



**Jeff Riddle**  
**Skeptiko 384**

**Transcend**

With Jeff Riddle

**Skeptiko Topics:**

Consciousness Science  
Parapsychology  
Near-Death Experience  
Spirituality  
Skeptics/Skepticism  
Psi  
Psychics & Mediums  
Atheism  
UFO  
Neuroscience  
Conspiracy Theories  
Contactee Experience  
OBE

1  
00:00:11,560 --> 00:00:09,160  
so I have an interview coming up here in

2  
00:00:15,100 --> 00:00:11,570  
a minute with Jeff riddle who's created

3  
00:00:17,830 --> 00:00:15,110  
a very interesting new podcast it seeks

4  
00:00:19,420 --> 00:00:17,840  
to take some of the big picture issues

5  
00:00:22,420 --> 00:00:19,430  
we'd like to talk about on skeptic oh

6  
00:00:25,420 --> 00:00:22,430  
who are we why are we here and look at

7  
00:00:28,900 --> 00:00:25,430  
them through kind of how would we put

8  
00:00:33,160 --> 00:00:28,910  
those into action to maybe make some

9  
00:00:34,900 --> 00:00:33,170  
changes in our life radical idea I don't

10  
00:00:37,090 --> 00:00:34,910  
think the interview meets a lot more of

11  
00:00:40,210 --> 00:00:37,100  
an introduction than that let's get

12  
00:00:42,340 --> 00:00:40,220  
right to my chat with Jeff riddle

13  
00:00:44,440 --> 00:00:42,350

welcome to skeptic Oh where we explore

14

00:00:48,069 --> 00:00:44,450

controversial science and spirituality

15

00:00:51,549 --> 00:00:48,079

with leading scholars thinkers and their

16

00:00:55,840 --> 00:00:51,559

critics today we welcome Jeff riddle to

17

00:00:59,500 --> 00:00:55,850

skeptic Oh Jeff is the creator and host

18

00:01:01,690 --> 00:00:59,510

of a rather amazing new podcast called

19

00:01:03,040 --> 00:01:01,700

transcend you can see it up on the

20

00:01:06,190 --> 00:01:03,050

screen if you're watching this on

21

00:01:10,510 --> 00:01:06,200

YouTube a transformational podcast

22

00:01:12,309 --> 00:01:10,520

experience so Jeff welcome to skeptic oh

23

00:01:15,190 --> 00:01:12,319

thanks so much for joining me

24

00:01:17,590 --> 00:01:15,200

thanks Alex glad to be here you know so

25

00:01:20,709 --> 00:01:17,600

I just introduced you as this podcast

26

00:01:24,370 --> 00:01:20,719

host and creator which you are you're

27

00:01:27,160 --> 00:01:24,380

also I guess we might throw out the term

28

00:01:30,910 --> 00:01:27,170

life coach but I know you don't like

29

00:01:34,629 --> 00:01:30,920

that term maybe transformation agent we

30

00:01:36,879 --> 00:01:34,639

could throw in there but I think it's

31

00:01:38,859 --> 00:01:36,889

kind of cool to throw that out there to

32

00:01:40,149 --> 00:01:38,869

give a grounding and also because it's

33

00:01:42,219 --> 00:01:40,159

something we're probably going to want

34

00:01:46,660 --> 00:01:42,229

to talk about in the show a little bit

35

00:01:50,169 --> 00:01:46,670

in terms of how what you do fits into

36

00:01:52,300 --> 00:01:50,179

the broader landscape of things so do

37

00:01:56,919 --> 00:01:52,310

you want to maybe unpack that a little

38

00:01:58,599 --> 00:01:56,929

bit well yeah transcend is something

39

00:02:01,089 --> 00:01:58,609

that's come out of a desire to not be a

40

00:02:03,760 --> 00:02:01,099

coach anymore at least not in title but

41

00:02:06,519 --> 00:02:03,770

yeah the thing about coach is in theory

42

00:02:08,260 --> 00:02:06,529

it means about bringing somebody forward

43

00:02:10,089 --> 00:02:08,270

and you know if you go back to the

44

00:02:13,150 --> 00:02:10,099

classic the the original term of the

45

00:02:14,560 --> 00:02:13,160

word the idea of like a coach and a

46

00:02:16,000 --> 00:02:14,570

flight coach you're moving people

47

00:02:17,950 --> 00:02:16,010

forward you don't actually pick the

48

00:02:18,760 --> 00:02:17,960

destination in theory you just help them

49

00:02:21,070 --> 00:02:18,770

get where they want to

50

00:02:22,660 --> 00:02:21,080

go but I feel like the industry has

51  
00:02:25,000 --> 00:02:22,670  
really been co-opted by a very different

52  
00:02:26,500 --> 00:02:25,010  
type of approach that doesn't really

53  
00:02:29,140 --> 00:02:26,510  
resemble the true meaning of the word

54  
00:02:31,330 --> 00:02:29,150  
and so for a long time I've kind of

55  
00:02:33,070 --> 00:02:31,340  
skirted the the question what do you do

56  
00:02:34,690 --> 00:02:33,080  
and just kind of hung out in the

57  
00:02:37,270 --> 00:02:34,700  
background and try to have to talk about

58  
00:02:39,850 --> 00:02:37,280  
it because it's it's not something that

59  
00:02:42,220 --> 00:02:39,860  
I feel connected with in sort of the

60  
00:02:45,730 --> 00:02:42,230  
mass way that people think of coaching

61  
00:02:48,040 --> 00:02:45,740  
or life coaching cool let me jump in

62  
00:02:51,340 --> 00:02:48,050  
there right away then and give folks a

63  
00:02:53,530 --> 00:02:51,350

taste for what you do envision what you

64

00:02:57,420 --> 00:02:53,540

do see going forward and that would be

65

00:03:00,910 --> 00:02:57,430

will play folks a little bit of your

66

00:03:02,440 --> 00:03:00,920

podcast here episode two actually let's

67

00:03:04,300 --> 00:03:02,450

just play it I have a clip right from

68

00:03:06,700 --> 00:03:04,310

the beginning and rather than set it up

69

00:03:08,560 --> 00:03:06,710

at all and then you can kind of tell us

70

00:03:15,250 --> 00:03:08,570

what we heard so here goes

71

00:03:19,570 --> 00:03:15,260

this is transcend episode to mother to

72

00:03:26,530 --> 00:03:19,580

son a poem by Claudia axle who was born

73

00:03:28,449 --> 00:03:26,540

in May of 1955 died in May of 2004 no

74

00:03:29,949 --> 00:03:28,459

thing is ever worth anything if you

75

00:03:32,590 --> 00:03:29,959

don't go in with butterflies in your

76

00:03:35,470 --> 00:03:32,600

heart fear in the forests of your soul

77

00:03:38,140 --> 00:03:35,480

and wisdom rarely comes when you are

78

00:03:41,170 --> 00:03:38,150

seeking it there are worlds within

79

00:03:43,090 --> 00:03:41,180

worlds out there and sometimes places

80

00:03:45,670 --> 00:03:43,100

where the love will have to come from

81

00:03:48,730 --> 00:03:45,680

you alone and you will have to wonder

82

00:03:50,800 --> 00:03:48,740

about that and call me up even if

83

00:03:53,230 --> 00:03:50,810

there's no phone to remember where you

84

00:03:57,670 --> 00:03:53,240

got it but that's okay because one way

85

00:03:59,740 --> 00:03:57,680

or another I'm here I'm always here so

86

00:04:02,560 --> 00:03:59,750

you can look up and dream and let them

87

00:04:04,630 --> 00:04:02,570

flutter free and just keep saying thank

88

00:04:11,400 --> 00:04:04,640

you to the one who makes all that

89

00:04:11,410 --> 00:04:15,430

[Music]

