

Book Journeys Author Interview – Mar 26, 2015

Dr. Angela Lauria with Gurutej Khalsa, author of *The 13th Month: How to Get an Extra 29 Days Each Year*

I think that desire is the most important thing. If you really desire something with your entire being, it's gonna happen. It may not happen in your timeframe but it will happen. If you desire to get this out that you feel like you have a gift to give the world, and you know that it's priceless, then just stick with that and allow it to come through you. ~Gurutej Khalsa

Angela:

Well, hey everybody! We are back with another episode of the Book Journeys podcast. It is an exciting day today because why? It is my birthday. So, I'm gonna celebrate with one of my favorite authors on this planet who I've known for quite sometime now, probably four years. Uhm, Gurutej Khalsa has several books out. We're gonna to talk about her newest book, the 13 month, *The 13th Month: How to Get an Extra 29 Days Each Year*. Sometimes I feel I need an extra 29 days each month, so we're gonna have to talk about the ninja skills there for how to up the ante. And if you are like me, like most authors and authors in transformation, it seems like there's never enough time, so it will be great to, ah, to talk to Gurutej. I also wanna encourage you today. I have launched, uhm, my second podcast, a how-to podcast: *How to Write a Book that Makes a Difference*, how you can take the steps that Gurutej has taken and get your book out in the world, get your message, making the difference and changing people's lives. You can check that out on iTunes. It is called *^Page Up^*. So, please do check out and review *Page Up* on iTunes. And right now, I want to welcome the author of *The 13th Month*, Gurutej Khalsa. Gurutej, thank you for being with us.

Gurutej:

Thank you so much. It's really a joy to be with you and just be able to catch up and see all that wonderful work you're doing. Yeah.

Angela:

Awesome. Well, I am so glad we get to share this time together and we have been on our book journeys together for the last three or four years and it's amazing to see how books unfold, how the creation of books unfold but also the way you're impacting people's lives. I think that's why my listeners do it. It's like it's really not about the fame or the ego trip. It's really about being able to impact people's lives and help make a difference when there's so much healing that needs to happen on this planet. So, uhm, so I just, I appreciate you so much and your journey, and I'm glad I've had some small part in it.

Gurutej:

Yes, thank you darling, and I couldn't agree with you more like, you know, when people say, you know, find a niche that's, you know, people want something in, and then you know, write to that. I thought, *Oh, my God, I've never done that*. But I will tell you the interesting way that *The 13th Month* came about is, uhm, Steve Harrison who we both did that course with, you know when he does that one-on-one interview with you, he looked at my, everything that I've done in my

life, which is, you know, you know some of it but pretty amazing what I've done. I mean I've taught all over the world, I've you know, but the thing that he was most impressed about is that I slept for three to four hours a night for 35 years. And he said, "I want that time that you can get from doing that." And I'd looked at him and I said, "Seriously?" I said, even, and you know he's very Christian and I said, "Even if it means that you have to meditate, and, you know, do things that, you know, learn to stretch time and space?" He said, "I don't care what it takes." So...

Angela:
Love it.

Gurutej:
That was the inspiration.

Angela:
So yes, so tell us. I love that inspiration. Tell us what *The 13th Month* is about and who it's for?

Gurutej:
Ok. It's for two very specific groups. It's for leaders who have more to do than times to do it in and, you know, to give them a 13th month in 20 minutes a day or less. And it's also for mothers who have exactly the same problem. Right? And if you're a leader and a mother, then, you know, it's doubly for you. So with that now...

Angela:
Right, that's why I want the 29 days each, I want an extra 29 days each month 'cause I'm a leader and a mother. I need to double that.

Gurutej:
Yes. Ha! Precisely. So, the consciousness of it is, is that I took, I think, the biggest thing that people who are busy say is, *Oh, just* Uhm, you don't, *I don't have the time. I don't have the time.* So, looking at your life from a place of, if it doesn't take a lot more time, would you be willing to do it? So, like eating. You're going to eat. What you're going to eat and how you're going to eat it are the important things, right? So, it's just upgrading and up-leveling your food choices and you know, you don't do that when you're starving, and you know, running into a fast food place or a convenience store. It's really thinking about our lives in the same strategic kind of ways that we think about our business and thinking about the parts of our lives. So, the four, the six parts that I look at, and you do not do all of them at once. You pick the one that you think that will have the domino effect in your life. So, it's how you go to sleep, which people are, like, "Oh yeah, I just drop, you know, fall asleep in front of the TV or I just, you know, die. So, it's really giving people really simple, profound tools to be able to let go of the day and go into a much deeper sleep because the truth of it is we don't need more sleep. We need a better quality of sleep. And I tell you people all over the world do not need 8 to 10 hours of sleep. When you go to Japan or India, they don't need it. It's the quality of sleep that we need, so it's really how to get quality sleep, how you go into it. You've had a really challenging day? Take a shower and wash your hair, you know. Then, I have all sorts of exercises for how to, you know, clear your

