial artist, or you're doing Chi Kung, or you're a Taoist, almost any of that can very easily be brought to the rebounder. And the difference is, that now you're using gravity, and you're moving up and down, and my experience is that I'm kind of three dimensionalizing my whole body, whether it's just my physical body or also my energy body or aura. I feel bigger and more harmonious and everything feels like it's working better. The whole world is there with me as I'm bouncing, and it's very easy and very relaxing. And yet I can push really hard and get my own kind of world-class Olympic work out every day. I mean I'm on the rebounder every day, and because of the springs or the bungee bands on rebounders, it's taking most of my weight and it's not hurting my joints, and I can go really hard, and I can sprint in ways I could never sprint on the hard ground. And I just love the way it's made me feel over time, and I think it is a kind of a time machine, I feel I'm getting younger all the time as I bounce.

Carol: Well that brings to mind a couple of things, especially for those of us getting older, it's very, very important that we protect our joints. And I see a lot of people who have been running for long periods of time, and are starting to really feel it in their knees and their hips, and their bodies can't really sustain it. But when you go onto a surface like that, that's giving and flexible and resilient, it really supports your joints in a whole different way.

Jordan: In fact, there's a fellow who has a program called the Urban Rebounder, and it's online on an infomercial level. It's a pretty good unit. It's not a toy. It's not as good as the ones I'd recommend to people, but he was a martial artist who hurt his knee and he completely rehabilitated his knee through rebounding, and that's why he got so into it. And then I had a very similar experience, which was I had a torn rotator cuff, and I went to the physical therapist and I did everything and it got sort of better, but it still hurt and ached every night. Depending how I had my arm, I couldn't sleep the way I had slept and had liked to sleep. And so what I started doing was a series of big arm circles while I was bouncing, keeping my posture good,

staying with my breath. I ended up doing about a hundred arm circles in both directions, and then within about a month, almost all of my pain, and now I would say all of my pain, just went away!

And I think that brings us back to something that Jack Lalanne said years ago in an interview, and it was enlightening, which was, that the only way really to hurt the human body is to *not use it enough*, to *not move it enough*. You don't want to use it and move it in a way that it hurts, like with the knees on hard surfaces but as you said, rebounding isn't that way. I also think of a book called "Chi Running" by Danny Dreyer, and in the introduction he says that fifty per cent of serious runners hurt themselves in any given year, basically knee and joint and soft tissue injuries. And so with rebounding you don't get anything like that. There are ways you can hurt yourself on a rebounder if you make mistakes, you can hurt yourself with anything, but by and large, it takes on the order of 85% of your weight on every bounce, so you are free to really go at it without having that kind of level of injury happen to you.

Carol: That's very valuable, and another thing that's interesting about it is the whole concept of balance, and you can look at that word from a lot of different angles. One of the most important things as people get older, in terms of preventing falls and preventing injuries from falls is improving balance. There are all kinds of systems to try to work on that to help prevent falls in older people. Just *standing* on a rebounder you have to balance in a whole different way!

Jordan: And this is also why I advise people to generally rebound in bare feet, because you get more of the subtle movements back and forth, and this is also why you want to have a high quality rebounder that will support your weight. Now when a lot of people get on at first they are a little bit frightened. One way to handle that is to have a stabilizing bar that some rebounders come with, or you can add to them, and you can hold on to it. Or another thing you can get is a rubber band that goes underneath it, and so you're holding one of those in each fist as you bounce. But most adults or children for that matter, who rebound, within two or three sessions their balance and their confidence improves really remarkably. And the balance issue

pretty quickly goes away. It's sort of like learning to ride a bike. And at that point you can then do more interesting things like learning to bounce on one leg, and then you can go from there, and bounce on one leg while you're kind of twisting your body back and forth. These are advanced moves, they come pretty quickly and you see that you have just a whole lot of freedom while you're on a rebounder. And on the other hand for people who are older and frail perhaps, you can use the stabilizing bar. It's much better to be moving your body some than not to be moving it at all, especially in terms of lymph flow.

Carol: And the fact that every motion that you do on a rebounder has a lot of different motions involved in it, as opposed to being on solid ground.