90

00:04:19,690 --> 00:04:17,680

Claudia axle had lived her life as a

91

00:04:22,150 --> 00:04:19,700

teacher and a mom but in her heart she

92

00:04:26,830 --> 00:04:22,160

was an artist and her passion was her

93

00:04:29,320 --> 00:04:26,840

writing she was also an eternal optimist

94

00:04:32,170 --> 00:04:29,330

and looked to the future with hope the

95

00:04:34,960 --> 00:04:32,180

things would be better so it was a bit

96

00:04:37,600 --> 00:04:34,970

of a surprise when 14 years ago to the

97

00:04:39,910 --> 00:04:37,610

day that we recorded this our guest

98

00:04:41,400 --> 00:04:39,920

today Martin storoe woke up to his

99

00:04:43,600 --> 00:04:41,410

father sitting on the edge of his bed

100

00:04:45,850 --> 00:04:43,610

preparing to tell him that his mom

101  
00:04:49,930 --> 00:04:45,860  
whadya had passed away from cancer in

102  
00:04:52,690 --> 00:04:49,940  
the night great stuff so Jeff tell us

103  
00:04:56,170 --> 00:04:52,700  
what we were just listening to so it's

104  
00:04:58,480 --> 00:04:56,180  
um it's a story about an artist Mars our

105  
00:05:01,660 --> 00:04:58,490  
subject Martin is a musician he's been a

106  
00:05:04,270 --> 00:05:01,670  
professional musician for a while and we

107  
00:05:05,860 --> 00:05:04,280  
are following his journey in relation to

108  
00:05:07,840 --> 00:05:05,870  
the death of his mom but really into

109  
00:05:09,730 --> 00:05:07,850  
relation to death through three songs

110  
00:05:12,700 --> 00:05:09,740  
that he wrote over eight years and in

111  
00:05:14,260 --> 00:05:12,710  
those songs we hear his evolution in

112  
00:05:15,970 --> 00:05:14,270  
relation to that where he starts out

113  
00:05:17,620 --> 00:05:15,980

really not willing to be vulnerable and

114

00:05:19,540 --> 00:05:17,630

then he's kind of in it in the second

115

00:05:21,370 --> 00:05:19,550

song by the third song there's a bit of

116

00:05:24,460 --> 00:05:21,380

more wisdom a little more distance in

117

00:05:26,650 --> 00:05:24,470

writing about it and and there's a

118

00:05:28,960 --> 00:05:26,660

really cool surprising surprise ending

119

00:05:33,130 --> 00:05:28,970

that we set up in the beginning but yeah

120

00:05:35,710 --> 00:05:33,140

it's we're trying to use story to

121

00:05:37,720 --> 00:05:35,720

highlight some really raw and and

122

00:05:39,430 --> 00:05:37,730

challenging things that we don't

123

00:05:42,370 --> 00:05:39,440

typically talk about certainly not in

124

00:05:43,810 --> 00:05:42,380

the mainstream and that's kind of the

125

00:05:45,370 --> 00:05:43,820

the objective transcend buzzer and this

126  
00:05:47,200 --> 00:05:45,380  
story is about is really about death and

127  
00:05:49,330 --> 00:05:47,210  
mortality and we're just starting to

128  
00:05:50,920 --> 00:05:49,340  
touch on that topic which is often not

129  
00:05:53,020 --> 00:05:50,930  
talked about perfect

130  
00:05:55,450 --> 00:05:53,030  
you are so succinct man I don't you know

131  
00:05:57,490 --> 00:05:55,460  
I often get flack for cutting people off

132  
00:06:03,670 --> 00:05:57,500  
I don't need to cut you off you make

133  
00:06:05,130 --> 00:06:03,680  
your point and then that's it so I am

134  
00:06:08,290 --> 00:06:05,140  
gonna move on to the next thing because

135  
00:06:10,630 --> 00:06:08,300  
that's perfect I think it gives folks a

136  
00:06:14,470 --> 00:06:10,640  
sense for what you're really reaching

137  
00:06:16,540 --> 00:06:14,480  
for here which is bold and quite amazing

138  
00:06:19,180 --> 00:06:16,550

so you're to be commended for that and

139

00:06:21,820 --> 00:06:19,190

they really need to check out transcend

140

00:06:23,409 --> 00:06:21,830

and what you're doing so from this point

141

00:06:28,719 --> 00:06:23,419

what I'd like to do is kind of launch

142

00:06:29,140 --> 00:06:28,729

into exploring what you're bringing all

143

00:06:31,540 --> 00:06:29,150

that

144

00:06:33,670 --> 00:06:31,550

you're bringing in how it fits in with

145

00:06:36,330 --> 00:06:33,680

kind of where I'm coming from and

146

00:06:39,130 --> 00:06:36,340

skeptical and see where the the

147

00:06:41,350 --> 00:06:39,140

crossover is and just have this ongoing

148

00:06:43,360 --> 00:06:41,360

conversation that I love to have with

149

00:06:46,420 --> 00:06:43,370

people and I'm really looking forward to

150

00:06:49,060 --> 00:06:46,430

having with you so one of the ways I

151

00:06:51,550 --> 00:06:49,070

like to start is kind of with some basic

152

00:06:54,970 --> 00:06:51,560

definitions and we may be handled the

153

00:06:58,600 --> 00:06:54,980

first one on this but let's handle it

154

00:07:02,460 --> 00:06:58,610

again and that is beyond life-coach

155

00:07:05,590 --> 00:07:02,470

which you addressed you know what about

156

00:07:07,450 --> 00:07:05,600

coach what does it mean to coach and you

157

00:07:10,510 --> 00:07:07,460

said partially what it means you gave a

158

00:07:12,480 --> 00:07:10,520

great definition but I want to come at

159

00:07:18,010 --> 00:07:12,490

it from a different way and maybe

160

00:07:21,280 --> 00:07:18,020

restore if we can but the the positives

161

00:07:23,920 --> 00:07:21,290

about a coach and how we all encounter

162

00:07:25,000 --> 00:07:23,930

coaching in our life and benefit from

163

00:07:26,920 --> 00:07:25,010

coaching you know life and sometimes

164

00:07:29,710 --> 00:07:26,930

it's good sometimes it's bad and in

165

00:07:32,470 --> 00:07:29,720

particular you and I both sports was a

166

00:07:35,380 --> 00:07:32,480

big part of our life growing up coach

167

00:07:38,020 --> 00:07:35,390

had a whole different set of meanings so

168

00:07:41,530 --> 00:07:38,030

just dive into that for a minute the

169

00:07:43,540 --> 00:07:41,540

term coach yeah I mean we both come from

170

00:07:45,520 --> 00:07:43,550

athletic background which is I think

171

00:07:48,550 --> 00:07:45,530

what I liked about your work was that

172

00:07:52,750 --> 00:07:48,560

there was that lens to it or that flavor

173

00:07:54,040 --> 00:07:52,760

but I mean I've been around some great

174

00:07:56,230 --> 00:07:54,050

coaches I've been around some terrible

175

00:07:59,170 --> 00:07:56,240

coaches and and I think it's a term that

176

00:08:01,590 --> 00:07:59,180

you earn it's not something that is

177

00:08:03,970 --> 00:08:01,600

handed to you might play the role but

178

00:08:06,640 --> 00:08:03,980

the best coaches I've ever been around

179

00:08:10,270 --> 00:08:06,650

primarily in an athletic perspective is

180

00:08:12,760 --> 00:08:10,280

they their attention is is on an outcome

181

00:08:14,980 --> 00:08:12,770

that you set so they're really focused

182

00:08:16,540 --> 00:08:14,990

on how to help you or your team move

183

00:08:17,710 --> 00:08:16,550

toward some destination that you

184

00:08:20,260 --> 00:08:17,720

collectively agree on or you

185

00:08:22,120 --> 00:08:20,270

individually agree on like my college

186

00:08:23,950 --> 00:08:22,130

baseball coach my goal is professional

187

00:08:26,290 --> 00:08:23,960

baseball and I got injured but you know

188

00:08:27,430 --> 00:08:26,300

for him he wanted me to help the team

189

00:08:29,470 --> 00:08:27,440

but he also cared about my well-being

190

00:08:31,180 --> 00:08:29,480

and my goals and was focused on helping

191

00:08:33,250 --> 00:08:31,190

me get there and I had a lot of support

192

00:08:35,230 --> 00:08:33,260

to get there I think that's the

193

00:08:36,670 --> 00:08:35,240

distinction in the nature of a coach is

194

00:08:38,530 --> 00:08:36,680

you're starting from a place and

195

00:08:39,790 --> 00:08:38,540

focusing on where you're trying to get

196

00:08:41,860 --> 00:08:39,800

to you there's a destination that you

197

00:08:43,020 --> 00:08:41,870

decide and their job is to feel

198

00:08:46,410 --> 00:08:43,030

facilitate that

199

00:08:48,360 --> 00:08:46,420

that movement that direction I really

200

00:08:50,370 --> 00:08:48,370

like that and I don't have anything to

201  
00:08:52,800 --> 00:08:50,380  
add to that I like that so much so let's

202  
00:08:57,960 --> 00:08:52,810  
move on to the next one the title of

203  
00:09:01,140 --> 00:08:57,970  
your show yeah what does that mean right

204  
00:09:03,840 --> 00:09:01,150  
what does that mean and also let's play

205  
00:09:05,960 --> 00:09:03,850  
around with the idea of transformation

206  
00:09:08,600 --> 00:09:05,970  
because a lot of times when we say

207  
00:09:10,860 --> 00:09:08,610  
transcend it's tied to this word called

208  
00:09:14,130 --> 00:09:10,870  
transformation and that brings up the

209  
00:09:16,560 --> 00:09:14,140  
kind of hidden question of from what to

210  
00:09:19,470 --> 00:09:16,570  
what kind of things so tell us what

211  
00:09:24,030 --> 00:09:19,480  
you're thinking with transcend you know

212  
00:09:25,560 --> 00:09:24,040  
I don't know it's such an open-ended

213  
00:09:28,290 --> 00:09:25,570

word and I think that's part of the joy

214

00:09:29,340 --> 00:09:28,300

of this project is that transitioning

215

00:09:30,720 --> 00:09:29,350

more in this direction for me

216

00:09:33,420 --> 00:09:30,730

professionally and getting to spend more

217

00:09:35,070 --> 00:09:33,430

time in this it's allowing me to go

218

00:09:36,720 --> 00:09:35,080

deeper into this question like what is

219

00:09:40,230 --> 00:09:36,730

that what is it that we're transcending

220

00:09:42,210 --> 00:09:40,240

what it well you know it where are we

221

00:09:43,800 --> 00:09:42,220

going and it seems to me you know I

222

00:09:46,110 --> 00:09:43,810

talked about before that were we're

223

00:09:47,790 --> 00:09:46,120

always in the middle you know like we

224

00:09:50,100 --> 00:09:47,800

think about people 400 years ago we

225

00:09:53,040 --> 00:09:50,110

talked a lot of skeptical about the this

226

00:09:55,020 --> 00:09:53,050

sort of denouncing the ridiculous

227

00:09:56,520 --> 00:09:55,030

dopey materialism that formulated three

228

00:09:57,990 --> 00:09:56,530

four hundred years ago but we think

229

00:10:00,690 --> 00:09:58,000

about the people before that and how

230

00:10:02,190 --> 00:10:00,700

ridiculous and silly they were and yet

231

00:10:03,570 --> 00:10:02,200

we think we have it figured out now and

232

00:10:06,150 --> 00:10:03,580

we have to have the email to know that

233

00:10:07,680 --> 00:10:06,160

in 400 years people in the future gonna

234

00:10:09,060 --> 00:10:07,690

look at us and just think how silly and

235

00:10:11,220 --> 00:10:09,070

stupid we were for the things we didn't

236

00:10:13,200 --> 00:10:11,230

believe there's a humility in that and

237

00:10:15,450 --> 00:10:13,210

that were we are moving towards

238

00:10:17,790 --> 00:10:15,460

something and yet we don't know where

239

00:10:19,440 --> 00:10:17,800

and so so there's this idea that we're

240

00:10:20,850 --> 00:10:19,450

always in the middle so we're always in

241

00:10:22,050 --> 00:10:20,860

motion but we don't really know where

242

00:10:23,790 --> 00:10:22,060

we're gonna get to and we're gonna die

243

00:10:25,860 --> 00:10:23,800

without ever having yet that got in

244

00:10:27,990 --> 00:10:25,870

there at least as far as we know here in

245

00:10:29,790 --> 00:10:28,000

the physical sense so so when I so that

246

00:10:32,730 --> 00:10:29,800

the word transcend when we pick that

247

00:10:33,900 --> 00:10:32,740

word it came with this question and I

248

00:10:36,570 --> 00:10:33,910

think that's the thing that's it but

249

00:10:38,100 --> 00:10:36,580

that's a joy for me because I love

250

00:10:40,230 --> 00:10:38,110

digging into these questions and that's

251

00:10:43,560 --> 00:10:40,240

where I'm left with with transcend now

252

00:10:45,390 --> 00:10:43,570

my goal for people is transformation to

253

00:10:47,540 --> 00:10:45,400

help them change and grow in whatever

254

00:10:49,500 --> 00:10:47,550

form that means for them but really

255

00:10:51,450 --> 00:10:49,510

transcend is my that's my question

256

00:10:52,980 --> 00:10:51,460

that's like my that's that's very

257

00:10:54,810 --> 00:10:52,990

personal to me

258

00:10:56,759 --> 00:10:54,820

whereas transformation is sort of the

259

00:10:58,439 --> 00:10:56,769

the professional goal

260

00:11:00,749 --> 00:10:58,449

project help people have a

261

00:11:02,639 --> 00:11:00,759

transformative experience you know

262

00:11:04,290 --> 00:11:02,649

absolutely love this idea of we're

263

00:11:06,540 --> 00:11:04,300

always in the middle and the first time

264

00:11:08,429 --> 00:11:06,550

I heard that from you were walking on

265

00:11:11,009 --> 00:11:08,439

the beach in Del Mar and I was like man

266

00:11:13,259 --> 00:11:11,019

I gotta write that down and use that I

267

00:11:17,009 --> 00:11:13,269

think I might paste it into this video

268

00:11:19,439 --> 00:11:17,019

presentation because it's so powerful on

269

00:11:21,350 --> 00:11:19,449

a lot of different levels and in the way

270

00:11:23,699 --> 00:11:21,360

that you talked about it just terms of

271

00:11:26,160 --> 00:11:23,709

pragmatically through history but

272

00:11:30,449 --> 00:11:26,170

obviously you're also tapping into the

273

00:11:33,989 --> 00:11:30,459

deeper personal spiritual understanding

274

00:11:38,309 --> 00:11:33,999

of hey man what we're never we're never

275

00:11:40,590 --> 00:11:38,319

gonna get there we never really are away

276  
00:11:43,169 --> 00:11:40,600  
from where we came we're always in the

277  
00:11:45,269 --> 00:11:43,179  
middle you know I think that's that's

278  
00:11:47,759 --> 00:11:45,279  
really cool so I'll tell you what those

279  
00:11:49,710 --> 00:11:47,769  
are two great definitions that we kind

280  
00:11:52,679 --> 00:11:49,720  
of wrapped up here let me move into the

281  
00:11:55,499 --> 00:11:52,689  
kind of skeptical process that I've been

282  
00:11:58,289 --> 00:11:55,509  
hung up on lately I think there's a lot

283  
00:12:00,960 --> 00:11:58,299  
of tie ins to your work but I like

284  
00:12:03,299 --> 00:12:00,970  
always reflecting it back to this three

285  
00:12:05,939 --> 00:12:03,309  
step process or applying it to this

286  
00:12:09,889 --> 00:12:05,949  
three step process because it helps me

287  
00:12:12,299 --> 00:12:09,899  
see where different guests are in

288  
00:12:15,389 --> 00:12:12,309

relation to the stuff that I'm

289

00:12:18,150 --> 00:12:15,399

interested in working in so for me step

290

00:12:20,519 --> 00:12:18,160

one of that process is to follow the

291

00:12:23,609 --> 00:12:20,529

data you know I always follow the data

292

00:12:25,650 --> 00:12:23,619

wherever it leads kind of thing but you

293

00:12:28,079 --> 00:12:25,660

know really in preparing for this

294

00:12:30,809 --> 00:12:28,089

episode and listening to what you've put

295

00:12:32,730 --> 00:12:30,819

together I actually had a slightly

296

00:12:36,539 --> 00:12:32,740

different take on this and I love where

297

00:12:40,169 --> 00:12:36,549

it took me because what I realized in

298

00:12:45,119 --> 00:12:40,179

this may seem really obvious but we all

299

00:12:47,699 --> 00:12:45,129

have our own data so following the data

300

00:12:49,769 --> 00:12:47,709

is both you know the real part of

301  
00:12:53,549 --> 00:12:49,779  
following the data that's out there but

302  
00:12:58,109 --> 00:12:53,559  
we have our own data and not in a kind

303  
00:13:01,109 --> 00:12:58,119  
of fake you know oh every snowflake is

304  
00:13:03,449 --> 00:13:01,119  
unique kind of way but in a way that I

305  
00:13:06,659 --> 00:13:03,459  
have some real stuff that I've figured

306  
00:13:10,650 --> 00:13:06,669  
out in my life experience that I bring

307  
00:13:12,300 --> 00:13:10,660  
to the table as my data and I can share

308  
00:13:14,579 --> 00:13:12,310  
that with you and you probably don't

309  
00:13:17,340 --> 00:13:14,589  
know it and let me tell it to you kind

310  
00:13:18,930 --> 00:13:17,350  
of things so I thought we might talk a

311  
00:13:20,879 --> 00:13:18,940  
minute or you might talk a minute about

312  
00:13:23,519 --> 00:13:20,889  
what's your data

313  
00:13:25,650 --> 00:13:23,529

you mentioned the baseball thing that's

314

00:13:28,710 --> 00:13:25,660

part of your data you know some stuff

315

00:13:30,689 --> 00:13:28,720

from that but what else is your tell us

316

00:13:34,470 --> 00:13:30,699

about that data and tell us what other

317

00:13:37,800 --> 00:13:34,480

data you have yeah well there's a

318

00:13:39,360 --> 00:13:37,810

paradox here in that the position the

319

00:13:42,480 --> 00:13:39,370

professional stance and the work that I

320

00:13:45,329 --> 00:13:42,490

do and even in trying to produce these

321

00:13:48,420 --> 00:13:45,339

these trends and episodes is to remove

322

00:13:50,129 --> 00:13:48,430

myself as much as I can from it

323

00:13:52,350 --> 00:13:50,139

it's one of my beefs with the industry

324

00:13:52,710 --> 00:13:52,360

is that people come in and say look what

325

00:13:54,600 --> 00:13:52,720

I've done

326

00:13:57,240 --> 00:13:54,610

look at me I'm great I have a private

327

00:13:58,949 --> 00:13:57,250

jet or you know a fancy car they get on

328

00:14:00,869 --> 00:13:58,959

Facebook and take pictures of themselves

329

00:14:02,129 --> 00:14:00,879

in that way and then they use that to

330

00:14:03,840 --> 00:14:02,139

shame people into feeling like they

331

00:14:08,340 --> 00:14:03,850

don't have what they have and that's

332

00:14:10,230 --> 00:14:08,350

what gets them to buy so and I mean

333

00:14:11,879 --> 00:14:10,240

we'll get into this but I have a huge

334

00:14:14,429 --> 00:14:11,889

issue with that approach I actually

335

00:14:16,410 --> 00:14:14,439

think it reinforces the problem it

336

00:14:19,110 --> 00:14:16,420

literally the industry that I'm in

337

00:14:22,079 --> 00:14:19,120

actually recreates more of the problems

338

00:14:24,150 --> 00:14:22,089

so that they can continue to sustain and

339

00:14:26,400 --> 00:14:24,160

and so there's a dilemma there and the

340

00:14:28,040 --> 00:14:26,410

data in the sense that my life

341

00:14:32,129 --> 00:14:28,050

experience and what I've learned

342

00:14:33,870 --> 00:14:32,139

actually is irrelevant in the work but

343

00:14:35,309 --> 00:14:33,880

as far as someone feeling comfortable or

344

00:14:36,870 --> 00:14:35,319

safe or feeling like hey this guy is

345

00:14:38,249 --> 00:14:36,880

something to say you certainly there's

346

00:14:39,389 --> 00:14:38,259

there's a back there's a background and

347

00:14:41,730 --> 00:14:39,399

there's some history there so obviously

348

00:14:44,100 --> 00:14:41,740

baseball in a pursuit of professional

349

00:14:45,780 --> 00:14:44,110

