



1  
00:00:04,910 --> 00:00:02,629  
so that's what I mean when I say more

2  
00:00:08,390 --> 00:00:04,920  
broadly does the truth matter

3  
00:00:11,930 --> 00:00:08,400  
are we compelled to constantly be

4  
00:00:13,640 --> 00:00:11,940  
looking for that evidence base truth

5  
00:00:17,090 --> 00:00:13,650  
beyond our personal truth you know

6  
00:00:19,640 --> 00:00:17,100  
because contrasting that with oh my this

7  
00:00:21,980 --> 00:00:19,650  
is my experience thing saying well you

8  
00:00:24,189 --> 00:00:21,990  
know here's what the data tells us you

9  
00:00:26,660 --> 00:00:24,199  
get a sense of what I'm saying yeah

10  
00:00:28,550 --> 00:00:26,670  
and that's I think that's the the

11  
00:00:31,209 --> 00:00:28,560  
important thing to focus on is its it's

12  
00:00:34,549 --> 00:00:31,219  
not really about the truth it's about

13  
00:00:36,290 --> 00:00:34,559

how do we move people to think in a way

14

00:00:37,760 --> 00:00:36,300

that enables them to move towards the

15

00:00:40,610 --> 00:00:37,770

truth and I think there's a distinction

16

00:00:42,319 --> 00:00:40,620

there in are we focus on the endgame are

17

00:00:44,330 --> 00:00:42,329

we focused on the journey of how do we

18

00:00:45,830 --> 00:00:44,340

get them there and it's really funny

19

00:00:48,830 --> 00:00:45,840

because the first time I listened to

20

00:00:50,569 --> 00:00:48,840

skeptic Oh was a it was a Joelle episode

21

00:00:52,400 --> 00:00:50,579

and I was like I can't listen to this

22

00:00:53,959 --> 00:00:52,410

you know I'm not Christian but I was

23

00:00:55,729 --> 00:00:53,969

like what is this guy talking about and

24

00:00:58,040 --> 00:00:55,739

and it was you know and I turned it off

25

00:00:59,869 --> 00:00:58,050

and it took me a while to come back to

26

00:01:02,540 --> 00:00:59,879

it and when I did I started it episode

27

00:01:04,460 --> 00:01:02,550

one and I got to go on The Skeptical

28

00:01:06,350 --> 00:01:04,470

journey so that when I listen to an

29

00:01:07,550 --> 00:01:06,360

episode now like you know I'd haven't

30

00:01:09,410 --> 00:01:07,560

listened the most recent well with with

31

00:01:11,780 --> 00:01:09,420

Christopher Knowles but when I listen to

32

00:01:13,700 --> 00:01:11,790

that I'm not gonna be like this guy what

33

00:01:14,630 --> 00:01:13,710

is he talking about because I've been on

34

00:01:17,480 --> 00:01:14,640

the journey there's been a

35

00:01:19,190 --> 00:01:17,490

transformation for me to see and go

36

00:01:21,289 --> 00:01:19,200

through the process of all of those

37

00:01:21,920 --> 00:01:21,299

moments of like how can this be how can

38

00:01:26,120 --> 00:01:21,930

this be

39

00:01:29,090 --> 00:01:26,130

that I could get to where I am now and

40

00:01:31,969 --> 00:01:29,100

I'm probably still well on my way in

41

00:01:33,350 --> 00:01:31,979

that journey and and that's what happens

42

00:01:34,819 --> 00:01:33,360

when I tell people about skeptical all

43

00:01:36,920 --> 00:01:34,829

the time but I always tell them with

44

00:01:38,630 --> 00:01:36,930

this huge caveat you cannot start the

45

00:01:40,760 --> 00:01:38,640

latest episodes you've got to go back to

46

00:01:43,039 --> 00:01:40,770

the beginning because you won't if you

47

00:01:44,749 --> 00:01:43,049

listen to that episode the recent ones

48

00:01:46,550 --> 00:01:44,759

you're not gonna be able to handle it

49

00:01:48,139 --> 00:01:46,560

you're just not there you need to go on

50

00:01:50,120 --> 00:01:48,149

that journey so that you can open

51  
00:01:52,069 --> 00:01:50,130  
yourself up to that possibility of what

52  
00:01:54,289 --> 00:01:52,079  
it means to be skeptical what it means

53  
00:01:57,050 --> 00:01:54,299  
to to change your perspective what it

54  
00:01:58,700 --> 00:01:57,060  
means to feel the discomfort and survive

55  
00:01:59,899 --> 00:01:58,710  
it and go through the discomfort and of

56  
00:02:01,819 --> 00:01:59,909  
having those nights where you can't

57  
00:02:04,850 --> 00:02:01,829  
sleep because you're going what what is

58  
00:02:06,889 --> 00:02:04,860  
reality what what does it mean to be a

59  
00:02:08,630 --> 00:02:06,899  
member of this this country what does

60  
00:02:10,880 --> 00:02:08,640  
that even mean anymore and these

61  
00:02:13,640 --> 00:02:10,890  
questions that come up through that

62  
00:02:14,020 --> 00:02:13,650  
process each step gets you a little bit

63  
00:02:15,730 --> 00:02:14,030

closer

64

00:02:18,400 --> 00:02:15,740

the possibility of being in that state

65

00:02:20,080 --> 00:02:18,410

of being okay in the middle you know

66

00:02:22,150 --> 00:02:20,090

being okay in the journey without a

67

00:02:25,230 --> 00:02:22,160

destination without knowing what the

68

00:02:27,699 --> 00:02:25,240

answer is and moving towards it I think

69

00:02:29,500 --> 00:02:27,709

to me at least the more important thing

70

00:02:31,690 --> 00:02:29,510

is not the truth even though I think you

71

00:02:34,930 --> 00:02:31,700

and I personally both enjoy the truth

72

00:02:37,660 --> 00:02:34,940

that to me is a fun journey but but in

73

00:02:38,770 --> 00:02:37,670

terms of the the larger question it's

74

00:02:40,510 --> 00:02:38,780

not about the truth it's about how to

75

00:02:42,360 --> 00:02:40,520

how do we move people towards that how

76

00:02:44,949 --> 00:02:42,370

do we help them feel comfortable