magnetic field. We pick up so much stuff all day long and we talk about the magnetic field of our computers and our phones and, but we don't know how to deal with our own magnetic fields. So clearing everybody and everything out of your magnetic field before you go to bed, that's another thing. And if you want me to give demo, you know, like give exercises while we're talking, I'm happy to share, you know, some of those things.

Angela:

So let's talk about, you said there were four areas. So, what are the four primary areas?

Gurutej:

Six.

Angela:

Oh, six.

Gurutej:

Yes, there are six primary areas. How you go to sleep, how you wake up is how you go to sleep. You don't wake up, you know. So how you go to sleep, how you wake up, how you eat, how you exercise, how you breathe, and how you meditate. And breathing doesn't take any more time at all but most of us are, if it wasn't an autonomic response, we'd be dead many times over.

Angela:

Haha! Yeah.

Gurutej:

Learning how to work with each one of these things and not make it a big deal but make it, make a shift in your life, so that it's feeding, every one of these areas are feeding you, instead of taking energy away from you.

Angela:

Right.

Gurutej:

When we don't breathe we lose energy. Eat, you know, junky food, it may be really yummy for five minutes but then there's health to pay, you know, for hours afterwards. So it's really just understanding that having the more energy that we want and being able to, you know, it really has to do, you know we have the slow food movement but we don't have the slow talking movement. We don't have the slow breathing movement. We don't have the slow, you know, so it's really how to slow our internal rhythms down, will allow you to have a much better vision and not to have to backtrack so much over things. I mean, think of all the times you feed through things and you have to backtrack and go back and clean things up whether it's a conversation, or you know, just something that wasn't well-done, a proposal or, and when you're writing, you've got to be able to take breaks during the day, to get some exercise to change, you know, your brain, to literally wash out your brain. You know, we think of brainwashing as a bad thing. I

think that brainwashing is a really good thing. If you can get your cerebral spinal fluid up into your brain and get it washed out, it's the best! Because then, you can go back to your writing really clear, right?

Angela:

So, one of the things I do is I work with people at a three-day event that we call Three Days to Done, where in three days, people write their entire book. And one of the biggest challenges I have with that event is that there are built-in breaks, where there is forced fresh air. And I sometimes literally have to grab my authors by the hand and take them outside because they will not get up and they feel like they're more productive not taking a break. But what I know is the only way to get a book done in three days is actually to have lots of breaks, lots of self-care, lots of down time away from the book, because then when you do start writing, it's so much faster and the quality is so much better.

Gurutej:

Absolutely.

Angela:

So, I actually have military style breaks at my program but I think that fear that I deal with, with my authors, have to come up for your readers too, which is that feeling that like, *If I take a break, I won't finish or If I step away, it's gonna, I don't know, go out of my brain or something. I won't be able to get back there.* So, what do you tell people about those fears that come up?

Gurutej:

Well, I tell them that right now there is so much research that quantifies that after 60 minutes, we lose like 30 to 40 percent of our productivity. And I've got some of those stats in the book. Okay, 30 to 40 percent is a lot, you know, that you lose, you start losing productivity and, you know, if you don't believe this, then look at the scientific statistics on the fact that if you don't. The other thing is that once people have an experience of doing like one of the exercises with me, they feel so much better. They can feel that their brain is literally clear and so, if from, you know, 90 seconds to three minutes taking that time, they can feel like, *Oh my God, I just feel like a different person.* Literally in that period of time. So it's just getting people to do that and I know what you're saying. And if I were you, I would, you know, get up on the stage with them and just run one of my videos and say, "Ok, you're gonna do this right now. Stand up, do this." And then, have them sit down and see how they feel.

Angela:

I love it.

Gurutej:

Because it, it really is...