baseball and through college and then I

350

00:14:47,129 --> 00:14:45,790

end up getting injured and I actually

351

00:14:50,220 --> 00:14:47,139

share that in the first episode as you

352

00:14:52,199 --> 00:14:50,230

heard and my story and and that was a

353

00:14:53,910 --> 00:14:52,209

huge part I was a catcher it's a really

354

00:14:55,379 --> 00:14:53,920

heady position you're controlling the

355

00:14:57,929 --> 00:14:55,389

pitcher you're dealing with the umpire

356

00:14:59,730 --> 00:14:57,939

and then I was also asked to be a hitter

357

00:15:01,860 --> 00:14:59,740

for the team and you know you're

358

00:15:03,960 --> 00:15:01,870

constantly failing that's that is your

359

00:15:05,340 --> 00:15:03,970

experience in baseball as you fail three

360

00:15:07,379 --> 00:15:05,350

out of four times and you're considered

361

00:15:11,280 --> 00:15:07,389

great and having to learn to deal with

362

00:15:12,960 --> 00:15:11,290

failure and also be a student and you

363

00:15:16,499 --> 00:15:12,970

know pursuing this dream and all these

364

00:15:19,470 --> 00:15:16,509

other things it kind of grew me up

365

00:15:20,400 --> 00:15:19,480

quickly and then the real story and it

366

00:15:21,749 --> 00:15:20,410

took me a long time to figure this out

367

00:15:23,639 --> 00:15:21,759

it's what I told him the first episode

368

00:15:24,350 --> 00:15:23,649

was that after that I kind of went on

369

00:15:27,230 --> 00:15:24,360

this Renaissance

370

00:15:29,000 --> 00:15:27,240

man mission where I went building

371

00:15:31,100 --> 00:15:29,010

workout I joined a band and toured and

372

00:15:33,170 --> 00:15:31,110

then I started some businesses and had

373

00:15:35,720 --> 00:15:33,180

some successes and failures and I kept

374

00:15:36,800 --> 00:15:35,730

jumping from thing to thing and for a

375

00:15:39,380 --> 00:15:36,810

long time I thought I was just a

376

00:15:40,730 --> 00:15:39,390

Renaissance man and who was you know

377

00:15:42,590 --> 00:15:40,740

liberated and who was like I'm not

378

00:15:45,500 --> 00:15:42,600

following Convention and what I really

379

00:15:48,310 --> 00:15:45,510

had realized it took me a while was that

380

00:15:50,630 --> 00:15:48,320

I was just running from a lot of pain

381

00:15:52,550 --> 00:15:50,640

that was in my past so I lost my mom

382

00:15:53,870 --> 00:15:52,560

when I was 19 and it had been a long

383

00:15:55,579 --> 00:15:53,880

journey ever since I was a kid she

384

00:15:58,940 --> 00:15:55,589

basically had cancer and so I was a

385

00:16:02,509 --> 00:15:58,950

witness to that and and I just got into

386

00:16:04,490 --> 00:16:02,519

this loop of trying to stay in it's this

387

00:16:07,190 --> 00:16:04,500

complex thing but I started I was trying

388

00:16:09,769 --> 00:16:07,200

to stay in suffering or struggle to kind

389

00:16:11,360 --> 00:16:09,779

of stay connected to her and it took me

390

00:16:14,180 --> 00:16:11,370

a long time to be able to move beyond

391

00:16:15,710 --> 00:16:14,190

that and get comfortable making an

392

00:16:17,240 --> 00:16:15,720

alternative choice where I was no longer

393

00:16:20,720 --> 00:16:17,250

gonna try to struggle to be in

394

00:16:24,680 --> 00:16:20,730

connection with my mom and just in

395

00:16:26,509 --> 00:16:24,690

connection to life so so that that

396

00:16:28,550 --> 00:16:26,519

journey really brought me to where I am

397

00:16:31,519 --> 00:16:28,560

today and and informs a lot of my work

398

00:16:33,230 --> 00:16:31,529

but but again that data is is helpful in

399

00:16:35,689 --> 00:16:33,240

that there's life experience there and

400

00:16:37,220 --> 00:16:35,699

yet it actually is kind of irrelevant

401  
00:16:38,980 --> 00:16:37,230  
when you're actually helping somebody or

402  
00:16:41,210 --> 00:16:38,990  
working with somebody or trying to be

403  
00:16:42,680 --> 00:16:41,220  
help somebody be in a transformative

404  
00:16:44,420 --> 00:16:42,690  
state my experience actually is

405  
00:16:46,550 --> 00:16:44,430  
irrelevant to to their well-being and

406  
00:16:52,130 --> 00:16:46,560  
that's that situation we can expound on

407  
00:16:53,329 --> 00:16:52,140  
that a bit but maybe no no I can't

408  
00:16:55,250 --> 00:16:53,339  
challenge that because that's your

409  
00:16:59,120 --> 00:16:55,260  
that's your take on it and it's your

410  
00:17:02,139 --> 00:16:59,130  
thing that you do I guess you know where

411  
00:17:04,880 --> 00:17:02,149  
I'm coming at it from like a skeptic Oh

412  
00:17:09,049 --> 00:17:04,890  
perspective and the show and that is

413  
00:17:11,179 --> 00:17:09,059

that what your first two episodes helped

414

00:17:14,059 --> 00:17:11,189

me see and the way that you just were

415

00:17:17,510 --> 00:17:14,069

very kind of honest there about diving

416

00:17:20,090 --> 00:17:17,520

deep into yourself is that you know you

417

00:17:23,270 --> 00:17:20,100

do have a perspective that you're

418

00:17:28,659 --> 00:17:23,280

bringing that is based on something more

419

00:17:31,310 --> 00:17:28,669

than just experience in the bad sense

420

00:17:35,840 --> 00:17:31,320

experience in the sense of the way that

421

00:17:38,690 --> 00:17:35,850

people hide from any analysis or any

422

00:17:40,880 --> 00:17:38,700

criticism about their beliefs

423

00:17:43,790 --> 00:17:40,890

you know like hey man you can't

424

00:17:45,950 --> 00:17:43,800

challenge me this is my experience you

425

00:17:47,480 --> 00:17:45,960

know which I'm on hand a I'm not here to

426

00:17:50,450 --> 00:17:47,490

challenge any what about their

427

00:17:52,880 --> 00:17:50,460

experience but on the other hand kind of

428

00:17:55,970 --> 00:17:52,890

from a skeptical perspective I'm gonna

429

00:17:59,210 --> 00:17:55,980

say well I'm interested in your

430

00:18:01,700 --> 00:17:59,220

experience as it fits in with the

431

00:18:03,170 --> 00:18:01,710

broader set of experiences that I might

432

00:18:04,670 --> 00:18:03,180

look at so let's say we're going to take

433

00:18:06,380 --> 00:18:04,680

near-death experience and we have

434

00:18:09,470 --> 00:18:06,390

somebody who says you know my experience

435

00:18:12,050 --> 00:18:09,480

is there's seitan down there and the

436

00:18:14,480 --> 00:18:12,060

flames are gonna you know lick your feet

437

00:18:17,630 --> 00:18:14,490

when you get down there like hey that is

438

00:18:20,150 --> 00:18:17,640

your experience it doesn't fit in with

439

00:18:22,940 --> 00:18:20,160

the broader experience that I went and

440

00:18:25,130 --> 00:18:22,950

studied and looked up so you know let's

441

00:18:27,980 --> 00:18:25,140

have both of those on the table and and

442

00:18:30,740 --> 00:18:27,990

I guess to reel that back to the

443

00:18:34,430 --> 00:18:30,750

transcend moment is I feel like you're

444

00:18:37,190 --> 00:18:34,440

bringing something in a way in terms of

445

00:18:40,400 --> 00:18:37,200

saying well no look I have a perspective

446

00:18:42,530 --> 00:18:40,410

on this and here is my perspective and

447

00:18:46,580 --> 00:18:42,540

here is the way we're going to tackle

448

00:18:48,050 --> 00:18:46,590

this thing because the other part of

449

00:18:49,820 --> 00:18:48,060

that that I mentioned that I really

450

00:18:54,170 --> 00:18:49,830

thought was great I want to commend you

451  
00:18:58,250 --> 00:18:54,180  
on is because you are this baseball guy

452  
00:19:00,110 --> 00:18:58,260  
you are this successful guy who has a

453  
00:19:03,470 --> 00:19:00,120  
successful family has a successful

454  
00:19:06,830 --> 00:19:03,480  
career and yet here you are talking

455  
00:19:09,140 --> 00:19:06,840  
about love and talking about you know

456  
00:19:12,590 --> 00:19:09,150  
connection and and all this stuff but

457  
00:19:14,780 --> 00:19:12,600  
you're not doing it in a you know oh I'm

458  
00:19:16,730 --> 00:19:14,790  
in touch with my feminine side kind of

459  
00:19:17,960 --> 00:19:16,740  
way you're not denying that you might be

460  
00:19:19,610 --> 00:19:17,970  
in touch with the feminine side but

461  
00:19:21,770 --> 00:19:19,620  
you're not leading with that in some

462  
00:19:25,430 --> 00:19:21,780  
kind of a cartoonish way you're just

463  
00:19:28,730 --> 00:19:25,440

saying to me you're saying this is my

464

00:19:30,620 --> 00:19:28,740

data my data is yeah you know this is

465

00:19:33,050 --> 00:19:30,630

what it takes to be successful over in

466

00:19:36,140 --> 00:19:33,060

this part of life and this is what it

467

00:19:38,570 --> 00:19:36,150

takes to be successful in figuring out

468

00:19:40,430 --> 00:19:38,580

you know these wounds that I've had you

469

00:19:42,950 --> 00:19:40,440

know that we all haven't and how to move

470

00:19:46,080 --> 00:19:42,960

forward with them do you what do you

471

00:19:51,629 --> 00:19:47,969

when somebody when I finally work with

472

00:19:53,310 --> 00:19:51,639

somebody they're usually in so much pain

473

00:19:57,299 --> 00:19:53,320

about whatever it is they're going

474

00:19:59,099 --> 00:19:57,309

through and and nobody wants to talk

475

00:20:01,979 --> 00:19:59,109

about that like nobody wants to talk

476

00:20:04,349 --> 00:20:01,989

about both sides of that the binary of

477

00:20:06,180 --> 00:20:04,359

that the pain and the love the what they

478

00:20:08,519 --> 00:20:06,190

want is to feel loved if you hold to

479

00:20:13,409 --> 00:20:08,529

feel complete and they feel not whole

480

00:20:16,200 --> 00:20:13,419

they feel worthless they feel separate

481

00:20:18,599 --> 00:20:16,210

of shamed whatever right and so many

482

00:20:20,039 --> 00:20:18,609

people are experiencing that and nobody

483

00:20:22,320 --> 00:20:20,049

wants to talk about the hard stuff and

484

00:20:24,719 --> 00:20:22,330

nobody wants to dig into the hard stuff

485

00:20:29,869 --> 00:20:24,729

and I think that's that is part of my

486

00:20:32,549 --> 00:20:29,879

experience is then and I don't know why

487

00:20:35,969 --> 00:20:32,559

I'm an I'm sure I could dissect where it

488

00:20:38,039 --> 00:20:35,979

came from but learning to just bravely

489

00:20:40,200 --> 00:20:38,049

walk towards some really hard things and

490

00:20:41,519 --> 00:20:40,210

and then being in it and being in the

491

00:20:43,259 --> 00:20:41,529

middle and accepting that there's no

492

00:20:45,029 --> 00:20:43,269

destination and at the same time getting

493

00:20:47,279 --> 00:20:45,039

somewhere

494

00:20:49,889 --> 00:20:47,289

seeing progress seeing growth and I

495

00:20:52,019 --> 00:20:49,899

think that's informed me and this

496

00:20:54,359 --> 00:20:52,029

project and in in my work and just in

497

00:20:57,730 --> 00:20:54,369

general in life is is not being afraid

498

00:21:02,380 --> 00:20:59,080

and kind of running towards them full

499

00:21:04,900 --> 00:21:02,390

steam and and what's coming out of that

500

00:21:06,610 --> 00:21:04,910

is a real rawness and people are

501  
00:21:08,110 --> 00:21:06,620  
responding really positively and some of

502  
00:21:09,880 --> 00:21:08,120  
the things that I was hoping would work

503  
00:21:11,770 --> 00:21:09,890  
are working in a way that I was really

504  
00:21:13,510 --> 00:21:11,780  
surprised by already and we're only on

505  
00:21:16,060 --> 00:21:13,520  
Episode two I mean we're doing this

506  
00:21:17,500 --> 00:21:16,070  
interview I'm already getting those

507  
00:21:19,240 --> 00:21:17,510  
responses from people saying wow this

508  
00:21:20,980 --> 00:21:19,250  
was transforming transformative it

509  
00:21:22,299 --> 00:21:20,990  
helped me with this or this or that and

510  
00:21:23,590 --> 00:21:22,309  
and I and it's because we're just

511  
00:21:26,560 --> 00:21:23,600  
dealing with the hard stuff we're

512  
00:21:28,890 --> 00:21:26,570  
dealing with the with stuff that people

513  
00:21:31,870 --> 00:21:28,900

are just really afraid to deal with or

514

00:21:32,980 --> 00:21:31,880

well vulnerability is is having the

515

00:21:34,660 --> 00:21:32,990

courage to talk about something you

516

00:21:36,370 --> 00:21:34,670

don't want to talk about and there are

517

00:21:38,230 --> 00:21:36,380

people who either don't talk about it or

518

00:21:39,940 --> 00:21:38,240

they talk about it too much and it's not

519

00:21:41,650 --> 00:21:39,950

courage it's not courageous they're just

520

00:21:44,049 --> 00:21:41,660

over sharing and it's like where's that

521

00:21:45,910 --> 00:21:44,059

middle ground to really be real with

522

00:21:48,640 --> 00:21:45,920

people and expose what's really what

523

00:21:52,090 --> 00:21:48,650

it's like to be human in general and

524

00:21:55,750 --> 00:21:52,100

certainly today I like that and I

525

00:21:58,390 --> 00:21:55,760

particularly like this charging in kind

526

00:22:00,730 --> 00:21:58,400

of thing again I think that's what

527

00:22:03,400 --> 00:22:00,740

you're bringing is a unique that's your

528

00:22:05,169 --> 00:22:03,410

data to a certain extent that you're

529

00:22:07,930 --> 00:22:05,179

following that but that's what it takes

530

00:22:10,210 --> 00:22:07,940

to overcome tough things is that ability

531

00:22:11,830 --> 00:22:10,220

to charge in but let me leave Ephraim if

532

00:22:14,590 --> 00:22:11,840

I kind of found at that point because

533

00:22:16,419 --> 00:22:14,600

the other thing that I'm where I'm

534

00:22:20,080 --> 00:22:16,429

coming from is this idea of look for the

535

00:22:23,320 --> 00:22:20,090

conspiracy and your show and my

536

00:22:26,890 --> 00:22:23,330

interactions with you maybe rethink that

537

00:22:29,380 --> 00:22:26,900

as well because it's important to me but

538

00:22:31,360 --> 00:22:29,390

I realized it doesn't really directly

539

00:22:35,710 --> 00:22:31,370

relate to your work and then I thought

540

00:22:38,680 --> 00:22:35,720

you know what maybe it does because what

541

00:22:43,419 --> 00:22:38,690

I think the conspiracy thing is really

542

00:22:49,390 --> 00:22:43,429

all about for me is this idea of how can

543

00:22:52,870 --> 00:22:49,400

this be and that is being willing to be

544

00:22:54,880 --> 00:22:52,880

uncomfortable with the craziness that we

545

00:22:57,600 --> 00:22:54,890

might encounter now for me you know why

546

00:23:00,190 --> 00:22:57,610

science is wrong it was the craziness of

547

00:23:02,320 --> 00:23:00,200

we are biological robots in a

548

00:23:04,480 --> 00:23:02,330

meaningless universe and the craziness

549

00:23:06,970 --> 00:23:04,490

that is that no one really believes that

550

00:23:09,400 --> 00:23:06,980

at least no one lives their life like

551  
00:23:11,710 --> 00:23:09,410  
that even people who claim that they do

552  
00:23:14,650 --> 00:23:11,720  
they don't right and yet

553  
00:23:17,380 --> 00:23:14,660  
we go and we walk our kids to school and

554  
00:23:19,510 --> 00:23:17,390  
we hold their hand and we say go on into

555  
00:23:23,070 --> 00:23:19,520  
science class and that's what they're

556  
00:23:25,420 --> 00:23:23,080  
gonna teach you and then we let them go

557  
00:23:28,030 --> 00:23:25,430  
psychologist and that's what they tell

558  
00:23:31,030 --> 00:23:28,040  
them and we just let it go on and we

559  
00:23:34,530 --> 00:23:31,040  
don't stop and say how can this be how

560  
00:23:39,370 --> 00:23:34,540  
can we not be openly challenging this

561  
00:23:42,040 --> 00:23:39,380  
craziness and I think when we get there

562  
00:23:45,330 --> 00:23:42,050  
and when we are willing to say you know

563  
00:23:49,360 --> 00:23:45,340

what I'm willing to deal with the crazy

564

00:23:52,810 --> 00:23:49,370

uncomfortableness that there is this how

565

00:23:56,080 --> 00:23:52,820

can this be moment and I'm willing to

566

00:23:58,150 --> 00:23:56,090

take a different course if necessary you

567

00:24:01,930 --> 00:23:58,160

know I'm willing to say you know what no

568

00:24:04,390 --> 00:24:01,940

I I will not stand by and and just let

569

00:24:06,730 --> 00:24:04,400

this happen I will not I may not you

570

00:24:09,100 --> 00:24:06,740

know get out there and wave a banner in

571

00:24:12,640 --> 00:24:09,110

the street and stop traffic but I will

572

00:24:15,580 --> 00:24:12,650

not go along willingly with stuff that I

573

00:24:18,810 --> 00:24:15,590

think doesn't only fit my belief systems

574

00:24:21,490 --> 00:24:18,820

but in general I think is harmful for

575

00:24:25,840 --> 00:24:21,500

society or culture even my family you

576

00:24:30,660 --> 00:24:25,850

know so with that I guess I teared up

577

00:24:35,050 --> 00:24:30,670

you know what's your how can this be

578

00:24:37,180 --> 00:24:35,060

moment question either in your work

579

00:24:40,390 --> 00:24:37,190

before transcend or through the

580

00:24:43,390 --> 00:24:40,400

transcend experience it's happening in

581

00:24:45,430 --> 00:24:43,400

both but transcend actually the episode

582

00:24:47,080 --> 00:24:45,440

I'm working on right now I've got three

583

00:24:49,420 --> 00:24:47,090

weeks to put together a story and

584

00:24:51,340 --> 00:24:49,430

there's a reason why only NPR people to

585

00:24:54,580 --> 00:24:51,350

storytelling is there their medium

586

00:24:56,980 --> 00:24:54,590

because it's really freaking hard and

587

00:24:59,170 --> 00:24:56,990

I'm I just decided I was gonna do that

588

00:25:00,640 --> 00:24:59,180

because to me it's it's the way that

589

00:25:02,860 --> 00:25:00,650

this is gonna work if I can't do that

590

00:25:04,840 --> 00:25:02,870

it's not gonna work so I have to figure

591

00:25:09,100 --> 00:25:04,850

it out but one of the questions that's

592

00:25:12,340 --> 00:25:09,110

coming up in this story is is do we even

593

00:25:14,380 --> 00:25:12,350

transcend anything is that even like I'm

594

00:25:16,330 --> 00:25:14,390

basically gonna question the entire show

595

00:25:19,030 --> 00:25:16,340

or that like the brand of the show

596

00:25:22,420 --> 00:25:19,040

transcend and the name in the episode

597

00:25:25,030 --> 00:25:22,430

and so there's this even right now I'm

598

00:25:27,160 --> 00:25:25,040

like in that like what is it is it

599

00:25:29,230 --> 00:25:27,170

anything like through looking at

600

00:25:31,570 --> 00:25:29,240

someone's story but so I'm in that right

601  
00:25:33,850 --> 00:25:31,580  
now and it's been kind of a huge

602  
00:25:36,640 --> 00:25:33,860  
challenge but then in my work and what

603  
00:25:40,330 --> 00:25:36,650  
led me to do this project was that I

604  
00:25:43,090 --> 00:25:40,340  
mean come on how many people have tried

605  
00:25:45,610 --> 00:25:43,100  
to die and how many times have they try

606  
00:25:47,620 --> 00:25:45,620  
to die and we all know that [h\_\_\h] doesn't

