

PODCAST GUEST ONE-SHEET

Geoff Rupp

Vedic Meditation / Vedic Astrology / Himalayan Breathwork

He spent more than 20 years running television channels on three continents. A cancer diagnosis at 39 changed what he wanted from life. Today Geoff teaches Vedic Meditation, Vedic Astrology and Himalayan Breathwork, and guides successful people through the turning point most never plan for.

20+ years
running TV channels

66,000+
views on two podcast clips

6,651
Instagram followers

11.2K
YouTube subscribers

figures as of October 2026

FOUR EPISODE ANGLES

1. **The map you were born with: what Vedic Astrology says about this lifetime**
   Takeaway: a clear way to look at your own chart and ask better questions of your life.

2. **Twenty minutes, twice a day: how a mantra gives you clarity and a daily reset**
   Takeaway: what a mantra practice is, why twice a day matters, and how to begin.

3. **You got to the top and realised there is more: the turning point**
   Takeaway: a way to recognise your own turning point and the first step to take.

4. **Himalayan Breathwork: the whole jigsaw, not one piece**
   Takeaway: what Himalayan Breathwork actually is, how it differs from other breathwork, and a practice to try this week.

Questions to ask Geoff

1. What is a Vedic Astrology chart, and how is it different from the astrology most people know?
2. What are charm and aversion, and how does knowing the feeling of charm help you trust your own direction?
3. What is Himalayan Breathwork, and how is it different from somatic, holotropic or Wim Hof style breathwork?
4. How do you tell whether you need to change your circumstances or change how you are living?
5. You spent more than 20 years in television. What did that world teach you about stress?



HEARD ON

Hey Soul Sista (Mel Histon)
India Calling
Ojas Oasis (Sasha Bershadsky)
Becoming Your Warrior (Emma Ritchie)
Toxic Silence (Janella Purcell)
The Conscious Evolution Show (Arthur Bablis)

Book Geoff for your show

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