Angela:

Yeah, I love it. I actually schedule, I really want them to take at least a five-minute break but I schedule 30 minutes. That's for me to negotiate with them about taking a break. Hahaha! ... negotiation time and then, the actual break, where they stop... And then, they go on the break and they wanna talk to me about their book. I'm like, *Not really, your book will still be there if we take three minutes and breathe. Still gonna be there, I promise.*

Gurutej:

Yeah. Yeah.

Angela:

But there's this, I think there's so many, you know, fears and myths that will, you know, lose our train of thought or lose our productivity or we're on a roll or, you know, there's always stories that we tell ourselves. And I do think we just, when you experience it, what it feels like to be replenished, then, you know that's when the magic really happens. Then, you can turbo charge it.

Gurutej:

The experience is such an important thing and that's why, you know, I think that just, you know, just get up on the stage and do something with them going, "Ok, alright, stand up and now we're gonna do this." This is, it's like, you know, forced, calisthenics, yoga, whatever you wanna call it, it doesn't really matter. But just getting them to understand that there's one really powerful one where you just tuck your thumb inside of your fingers, like, touch to the mound of your baby finger and then wrap your other fingers around it. And just take your hands up over the top of your head and just breathe through the mouth and just fhhh! Like a ... just go back, back, back, back, back, and just fhhh! fhhh! fhhh! fhhh! And both hands go back and you just get to clear off the top of your head. And I'm promising you, you do that for 90 seconds, you feel like, woohoo! And you realize, people go, "Oh, I get so light-headed." It's like, "Yes, 'cause you haven't been breathing." Haha! Yeah, no oxygen! Now you have oxygen. Now, you can actually work! Right. And so, you can get people standing, standing up and doing that. Yeah.

Angela:

So, Gurutej is the energy guru and you can actually go to G-U-R-U-T-E-J dot com, gurutej.com and I know you mentioned you have some videos. Can we find them on your website or how can we find them?

Gurutej:

No. But you can, if they sign in, they will, ah, be able to get, a really good pre-ebook that's called The Six Pillars of Life. And there's a lot of my videos on my YouTube channel.

Angela:

Love it.

Gurutej:

So join my YouTube channel and you'll see new things when they come up, so there's lots of those.

Angela:

And there is a ...

Gurutej:

And then, also they can...

Angela:

Go ahead.

Gurutej:

They can get my flipcharts which are so expensive, it's unbelievable. They're \$20 for both of them and there are 13 exercises for release in one of them and there's 18 exercises for rejuvenation in another. And these are great to like sit on your desk or put in your purse and, you know, and just take out and go, "Okay." And if you schedule like three breaks at least a day, and do something for three minutes even, and I have things that you can do standing up by your desk, whatever. I'll tell you, you'll find out that you can write your book in record time because you have to take breaks. It's really important or you will break. That's the alternative.

Angela:

Haha! There's a woman on a mission. Yes. Ok well, let's talk about your break. Let's talk about how did you write this book, and I know this isn't your first book. So I wanna talk also about how writing this book was maybe different than some of the other books you've written. What was your process like?

Gurutej:

Uhm, you know, my process is that I just commit to writing and I won't even tell you everyday. I just, you know, I really, as long as I'm focused on a book, I just kind of, when I'm out rollerblading or I'm out doing something else, I let parts come to me, right? I allow the pieces that are really the most important pieces to come through because the thing that you realize with the book is what you think is important, and I'm sure you tell your people this, is not necessarily what other people will think is important.

Angela:

Yeah. Absolutely.

Gurutej:

So finding out what the people who need what it is that you're, you know, really wanting to share and have an expertise in, what do they really need and what do they say? You know, what words do they use and how do they say these things and so, the consciousness with the 13th

month is people asking for two things: more time and more energy, right? Because without energy, all the time in the world doesn't do you any good. Haha! ...

Angela:
Right.

Gurutej:

So, you need a combo pack. And the more time is just a way to get people in the door. You know, what's delivered is how to be able to get the energy to best utilize the time and the things that, you know, looking at one of the robbers, everybody has energy robbers in their life. And how can you eliminate as many as possible but how can you really go for embracing things that give you energy as opposed to the things that take the energy from you?

Angela:

So, you have a conversation with someone and you get what, we're talking about Steve Harrison, you get a conversation with Steve and you get really clear that this book is needed, this is something that comes from your experience but that can, ah, that is wanted by the market and that can really change and improve people's lives. How long did it take you from getting that idea to actually finishing the book and what were some of the milestones on that journey?