607  
00:25:50,770 --> 00:25:47,630  
work like we all know it doesn't work

608  
00:25:53,020 --> 00:25:50,780  
and yet it's it's this you know 70

609  
00:25:55,060 --> 00:25:53,030  
billion dollar industry there's

610  
00:25:58,900 --> 00:25:55,070  
countless pills and products and

611  
00:26:00,900 --> 00:25:58,910  
services and it's ridiculous and to me

612  
00:26:04,750 --> 00:26:00,910  
that's like the whole self-help

613  
00:26:06,790 --> 00:26:04,760

psychology health you can lump that

614

00:26:08,410 --> 00:26:06,800

whole world together and we all know it

615

00:26:14,050 --> 00:26:08,420

doesn't work and yet we keep buying into

616

00:26:16,120 --> 00:26:14,060

it and I have a real issue with that it

617

00:26:17,680 --> 00:26:16,130

gets me like so angry and it's why I

618

00:26:20,170 --> 00:26:17,690

literally would go to a party

619

00:26:21,220 --> 00:26:20,180

so my wife and I recently moved from we

620

00:26:24,040 --> 00:26:21,230

were San Francisco we moved to the

621

00:26:25,570 --> 00:26:24,050

Midwest and to be near family and and I

622

00:26:27,910 --> 00:26:25,580

fortunately don't have any clients here

623

00:26:29,470 --> 00:26:27,920

so I get the the wonderful opportunity

624

00:26:30,880 --> 00:26:29,480

never having to talk about my work here

625

00:26:33,370 --> 00:26:30,890

without having any consequence

626

00:26:34,480 --> 00:26:33,380

whatsoever but my wife gets so annoyed

627

00:26:36,910 --> 00:26:34,490

to me because people ask me the question

628

00:26:38,920 --> 00:26:36,920

like what do you do and I will she goes

629

00:26:40,870 --> 00:26:38,930

you sound creepy like you're not you're

630

00:26:43,000 --> 00:26:40,880

skirting the question you know I'll just

631

00:26:45,040 --> 00:26:43,010

like dance around it and not really tell

632

00:26:46,630 --> 00:26:45,050

him the answer and she just gets so

633

00:26:48,130 --> 00:26:46,640

angry with me she's like you sound like

634

00:26:49,840 --> 00:26:48,140

a creep and so maybe you're not talking

635

00:26:55,390 --> 00:26:49,850

about work but now you sound worse you

636

00:26:57,190 --> 00:26:55,400

know and and so and I and I script the

637

00:26:59,860 --> 00:26:57,200

question because I hate saying I'm a

638

00:27:01,290 --> 00:26:59,870

coach I can't stand the word because

639

00:27:04,780 --> 00:27:01,300

it's aligned with this whole industry

640

00:27:07,570 --> 00:27:04,790

where we keep buying into this idea that

641

00:27:10,840 --> 00:27:07,580

like hey if you just take some pills or

642

00:27:12,850 --> 00:27:10,850

do this diet or you know look at me I

643

00:27:14,410 --> 00:27:12,860

have a fancy Ferrari and if you just pay

644

00:27:18,920 --> 00:27:14,420

me ten thousand dollars you can have

645

00:27:21,980 --> 00:27:18,930

this - it's just it's a sham

646

00:27:23,540 --> 00:27:21,990

it drives me it drives me crazy there's

647

00:27:26,390 --> 00:27:23,550

not an integrity there's no barrier to

648

00:27:28,250 --> 00:27:26,400

entry and yet it's this you know

649

00:27:29,420 --> 00:27:28,260

everybody's rah rah and no one wants to

650

00:27:32,330 --> 00:27:29,430

talk about the fact that when you change

651  
00:27:33,680 --> 00:27:32,340  
it hurts and just the whole thing drives

652  
00:27:36,380 --> 00:27:33,690  
me absolutely bonkers

653  
00:27:38,300 --> 00:27:36,390  
and so transcend is my little okay I'm

654  
00:27:41,840 --> 00:27:38,310  
gonna maybe push against the industry a

655  
00:27:43,910 --> 00:27:41,850  
little bit and try to try to in a public

656  
00:27:46,760 --> 00:27:43,920  
way do something meaningful that bucks

657  
00:27:48,800 --> 00:27:46,770  
the trend my own little skeptical of my

658  
00:27:50,270 --> 00:27:48,810  
industry and try to take people on a

659  
00:27:52,040 --> 00:27:50,280  
journey where I can actually help them

660  
00:27:54,080 --> 00:27:52,050  
have the experiences they want and call

661  
00:27:55,670 --> 00:27:54,090  
out the [h\_\_h] whether I do it

662  
00:27:58,100 --> 00:27:55,680  
directly or not I'm not sure yet

663  
00:28:01,640 --> 00:27:58,110

but certainly start to move the needle

664

00:28:04,730 --> 00:28:01,650

in the way I think is meaningful yeah I

665

00:28:05,630 --> 00:28:04,740

Drive it just anyway I just am drives me

666

00:28:08,480 --> 00:28:05,640

nuts drives me nuts

667

00:28:10,940 --> 00:28:08,490

great so you know we've kind of gone

668

00:28:14,360 --> 00:28:10,950

through my thing follow the data look

669

00:28:16,430 --> 00:28:14,370

for the conspiracy my third step is find

670

00:28:20,690 --> 00:28:16,440

the deep spirituality and again this is

671

00:28:23,630 --> 00:28:20,700

an easy link between me and you and what

672

00:28:27,110 --> 00:28:23,640

we're all about I mean I think anyone

673

00:28:29,780 --> 00:28:27,120

who's like a decent person at all what

674

00:28:31,700 --> 00:28:29,790

we'd consider you know a moral good

675

00:28:34,880 --> 00:28:31,710

person unless you're like really an evil

676

00:28:37,790 --> 00:28:34,890

dude finding the deep spirituality is

677

00:28:42,920 --> 00:28:37,800

saying hey what propels me forward what

678

00:28:45,440 --> 00:28:42,930

moves me better you know and in that

679

00:28:48,610 --> 00:28:45,450

sense though I think implied in what

680

00:28:51,830 --> 00:28:48,620

you're saying is a question that I keep

681

00:28:53,900 --> 00:28:51,840

banging against and it is implied and I

682

00:28:56,150 --> 00:28:53,910

love making it explicit here in this

683

00:29:00,560 --> 00:28:56,160

show and in a couple other shows which I

684

00:29:02,620 --> 00:29:00,570

have and that is for you and I we're all

685

00:29:05,300 --> 00:29:02,630

about keeping score

686

00:29:07,670 --> 00:29:05,310

coaches keep score players keep score

687

00:29:10,010 --> 00:29:07,680

people who are of that mindset keep

688

00:29:12,950 --> 00:29:10,020

score and what that means is what works

689

00:29:15,140 --> 00:29:12,960

what doesn't what's effective what

690

00:29:17,180 --> 00:29:15,150

propels us forward and being brave

691

00:29:19,010 --> 00:29:17,190

enough when we really contrast it you

692

00:29:21,380 --> 00:29:19,020

know you're kind of maybe getting on the

693

00:29:23,150 --> 00:29:21,390

coach change life coaching industry hey

694

00:29:25,460 --> 00:29:23,160

I talked to all sorts of

695

00:29:26,960 --> 00:29:25,470

transformational people you know I just

696

00:29:28,700 --> 00:29:26,970

spoke with a woman whose last episode

697

00:29:30,740 --> 00:29:28,710

you know I should have been in total

698

00:29:31,620 --> 00:29:30,750

sync with this person she is so into

699

00:29:34,680 --> 00:29:31,630

yoga

700

00:29:36,630 --> 00:29:34,690

so India she's so into psychology and

701

00:29:37,350 --> 00:29:36,640

it's crossover with yoga which i think

702

00:29:40,830 --> 00:29:37,360

is awesome

703

00:29:42,270 --> 00:29:40,840

I couldn't I want to second stander but

704

00:29:44,640 --> 00:29:42,280

I couldn't stand her I'm so frustrated

705

00:29:47,760 --> 00:29:44,650

it's so such a frustrating interview

706

00:29:49,650 --> 00:29:47,770

because she's not really interested in

707

00:29:51,390 --> 00:29:49,660

what works and what doesn't

708

00:29:54,690 --> 00:29:51,400

she said well everyone has their own

709

00:29:57,240 --> 00:29:54,700

thing you know I'm like this relativism

710

00:29:59,160 --> 00:29:57,250

that just washes everything away to the

711

00:30:03,180 --> 00:29:59,170

point where we can't get down and say

712

00:30:05,520 --> 00:30:03,190

okay yeah I can't definitively say this

713

00:30:09,600 --> 00:30:05,530

is better than this but I do want to

714

00:30:11,250 --> 00:30:09,610

know what works in what ever since I can

715

00:30:14,220 --> 00:30:11,260

measure it with whatever limitations

716

00:30:17,220 --> 00:30:14,230

there are two measuring it so with that

717

00:30:19,500 --> 00:30:17,230

I thought we'd have some real fun you

718

00:30:23,280 --> 00:30:19,510

and I kind of fun stuff that we can do

719

00:30:26,070 --> 00:30:23,290

you know I've mentioned Tony Robbins on

720

00:30:28,230 --> 00:30:26,080

this show a couple times and that is

721

00:30:31,650 --> 00:30:28,240

like death knell

722

00:30:33,780 --> 00:30:31,660

you know Tony Robbins cult you know and

723

00:30:35,430 --> 00:30:33,790

you can say like I did that hey man I

724

00:30:37,410 --> 00:30:35,440

was into self-improvement I read 200

725

00:30:41,580 --> 00:30:37,420

books I was doing everything I could to

726

00:30:44,100 --> 00:30:41,590

be successful people do not hear that

727

00:30:46,110 --> 00:30:44,110

they hear Tony Robbins Tony Robbins

728

00:30:49,260 --> 00:30:46,120

you're in a cult you know that's all

729

00:30:51,900 --> 00:30:49,270

people can hear I just had an interview

730

00:30:53,580 --> 00:30:51,910

conversation just a couple episodes ago

731

00:30:54,930 --> 00:30:53,590

and it went exactly like that

732

00:30:56,880 --> 00:30:54,940

you know and the [h\_\_\h] Robbins thing

733

00:30:58,410 --> 00:30:56,890

comes up in this guy goes oh mate you

734

00:31:00,390 --> 00:30:58,420

know I know all about Tony right school

735

00:31:02,340 --> 00:31:00,400

setting right it's goal setting right I

736

00:31:04,470 --> 00:31:02,350

know but you really don't know anything

737

00:31:08,160 --> 00:31:04,480

about its goal setting right you know

738

00:31:10,530 --> 00:31:08,170

I'm like you know you don't really know

739

00:31:12,240 --> 00:31:10,540

what you're talking about and what I

740

00:31:14,400 --> 00:31:12,250

want to tee up for people who don't know

741

00:31:18,890 --> 00:31:14,410

I'll dive deeper into the Tony Robbins

742

00:31:22,200 --> 00:31:18,900

thing just to just to tee up this

743

00:31:27,260 --> 00:31:22,210

coaching thing and this thing of what

744

00:31:30,930 --> 00:31:27,270

works here's Tony Robbins amazing video

745

00:31:34,140 --> 00:31:30,940

it kind of explains itself but it's him

746

00:31:35,970 --> 00:31:34,150

doing one session with the guy who's

747

00:31:41,520 --> 00:31:35,980

struggled with stuttering for thirty

748

00:31:57,810 --> 00:31:53,830

Phil I bump stuttered and remember my

749

00:32:02,760 --> 00:31:57,820

freshman year of college one of the

750

00:32:08,200 --> 00:32:02,770

first courses that I took was this beach

751

00:32:13,590 --> 00:32:08,210  
class and I throws the greater I

752

00:32:18,100 --> 00:32:13,600  
received was an F I went from a

753

00:32:22,080 --> 00:32:18,110  
full-time Coast dudn't on scholarship to

754

00:32:37,190 --> 00:32:32,470  
[Music]