Jordan: That's right, you're using your feet and your legs obviously, but you find that you are using your core, and then you can also bring in the arms and the shoulders by twisting or doing jumping jacks. It's not only that there's a bunch of different motions that you can do generally, it's that if you make very subtle adjustments of, let's say, you turn your arms a little bit more inwards, or you open your feet inwards or outwards, or you go down a little deeper into your knees, you'll find that you end up using parts of your body that you weren't using just a few seconds before. And it's a little bit more work and you have to focus, but at the same time it seems pretty obvious to me that your brain, your neurological connections also must be expanding and must be opening too, and growing to enable you to do these new and different kind of movements. For me the rebounder is sort of a whole world, when I'm on it I can explore and I can try new things and I feel like I'm always growing and opening and becoming stronger, and opening more into who I am while I'm bouncing.

Carol: It is such a three dimensional experience. One of the things I really like about it, and I should say, I got my first rebounder about thirty years ago, and also used it for a while, put it away and have gone back and forth between being very regular with it, and forgetting about it for periods of time. It's the whole concept of *non-patterned movement* that - as opposed to something like a treadmill or a bicycle, or weights, where you're doing the same mechanical movement over

and over again - it gives you this ability to move in so many different ways and use so many different parts of your body. And as you said, just a little bit of shift, in turning your feet in, turning your feet out, rotating your shoulders, twisting your body, you are incorporating a whole different set of muscles and a whole different way of using them.

Jordan: And part of that is because of the three dimensionality, you're going up and you're going down. I was experimenting just yesterday with some light hand weights, which for me at this point is three pound hand weights, and what I was realizing was that the way it was putting a different kind of mechanical load on my body when I just moved a little bit, because the weights are at the end of my arms, and it's sort of a lever. I was exerting different types of force and having to come up with a different type of strength and power in order to keep going with what I was doing. It was just a minor difference with low weights, but it gave me so many different options. People really have a hard time visually in three dimensions, and we talk about it and obviously we're in a three dimensional body, but in the kind of common sense math that we do, we just really don't get three dimensions.

Just last weekend I was moving about ten cubic yards of dirt, and I told someone that and that we estimated that it weighed like 12,000 pounds, and they went "oh it couldn't possibly." And I had to explain that when you add in the depth of it, it becomes very, very different. People don't see that, and I think that applies to rebounding. The only thing that comes close is swimming, because swimming, you're also in a gravity altered three-dimensional environment. And that's one of the reasons swimming is such good exercise. With the rebounder, which is so convenient, you can do it in your house or on your deck, you're able to kind of swim in that three dimensional gravity field, and really engage yourself in new ways and in the unpatterned ways that you were speaking about. Kind of like the practice of Continuum, which I know you're a big fan of.

Carol: Yes. And a big thing in Continuum is moving out of the very mechanical patterned ways that we tend to move, and allowing our bodies to explore all the other places that we can move, all the other parts of us. We tend to, in our lives, use the same muscles, the same

postures, the same movements over and over and over again, and give up the whole repertoire of movement that's really available to us. So this kind of three dimensional movement, like the way you can play in the water differently than you can ever play on land, brings us into accessing those different parts of ourselves, those different muscles, those different neural pathways.

Jordan: That's right, and it feels really good when you do it. I was using these three-pound weights and doing a sort of windshield wiper movement back and forth at about neck level, while I was bouncing up and down. And it wasn't hard work, but I had to stay focused. And it was really *good* work, because I could tell that my arms and my shoulders were doing something that they normally would never do. So if you give yourself the benefit of having what I like to call a long run; you go through a rebounding workout and you let yourself do five or ten or fifteen different things for one or two or three minutes, you're going, 'well I keep doing the same thing.' Well you know, here in this long run of these different pieces, you get to really push yourself a little bit and explore more, and work with your breathing and keep your posture good. And the end result of all of it is, that you've had a darn good workout and yet there's very little chance of hurting yourself, and of you're feeling really great and strengthened at the end of it.

Carol: And it's not so boring when you're doing a lot of little things like that. You have the possibility to keep shifting what you're doing so that it doesn't become boring and repetitive.

