

The RKEO X Podcast Press Kit

THE SHOW

At the RKEO X Podcast, our mission is to bridge the ancient and the modern by exploring the depths of archaeological and paleoanthropological knowledge and delivering it to the public through compelling, accessible podcast content. We aim to expand consciousness and empower individuals to maximize their life experience through the integration of ancient wisdom, biohacking, lifestyle design, nutrition, water, sound, and other holistic practices. By uncovering humanity's past, we illuminate paths to a more conscious and optimized future. Through our research, we want to awaken a global movement of conscious explorers who reclaim ancient wisdom, question mainstream narratives, and co-create a healthier, more intentional future.

THE HOST

Jared Murphy is the author of “It’s Not Aliens, Worse, It’s Us,” and continues his personal practice in the breath work of Wim Hof, biohacking, and consciousness. Jared is the founder of RKEO X and leads explorations all over the world, bringing with him his passion for the search and rescue of our ancient past.

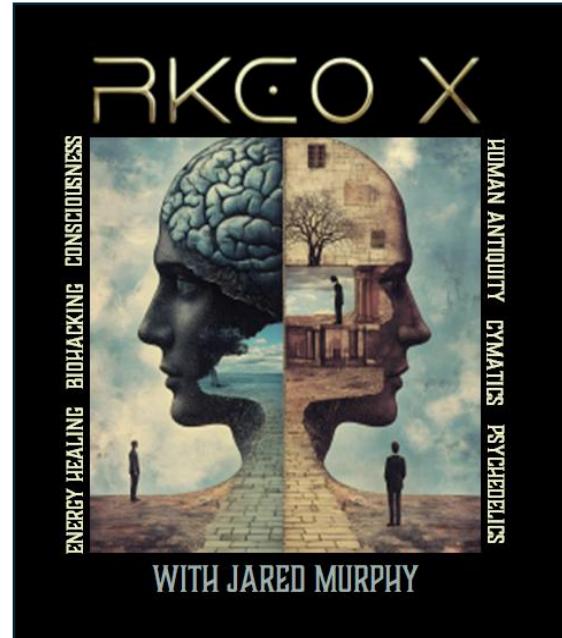
CONTACT INFORMATION

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HOW TO LISTEN

The RKEO X Podcast streams on the RKEO X website, Apple Podcasts, Spotify, Google Podcasts, just to name a few.

SHOW SCHEDULE

RKEO X releases mostly LIVE shows every Wednesday at 8pm, Central Standard Time.

TALKING POINTS FOR GUEST APPEARANCES

- Ancient Civilizations & Recent Discoveries
 - Highlight groundbreaking finds. Examples:
 - “Infinity Galaxy”: early cosmic structures changing our understanding of creation.
 - Massive Mayan cities discovered under Guatemalan jungles using LiDAR.
 - Sumerian texts revealing unknown rituals and cosmic calendars.
 - Oldest known temple (Göbekli Tepe): still challenging mainstream history.
 - What do these reveal about consciousness, energy, and ancient intelligence?
- Ancient Tech Meets Modern Biohacking
 - Sound, water, and light as medicine—then and now.
 - Breathwork, fasting, and nature as timeless tools.
 - Modern science proving ancient practices (HRV, circadian health, structured water).
- Deprogramming & Consciousness Expansion
 - The “Great Forgetting”— how we lost touch with our roots.
 - Challenging societal conditioning and historical narratives.
 - Tools to reclaim personal sovereignty and inner truth.
- Life as Ritual: Ancient-Inspired Design
 - Align with natural rhythms: lunar, solar, seasonal.
 - Daily practices inspired by ancient wisdom (sun rituals, grounding, sacred meals).
 - Living intentionally in a tech-heavy world.