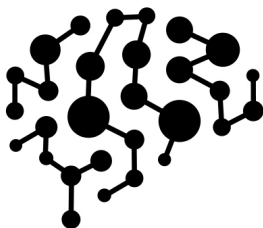


ONE GOLDEN NUGGET



**HOW TO
SURVIVE
AND
THRIVE
VOLUME III**

**JOE FOSTER, FOUNDER OF REEBOK,
RETURNS WITH POWERFUL NEW STORIES OF
RESILIENCE AND INNOVATION, CHANGING THE
WORLD ONE PAGE AT A TIME.**

Joe Foster



CHIRON YENG

Leadership Mentor in Heart-Centred Living

Speaking with Chiron was truly fascinating. He has ventured into realms of life that remain largely mysterious to many, leaving me with a million more questions I wish I could have asked. I'll admit, I've always been sceptical about astrology and similar concepts, but hearing about his experiences, particularly his journey to the depths of Peru to take ayahuasca, gave me pause for thought. I truly admire the courage and conviction it must take to pursue that kind of inner exploration.

Chiron was just five years old when he was diagnosed with atopic dermatitis, an autoimmune skin condition that doctors said would require lifelong medication. As he grew, the diagnosis set him on a path, not one centred on merely managing symptoms, but one that prioritised health, healing, and a more profound understanding of well-being.

Growing up in Malaysia, his parents took different approaches to managing his condition. His father favoured the conventional pharmaceutical route, while his mother turned to ancient Chinese medicine.

Although his condition is considered fairly common, it took a significant toll on Chiron as a boy. He describes how “simple pleasures like playing with friends, eating food I enjoyed, even taking a shower were out of bounds, and I became very frustrated and angry.”



As he grew older, his self-consciousness deepened. “My face was red, and I could sense the discomfort in the air between myself and others. I really just wanted to fit in,” he recalls. Once an active, lively, and sporty child, he suddenly withdrew at the age of ten, becoming introverted and deeply immersed in his studies to cope with his situation.

Chiron’s father, an engineer, set high expectations for him and his siblings, instilling a strong sense of discipline and routine, which Chiron found comforting and inspiring. “He took charge of our education, ensuring we completed our homework every night,” he explains. “With his engineering background, our focus was always on maths and science, rather than languages or art.”

Although Chiron excelled academically beyond his years, he felt cut off from his emotions and unable to fully express himself. At sixteen, he decided to stop the medicine — the creams, injections, tablets, herbs, baths, and acupuncture. “I had been on the drugs for ten years,” he explains, “so the withdrawal was very painful, and my skin condition rapidly worsened.”

Chiron’s condition became so severe that he was confined to bed for over two years, prompting his parents to embark on a quest for alternative treatments. They took him to Australia, China, Taiwan, and Singapore in search of a cure, yet his condition showed little improvement. Determined to find answers, Chiron began his own research and eventually identified what he had been experiencing: topical steroid withdrawal. This realisation marked the beginning of a transformative journey of self-discovery and healing, driven by the belief that the body, given the right conditions, has the power to restore itself.



“Love in action means choosing our highest values, purpose, and mission over others’ expectations of who we should be.”



Determined to reclaim his health and live life to the fullest, he committed to a self-healing path, immersing himself in the natural elements of sunlight, water, nourishing food, rest, and relaxation. Over time, Chiron began to see real improvements, eventually regaining enough strength to return to his studies, complete his A Levels, and go on to study mathematics at Imperial College London.



During his first year of study, Chiron discovered the joy of dance as a powerful form of self-expression and developed a deep interest in astrology, psychology, and philosophy. Reflecting on this transformative period, he shares, “I uncovered an entire world within the subconscious mind that was influencing my well-being, and I felt compelled to take the path less travelled to explore it further.”



At the age of twenty-four, Chiron finally found his authentic pathway and enrolled in what he calls “a Buddhist-inspired university.” He studied religious studies and contemplative psychology at Naropa University in Colorado, immersing himself in a coaching programme while also embarking on a transformative pilgrimage to Peru. There, he sat with shamans, studying plant medicine and psychedelic-assisted therapy, deepening his understanding of healing and consciousness.

The journey to Peru was gruelling. It began with a twelve-hour flight from the US, followed by another two-and-a-half-hour flight to the Sacred Valley. From there, it was a six-hour bus ride and a further six-hour hike with backpacks deep into the forest.

Chiron describes a magical sanctuary, “totally off-grid, with a view of the Andes to one side, and the Amazon rainforest to the other.” He recalls drinking a concoction: “Then all my senses opened. I could actually hear my heartbeat and see in the dark. I’ve never liked insects, but at that moment, I fell in love with them. I had flashbacks to memories of my childhood; it was a symbol of my psyche.”

Chiron believes his study of Jungian psychology was instrumental in helping him interpret the experience, allowing him to decipher the symbolic messages that emerged. Reflecting on his journey, he describes sensations similar to those reported by others who have undergone ayahuasca ceremonies: “I broke into a cold sweat and was overwhelmed with fear. My body felt weak, and I couldn’t sit up straight. At one point, it felt as if I was dying.”

During the experience, he encountered what he describes as a “furious beast trapped in a cage.” As the shaman sang and the drums echoed through the night, Chiron slowly came to a realisation, the beast was not an external force, but his younger self, carrying years of repressed anger and pain.

He recalls, “Eventually, something shifted within me, a deep, somatic transformation. I felt primal, like an ancient part of me had awakened. The fear dissolved, the cold sweat vanished, and, suddenly, I had this visceral sensation, as if I were growing a tail. My hormones surged, and a powerful, raw energy coursed through me, including an intense sexual urge. At that moment, I felt like a werewolf evolving under the full moon.” Looking back on that experience, Chiron reflects, “My limbic brain, my primal instincts, finally reconnected with my intellect, creating a sense of wholeness I had never felt before.”