Jordan: Well it's a hard thing to figure out what's going to keep anybody doing anything that's good for them, and yet, most of the time as you said, we end up stopping. We meditate, then we stop. We make sure we're drinking enough water every day and then it just leaves our consciousness. What I found out with rebounding was that for me it was music. There were two or three or four albums, couple by David Bowie and one by the Traveling Wilburys and a couple of others that as soon as I put it on, there was forty-five minutes in a row of changes that I grew used to, and I really liked knowing that there would be a certain change in pace coming up. I wouldn't do the same things each time I heard it, but I would get used to the pace, and I

would be very happy to have that music kind of really keeping me going and motivating me. What I've also found is that for some people it's very different, they like to watch TV. One close friend of mine watches NCIS and CSI while she bounces. She loves watching that and time goes really fast. Other people find that if they have someone to bounce with, that they're kind of talking to, doing it together, then of course the time goes much faster.

Carol: I want to talk about the whole weightless aspect, because that's something that's been very interesting to me, that sense that as you rise up from a bounce there's that moment of weight change, and almost weightlessness where you're kind of floating in the air.

Jordan: Right, I've talked to some scientists about this and I've looked at it mathematically. On the one level it's not true that you're weightless during any point, since the earth is always pulling down on you the same amount, but certainly there is that sensation of weightlessness and that seems to bring a lot of joy that a lot of people like. So when a lot of people get on, they'll say 'this reminds me of bouncing when I was a kid on a bed.' And a lot of people will want to know which kind of rebounder will give me the most 'flight time,' will really just have me out there for the longest. One of the theories about rebounding of why it's so good for you, is that it does regularly expose you to an increase in gravity. When you get to the bottom of the bounce, before the springs or the bungee bands throw you back up, that's the point of maximum acceleration from the bottom of the bounce up. And you can actually have your body experience two or three g's of force while you're doing this. So there is a real scientific gravitational shift that happens to the body when that happens.

Now the one theory is that it strengthens every cell in your body. It's kind of like if you were born on Jupiter and then came here you would be way, way stronger because your body had adapted to a much heavier gravity. So that's one of the theories about why rebounding is so good for you. Unfortunately we don't have any evidence for that. It seems to make sense, but nobody really knows if that's true or not. But I think in general, there's no question that there's something about that cycle of gravity where you seem to be kind of exploding out of the

mat and into the air. People let go, and it also brings about some very nice, deep, patterned breathing. It's very easy to get into a place where, it's almost as if you're pumping the air in and out of you with each breath. So that the breathing becomes more open and deeper than you're normally used to.

Carol: And there's that whole element of joy. When you mentioned a minute ago about reminding you of being a kid bouncing on the bed. There's something about *every* child likes to bounce. Every child gets such joy out of it. And there's I think a rekindling of that childlike joy, there's some kind of freedom to that that brings us back to that.

Jordan: Well it might be bringing us back to the experience in utero where we're floating or it might be as you say, it's just, I've never met a kid that doesn't want to bounce on the bed or on a rebounder pretty much. And interestingly, rebounding *seems* to, with children who have autism, there's quite a lot of anecdotal reports of kids bouncing for a while, and then they'll be able to ride a bicycle in a way they've never been able to. Or focus down and be able to practice the piano, or whatever it's going to be. So there seemed to be something innately harmonizing about getting into that bouncing rhythm. And you can sort of make the guess that, maybe it's because ultimately humanity will be off planet and in space as well as on Earth, and maybe it's also drawing us into the future, a weightless future, and what that will be like someday for us.

Carol: And also possibly it's about using different neurological pathways, because anytime you change the kind of motion and the way that you're using your body, you're changing the neural pathways that you're using.

Jordan: Absolutely. And as we've been saying it's so *fulfilling* to get to use more of your body. I actually see myself as bouncing in a kind of three dimensional egg-like energy body, the way Carlos Castaneda used to describe it. And I imagine that each time I'm bouncing in a different space, if I'm twisting or I'm putting my hands behind my head or whatever I'm doing, that I'm kind of coloring in that space energetically and making that energy body rounder and more full and

more complete.

Carol: That's a wonderful way to think about it.

Jordan: It's kind of fun to look at some of the videos I have taken and speed it up and watch where my limbs go throughout the whole time. And realizing that I can think of no other type of physical movement or exercise that literally, will cover and go through as much space as I go through when I'm rebounding. Just to wax poetic for a second, my belief is that one day there will be tens of millions of people rebounding daily in America alone, that it will be as big or bigger than yoga and running ever were, keeping in mind that until the seventies almost nobody ran regularly. It's kind of a new thing, and given the aging of the baby boomers, and given the fact that rebounding seems to have positive benefits for everybody from children with Autism and people who are profoundly visually impaired all the way up to high level athletes and executives. I think it works for everybody, that's one of the really great things about it. It can be as easy as a no-brainer, all you have to do is be on the surface of a rebounder and move your body a little bit and you're going to start getting a lot of physical benefit. Or it can be as sophisticated as meditating and using mantra and mudra and developing an acute sensitivity to the energy within and without your body and really bringing those together. I think because it offers so much to so many and because it's so much fun and it's so simple, that one day just like in the eighties when millions of rebounders sold before the whole kind of fad back then fell, that one day you will see rebounding come back and we'll have a much healthier populace.