755

00:32:39,830 --> 00:32:37,200  
for yourself now Lauren says I am three

756

00:32:42,169 --> 00:32:39,840  
the warrior says or instead I am

757

00:32:45,109 --> 00:32:42,179  
brilliant that's right the warrior says

758

00:32:48,590 --> 00:32:45,119  
words that I am electric the warrior

759

00:33:12,190 --> 00:32:48,600  
says ask the Warriors do you need to

760

00:33:18,710 --> 00:33:14,840  
so I got a hold back the tears every

761

00:33:20,270 --> 00:33:18,720  
time I see that that clip but it ends I

762

00:33:22,370 --> 00:33:20,280  
didn't play it but he stands up in front

763

00:33:24,530 --> 00:33:22,380

of these 5000 people and gives a speech

764

00:33:26,540 --> 00:33:24,540

and all the rest of stuff so what we

765

00:33:31,610 --> 00:33:26,550

ought to note a couple of things one is

766

00:33:33,890 --> 00:33:31,620

that people who are skeptical I don't

767

00:33:36,520 --> 00:33:33,900

know what they'll say but this guy tried

768

00:33:38,650 --> 00:33:36,530

everything right he went to all sorts of

769

00:33:41,810 --> 00:33:38,660

psychologists to see what his deep

770

00:33:44,360 --> 00:33:41,820

underlying pain was he went to speech

771

00:33:46,100 --> 00:33:44,370

therapists for years and years but guy

772

00:33:49,010 --> 00:33:46,110

is a successful guy the guy chose a

773

00:33:51,980 --> 00:33:49,020

career in sales which I mean how old is

774

00:33:54,170 --> 00:33:51,990

this human being to say despite this

775

00:33:56,840 --> 00:33:54,180

obstacle I have that's what I'm gonna

776

00:33:58,670 --> 00:33:56,850

choose but that's what he chose and here

777

00:34:00,640 --> 00:33:58,680

is a guy with a very specific set of

778

00:34:03,350 --> 00:34:00,650

techniques that is Tony Robbins if you

779

00:34:05,540 --> 00:34:03,360

read his work if you go to his seminars

780

00:34:07,400 --> 00:34:05,550

if you learn it's not just you know

781

00:34:09,139 --> 00:34:07,410

getting people to scream therapy or

782

00:34:12,280 --> 00:34:09,149

anything like that it's very precise

783

00:34:15,560 --> 00:34:12,290

what he does and it seems to be

784

00:34:17,869 --> 00:34:15,570

extremely effective I don't know who

785

00:34:21,649 --> 00:34:17,879

else in the world could transform

786

00:34:23,899 --> 00:34:21,659

somebody's life in one session of 10

787

00:34:26,180 --> 00:34:23,909

minutes but he did it he's to be

788

00:34:30,500 --> 00:34:26,190

commended for that the other part of

789

00:34:32,119 --> 00:34:30,510

that that I really loved equally as much

790

00:34:33,889 --> 00:34:32,129

as all that is what we just talked about

791

00:34:34,600 --> 00:34:33,899

what does the guy say at the end what

792

00:34:38,869 --> 00:34:34,610

does he say

793

00:34:41,000 --> 00:34:38,879

what's next coach this guy is a winner

794

00:34:46,040 --> 00:34:41,010

man I'm telling you I would bet on that

795

00:34:49,430 --> 00:34:46,050

guy I just bet on him for life it's like

796

00:34:53,240 --> 00:34:49,440

I just overcame the biggest challenge

797

00:34:56,090 --> 00:34:53,250

obstacle in my life what's next coach so

798

00:34:58,460 --> 00:34:56,100

I just wanted to juxtapose that with all

799

00:35:01,640 --> 00:34:58,470

the dissing you've been doing on

800

00:35:03,800 --> 00:35:01,650

coaching cuz man coaching has a place we

801  
00:35:06,260 --> 00:35:03,810  
don't need less coaching we need more

802  
00:35:09,740 --> 00:35:06,270  
coaching from better coaches any better

803  
00:35:10,750 --> 00:35:09,750  
coaching well when I contrast that with

804  
00:35:13,480 --> 00:35:10,760  
the interview

805  
00:35:15,940 --> 00:35:13,490  
I did last week or like so many

806  
00:35:19,210 --> 00:35:15,950  
interviews I've done where people do not

807  
00:35:21,700 --> 00:35:19,220  
are not willing to step up and say what

808  
00:35:24,190 --> 00:35:21,710  
I'm offering is affected it's more

809  
00:35:26,260 --> 00:35:24,200  
effective than these other things for

810  
00:35:28,570 --> 00:35:26,270  
this reason and they're not going in

811  
00:35:30,580 --> 00:35:28,580  
this well you know whatever works for

812  
00:35:32,710 --> 00:35:30,590  
you kind of thing which is fine hey

813  
00:35:36,370 --> 00:35:32,720

it is about whatever works for you but

814

00:35:39,220 --> 00:35:36,380

it's also about being willing to say I'm

815

00:35:42,550 --> 00:35:39,230

gonna step into the arena and measure

816

00:35:45,400 --> 00:35:42,560

what I think works against what you

817

00:35:47,440 --> 00:35:45,410

think works so I've kind of thrown a lot

818

00:35:48,040 --> 00:35:47,450

on the table there you know tell me what

819

00:35:51,640 --> 00:35:48,050

you think

820

00:35:53,530 --> 00:35:51,650

well so Tony Robbins in I actually have

821

00:35:54,790 --> 00:35:53,540

a similar background he's using what's

822

00:35:58,570 --> 00:35:54,800

called neuro linguistic programming in

823

00:35:59,950 --> 00:35:58,580

that video and the belief by those of us

824

00:36:01,210 --> 00:35:59,960

that come from that lineage is actually

825

00:36:04,930 --> 00:36:01,220

that you can help somebody in ten

826  
00:36:07,140 --> 00:36:04,940  
minutes or an hour that is possible it's

827  
00:36:09,660 --> 00:36:07,150  
not the a pre-sub position of the of

828  
00:36:11,950 --> 00:36:09,670  
psychologists or therapists you know

829  
00:36:12,940 --> 00:36:11,960  
what he's we could walk through

830  
00:36:14,170 --> 00:36:12,950  
everything he's doing in there I can't

831  
00:36:16,150 --> 00:36:14,180  
tell exactly what he's doing how he's

832  
00:36:18,400 --> 00:36:16,160  
doing it the neurological impact that

833  
00:36:21,520 --> 00:36:18,410  
he's making why it's working and earlier

834  
00:36:26,610 --> 00:36:21,530  
in the video he brought in familiar the

835  
00:36:28,810 --> 00:36:26,620  
video he the kid or the young man he

836  
00:36:31,780 --> 00:36:28,820  
remembered back to being too in front of

837  
00:36:34,180 --> 00:36:31,790  
rocky and bullwinkle and his father

838  
00:36:35,800 --> 00:36:34,190

start beating his mom and so there was a

839

00:36:37,990 --> 00:36:35,810

there was an association it's that

840

00:36:39,790 --> 00:36:38,000

basically a simple Association that the

841

00:36:43,570 --> 00:36:39,800

kid makes it to that I am the problem

842

00:36:46,330 --> 00:36:43,580

and therefore I can become the solution

843

00:36:48,250 --> 00:36:46,340

so me associates I think was Bullwinkle

844

00:36:50,890 --> 00:36:48,260

shtetl stutters I'm not as familiar with

845

00:36:55,090 --> 00:36:50,900

that but what he assumed stuttering as a

846

00:36:56,590 --> 00:36:55,100

strategy to effectively feel safe in an

847

00:36:58,240 --> 00:36:56,600

environment that was incredibly unsafe

848

00:37:00,970 --> 00:36:58,250

so what he's essentially doing is

849

00:37:03,130 --> 00:37:00,980

creating a way for him to have an

850

00:37:05,200 --> 00:37:03,140

alternative opportunity when he feels

851

00:37:06,850 --> 00:37:05,210

unsafe or when he's trying to exist in

852

00:37:10,240 --> 00:37:06,860

the world he's giving him more options

853

00:37:12,099 --> 00:37:10,250

through using this thing called NLP

854

00:37:15,490 --> 00:37:12,109

the thing is most coaching is not that

855

00:37:17,319 --> 00:37:15,500

right most coaching is okay I'm gonna

856

00:37:18,670 --> 00:37:17,329

hold okay what do you want kid if they

857

00:37:20,079 --> 00:37:18,680

even asked you that question is like I

858

00:37:21,279 --> 00:37:20,089

don't want to stutter and like cool okay

859

00:37:23,470 --> 00:37:21,289

you're not gonna stutter I'm gonna hold

860

00:37:25,140 --> 00:37:23,480

you accountable okay and you're gonna

861

00:37:27,400 --> 00:37:25,150

pay me however many thousands of dollars

862

00:37:28,589 --> 00:37:27,410

and I'm gonna basically yell at you and

863

00:37:30,880 --> 00:37:28,599

make you feel shitty for stuttering

864

00:37:33,249 --> 00:37:30,890

that's that is literally what the

865

00:37:35,589 --> 00:37:33,259

coaching industry is and that doesn't

866

00:37:37,390 --> 00:37:35,599

work it's not effective something like

867

00:37:40,450 --> 00:37:37,400

what 20 Robbins is doing is effective

868

00:37:42,339 --> 00:37:40,460

and there's there's I have questions

869

00:37:44,170 --> 00:37:42,349

about it and how I might approach that

870

00:37:46,450 --> 00:37:44,180

but what he's doing it is very effective

871

00:37:47,980 --> 00:37:46,460

and it's you know if you go back and

872

00:37:49,720 --> 00:37:47,990

look at NLP and you go look at the

873

00:37:52,630 --> 00:37:49,730

Wikipedia page to do that it's gonna

874

00:37:54,730 --> 00:37:52,640

look just like you know looking up Dean

875

00:37:57,009 --> 00:37:54,740

Radin on Wikipedia it's it's like the

876

00:37:59,440 --> 00:37:57,019

the the parapsychology of the psychology

877

00:38:01,690 --> 00:37:59,450

industry it's it's it's this bastardized

878

00:38:03,220 --> 00:38:01,700

version that's been picked apart and

879

00:38:05,079 --> 00:38:03,230

said it can't work because it's too easy

880

00:38:06,910 --> 00:38:05,089

it's the the path of least resistance is

881

00:38:08,769 --> 00:38:06,920

too is not okay for us as human beings

882

00:38:09,999 --> 00:38:08,779

to accept that there's a possibility

883

00:38:12,549 --> 00:38:10,009

that there's things out there that are

884

00:38:14,769 --> 00:38:12,559

better than others and the traditional

885

00:38:16,019 --> 00:38:14,779

academic path is the only way so there

886

00:38:17,829 --> 00:38:16,029

is this kind of interesting

887

00:38:20,170 --> 00:38:17,839

juxtaposition here between what he's

888

00:38:23,019 --> 00:38:20,180

doing what 20 Robbins is doing using a

889

00:38:24,700 --> 00:38:23,029

technology that's very effective and

890

00:38:25,720 --> 00:38:24,710

what the industry as a whole will say

891

00:38:27,249 --> 00:38:25,730

about it

892

00:38:28,420 --> 00:38:27,259

and there's all these studies that will

893

00:38:29,799 --> 00:38:28,430

say that it doesn't work and if you go

894

00:38:32,710 --> 00:38:29,809

back and look at the studies they don't

895

00:38:33,940 --> 00:38:32,720

actually the research is poorly done and

896

00:38:35,470 --> 00:38:33,950

then everybody references the research

897

00:38:38,920 --> 00:38:35,480

is kind of like you know a lot of things

898

00:38:41,769 --> 00:38:38,930

you run into on the show I got to take

899

00:38:43,150 --> 00:38:41,779

issue with you a little bit in it and

900

00:38:44,740 --> 00:38:43,160

this is one of the problems I see when

901  
00:38:45,849 --> 00:38:44,750  
anyone brings up its kind of the same

902  
00:38:47,259 --> 00:38:45,859  
thing like I was saying with the other

903  
00:38:49,900 --> 00:38:47,269  
guy with 20 rounds oh I know what Tony

904  
00:38:53,440 --> 00:38:49,910  
Robbins is it's goal-setting yeah well i

905  
00:38:57,519 --> 00:38:53,450  
know what Tony Robbins is it's NLP it's

906  
00:39:02,249 --> 00:38:57,529  
like no you know what Tony Robbins is

907  
00:39:07,450 --> 00:39:02,259  
Tony Robbins is a really simple idea

908  
00:39:10,420 --> 00:39:07,460  
success leaves clues that is the essence

909  
00:39:14,529 --> 00:39:10,430  
of coaching as well it's that if you

910  
00:39:17,049 --> 00:39:14,539  
want to be better if you want to have

911  
00:39:18,640 --> 00:39:17,059  
something find something that works go

912  
00:39:21,099 --> 00:39:18,650  
find somebody who can do it

913  
00:39:23,130 --> 00:39:21,109

that's an LP that's literally an LP

914

00:39:25,199 --> 00:39:23,140

that's coaching but that but

915

00:39:26,579 --> 00:39:25,209

it's based on NLP which is based on the

916

00:39:27,630 --> 00:39:26,589

human potential movement which is where

917

00:39:31,079 --> 00:39:27,640

I came from but I'm telling you that's

918

00:39:32,819 --> 00:39:31,089

that is help II that's I'm training NLP

919

00:39:35,549 --> 00:39:32,829

that's my coaching methodology I've

920

00:39:39,269 --> 00:39:35,559

studied Bandler and grinder I've studied

921

00:39:42,269 --> 00:39:39,279

NLP I've studied like I told you all the

922

00:39:45,499 --> 00:39:42,279

success literature right and they're all

923

00:39:49,589 --> 00:39:45,509

saying the same thing I guess what I'm

924

00:39:52,289 --> 00:39:49,599

challenging you on is to see I kind of

925

00:39:55,769 --> 00:39:52,299

feel in a tiny way if I can poke at you

926

00:39:59,459 --> 00:39:55,779

that you're in too deep to take a step

927

00:40:02,249 --> 00:39:59,469

back and realize the the power that you

928

00:40:04,140 --> 00:40:02,259

bring as a coach and the difference that

929

00:40:07,529 --> 00:40:04,150

you bring as a coach and maybe you

930

00:40:10,019 --> 00:40:07,539

realize that but I guess that's what I

931

00:40:13,920 --> 00:40:10,029

want to kind of highlight and celebrate

932

00:40:15,599 --> 00:40:13,930

is that hey this idea that I love the

933

00:40:20,069 --> 00:40:15,609

way you said it at the beginning that

934

00:40:21,630 --> 00:40:20,079

the true coach is not it is coaching you

935

00:40:23,549 --> 00:40:21,640

towards your potential it's

936

00:40:25,349 --> 00:40:23,559

individualized saying where are you

937

00:40:29,130 --> 00:40:25,359

trying to get and it's getting that and

938

00:40:31,559 --> 00:40:29,140

that is such a different model from what

939

00:40:34,410 --> 00:40:31,569

will you see out there in what we see

940

00:40:38,249 --> 00:40:34,420

happening and I'm not even gonna let you

941

00:40:41,279 --> 00:40:38,259

respond to that oh come on because I

942

00:40:44,910 --> 00:40:41,289

want you to respond to it in the context

943

00:40:47,489 --> 00:40:44,920

of some other what what works what

944

00:40:51,650 --> 00:40:47,499

doesn't and then at the end we're gonna

945

00:40:54,509 --> 00:40:51,660

put that really to the test of what

946

00:40:56,660 --> 00:40:54,519

transcend the you the podcast experience

947

00:41:02,640 --> 00:40:56,670

you're creating and what that might mean

948

00:41:06,120 --> 00:41:02,650

there okay so with so with that let me

949

00:41:08,759 --> 00:41:06,130

tell you what else I think works this is

950

00:41:11,219 --> 00:41:08,769

personally what I think works you know

951  
00:41:13,799 --> 00:41:11,229  
it works yoga works so I'm gonna stand

952  
00:41:16,559 --> 00:41:13,809  
up now and say my switch hats and say oh

953  
00:41:17,999 --> 00:41:16,569  
no it's not Tony Robbins it's not NLP

