# Dr Shiv Talwar’s Story—Transcript

Shiv Talwar: My name is Shiv Talwar. I was born in India in 1937. I immigrated to Canada in 1966. And I've lived in this home ever since, in Waterloo, Ontario. I came here as a student. I was studying for my PhD degree in civil engineering, which was granted to me in 1973. In 1968, I started teaching at Conestoga College the professional civil engineering. And I retired from there in 1996.

I retired early because I had a project to pursue, and that project was to solve a human problem, the human problem of identity violence. I experienced identity violence in India in 1947. I was 10 years of age. When India got divided in two countries, India and Pakistan, there was a lot of violence of one religion against the other. At that time, I decided that when the time comes, I'm going to do something about it. And that project was in the back of my mind all the time. And when an opportunity came to retire early, I took it. And since 1996, you can say, I've been working on this project.

This is my first book. The title is The Common Ground. And it is Volume 1 of The Common Ground. This looks at the wisdom of various religions and that of science, and saying that the wisdom of religion, wisdom of any particular religion for that matter, is the same as the wisdom of other religions, and it is the same as the findings of modern science, too.

To keep life off autopilot, had I known this when I was two, three years old or had my parents taught me that when I was two, three years old, I would have been a better student, I would have been a better-behaved, better-disciplined person, I would have had a calmer, more peaceful existence. If I'm calm and peaceful inside, I contribute to a peaceful world, and a peaceful, healthy, well-behaved community. And that is what I should have told my younger self.

My advice to students, whether you are PhD students or preschoolers, would be to practice a physiological process and learn the skill of breathtaking. We all breathe unconsciously. Breathing is happening and we are not aware of it. And if we learn to breathe consciously and deeply, we get our life off autopilot. And when our life is off autopilot, we think before we act, we think before we do something, and not act and do things unthinkingly, and a lot of things are done without mindfulness of what we are doing. And to develop the ability to be mindful, breathe mindfully. Costs nothing. It does take some effort to take a few minutes out of your life to breathe deeply, because to breathe deeply, you have to sit in a particular posture and you have to pay attention to every inhalation and to every exhalation. And for that, you have to take some time out of your busy lives. So, if you take that time out of your busy life, you'll be doing yourself a big favor and you'll be doing your community a big favor and humanity a big favor. Because conscious and deep regulation of breath can change you from within. It'll change you in every dimension of your being.

Age does not mean that you are sick. Age does not mean disease. I do not take any subscription pill... or prescription pill, sorry, at all. I'm perfectly healthy, of sound mind. And I sleep like a horse and work like one.