Carol: Definitely, I want to get back to what you what you said in the beginning about the lymphatic system and how rebounding affects that, because there's a technique called the lymph pump which is used to stimulate the circulation of the lymphatic system. And as you were saying, the lymphatic circulation, you can think of it like the blood vessels, except it doesn't have the heart behind it pumping it. So it's moved by the muscles in your body moving. There's a technique called a lymph pump, where you basically pump your feet up and down, while you're lying down, and that stimulates the movement of the lymphatics through your whole system. Rebounding, and certainly that happens to

some extent when you walk, but rebounding is absolutely the perfect movement to create that kind of motion in your body, create that kind of movement through your lymphatic system.

Jordan: Right, the more you move your body, the more your muscles move your appendages, the more lymph you're going to pump. Also it's been suggested - and again I don't think there's any hard scientific evidence on this - that because of the pressure differential that happens when you're bouncing up and down, because of that gravitational increase, you know you're going up faster and then you kind of slow down and come down. The lymph system consists of many, many one-way valves and the pressure differential actually opens the valves during part of the bounce and sort of pushes things through even more thoroughly than other ways of activating your lymph system. The bit about not getting sick, I don't want to jinx myself, but I can say that I used to get sick quite a lot for most of my life, and it's not that I'll never get sick again probably, but I get sick far less than I ever used to. My daughter will come home and she'll have a cold, and people all around will be sick, and I pretty much don't get sick anymore. And that's why I really like to make sure I - even on days when I don't bounce, which are very infrequent - that I get that five or ten minutes in. Another thing to think about, is that there is something called a bounce back chair now, for people who can't walk at all. They can sit in these chairs and just kind of push up with their legs or use their arms and get a gentle stimulating up and down motion through this rebounding like device. That's also well worth considering for people who are mostly unable to walk or move very much.

Carol: That's very true. Rebounding I have also found very useful for people with asthma.

Jordan: Oh is that right?

Carol: Yes, in terms of really helping with their breathing, doing just very, very gentle bouncing. In fact sometimes people can start just sitting on the rebounder and bouncing a little bit, sort of like the chair you were describing, if they're not ready to really stand up. And it just starts to stimulate; again, it's what we were talking about in the

beginning, there are so many different paths, there are so many different approaches. And the body, our systems like variety, in a lot of ways. And this way we are getting different kinds of movements into our lymphatic system, to our immune system, and to our respiratory system, in terms of our breathing.

Jordan: With the caveat that the actual scientific evidence on rebounding is rather limited, I went ahead and created a list of all of the different things that rebounding supposedly helps. And again they are not proven scientifically but it's like this:

- Aging process retarded
- Arthritis improved or held off
- Blood pressure better
- Cancer prevention generally
- Chronic edema prevented
- Collateral circulation
- Diabetes onset delayed
- Energy increased
- Sexual libido increased
- Foot structure improved, including arches
- Heart disease and attacks delayed or prevented
- Hemorrhoids improved or eliminated
- Lymphatic circulation improved in several ways
- Mitochondria count within muscle cells increased
- Neck and back pain and headaches generally decreased
- Oxygen circulation increased
- Rehabilitation and pain reduction, knees, shoulders, arms, wrists, back, ankles, feet
- Resting metabolic rate increased
- Veins better circulation

Jordan: Now that's just one third of my list, I'm not going to read it all here, but from everything from cardiovascular disease to flexibility to bone strength and to respiration capacity to muscle tone. I think what's probably true is that rebounding is at least as good as almost any other form of exercise for almost anything that can be going on for you, with very little downside in terms of injuring you if you use it sensibly, and with a lot of possible upsides, including the convenience.