954  
00:41:21,209 --> 00:41:18,009  
it's not coaching whatever we want to

955  
00:41:24,779 --> 00:41:21,219  
put it yoga yoga works and here's my

956  
00:41:27,630 --> 00:41:24,789  
buddy wim HOF and I yell a year ago I've

957  
00:41:29,519 --> 00:41:27,640  
been doing yoga for too many decades to

958  
00:41:32,549 --> 00:41:29,529  
talk about and not be embarrassed about

959  
00:41:34,920 --> 00:41:32,559  
my age but I found it extremely

960  
00:41:35,930 --> 00:41:34,930  
effective but one year ago I discovered

961  
00:41:37,670 --> 00:41:35,940  
wim HOF

962  
00:41:40,130 --> 00:41:37,680  
and I discovered his breathing

963  
00:41:41,960 --> 00:41:40,140

techniques in his ice bath technique

964

00:41:44,030 --> 00:41:41,970

were you good there I am sitting in a

965

00:41:48,170 --> 00:41:44,040

looking out of the ocean but sitting in

966

00:41:51,710 --> 00:41:48,180

a 35 degree tub you know and to me what

967

00:41:54,920 --> 00:41:51,720

that means is what I've shared on this

968

00:41:56,630 --> 00:41:54,930

show what I picked up from Rickett good

969

00:41:59,780 --> 00:41:56,640

at the gas pump in his interview with

970

00:42:04,670 --> 00:41:59,790

the hugging saint of world what world

971

00:42:07,640 --> 00:42:04,680

it's yoga to me is transcending the idea

972

00:42:10,400 --> 00:42:07,650

that we are completely tied to this

973

00:42:12,800 --> 00:42:10,410

world and loosening that up a little bit

974

00:42:15,440 --> 00:42:12,810

so that we can see that we're in the

975

00:42:17,750 --> 00:42:15,450

middle in this other way too and that

976

00:42:20,750 --> 00:42:17,760

we're in the middle of this world and

977

00:42:22,430 --> 00:42:20,760

some completely world some completely

978

00:42:26,600 --> 00:42:22,440

different world that transcends this

979

00:42:31,580 --> 00:42:26,610

world and yoga is a way that that kind

980

00:42:36,160 --> 00:42:31,590

of really drives that home for me in

981

00:42:40,220 --> 00:42:36,170

terms of helping me see that you know

982

00:42:43,610 --> 00:42:40,230

world what world so tell me how that

983

00:42:49,310 --> 00:42:43,620

relates to what you're learning and

984

00:42:51,200 --> 00:42:49,320

experiencing with transcend yeah I love

985

00:42:53,570 --> 00:42:51,210

I love you bring up yoga I've done yoga

986

00:42:55,640 --> 00:42:53,580

before but it was for a girl so I don't

987

00:43:00,140 --> 00:42:55,650

think that it was a very effective

988

00:43:03,590 --> 00:43:00,150

spiritual experience but you're into

989

00:43:04,910 --> 00:43:03,600

that Tantra stuff oh yeah well she was

990

00:43:07,580 --> 00:43:04,920

into yoga and meditation was like I'll

991

00:43:11,180 --> 00:43:07,590

give it a try but yeah it was just I was

992

00:43:15,620 --> 00:43:11,190

just there to be there but yeah you know

993

00:43:17,960 --> 00:43:15,630

with the world what world I remember I

994

00:43:19,940 --> 00:43:17,970

think I heard the story was the hugging

995

00:43:24,500 --> 00:43:19,950

Saint where someone had asked her about

996

00:43:25,490 --> 00:43:24,510

why she's doing all this and and it was

997

00:43:26,810 --> 00:43:25,500

like you know you're helping all these

998

00:43:28,280 --> 00:43:26,820

people and you're out digging the

999

00:43:30,080 --> 00:43:28,290

latrines I think it is but how you told

1000

00:43:34,170 --> 00:43:30,090

the story and she said world what world

1001  
00:43:36,150 --> 00:43:34,180  
and and you know what transcend

1002  
00:43:37,650 --> 00:43:36,160  
I don't know this is where you're going

1003  
00:43:39,480 --> 00:43:37,660  
with a question but this is this is how

1004  
00:43:41,400 --> 00:43:39,490  
that at least that story that you told

1005  
00:43:44,339 --> 00:43:41,410  
about world what world relates to me in

1006  
00:43:45,450 --> 00:43:44,349  
that she just kind of doing it because

1007  
00:43:47,430 --> 00:43:45,460  
that's what she's doing

1008  
00:43:52,890 --> 00:43:47,440  
it's it's like a self-contained

1009  
00:43:54,150 --> 00:43:52,900  
experience for AMA doesn't seem that

1010  
00:43:55,410 --> 00:43:54,160  
she's doing it because it's all these

1011  
00:43:56,700 --> 00:43:55,420  
people that she's helping that's just

1012  
00:43:58,680 --> 00:43:56,710  
that's just what she's doing it's her

1013  
00:44:01,260 --> 00:43:58,690

job it's how she is expressing in the

1014

00:44:02,460 --> 00:44:01,270

world and I feel transcend for me as a

1015

00:44:05,130 --> 00:44:02,470

similar flavor like I said in the

1016

00:44:07,170 --> 00:44:05,140

beginning the the the name transcend for

1017

00:44:09,720 --> 00:44:07,180

me as a question and that's what I want

1018

00:44:11,760 --> 00:44:09,730

to solve for and I and I believe it will

1019

00:44:13,289 --> 00:44:11,770

help a lot of people on the way and I'm

1020

00:44:15,329 --> 00:44:13,299

gonna try to be as effective in that way

1021

00:44:17,579 --> 00:44:15,339

but it's because the joy for me of doing

1022

00:44:20,359 --> 00:44:17,589

this project of of asking the tough in

1023

00:44:23,099 --> 00:44:20,369

big questions and being curious about

1024

00:44:25,500 --> 00:44:23,109

what is what are we transcending if

1025

00:44:28,200 --> 00:44:25,510

anything where are we going which is an

1026  
00:44:29,940 --> 00:44:28,210  
unanswerable question and that to me is

1027  
00:44:34,710 --> 00:44:29,950  
the world what world moment where I'm

1028  
00:44:36,299 --> 00:44:34,720  
saying great okay and I'm gonna keep

1029  
00:44:38,430 --> 00:44:36,309  
doing this until it doesn't solve that

1030  
00:44:41,910 --> 00:44:38,440  
for me anymore it doesn't provide that

1031  
00:44:44,039 --> 00:44:41,920  
resource of curiosity that it does right

1032  
00:44:45,359 --> 00:44:44,049  
now where I get a lot of joy a where I'm

1033  
00:44:47,849 --> 00:44:45,369  
sitting in my studio banging my head

1034  
00:44:48,870 --> 00:44:47,859  
against my frickin desk because I'm

1035  
00:44:50,930 --> 00:44:48,880  
trying to tell story I don't know how

1036  
00:44:55,680 --> 00:44:50,940  
you know I'm not trained as a journalist

1037  
00:44:57,960 --> 00:44:55,690  
but I I just love the process which is

1038  
00:44:59,519 --> 00:44:57,970

cool and maybe this doesn't relate as

1039

00:45:01,829 --> 00:44:59,529

much to what you're doing right now but

1040

00:45:04,710 --> 00:45:01,839

I kind of think we're on the edge of

1041

00:45:07,470 --> 00:45:04,720

finding that connection because the real

1042

00:45:09,180 --> 00:45:07,480

part of that story you kind of told two

1043

00:45:11,849 --> 00:45:09,190

parts there and I'm gonna pick up on

1044

00:45:13,559 --> 00:45:11,859

both I mean the first part is hey I'm

1045

00:45:16,230 --> 00:45:13,569

doing this to get to a place where I

1046

00:45:20,670 --> 00:45:16,240

could understand and what I see in Alma

1047

00:45:22,230 --> 00:45:20,680

and in some other spiritually advanced

1048

00:45:25,230 --> 00:45:22,240

if we can say that kind of thing people

1049

00:45:28,620 --> 00:45:25,240

is they've already gotten a little bit

1050

00:45:32,069 --> 00:45:28,630

further down the path to where they're

1051  
00:45:34,710 --> 00:45:32,079  
not really that interested in doing per

1052  
00:45:38,250 --> 00:45:34,720  
se they're not excited like you and I

1053  
00:45:41,309 --> 00:45:38,260  
are about the next show the next I am

1054  
00:45:45,539 --> 00:45:41,319  
I'm excited about that I am excited

1055  
00:45:47,849 --> 00:45:45,549  
about whether my kids turn out to be you

1056  
00:45:49,950 --> 00:45:47,859  
know what I hope they can

1057  
00:45:52,380 --> 00:45:49,960  
NBD in terms of all their potential and

1058  
00:45:54,870 --> 00:45:52,390  
all that but what about people who have

1059  
00:45:57,690 --> 00:45:54,880  
transcended that have gotten to the

1060  
00:45:59,910 --> 00:45:57,700  
other side like a lot of mystics and

1061  
00:46:01,920 --> 00:45:59,920  
spiritual people tell us that there is

1062  
00:46:03,809 --> 00:46:01,930  
this kind of non dual nature to it there

1063  
00:46:06,839 --> 00:46:03,819

is this kind of nothing there kind of

1064

00:46:08,460 --> 00:46:06,849

thing but the beauty of it and I think

1065

00:46:11,039 --> 00:46:08,470

and that's the part of her story that I

1066

00:46:14,910 --> 00:46:11,049

think is so beautiful is this person

1067

00:46:17,160 --> 00:46:14,920

comes back though it says no I'm still

1068

00:46:19,380 --> 00:46:17,170

digging the trains you would look at me

1069

00:46:22,829 --> 00:46:19,390

and you wouldn't see any transcendence

1070

00:46:24,690 --> 00:46:22,839

you would say Jane she's a strong back

1071

00:46:26,519 --> 00:46:24,700

well Indian woman who can dig them

1072

00:46:30,599 --> 00:46:26,529

latrines and hug them people you know

1073

00:46:33,479 --> 00:46:30,609

and world what world it's no difference

1074

00:46:36,479 --> 00:46:33,489

it's sitting in that ice ice bath it's

1075

00:46:39,420 --> 00:46:36,489

cold it's not cold it doesn't make any

1076

00:46:43,640 --> 00:46:39,430

difference don't get too attached to

1077

00:46:47,430 --> 00:46:43,650

what you think is happening here and

1078

00:46:49,559 --> 00:46:47,440

does that maybe lie ahead in your path

1079

00:46:53,910 --> 00:46:49,569

maybe that's is that part of that pisode

1080

00:46:57,359 --> 00:46:53,920

three then my very much very well might

1081

00:46:59,819 --> 00:46:57,369

be I feel like there are moments where I

1082

00:47:01,440 --> 00:46:59,829

really I think they're like flow state

1083

00:47:03,630 --> 00:47:01,450

moments where I'm working on and I get

1084

00:47:05,279 --> 00:47:03,640

kind of in that just oneness of it where

1085

00:47:09,289 --> 00:47:05,289

I'm just one with the project it's a

1086

00:47:10,859 --> 00:47:09,299

very much an artistic expression and

1087

00:47:12,479 --> 00:47:10,869

then there are a lot of really

1088

00:47:14,249 --> 00:47:12,489

uncomfortable moments of either try

1089

00:47:17,910 --> 00:47:14,259

telling a story that's uncomfortable or

1090

00:47:19,739 --> 00:47:17,920

just not knowing what I'm doing and and

1091

00:47:21,720 --> 00:47:19,749

I don't know if I'm gonna get there I

1092

00:47:23,670 --> 00:47:21,730

don't know that I I don't know I don't

1093

00:47:25,170 --> 00:47:23,680

know that I want to get there and maybe

1094

00:47:27,029 --> 00:47:25,180

I do but right now I really am enjoying

1095

00:47:29,339 --> 00:47:27,039

the excitement of working on the next

1096

00:47:32,489 --> 00:47:29,349

thing and the excitement of where my

1097

00:47:33,809 --> 00:47:32,499

kids are going and the excitement of you

1098

00:47:35,220 --> 00:47:33,819

know maybe someday picking up a lake

1099

00:47:36,690 --> 00:47:35,230

house like there are certain aspects of

1100

00:47:37,710 --> 00:47:36,700

being in the culture that we live in and

1101

00:47:39,809 --> 00:47:37,720

being in the world that we live in that

1102

00:47:41,910 --> 00:47:39,819

I'm enjoying and I don't know what I

1103

00:47:44,460 --> 00:47:41,920

would feel like to be so so detached

1104

00:47:47,249 --> 00:47:44,470

from that and in a in a choice way where

1105

00:47:49,769 --> 00:47:47,259

I'm not attached you know choosing to be

1106

00:47:51,809 --> 00:47:49,779

detached in a spiritual sense um how I

1107

00:47:54,089 --> 00:47:51,819

would feel I imagine if I'm there that's

1108

00:47:55,589 --> 00:47:54,099

a great place to be but I mean what

1109

00:47:59,350 --> 00:47:55,599

about you if your excitement of the next

1110

00:48:01,660 --> 00:47:59,360

episode like is that

1111

00:48:03,100 --> 00:48:01,670

are you looking to transcend at that

1112

00:48:05,110 --> 00:48:03,110

point or are you I mean is there is

1113

00:48:07,240 --> 00:48:05,120

there a choice there about that that is

1114

00:48:08,680 --> 00:48:07,250

available or how do you feel about it in

1115

00:48:10,300 --> 00:48:08,690

the context of you know you're at what

1116

00:48:11,650 --> 00:48:10,310

four hundred some-odd or three hundred

1117

00:48:15,490 --> 00:48:11,660

four hundred five hundred episodes of

1118

00:48:20,560 --> 00:48:15,500

sceptical no questions Jeff just answers

1119

00:48:22,900 --> 00:48:20,570

I really I really don't mind answering

1120

00:48:24,760 --> 00:48:22,910

that question but I tell you I'm gonna

1121

00:48:26,440 --> 00:48:24,770

push forward with it because I think I

1122

00:48:27,700 --> 00:48:26,450

answer it all the time I want to get

1123

00:48:30,220 --> 00:48:27,710

more out of even and there's because

1124

00:48:31,900 --> 00:48:30,230

you've kind of teed up the next one here

1125

00:48:33,580 --> 00:48:31,910

so let's just go forward and I'll try

1126

00:48:37,510 --> 00:48:33,590

and answer that to the extent that it's

1127

00:48:40,780 --> 00:48:37,520

necessary in this because let's remind

1128

00:48:44,620 --> 00:48:40,790

people what we're doing we've taken on

1129

00:48:47,860 --> 00:48:44,630

the task of really saying looking at

1130

00:48:50,350 --> 00:48:47,870

honestly what works what doesn't in

1131

00:48:53,680 --> 00:48:50,360

being willing to make some kind of value

1132

00:48:57,370 --> 00:48:53,690

statements in terms of just not not

1133

00:49:00,600 --> 00:48:57,380

falling for the spiritual relativism of

1134

00:49:03,220 --> 00:49:00,610

just well you know there's many paths to

1135

00:49:04,540 --> 00:49:03,230

transcend or to whatever it's like now

1136

00:49:07,360 --> 00:49:04,550

some are more effective than others

1137

00:49:10,420 --> 00:49:07,370

let's find out what they are so I Rupert

1138

00:49:11,980 --> 00:49:10,430

Sheldrake has been Oro in and around the

1139

00:49:14,710 --> 00:49:11,990

show for a long time he's been a

1140

00:49:16,330 --> 00:49:14,720

terrific mentor and a guest for me but I

1141

00:49:20,020 --> 00:49:16,340

had him on recently to talk about his

1142

00:49:23,500 --> 00:49:20,030

book science and spiritual practices and

1143

00:49:26,830 --> 00:49:23,510

I pushed him pretty hard on the religion

1144

00:49:30,960 --> 00:49:26,840

thing because this is another one of

1145

00:49:34,210 --> 00:49:30,970

those areas that hey this is what works

1146

00:49:36,910 --> 00:49:34,220

religion works Christianity in Rupert's

1147

00:49:38,380 --> 00:49:36,920

case this is what works Jeff you don't

1148

00:49:42,550 --> 00:49:38,390

need to go any further than that

1149

00:49:44,560 --> 00:49:42,560

so let me play this clip from dr.