**“There are no right or wrong choices,
only those that move us forward or keep
us stuck in the same patterns.”**

Chiron's experiences with ayahuasca opened his eyes to the deep interconnectedness between humans and the world around them, giving him a profound appreciation for the subconscious mind. As part of his wilderness therapy, he embarked on a vision quest, fasting alone in the woods, where he experienced deep introspection and transformation. It was during this journey that he embraced the name Chiron, drawn from the Greek mythological 'wounded healer,' a powerful reflection of his own struggles and his path towards becoming a healer.

As a healer, he declares, "My purpose is to guide humanity back to their true selves. Societal expectations often push people to become something they're not, leaving them unfulfilled, no matter how successful they appear."

Chiron's healing journey evolved into a spiritual quest, leading him to the White Lions Protection Trust in South Africa, where he studied leadership through the lens of nature and biodiversity. Under the mentorship of Linda Tucker, the founder and director of the Trust, he gained inspirational insight into her inspirational commitment to these rare and magnificent creatures, a dedication deeply rooted in her spiritual beliefs and personal journey. He was particularly intrigued by leadership's role in healing, not just on a personal level but also in restoring ecosystems. Much like the reintroduction of wolves to Yellowstone rejuvenated the land, he witnessed a similar



phenomenon in South Africa, known as trophic cascading, where the presence of apex predators revitalised the environment.

He describes, “Where the white lions roamed, it was green and thriving with biodiversity, while the land used for that evil act of trophy hunting was dead.” The experience led him to reflect on the idea that leadership is a “prerequisite for healing.” When he returned home to Malaysia, the world was in lockdown, and like many during that time, he found himself battling depression and suicidal thoughts. In his darkest moments, he sought guidance from the divine. This period of deep introspection brought a profound realisation; he needed to accept his situation and, as he shares, “forgive myself, my parents, the doctors, in fact, forgive everyone around me because they didn’t know any better.”

Once he practised forgiveness, he was able to let go, as he says, “of the anger, bitterness, resentment, and frustration that I had been holding on to for so long.” He now felt fully prepared to begin his coaching work, with the aim of healing others.

He explains, “As a coach, I don’t try to fix people or offer advice. I sit with them, holding the presence to mirror back the wisdom they already have but don’t yet see.” He describes the process as “a psychosomatic relationship that helps individuals re-anchor to their inner wisdom — to love, self-acceptance, forgiveness, and gratitude. What’s truly remarkable is that when I create that space for people to simply be themselves, the answers they’ve been seeking naturally begin to surface.”





“Failures often teach us more than successes. The pain, fear, and stress we experience in life isn’t a problem to be fixed but a message to be heard.”



As a leadership mentor in heart-centred living, Chiron has developed four core pillars:

- Knowing yourself cultivates clarity, allowing us to understand what we stand for and the powerful vision we are moving towards.
- Loving yourself builds courage, helping us to have difficult conversations and take action aligned with our deepest desires.
- Being yourself nurtures authentic connections with others, building a community that believes in you and supports your growth.
- Leading yourself helps you remain on the path long enough to reach your goal with purpose and resilience.

Drawing from his own experiences, Chiron believes that adversity has the power to unlock a person's greatest potential. When working with clients, he often emphasises, "Those who have faced deep pain and hardship often have the most profound potential waiting to come out, and these are the people with the greatest vision." His process, he explains, involves helping clients project their potential ten years into the future, and then "reverse engineer that to five, three, and one year goals."

Chiron aspires to create a form of trophic cascading that he feels is lacking in today's society. He affirms that he wants to “empower heart-centred leaders in the world to awaken the power of their hearts, to create heart-centred leadership as a new paradigm, and to inspire the life transformations that happen when people begin living with purpose. This, in turn, will result in more impact-driven businesses.”

All of Chiron's beliefs and teachings are deeply rooted in science, including his emphasis on gratitude, love, and the heart's influence on well-being. He references the research of the HeartMath Institute, an organisation that explores the intricate connections between the heart, brain, and emotions. Their studies support the growing understanding that cultivating gratitude and love can create coherence in heart rhythms, which in turn may reduce stress, enhance mental clarity, and promote overall well-being.

After studying the major religions of the world, Chiron recognised that, despite their differences, they all share one unifying theme: love. He shares, “I'm all about leading with love, and that means leading with humility, integrity, authenticity, and courage.” This belief system is one he hopes to model for the next generation of leaders, inspiring them to make a positive impact on the world. For Chiron, spirituality is defined by being of service, living his purpose, and being true to himself — engaging with others and working hands-on to make a difference.

At the heart of his work and belief system is a deep commitment to guiding others towards their own potential. At just thirty-five, Chiron is already focused on his legacy, which he views through the lens of the Greek word ‘entelechy,’ the realisation of one's full potential. For him, it's all about helping people unlock and share their unique gifts. He says, “I want to be that person who shows others that we all have something valuable to offer, and here's a roadmap to help you get there.”

That roadmap is vividly captured in Chiron's memoir, *Coming Home*, which chronicles his battle with atopic dermatitis and the unconventional healing journey that led him across three continents. It serves not only as a testament to his resilience. It illustrates how, even in the face of seemingly insurmountable adversity, he found his own path, and he invites readers to explore the depths of their own healing potential, challenging conventional thinking and embracing the power of self-discovery.



“An extraordinary life emerges from extraordinary choices that any ordinary person can make. Our sole responsibility is to fulfill our greatest purpose wholeheartedly.”



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