You know, you're in your living room and it's raining outside or it's cold or it's dark, you're at home with your kids, it's really pretty remarkable. One of the reasons why, a couple months after starting, I wanted to write about it and bring it to more people, was I kept thinking, 'if this is really as good as it seems to be, why aren't millions of people doing this every day?' I still don't really know the answer to that, but I'm committed to trying to get the word out.

Carol: Well you're certainly doing that, and I'm certainly a big fan of it, and support you in that. I want to talk about, we touched briefly on the concept of working with imagery or visualization and rebounding, and meditation, and for so many people they believe that in order to meditate or do any kind of visualization or imagery, you have to be sitting, preferably in lotus position, very quietly, not moving. I've always been someone who does not enjoy sitting very still and meditating, but is much more into movement, so I think the whole concept of being able to meditate, being able to go into an altered state while you're in motion is very intriguing and very resonant with a lot of people.

Jordan: Well I think you're absolutely right that rebounding kind of naturally induces a kind of light trance, and then once you get there, especially if you're paying attention to your breathing, that's the first thing that most people should pay attention to, being safe, having their posture good, and then just making sure they're breathing, not even trying to control it or do anything, once they are really breathing regularly they have a lot of options. A very simple thing to do is to find a mantra, a simple mantra that works for you. You can use the standard om, manipadmi om, there's many different mantras, and you can just say that while you're bouncing and keep going through it. Another thing that I've done a bit of is toning and chanting, kind of really bringing the sound energy up and through my body with each bounce. You want to make sure that you have enough privacy to really go at it. But it's a lot of fun when you bring that energy out.

The other one that I found really useful is mudras, which you know involves different finger positions, and putting your fingers behind each other or locking them out. And I find that when I'm doing that, it just

brings the flow a lot more easily into what I'm doing. I'm not so sure about it as being a direct replacement for the kind of quiet meditation when you are on your bench and you're just doing that and you're not thinking of anything. There's many different ways of meditating, of course, but some people need the very quiet, and other people like you say, need to move quite a bit. And since you're going to be on a rebounder anyway if you go for this path, there are ways of bringing in the visualization, you can put a yantra or some other beautiful pattern in front of you or a small statue of a Buddha or some figure that really inspires you, or a painting and just allow yourself to be lost in it and to open up into it.

Carol: I think it's also an great opportunity to use imagery or visualization around health issues. As you're working your body, as you're moving in these ways, to visualize the lymph system moving, visualize your immune system strengthening, the oxygen going to your blood cells,

Jordan: And visualizing yourself as being in perfect health! I mean some of the studies that I've seen suggest that if you have, let's say, a broken ankle, a visualization of a healthy, happy you running through a field is more effective than imagining little carpenters repairing your ankle. That's almost trying to exert too much of a level of control. But when you're bouncing, if you are feeling healthier and you can imagine yourself getting continually healthier while you're doing it, I think that definitely sets the right kind of tone. And for some people, I haven't actually done this, but setting a very specific intent before you get on, ringing a bell, saying a prayer, and then bouncing in a more overtly kind of religious and spiritual sense directly, that could be very effective as well.

Carol: There are a lot of spiritual practices that involve repetitive movement. In a lot of Tibetan practices and lots of different spiritual practices there are repetitive movements, where by moving through those motions you are allowing your consciousness to move out of your body and expand into another state.

Jordan: Another thing that helps bring along this kind of uplifting

trance is getting visual feedback, so I do have a mirror in the room where I bounce and I get to see myself. And there's something about seeing the geometrical patterns of myself unfolding in front of me that keeps me going. And I think, inspires me to make them more beautiful, to make them more harmonious. You get that kind of visual feedback. Now we're also thinking of other possibilities where there might be computer displays of how well you're bouncing and how harmonious you can get that kind of feedback, but we're not there with that yet.

Carol: There's a fascinating exercise that I learned from Jean Houston many, many years ago. I think it was from her Possible Human work, where you walked in one direction, took three steps in one direction, and as you did that you visualized yourself walking backwards in the other direction. So that as you are moving in one direction you are visualizing yourself in the other direction. And you keep creating this extremely multidimensional sense of yourself. And I just had a thought about incorporating something like that, some kind of exercises like that on the rebounder, where you can actually be visualizing your movements as you're doing other movements, and talk about accessing and stimulating different neural pathways!