1150

00:49:46,690 --> 00:49:44,570

Sheldrick and then we'll chat about it a

1151

00:49:49,630 --> 00:49:46,700

little bit I have an auction living here

1152

00:49:51,010 --> 00:49:49,640

in Hampstead England on Sundays I can

1153

00:49:52,960 --> 00:49:51,020

stay at home and leave the Sunday

1154

00:49:57,460 --> 00:49:52,970

newspapers and I can meditate which I do

1155

00:50:00,310 --> 00:49:57,470

anyway every day and or I can go to a

1156

00:50:03,010 --> 00:50:00,320

church service on Sunday morning where I

1157

00:50:05,410 --> 00:50:03,020

sing beautiful hymns as incredibly

1158

00:50:09,190 --> 00:50:05,420

beautiful music as a community of people

1159

00:50:11,290 --> 00:50:09,200

I like and respect I take part in a

1160

00:50:12,520 --> 00:50:11,300

communion that for me is important the

1161

00:50:14,770 --> 00:50:12,530

Holy Communion

1162

00:50:17,950 --> 00:50:14,780

and I take part in collective prayers

1163

00:50:20,620 --> 00:50:17,960

for the welfare of local people and

1164

00:50:22,930 --> 00:50:20,630

people all over the world and I usually

1165

00:50:25,030 --> 00:50:22,940

emerge from that experience feeling

1166

00:50:26,980 --> 00:50:25,040

uplifted and inspired and I receive a

1167

00:50:30,220 --> 00:50:26,990

blessing from a priest and beautiful

1168

00:50:32,590 --> 00:50:30,230

robes and I emerge from that feeling

1169

00:50:37,030 --> 00:50:32,600

uplifted and inspired okay let's stop

1170

00:50:38,800 --> 00:50:37,040

right there you know I love this because

1171

00:50:41,260 --> 00:50:38,810

there's not really much to argue with

1172

00:50:43,900 --> 00:50:41,270

but of course that's a big opportunity

1173

00:50:46,930 --> 00:50:43,910

for me to drive a Mack truck through

1174

00:50:49,780 --> 00:50:46,940

that one and that is that you know yeah

1175

00:50:51,850 --> 00:50:49,790

Rupert it's hard to argue that you know

1176  
00:50:54,700 --> 00:50:51,860  
going in being a part of your community

1177  
00:50:57,790 --> 00:50:54,710  
and connecting to your deep spiritual

1178  
00:51:01,900 --> 00:50:57,800  
nature is probably better than washing

1179  
00:51:04,540 --> 00:51:01,910  
your car but is it enough when you walk

1180  
00:51:06,580 --> 00:51:04,550  
into that church like I still have

1181  
00:51:08,170 --> 00:51:06,590  
occasion to do a couple of times even

1182  
00:51:08,590 --> 00:51:08,180  
though I have to grit my teeth when I do

1183  
00:51:10,960 --> 00:51:08,600  
it

1184  
00:51:12,340 --> 00:51:10,970  
but I feel like maybe for family or for

1185  
00:51:17,350 --> 00:51:12,350  
other reasons it's kind of a good thing

1186  
00:51:20,290 --> 00:51:17,360  
to do I'm face to face with folks who

1187  
00:51:22,870 --> 00:51:20,300  
are not asking these obvious questions

1188  
00:51:25,900 --> 00:51:22,880

about whether this is real I mean not

1189

00:51:28,780 --> 00:51:25,910

not real in the spiritual sense real in

1190

00:51:32,170 --> 00:51:28,790

the stories that are attached and tagged

1191

00:51:35,620 --> 00:51:32,180

along with this about this guy who lived

1192

00:51:37,750 --> 00:51:35,630

in what he did and all this stuff and

1193

00:51:39,640 --> 00:51:37,760

it's like the old thing of somebody you

1194

00:51:42,460 --> 00:51:39,650

know mince ale some he'll tell you three

1195

00:51:44,170 --> 00:51:42,470

things that you absolutely agree with so

1196

00:51:46,210 --> 00:51:44,180

we can say that fourth thing and you're

1197

00:51:49,000 --> 00:51:46,220

now in the habit of saying yeah yeah

1198

00:51:50,710 --> 00:51:49,010

yeah and Jesus was the only begotten Son

1199

00:51:55,630 --> 00:51:50,720

and you died on the third day and it

1200

00:51:59,230 --> 00:51:55,640

yeah you know so is it enough is it

1201  
00:52:02,350 --> 00:51:59,240  
enough is it enough to stop where dr.

