

SK≡PTIKO
science & spirituality

#482

***STOP THINKING
SO MUCH***

FEATURING

TIM GRIMES



1
00:00:05,510 --> 00:00:03,669
you're right hear it

2
00:00:07,110 --> 00:00:05,520
you're it quincy's any quizzes you're

3
00:00:09,430 --> 00:00:07,120
with these noisy quizzes no starzis you

4
00:00:11,190 --> 00:00:09,440
can't do that can two cannot stand it

5
00:00:11,509 --> 00:00:11,200
can't you double stamp that noah races

6
00:00:16,950 --> 00:00:11,519
can

7
00:00:20,470 --> 00:00:16,960
not triple stamped it no erasies

8
00:00:21,750 --> 00:00:20,480
know all about not being too serious

9
00:00:24,230 --> 00:00:21,760
that of course a clip from dumb and

10
00:00:26,870 --> 00:00:24,240
dumber today's guest

11
00:00:28,070 --> 00:00:26,880
is awesome he's taking the idea of not

12
00:00:31,029 --> 00:00:28,080
being serious

13
00:00:32,549 --> 00:00:31,039

and not thinking too much and brought it

14

00:00:37,350 --> 00:00:32,559

to

15

00:00:38,709 --> 00:00:37,360

next level spirituality

16

00:00:40,470 --> 00:00:38,719

and that's the truth i'm a mystic and i

17

00:00:41,830 --> 00:00:40,480

believe in nothing because when you have

18

00:00:42,310 --> 00:00:41,840

an experience like this even if it's

19

00:00:46,069 --> 00:00:42,320

just for

20

00:00:47,510 --> 00:00:46,079

a split second it just you don't look at

21

00:00:49,670 --> 00:00:47,520

things the same way ever again

22

00:00:51,110 --> 00:00:49,680

and there's all and i'm you know now

23

00:00:53,350 --> 00:00:51,120

years later i've just

24

00:00:54,950 --> 00:00:53,360

encountered teachers and teachings

25

00:00:56,869 --> 00:00:54,960

talking about this

26

00:00:59,110 --> 00:00:56,879

from different angles again and again

27

00:01:00,709 --> 00:00:59,120

saying the same thing in different words

28

00:01:02,630 --> 00:01:00,719

we get lost in our head and we get

29

00:01:04,390 --> 00:01:02,640

really serious about our spiritual

30

00:01:05,670 --> 00:01:04,400

journey so this is what happened to me

31

00:01:08,070 --> 00:01:05,680

in my

32

00:01:08,950 --> 00:01:08,080

my twenties basically like after i had

33

00:01:11,429 --> 00:01:08,960

this experience

34

00:01:13,030 --> 00:01:11,439

and then i had other you know

35

00:01:14,550 --> 00:01:13,040

quote-unquote mystical things that

36

00:01:16,469 --> 00:01:14,560

happened to me or whatever little

37

00:01:18,630 --> 00:01:16,479

strange experiences but you know i lived

38

00:01:19,830 --> 00:01:18,640

at i went to zen centers i lived at a

39

00:01:21,350 --> 00:01:19,840

zen center

40

00:01:23,350 --> 00:01:21,360

you know i got really into different

41

00:01:24,149 --> 00:01:23,360

self-improvement teachings all these

42

00:01:26,550 --> 00:01:24,159

things

43

00:01:28,630 --> 00:01:26,560

you know was until i was almost 30

44

00:01:33,190 --> 00:01:28,640

before i realized

45

00:01:37,510 --> 00:01:36,149

so what i would say is this you you can

46

00:01:39,030 --> 00:01:37,520

do these exercises and

47

00:01:41,030 --> 00:01:39,040

they'll make you feel better no matter

48

00:01:42,550 --> 00:01:41,040

what but when i do them

49

00:01:44,310 --> 00:01:42,560

they're what they're coming out of is

50

00:01:46,870 --> 00:01:44,320

like all right like

51
00:01:50,149 --> 00:01:46,880
now like this is let's see like god's

52
00:01:54,550 --> 00:01:51,990
so like physiological oh you'll feel

53
00:01:55,990 --> 00:01:54,560
better in manchester day better

54
00:01:57,510 --> 00:01:56,000
have fun with that it's like the law of