Jordan: You know what, what you bring up is the fact that there are many physical disciplines and many spiritual disciplines and many experts out there who could bring what they know to the rebounding platform. I really think it is a multidimensional platform. And that one you suggested right now or pieces taken from Sufism, although you wouldn't want to do rapid spinning on a rebounder! But there are so many different pieces that when you add it to the 'okay, I'm going up and down, and my body's being three dimensional and I'm getting the lymph and I'm getting the aerobic, and I'm getting stronger and all this is happening at the same time...' And it would be easy to layer in different visualizations, and different practices. Dan Millman has a series of exercises that he was showing for a while, and he would describe how different parts of your energy body open up and clear out while you're doing different things. So I have no doubt that rebounding is amenable to the input of brilliant practitioners and geniuses in many, many fields, and that they will eventually bring it to rebounding and

help make it that much better.

Carol: I certainly hope so. I think it has tremendous potential for a very expanded form of exercise and movement.

Jordan: Or one that is just so simple and easy that if your kids are watching TV and just sitting on a couch, they could easily be bouncing and enjoying themselves at the same time. And there's an obesity problem going on, we had one mom write in and talk to us and said 'the rebounder you sold us, the bungee bands started wearing out after four months, what's wrong with that?' And we said, 'well how is your daughter using it?' And she said 'well she's getting on and using her ipod and bouncing really hard for about an hour a day, and she loves it and she's lost thirty pounds and she's popular and she's doing well in school!' We're like, 'well okay, that's a reasonable price for you to pay, right?' We'll just have to see what happens with it. This may be a fad that happened once and isn't going to come back, or maybe there's so much potential and there's so much need for healthier people. And I really think it's true that when you establish the physical base of health, it becomes so much easier to work on the psychological and the emotional and the spiritual.

Carol: That's absolutely true. And certainly in the time crunch that so many people are in in their lives these days, something that's easy and accessible that you can have in your house, that you don't have to go outside, you don't have to go to a gym but you can have available to you anytime. I know sometimes I walk past my rebounder and I can jump on it, hop onto it and jump for three minutes in the middle of doing something else. I think that kind of motion...

Jordan: Or if you have a headset on or a Bluetooth set on, I often have conversations with people and they don't know that I'm bouncing. One of the things about rebounding is that it's very aerobically efficient. There was a study done by NASA early on and they compared it to treadmills and they said that in terms of its biomechanical output, rebounding produces much more output per oxygen consumed than working on a treadmill. So the good news about that is that you can very quickly learn to bounce at a moderate level where you're getting

good exercise and be on headphones or be doing other things without it taking your breath away. The bad news on that is that when you want to get the full on aerobic component of rebounding you have to find ways of pushing yourself which means usually running in place to a fast song or using hand weights or bouncing on one leg or kind of amping it up.

Carol: The whole concept of using music, which is something I guess a lot of people do that in the gym and in different exercise because of the popularity of Ipods now, but that can bring you into a whole different energy.

Jordan: Oh it so can. I'm stuck in mid sixties, late sixties, early seventies music, so when I put on my early David Bowie, and I bounce to it, I end up feeling like I've been through the sixties again. But all sorts of different music works, all you really need is music that has a good beat, and what happens is your body wants to bounce, it's easier to bounce and to keep bouncing once you get into it, than it is to stop. And that's one of the reasons why I've been able to do something like 45 minutes a day for ninety percent of the days of the last seven years. I put music on, and I'm good to go. I'm having my own kind of world-class multidimensional workout everyday and I just couldn't love it anymore.

Carol: Well this has been really very fascinating. Can you give a little practical information about what to look for in looking for a rebounder? I know you can find very cheap ones and very expensive ones.

Jordan: Well I think what's very true is that with rebounding you get what you pay for. The least expensive unit that I know of that's not a toy, is the Urban Rebounder that I mentioned earlier. I don't have any kind of financial connection with them, but I do recommend that to people because it'll get you going and it uses springs, so that unit will be between a hundred and, well maybe it's more like \$150 right now. So if you're looking at a rebounder that's less than a hundred dollars it's probably not going to last. When I first started seven years ago, I weigh about 200 pounds, 210, when I started going hard on it; all the rebounders I used just broke. The springs broke, the mats frayed, it

was as if they never expected anybody to really seriously use it as an exercise form at an hour at a time. So over time I've experimented with better and better brands. There's two or three American spring made brands that are very good, and there's a German made brand now that also uses bungee bands instead of springs. Now these are very expensive right now on the order of, by the time we're done with tax and delivery, it's seven to eight hundred dollars which is a lot of money, but the bungee experience on a rebounder is quiet, it's smooth, it's easier on the lower back. It's the best rebounder that anybody's made yet.