1202  
00:52:05,590 --> 00:52:02,360  
sheldricks stopping or do we need to

1203  
00:52:07,660 --> 00:52:05,600  
push forward does the truth matter and I

1204  
00:52:10,510 --> 00:52:07,670  
would you know you can tackle it from

1205  
00:52:12,340 --> 00:52:10,520  
the the Christian or the religious

1206  
00:52:14,590 --> 00:52:12,350  
perspective but that's not really your

1207  
00:52:17,380 --> 00:52:14,600  
thing I would even just broaden it up

1208  
00:52:21,190 --> 00:52:17,390  
and say does the truth matter do we in

1209  
00:52:23,470 --> 00:52:21,200  
this quest for what works what doesn't

1210  
00:52:25,870 --> 00:52:23,480  
how much do we have to care about the

1211  
00:52:31,060 --> 00:52:27,880  
there are some assumptions that question

1212  
00:52:36,850 --> 00:52:31,070  
as to who is who is we in this and why

1213  
00:52:38,680 --> 00:52:36,860

and who does it matter - because if it's

1214

00:52:40,090 --> 00:52:38,690

if it's us individually yes sure I mean

1215

00:52:43,450 --> 00:52:40,100

you and I will probably both agree on

1216

00:52:46,329 --> 00:52:43,460

hey yeah we don't go to church for a

1217

00:52:52,549 --> 00:52:51,259

in a broader sense it gets a bit complex

1218

00:52:56,089 --> 00:52:52,559

when we start asking that question

1219

00:52:57,559 --> 00:52:56,099

because to me and correct me if I'm

1220

00:52:59,839 --> 00:52:57,569

wrong the intention of the question is

1221

00:53:01,759 --> 00:52:59,849

is about progress or about growth if

1222

00:53:04,789 --> 00:53:01,769

we're if we're if we're buying into

1223

00:53:07,579 --> 00:53:04,799

historical Jesus and it's not true then

1224

00:53:09,229 --> 00:53:07,589

we need to reevaluate things so that we

1225

00:53:12,349 --> 00:53:09,239

can take steps forward in a more

1226

00:53:14,299 --> 00:53:12,359

positive direction perhaps well let me

1227

00:53:16,489 --> 00:53:14,309

jump in there with this yeah because we

1228

00:53:18,859 --> 00:53:16,499

do need to move it beyond Christianity

1229

00:53:20,599 --> 00:53:18,869

because that's a sinkhole and people get

1230

00:53:23,269 --> 00:53:20,609

stuck stuck in it they just can't hear

1231

00:53:26,150 --> 00:53:23,279

you know I'd bring it back to the

1232

00:53:28,339 --> 00:53:26,160

conspiracy thing and I'll add a tiny

1233

00:53:30,679 --> 00:53:28,349

little story you know I just heard Greg

1234

00:53:33,529 --> 00:53:30,689

a terrific interview that good Carl

1235

00:53:36,799 --> 00:53:33,539

would did the other day with this 9/11

1236

00:53:38,870 --> 00:53:36,809

truth filmmaker from Italy Massimo I

1237

00:53:40,699 --> 00:53:38,880

forget his last name I'll try and put it

1238

00:53:42,319 --> 00:53:40,709

up on the screen maybe fill it in after

1239

00:53:44,120 --> 00:53:42,329

on the video but he said a really

1240

00:53:46,909 --> 00:53:44,130

profound thing this about 9/11 but it

1241

00:53:48,319 --> 00:53:46,919

totally applies to all these things he

1242

00:53:50,779 --> 00:53:48,329

goes you know really at this point it's

1243

00:53:52,729 --> 00:53:50,789

a psychological issue it really isn't an

1244

00:53:55,459 --> 00:53:52,739

evidence issue or a data issue and

1245

00:53:58,189 --> 00:53:55,469

anyone who's looked into 9/11 there's

1246

00:54:01,699 --> 00:53:58,199

just the fundamental truth to that you

1247

00:54:04,849 --> 00:54:01,709

know I mean his point though is what I

1248

00:54:07,219 --> 00:54:04,859

want it's a psychological issue so

1249

00:54:09,199 --> 00:54:07,229

that's what I'd say about you know the

1250

00:54:11,539 --> 00:54:09,209

historical Jesus kind of thing that's

1251

00:54:14,419 --> 00:54:11,549

what I'd say about people who get

1252

00:54:16,370 --> 00:54:14,429

attached to therapy you know if we're

1253

00:54:18,140 --> 00:54:16,380

gonna say we're gonna talk NLP you don't

1254

00:54:21,199 --> 00:54:18,150

really into that and that's really the

1255

00:54:24,799 --> 00:54:21,209

only way these beliefs that we hold on

1256

00:54:26,929 --> 00:54:24,809

to become such in so important to us and

1257

00:54:30,459 --> 00:54:26,939

we're so unwilling to give them up that

1258

00:54:34,159 --> 00:54:30,469

that is really the the psychological

1259

00:54:38,269 --> 00:54:34,169

cook that holds us back is we're not

1260

00:54:41,029 --> 00:54:38,279

willing to say is this true as the best

1261

00:54:42,890 --> 00:54:41,039

way that I can figure it out and am I

1262

00:54:46,489 --> 00:54:42,900

willing to live with the

1263

00:54:47,089 --> 00:54:46,499

uncomfortableness of okay that isn't

1264

00:54:49,809 --> 00:54:47,099

true

1265

00:54:52,999 --> 00:54:49,819

in the way that I thought it was

1266

00:54:56,029 --> 00:54:53,009

psychotherapy doesn't work in the way

1267

00:54:58,939 --> 00:54:56,039

that I thought it does Freud was a

1268

00:54:59,870 --> 00:54:58,949

complete charlatan and if he was alive

1269

00:55:02,720 --> 00:54:59,880

today he

1270

00:55:05,630 --> 00:55:02,730

just be completely it just be ridiculous

1271

00:55:08,029 --> 00:55:05,640

no one would just be a laughingstock

1272

00:55:10,759 --> 00:55:08,039

right so I don't have to pretend like

1273

00:55:13,190 --> 00:55:10,769

you know that's that's real in that

1274

00:55:16,249 --> 00:55:13,200

sense but I can pick out carts of it

1275

00:55:18,019 --> 00:55:16,259

that are tested in a way that and you

1276

00:55:20,329 --> 00:55:18,029

see where I'm going with all this so

1277

00:55:22,609 --> 00:55:20,339

that's what I mean when I say more

1278

00:55:26,089 --> 00:55:22,619

broadly does the truth matter

1279

00:55:29,630 --> 00:55:26,099

are we compelled to constantly be

1280

00:55:31,339 --> 00:55:29,640

looking for that evidence base truth

1281

00:55:34,789 --> 00:55:31,349

beyond our personal truth you know

1282

00:55:37,339 --> 00:55:34,799

because contrasting that with oh my this

1283

00:55:39,680 --> 00:55:37,349

is my experience thing saying well you

1284

00:55:40,999 --> 00:55:39,690

know here's what the data tells us you

1285

00:55:44,180 --> 00:55:41,009

get a sense of what I'm saying

1286

00:55:46,249 --> 00:55:44,190

yeah and that's I think that's the

1287

00:55:48,910 --> 00:55:46,259

important thing to focus on is it's it's

1288

00:55:52,249 --> 00:55:48,920

not really about the truth it's about

1289

00:55:53,990 --> 00:55:52,259

how do we move people to think in a way

1290

00:55:55,490 --> 00:55:54,000

that enables them to move towards the

1291

00:55:58,099 --> 00:55:55,500

truth and I think there's a distinction

1292

00:55:59,960 --> 00:55:58,109

there and are we focused on the endgame

1293

00:56:02,059 --> 00:55:59,970

are we focused on the journey of how do

1294

00:56:03,529 --> 00:56:02,069

we get them there and it's really funny

1295

00:56:05,960 --> 00:56:03,539

because the first time I listened to

1296

00:56:08,210 --> 00:56:05,970

skeptic Oh was a it was a Joe at well

1297

00:56:09,980 --> 00:56:08,220

episode and I was like I can't listen to

1298

00:56:11,240 --> 00:56:09,990

this you know I'm not Christian but I

1299

00:56:13,279 --> 00:56:11,250

was like what is this guy talking about

1300

00:56:15,529 --> 00:56:13,289

and and it was you know and I turned it

1301  
00:56:17,359 --> 00:56:15,539  
off and it took me a while to come back

1302  
00:56:20,359 --> 00:56:17,369  
to it and when I did I started in

1303  
00:56:22,190 --> 00:56:20,369  
episode 1 and I got to go on skeptical

1304  
00:56:24,049 --> 00:56:22,200  
journey so that when I listen to an

1305  
00:56:25,249 --> 00:56:24,059  
episode now like you know I'd haven't

1306  
00:56:27,079 --> 00:56:25,259  
listened the most recent well with with

1307  
00:56:28,309 --> 00:56:27,089  
Christopher Noel's but when I listen to

1308  
00:56:30,380 --> 00:56:28,319  
that I'm not going to be like this guy

1309  
00:56:32,150 --> 00:56:30,390  
at what is he talking about

1310  
00:56:34,460 --> 00:56:32,160  
because I've been on the journey there's

1311  
00:56:36,890 --> 00:56:34,470  
been a transformation for me to see and

1312  
00:56:38,839 --> 00:56:36,900  
go through the process of all of those

1313  
00:56:39,620 --> 00:56:38,849

moments of like how can this be how can

1314

00:56:43,970 --> 00:56:39,630

this be

1315

00:56:46,789 --> 00:56:43,980

that I could get to where I am now and

1316

00:56:49,430 --> 00:56:46,799

I'm probably still well on my way in

1317

00:56:50,539 --> 00:56:49,440

that journey and and and that's what

1318

00:56:51,980 --> 00:56:50,549

happens when I tell people about

1319

00:56:54,049 --> 00:56:51,990

skeptical all the time but I always tell

1320

00:56:55,999 --> 00:56:54,059

them with this huge caveat you cannot

1321

00:56:57,410 --> 00:56:56,009

start the latest episode you've got to

1322

00:57:00,259 --> 00:56:57,420

go back to the beginning because you

1323

00:57:01,940 --> 00:57:00,269

won't if you listen to that episode the

1324

00:57:03,740 --> 00:57:01,950

recent ones you're not going to be able

1325

00:57:05,480 --> 00:57:03,750

to handle it you're just not there you

1326  
00:57:07,160 --> 00:57:05,490  
need to go on that journey so that you

1327  
00:57:09,529 --> 00:57:07,170  
can open yourself up to that possibility

1328  
00:57:11,900 --> 00:57:09,539  
what it means to be skeptical what it

1329  
00:57:13,770 --> 00:57:11,910  
means to to change your perspective what

1330  
00:57:15,600 --> 00:57:13,780  
it means to feel the discomfort

1331  
00:57:17,160 --> 00:57:15,610  
and survive it and go through the

1332  
00:57:18,180 --> 00:57:17,170  
discomfort and of having those nights

1333  
00:57:21,030 --> 00:57:18,190  
where you can't sleep because you're

1334  
00:57:23,760 --> 00:57:21,040  
going what what is reality what what

1335  
00:57:25,440 --> 00:57:23,770  
does it mean to be a member of this this

1336  
00:57:28,440 --> 00:57:25,450  
country what does that even mean anymore

1337  
00:57:31,110 --> 00:57:28,450  
and these questions that come up through

1338  
00:57:32,820 --> 00:57:31,120

that process each step gets you a little

1339

00:57:35,100 --> 00:57:32,830

bit closer to the possibility of being

1340

00:57:37,170 --> 00:57:35,110

in that state of being okay in the

1341

00:57:38,820 --> 00:57:37,180

middle you know being okay in the

1342

00:57:41,370 --> 00:57:38,830

journey without a destination without

1343

00:57:44,550 --> 00:57:41,380

knowing what the answer is and moving

1344

00:57:46,170 --> 00:57:44,560

towards it I think to me at least the

1345

00:57:48,030 --> 00:57:46,180

more important thing is not the truth

1346

00:57:50,520 --> 00:57:48,040

even though I think you and I personally

1347

00:57:53,520 --> 00:57:50,530

both enjoy the truth but that to me is a

1348

00:57:56,040 --> 00:57:53,530

fun journey but but in terms of the the

1349

00:57:57,450 --> 00:57:56,050

larger question it's not about the truth

1350

00:57:59,340 --> 00:57:57,460

it's about how to how do we move people

1351  
00:58:02,430 --> 00:57:59,350  
towards that how do we help them feel

1352  
00:58:04,250 --> 00:58:02,440  
comfortable identifying or thinking in a

1353  
00:58:06,630 --> 00:58:04,260  
way that enables them to find it I

1354  
00:58:10,230 --> 00:58:06,640  
really like that and I think it's a

1355  
00:58:12,690 --> 00:58:10,240  
great way to maybe come back to this

1356  
00:58:19,140 --> 00:58:12,700  
project that you're working on transcend

1357  
00:58:21,120 --> 00:58:19,150  
and maybe talking some more about how

1358  
00:58:22,860 --> 00:58:21,130  
how that how all this stuff relates

1359  
00:58:25,170 --> 00:58:22,870  
because I think you just did you know so

1360  
00:58:27,150 --> 00:58:25,180  
I'm kind of struggling with what more is

1361  
00:58:30,330 --> 00:58:27,160  
there to add but I want to check and see

1362  
00:58:33,570 --> 00:58:30,340  
if there is more to add you know one of

1363  
00:58:36,240 --> 00:58:33,580

the things that is pretty unique and

1364

00:58:39,660 --> 00:58:36,250

about your show and your approach is

1365

00:58:42,530 --> 00:58:39,670

it's this two-part thing where you

1366

00:58:45,210 --> 00:58:42,540

engage people in a storytelling

1367

00:58:47,880 --> 00:58:45,220

component where they're just basically

1368

00:58:50,910 --> 00:58:47,890

telling their story and then a second

1369

00:58:54,930 --> 00:58:50,920

part where you're and I love this I mean

1370

00:58:58,800 --> 00:58:54,940

you're engaging right you're doing what

1371

00:59:01,560 --> 00:58:58,810

I guess I wanted to hear and what I was

1372

00:59:04,250 --> 00:59:01,570

advocating before is you're engaging

1373

00:59:06,270 --> 00:59:04,260

them and poking them and not in a

1374

00:59:08,670 --> 00:59:06,280

confrontational way but just in a way of

1375

00:59:11,850 --> 00:59:08,680

saying hey how does this really relate

1376  
00:59:12,870 --> 00:59:11,860  
you're engaging them in the process that

1377  
00:59:16,710 --> 00:59:12,880  
they went through

1378  
00:59:19,580 --> 00:59:16,720  
you're not leaving it at story you know

1379  
00:59:22,380 --> 00:59:19,590  
because I think we do that too much we

1380  
00:59:25,700 --> 00:59:22,390  
we we so want to say your experience

1381  
00:59:27,390 --> 00:59:25,710  
your experience and part of that is a

1382  
00:59:29,880 --> 00:59:27,400  
very appropriate

1383  
00:59:31,319 --> 00:59:29,890  
response to this biological robot

1384  
00:59:33,539 --> 00:59:31,329  
meaningless universe thing that says you

1385  
00:59:35,370 --> 00:59:33,549  
have no experience oh that's not even

1386  
00:59:36,390 --> 00:59:35,380  
really you know really when we get down

1387  
00:59:38,910 --> 00:59:36,400  
to it you don't really have an

1388  
00:59:41,490 --> 00:59:38,920

experience so we need to celebrate the

1389

00:59:44,490 --> 00:59:41,500

fact that we do have experience but then

1390

00:59:46,710 --> 00:59:44,500

I like where you're at which is coming

1391

00:59:49,559 --> 00:59:46,720

around it at the at the end inside okay

1392

00:59:53,069 --> 00:59:49,569

let's dive in and let's put a whole

1393

00:59:56,700 --> 00:59:53,079

process which you do in the weeks beyond

1394

00:59:59,190 --> 00:59:56,710

the the story in terms of deconstructing

1395

01:00:02,400 --> 00:59:59,200

that story and what the lessons are and

1396

01:00:04,289 --> 01:00:02,410

how we move forward from it so can you

1397

01:00:07,190 --> 01:00:04,299

talk to all of that and what you're

1398

01:00:10,829 --> 01:00:07,200

trying to do and how you see that going

1399

01:00:13,589 --> 01:00:10,839

yeah it really follows a lot of other

1400

01:00:15,960 --> 01:00:13,599

things that I believe and inform my work

1401

01:00:19,049 --> 01:00:15,970

I've tried to translate into media and

1402

01:00:20,730 --> 01:00:19,059

so we start with the story because I

1403

01:00:23,190 --> 01:00:20,740

want people to feel what that person

1404

01:00:24,750 --> 01:00:23,200

went through but it's but nobody will

1405

01:00:26,309 --> 01:00:24,760

deny someone's experience right like if

1406

01:00:27,930 --> 01:00:26,319

someone has a near-death experience and

1407

01:00:29,640 --> 01:00:27,940

you hear the story and it's a compelling

1408

01:00:32,099 --> 01:00:29,650

story you're not gonna say well that

1409

01:00:33,390 --> 01:00:32,109

didn't happen you're just gonna say you

1410

01:00:34,920 --> 01:00:33,400

know if you're skeptical or you're a

1411

01:00:36,690 --> 01:00:34,930

materialist you might say well I'm gonna

1412

01:00:39,599 --> 01:00:36,700

try to explain how this happened but you

1413

01:00:41,400 --> 01:00:39,609

might still engage with the story and by

1414

01:00:43,740 --> 01:00:41,410

doing that what we're doing is we're

1415

01:00:46,230 --> 01:00:43,750

disarming people from from immediately

1416

01:00:47,760 --> 01:00:46,240

rejecting the content outright we're

1417

01:00:49,200 --> 01:00:47,770

bringing them on a journey we're having

1418

01:00:50,789 --> 01:00:49,210

them feel what it feels like by

1419

01:00:52,079 --> 01:00:50,799

identifying with the character in the

1420

01:00:55,620 --> 01:00:52,089

story he was a real person

1421

01:00:58,529 --> 01:00:55,630

and in going on that journey so so in in

1422

01:01:00,660 --> 01:00:58,539

in a sense the story enables the initial

1423

01:01:03,630 --> 01:01:00,670

transformation through emotion the

1424

01:01:05,670 --> 01:01:03,640

follow-up interview is to then inform

1425

01:01:08,069 --> 01:01:05,680

some of the the process some of the how

1426

01:01:11,460 --> 01:01:08,079

some of the the details that went there

1427

01:01:12,960 --> 01:01:11,470

some of the more tangible stuff so that

1428

01:01:14,160 --> 01:01:12,970

people can then not only feel it but

1429

01:01:15,990 --> 01:01:14,170

then have something to walk away with

1430

01:01:17,940 --> 01:01:16,000

and then of course every week thereafter

1431

01:01:19,440 --> 01:01:17,950

we send follow-up content and we're

1432

01:01:21,390 --> 01:01:19,450

always deconstructing over the course of

1433

01:01:23,670 --> 01:01:21,400

the month because we want to keep that

1434

01:01:26,940 --> 01:01:23,680

process going keeps keep expanding those

1435

01:01:29,490 --> 01:01:26,950

those those avenues and opening people

1436

01:01:31,830 --> 01:01:29,500

up so so we're really

1437

01:01:34,190 --> 01:01:31,840

it's it is very thought out is it gonna

1438

01:01:36,270 --> 01:01:34,200

work I don't know it's still too early

1439

01:01:38,100 --> 01:01:36,280

it'll probably look different in the

1440

01:01:41,070 --> 01:01:38,110

future but that's kind of the goals how

1441

01:01:42,720 --> 01:01:41,080

do we use media in a way that can help

1442

01:01:44,430 --> 01:01:42,730

somebody actually go on a transforming

1443

01:01:46,170 --> 01:01:44,440

experience how can they how can I get

1444

01:01:48,390 --> 01:01:46,180

somebody in an episode and over a course

1445

01:01:50,880 --> 01:01:48,400

of a month ago from sceptical episode 1

1446

01:01:54,570 --> 01:01:50,890

to skip so skeptical episode 400 and

1447

01:01:57,030 --> 01:01:54,580

feel okay about that and so some of

1448

01:01:59,670 --> 01:01:57,040

those topics I want to be getting into

1449

01:02:01,430 --> 01:01:59,680

or some of these bigger topics and you

1450

01:02:05,250 --> 01:02:01,440

know things like near-death experience

1451  
01:02:06,390 --> 01:02:05,260  
mediumship you know the reincarnation

1452  
01:02:07,290 --> 01:02:06,400  
stuff like these some of these things

1453  
01:02:09,270 --> 01:02:07,300  
that I find really fascinating

1454  
01:02:11,670 --> 01:02:09,280  
philosophy Bernardo cash trips work like

1455  
01:02:13,680 --> 01:02:11,680  
I want to bring that into an environment

1456  
01:02:15,330 --> 01:02:13,690  
where we can deconstruct it through a

1457  
01:02:16,980 --> 01:02:15,340  
story so people have reference they

1458  
01:02:20,100 --> 01:02:16,990  
won't deny it they won't say this is not

1459  
01:02:21,750 --> 01:02:20,110  
true they can make their determination

1460  
01:02:23,790 --> 01:02:21,760  
about it but I'm trying to kind of find

1461  
01:02:25,740 --> 01:02:23,800  
that way of helping them take a step

1462  
01:02:28,950 --> 01:02:25,750  
forward without it being an immediate

1463  
01:02:32,220 --> 01:02:28,960

rejection so this is BS or you know it

1464

01:02:34,710 --> 01:02:32,230

is just not possible that's awesome it

1465

01:02:36,150 --> 01:02:34,720

really is and it shines through just

1466

01:02:39,750 --> 01:02:36,160

brilliantly in the first two episodes

1467

01:02:43,050 --> 01:02:39,760

which are terrific and really encourage

1468

01:02:44,730 --> 01:02:43,060

people to check out transcend experience

1469

01:02:47,610 --> 01:02:44,740

it's pretty easy to find you'll find it

1470

01:02:50,100 --> 01:02:47,620

in the show notes so Jeff and the time

1471

01:02:53,070 --> 01:02:50,110

that we have left and you know tell us

1472

01:02:55,020 --> 01:02:53,080

more about you you did kind of tee up

1473

01:02:57,150 --> 01:02:55,030

where you're going with this tell us how

1474

01:02:59,400 --> 01:02:57,160

it's going so far you said it kinda has

1475

01:03:03,240 --> 01:02:59,410

gotten off to a really good start which

1476

01:03:05,190 --> 01:03:03,250

is great news so how is it going it's

1477

01:03:08,100 --> 01:03:05,200

it's a process I mean I'm treating this

1478

01:03:10,440 --> 01:03:08,110

like like a startup company in the sense

1479

01:03:12,390 --> 01:03:10,450

of how I'm approaching it so it's a lot

1480

01:03:14,430 --> 01:03:12,400

of learning a lot of failing as quickly

1481

01:03:17,850 --> 01:03:14,440

as I can and and that means that there's

1482

01:03:19,860 --> 01:03:17,860

some tough days working on it but every

1483

01:03:21,390 --> 01:03:19,870

day at the end I walk away grateful that

1484

01:03:23,670 --> 01:03:21,400

I get to do this and it's something I'm

1485

01:03:24,930 --> 01:03:23,680

really proud of and excited about and

1486

01:03:26,160 --> 01:03:24,940

it's something I'm happy to talk about

1487

01:03:27,510 --> 01:03:26,170

when someone asked me what do you do I

1488

01:03:30,960 --> 01:03:27,520

actually if something I can share now

1489

01:03:33,410 --> 01:03:30,970

that that feels good and and my wife

1490

01:03:36,350 --> 01:03:33,420

won't get mad at me for being creepy so

1491

01:03:38,070 --> 01:03:36,360

yeah I don't know where it's gonna go

1492

01:03:39,690 --> 01:03:38,080

you know what is it gonna look like in

1493

01:03:41,940 --> 01:03:39,700

ten years I don't know but I have a ten

1494

01:03:43,410 --> 01:03:41,950

year time horizon I'm not gonna let up

1495

01:03:45,750 --> 01:03:43,420

on this project I think it

1496

01:03:47,640 --> 01:03:45,760

worth while and I think there's some

1497

01:03:49,589 --> 01:03:47,650

really exciting opportunities to explore

1498

01:03:52,020 --> 01:03:49,599

people's experience but do it in a way

1499

01:03:54,299 --> 01:03:52,030

that takes that next step and and so

1500

01:03:56,160 --> 01:03:54,309

keep chugging along and being right

1501  
01:03:58,140 --> 01:03:56,170  
there and having my own transformation

1502  
01:03:59,549 --> 01:03:58,150  
through the process and continue to you

1503  
01:04:01,440 --> 01:03:59,559  
know be curious about that question of

1504  
01:04:02,539 --> 01:04:01,450  
what does it mean to transcend and we'll

1505  
01:04:05,069 --> 01:04:02,549  
see where it goes

1506  
01:04:09,120 --> 01:04:05,079  
awesome Jeff thanks for being here and

1507  
01:04:14,130 --> 01:04:11,220  
thanks again to Jeff riddle for joining

1508  
01:04:15,599 --> 01:04:14,140  
me today on skeptic oh one question I

1509  
01:04:19,740 --> 01:04:15,609  
guess I'd have to tee up from this

1510  
01:04:22,890 --> 01:04:19,750  
interview is what do you think about

1511  
01:04:25,620 --> 01:04:22,900  
Jeff's idea that we're always in the

1512  
01:04:28,470 --> 01:04:25,630  
middle we're always in the middle I

1513  
01:04:31,410 --> 01:04:28,480

think it's a powerful way to look at

1514

01:04:34,289 --> 01:04:31,420

these issues surrounding personal change

1515

01:04:36,960 --> 01:04:34,299

personal growth transcendence spiritual

1516

01:04:38,819 --> 01:04:36,970

growth and all those things but what do

1517

01:04:41,160 --> 01:04:38,829

you think what is the personal meaning

1518

01:04:43,920 --> 01:04:41,170

for you of always being in the middle or

1519

01:04:44,190 --> 01:04:43,930

maybe you think it doesn't fit so do let

1520

01:04:47,640 --> 01:04:44,200

me know

1521

01:04:50,519 --> 01:04:47,650

tell me drop me a comment here send me

1522

01:04:52,670 --> 01:04:50,529

an email jump onto the skeptical forum

1523

01:04:55,079 --> 01:04:52,680

which I always love to see people

1524

01:04:57,029 --> 01:04:55,089

interact on the skeptical forum and

1525

01:05:00,960 --> 01:04:57,039

interact with me on the skeptical forum

1526

01:05:02,819 --> 01:05:00,970

so if that suits you please do it lots

1527

01:05:05,359 --> 01:05:02,829

of interesting shows coming up super

1528

01:05:09,089 --> 01:05:05,369

excited about bringing them all to you

1529

01:05:12,210 --> 01:05:09,099

until next time take care and bye for

1530

01:05:14,039 --> 01:05:12,220

now please check out the skeptic Oh

1531

01:05:15,390 --> 01:05:14,049

website you can see it here we cover a

1532

01:05:18,240 --> 01:05:15,400

lot of different stuff you might be

1533

01:05:21,539 --> 01:05:18,250

interested in relating to controversial

1534

01:05:24,960 --> 01:05:21,549

science and spirituality a lot of shows

1535

01:05:27,990 --> 01:05:24,970

up there over 350 of them or so all free

1536

01:05:29,420 --> 01:05:28,000

all available for download so do check