55
00:01:59,270 --> 00:01:57,520
attraction people how do i get a bigger

56
00:02:03,830 --> 00:01:59,280
house how do i make more money

57
00:02:05,990 --> 00:02:03,840
i don't know shut up stop thinking

58
00:02:07,510 --> 00:02:06,000
and like i love you you know shut up and

59
00:02:09,669 --> 00:02:07,520
stop thinking

60
00:02:11,830 --> 00:02:09,679
stick around for my interview with tim

61
00:02:13,670 --> 00:02:11,840
grimes

62
00:02:16,229 --> 00:02:13,680
welcome to skeptico where we explore

63
00:02:18,710 --> 00:02:16,239

controversial science and spirituality

64

00:02:19,830 --> 00:02:18,720

with leading researchers thinkers and

65

00:02:21,910 --> 00:02:19,840

their critics

66

00:02:24,710 --> 00:02:21,920

i'm your host alex sicaris and today we

67

00:02:28,309 --> 00:02:24,720

welcome tim grimes to skeptico

68

00:02:29,750 --> 00:02:28,319

tim is the author of a best-selling book

69

00:02:32,390 --> 00:02:29,760

it was the number one

70

00:02:34,070 --> 00:02:32,400

in its category when i first found it on

71

00:02:37,270 --> 00:02:34,080

amazon the title is

72

00:02:39,350 --> 00:02:37,280

the joy of not thinking a radical

73

00:02:41,190 --> 00:02:39,360

approach to happiness

74

00:02:43,110 --> 00:02:41,200

you know it was still number one when i

75

00:02:46,150 --> 00:02:43,120

went back and bought a copy for

76

00:02:46,790 --> 00:02:46,160

everybody in my family and sent it to

77

00:02:50,070 --> 00:02:46,800

him and i

78

00:02:53,990 --> 00:02:50,080

i honestly cannot tell you the last

79

00:02:57,750 --> 00:02:54,000

time that i did that with a book if ever

80

00:03:01,270 --> 00:02:57,760

but it's it's just short succinct

81

00:03:03,750 --> 00:03:01,280

and it's amazing and

82

00:03:05,670 --> 00:03:03,760

it's great to have you here with us tim

83

00:03:07,190 --> 00:03:05,680

thanks so much for joining me

84

00:03:08,790 --> 00:03:07,200

thank you alex and thank you for the

85

00:03:11,830 --> 00:03:08,800

kind words so nice to

86

00:03:13,670 --> 00:03:11,840

hear uh how much you

87

00:03:15,030 --> 00:03:13,680

you know appreciate the book and also

88

00:03:17,430 --> 00:03:15,040

the fact that you gave the family

89

00:03:19,190 --> 00:03:17,440
members that uh that always uh

90

00:03:21,190 --> 00:03:19,200
makes me feel good when people share

91

00:03:22,869 --> 00:03:21,200
this information because uh

92

00:03:24,149 --> 00:03:22,879
i think it's nice nice for people to

93

00:03:25,670 --> 00:03:24,159
hear it and they don't get to hear stuff

94

00:03:27,350 --> 00:03:25,680
like it that often

95

00:03:28,710 --> 00:03:27,360
yeah yeah you know as we were chatting

96

00:03:29,910 --> 00:03:28,720
about just a second ago you know it's

97

00:03:31,990 --> 00:03:29,920
like

98

00:03:33,910 --> 00:03:32,000
there's so many things i want to talk to

99

00:03:37,589 --> 00:03:33,920
you about yeah from such a

100

00:03:40,630 --> 00:03:37,599
a straightforward kind of

101
00:03:43,830 --> 00:03:40,640
intentionally simplified book

102
00:03:46,270 --> 00:03:43,840
you know and like i want to say tim

103
00:03:47,990 --> 00:03:46,280
do you realize that this is a radical

104
00:03:51,990 --> 00:03:48,000
condemnation of

105
00:03:53,670 --> 00:03:52,000
scientism and uh you know this

106
00:03:55,270 --> 00:03:53,680
consciousness is an illusion and you're

107
00:03:57,030 --> 00:03:55,280
nothing more than a biological robot in

108
00:04:00,630 --> 00:03:57,040
a meaningless universe

109