It's an investment, if you think of what a good bicycle costs, and a really good bicycle costs a couple, three four thousand dollars, well this isn't that, but you're not going to find a good rebounder at the sports store for fifty dollars, it doesn't exist. It'll have these tiny little springs, they'll have bad mats, and if you try to use it seriously at all, you'll either hurt yourself or it'll just break. So that's been one of the problems with rebounding, is that there is that kind of first level of, 'am I really willing to pay money for something that I don't know I'm really going to do everyday?' So the best thing to do, is to find somebody you know who has a quality rebounder, which ideally is going to cost somewhere between 150-800 dollars, and see if you like the way it feels when you bounce. Then you can work your way up, and if you feel that it might be worthwhile you can go all the way up to the bungee-based type of rebounder.

Carol: And in terms of resources, there are so many different exercises, and obviously you can be very creative and make up your own, are there any books that you can recommend?

Jordan: Well the father of the industry is a guy named Al Carter and he has some books that are out there, there's a whole bunch of different DVD's. I personally don't like bouncing to somebody else's music like I'm in a gym class, and doing it their way and following their exercise, cause for me it's always a much more gentle unfolding. I like to see how my body wants to move and then I come up with five or six or seven basic bounces that I usually rotate through. So for me I do jumping jacks, and I do twists and I use light hand weights and I use

these things called the Pilates magic circle this kind of round tube thing that you can kind of hold against your body while you're bouncing and really work with your posture. I do have a free large book that's collected a lot of exercises. It's online in PDF format and that has a lot of different exercises in it, and I'm hoping to write a much simpler guide pretty soon that will kind of cover this. If you go online to amazon.com you will see fifteen or so different books on rebounding, several of which are pretty old, and you'll see twenty or thirty different DVDs that are available. But my recommendation to people is to stick with some very basic things, try jumping jacks, try twists, try just running in place. Running in place is a very interesting one, cause a lot of people have a hard time with it at first, but once you get it and you realize you can run like crazy without hurting your knees, it can be a lot of fun. For me it's been an evolutionary increase in what I know how to do on a rebounder, but again I do have a free PDF book online that people can find on enlightensource.com. You can also get to that from Enlightenment.com

Carol: Great, that'd be very useful.

Jordan: My problem is that because professionally I'm a writer and a ghost writer, when given the chance I write an encyclopedia, and the previous book that I wrote which is the one I was talking about, is a little bit *too* complete. So people tend to get overwhelmed by it, but it's got a lot of individual exercises and suggestions in it, and it also sums up all the available scientific evidence as of three or four years ago about rebounding, and it will let you know what I was thinking then, and if you're interested it will be a pretty good read.

Carol: Well great, that's a wonderful resource. And thank you so much, this has been really, really interesting. People don't usually think of an exercise form as something they can really work on all levels of their being with. But I think the rebounding process is one where you really can incorporate emotional, mental, spiritual, visualization, health benefits, all of these things.

Jordan: All of these things at once, and every now and then I get in to a state of feeling like *I'm* being bounced or I *am* the bounce and I've

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called it God bouncing or Chi bounding. And it shifts, you go to that other level and you go, wow, I can't believe this is this good and why aren't millions of people doing it every day? But we'll get there, Carol.

Carol: I'm sure we will, with your help also, so thank you so much Jordan this has really been great.

Jordan: Well thank you for having me, I've found it wonderful to get a chance to talk to you about these ideas. I appreciate it.

Carol: And thank you all for joining me in our 8<sup>th</sup> call of the series with Jordan Gruber. Please check out his website, [www.enlightenment.com](http://www.enlightenment.com) where you can read his newsletters, reviews, listen to interviews and much, much more. I hope you are finding these calls full of information, insight and inspiration on your path to health, healing and happiness. Please join me next week, when I talk with Dr. Simon Evans, author of the popular book "BrainFit for Life" and the e-book "Brain Fitness: A Recipe for Feeding Your Child's Dreams and Unlocking Their Maximum Brain Power." Simon and I will discuss how to keep your brain young, how to support and improve your emotional, physical and cognitive intelligences, and how to feed, exercise and challenge your mind.

Until then, have a safe, healthy and peaceful week.