Gurutej:

Well, that book was a little bit interesting in that my daughter was very sick during that period of time too. So I honestly have no, I mean I really couldn't tell you how long it took me to do it because it wasn't the most important thing happening in my life at that time. Uhm, I did learn along...

Angela:

But I think this is actually true for a lot of people. They get an idea for a book and then, life happens. Obviously, what happened to you was, you know, tragic and intense, and there's a spectrum so it might just be getting a cold that set you back or it might be some major life event like what happened in your life. But how do you know when the time is right? How did you know when it was right to go back to this?

Gurutej:

Well, I think the important thing is it was so close to being published and I actually even published that book, and then, I read it. I published it only a few months after my daughter left her body and I, like about six months afterwards, I read it and I was like, *Oh my God, it was not edited properly*. So, I chopped off everything and slapped it back in and, you know, had somebody re-edit it and reformat it. I reworked certain areas of it and re-released it. So, you know, I just wanna say it's a fearless process and it's, you know, you just, it's not necessarily, you may go back and go, *Oh, my God, you know, I can't believe I did this*. So, put it back, redo it and put it out there, you know. It's as long as you're, you know, publishing it through CreateSpace or something like that, it makes it, you know, really possible. Now, my first book, *A Slice of the Beloved*, has beautiful pictures in it. I mean it's a gorgeous book, it's got gorgeous

pictures but I have to tell you, you know, the pictures bleed off the page. It's an art book as well as being, you know, very good informational book. But I did learn that unless you want to have them printed and a lot of them at a time, that's not the best, you know, that's not the best ah...

Angela:

I was gonna say that sounds expensive.

Gurutej:

It's expensive. Hahahaha! It was expensive but it's a, you know, it's a gorgeous book but it's expensive So, uhm, yes, you know, you just, it's what you, what you love, and I think the biggest thing is just like if you put a timeframe on it, great! And if you don't meet that timeframe, can that be great too? You know, can you realize that if you really have, I'm really into desire right now. I think that desire is the most important thing. If you really desire something with, you know, your entire being, it's gonna happen. It may not happen in your timeframe but it will happen. If you desire to get this out that you feel like you have a gift to give the world, and you know, you know that it's priceless, then just stick with that and allow it to come through you. I think that we get so impatient with ourselves about like, "Ok, I said I was gonna do this by this date and I didn't do it" and, you know, or the other thing is this that I've known people say, "I said I was gonna do it by this date, it didn't happen, so therefore, I'm not gonna do it at all." You know, and both of those are like...

Angela:

Hmm. Right. I think writing is so, uhm, it's so filled with shame. Like we can come up with stories to shame ourselves very easily, and you know, *I should be here, I should have written three books by now, or I should have finished this book, or I should have done it by this date.* Like there's so much shame that comes up around writing. And, yeah, I think that's one of the...

Gurutej:

I'm not disciplined enough, I knew I shouldn't have started this because, you know, I'll never finish it. (laughs)

Angela:

Right. How do you deal with those things or how do you keep those gremlins at bay?

Gurutej:

You know, I just realized that I was given the assignment to do this.

Angela:

Hahaha! That's awesome.

Gurutej:

By something that's bigger than me, right? And so, I was entrusted. It's not like any of these concepts that any of us are writing books about are new. Okay? They're not new. They've been around for ages but we're just re-unearthing these concepts that are your gifts and so, you

know, as long as you really know that, you know, then you know that, that, that, that which gave you the assignment doesn't have a timeframe on it. Haha!

Angela:

Hmm.

Gurutej:

It doesn't have a good or bad, it's just you got the assignment and if you don't do it, somebody else will. Okay? So you have the, I look at it as "you get to." You get to do this and, you know, when challenges come up, are you going to let them crush you? Are you, is your desire big enough that you're gonna go, "Okay, this is just a challenge, you know." Yeah. And every writer is going to have time...

Angela:

Right. So do you ever experience writer's block or periods where you feel like you don't have, you don't have anything to say, or you don't know what to write and what do you do if that happens to you?

Gurutej:

I have to say, no I haven't ever experienced that because it's really, it isn't me. You know what I mean? It's not, it's not about what do I have to say. It's about what's coming through. And I think that to me, writer's block means that we're not paying attention to the magic of the moment. It's like we're not, you know, we're so focused on something that we should be doing that we're missing what's available to us, you know, in that moment, like what's available right now. What's, you know, what if we had conversations with people and saying, "What was the magical experience you had writing your book?" And you know, we focused on those things, not to the exclusion of talking about the challenges 'cause there's, there's just being disciplined enough to sit down by yourself, you know, for hours, many hours it takes you to write a book. That in itself is huge, right?

Angela:

Right.

Gurutej:

I think it's that we don't acknowledge the miracle. *I sat down for two hours today and wrote. Woohoo!, I got two pages done. That was crappy.* Really? You got two pages done. It's all how we look at it. And I think that I just, I didn't get stuck because I just, you know, allowed what was supposed to come through to come through. And it's, you know, when you think about that, this lifetime is so short, really. It's just so short and that you are being asked, whoever you are as an author, you're being asked to bring forth something and if you say yes, then, you know, become like a child and go, "Woohoo! Hahaha! I just did this! This is like really cool!" Right?

Angela:

So what for you, you've been an author for how long now? 10 years or so?

Gurutej:

Oh, I think longer than that. I think the first book came out...

Angela:

Longer than that?

Gurutej:

Yeah, yeah. Probably more like, goodness, yeah 15 maybe. I don't know. I'm sorry I don't even remember the first book.

Angela:

Alright. We'll say in the, we'll say in the last 10 to 15 years of being an author, what is the, what is the best thing for you that has come out of being an author?

Gurutej:

Knowing that I have left some really good tools for people. You know, my book happens to be, you know, tool books, I mean recipe books. It's like, you know, a tool kit. Uhm, ah, so uhm, that's what's important. You know that's what's important, and that, it's important while I'm alive and it's important while I'm not alive that they actually get to, you know, if people actually read these. The first one is *A Slice of the Beloved*. It's about, you know, how to have an intimate relationship with yourself and then build, you know, connect with the other, have an intimate relationship with the other and then how to serve from that place. So it's tools for that. The second book is about these 11 centers in a woman's body called the moon centers that change every 2 1/2 days. And if men only knew this, they would not find women quite so confusing as they do, you know, now. And women would not be so, you know, guilt-ridden about how emotional they get and they would have tools to be able to get to the empowered state. But they would go, "Oh, my God. Yeah, I have that happen to me every month. Oh yeah, I get this every month." You know, so it's really like not only giving them a, you know, what it is but giving them tools of how to get, you know, into the most empowered aspect of it.

Angela:

Love it.

Gurutej:

So that's really, I have one that...

Angela:

And that obviously with your...

Gurutej:

Go ahead.

Angela:
No, you go ahead.

Gurutej:
I have one that, uhm, is, ah, called *I Am Empowered*. It's not even published. It's only part of a program. But it's really brilliant and that it's for 10 minutes a day that you do something that really empowers you. And there's videos and there's audios and there's, ah, you know, you can read for 10 minutes, there's questions. So, there's just different aspects of how you can really get empowered. And again, 10 minutes a day because the biggest thing right now is people don't want one more thing they have to do. But what about if you...

Angela:
Right.

Gurutej:
Yeah, what if you get to do one more thing? Or what if you actually find something that makes you feel so much better, you know, all the time in your life? Is that worth it, you know, to give 20 minutes a day too, that you feel strikingly better?

Angela:
Yeah.

Gurutej:
And more, you know, you have a better capacity to, uhm, you know, write your book, right? Look at, you know, the best way to get it published, you know, who do you wanna be with? All of those kinds of things. So it's not, right, it's just writing a book is just one small part of it, isn't it? Hahaha!

Angela:
Yeah. Absolutely. Well Gurutej Khalsa is the author of many books including her newest book, *The 13th Month: How to Get an Extra 29 Days in Each Year*. You can definitely use those 29 days to write a book and the best news I think from this epis-, for me, has been that you can do that with more energy, feeling more rejuvenated rather than just wearing yourself out and burning the candle at both ends. So, that book is available on Amazon. You can also go to gurutej dot com. That's guru-T-E-J, guru-T-E-J dot com. Gurutej, thank you so much for being with us on Book Journeys.

Gurutej:
Oh, my blessing, darling. Thank you.

Angela:
Mmm. And we will be back next week. Ah, in the meantime, go check out ^Page Up^, our new how-to podcast and we'll meet you back here, changing the world one book at a time.