00:04:03,670 --> 00:04:00,640
but that is not what the book

110
00:04:07,509 --> 00:04:03,680
is about the book starts out

111
00:04:10,710 --> 00:04:07,519
beautifully as a a teenage tim

112
00:04:13,030 --> 00:04:10,720
sitting on a beach and experiencing

113
00:04:15,270 --> 00:04:13,040

something that i think a lot of us

114

00:04:17,909 --> 00:04:15,280

experience not only as teenagers

115

00:04:19,830 --> 00:04:17,919

but throughout our life when

116

00:04:20,789 --> 00:04:19,840

particularly you know what's interesting

117

00:04:24,070 --> 00:04:20,799

i'd like to hear

118

00:04:27,510 --> 00:04:24,080

that that what you slip into that point

119

00:04:29,749 --> 00:04:27,520

of this very kind of

120

00:04:30,550 --> 00:04:29,759

troubling feeling oppressive feeling

121

00:04:33,430 --> 00:04:30,560

that you're in

122

00:04:34,710 --> 00:04:33,440

is that it's triggered by a zen kind of

123

00:04:36,070 --> 00:04:34,720

experience which is supposed to be the

124

00:04:37,830 --> 00:04:36,080

opposite of that so

125

00:04:40,230 --> 00:04:37,840

i've kind of laid a lot on the table

126

00:04:43,510 --> 00:04:40,240

tell us a little bit about who you are

127

00:04:44,629 --> 00:04:43,520

uh and then the i love the the origin of

128

00:04:49,110 --> 00:04:44,639

this book that

129

00:04:52,550 --> 00:04:49,120

the way you open it up sure um

130

00:04:53,270 --> 00:04:52,560

so first of all i'm a i'm primarily a

131

00:04:57,430 --> 00:04:53,280

writer

132

00:05:01,749 --> 00:04:57,440

and an editor of uh kind of alternative

133

00:05:04,550 --> 00:05:01,759

mind body material

134

00:05:06,150 --> 00:05:04,560

i've always been interested in the

135

00:05:09,749 --> 00:05:06,160

mind-body relationship

136

00:05:10,550 --> 00:05:09,759

and i usually go about explaining and

137

00:05:13,350 --> 00:05:10,560

exploring it

138

00:05:14,230 --> 00:05:13,360

in in kind of a different fashion than

139

00:05:16,870 --> 00:05:14,240

most people do

140

00:05:18,870 --> 00:05:16,880

especially people in um kind of like the

141

00:05:22,790 --> 00:05:18,880

stress management or

142

00:05:25,029 --> 00:05:22,800

counseling field and that's why i call

143

00:05:26,310 --> 00:05:25,039

i called myself initially a radical

144

00:05:27,510 --> 00:05:26,320

counselor because i was basically

145

00:05:31,350 --> 00:05:27,520

counseling people

146

00:05:32,870 --> 00:05:31,360

on stuff that they probably hadn't

147

00:05:35,670 --> 00:05:32,880

heard about in the way i was going to

148

00:05:37,270 --> 00:05:35,680

describe it to them

149

00:05:38,870 --> 00:05:37,280

and so i basically yeah i've just always

150

00:05:40,150 --> 00:05:38,880

been interested in how our consciousness

151
00:05:43,189 --> 00:05:40,160
works and how our consciousness

152
00:05:46,469 --> 00:05:43,199
fools us and um how we can

153
00:05:50,150 --> 00:05:46,479
transcend our rational mind

154
00:05:52,310 --> 00:05:50,160
um in in different ways that we're not

155
00:05:53,510 --> 00:05:52,320
ever really taught in school or in

156
00:05:56,550 --> 00:05:53,520
traditional

157
00:05:58,870 --> 00:05:56,560
um you know backgrounds

158
00:06:00,870 --> 00:05:58,880
so that's a little bit about who i am

159
00:06:02,629 --> 00:06:00,880
and i you know i still coach people

160
00:06:03,990 --> 00:06:02,639
on this stuff and like i said i write

161
00:06:06,390 --> 00:06:04,000
about it a lot

162
00:06:08,150 --> 00:06:06,400
um now getting back to how this

163
00:06:11,510 --> 00:06:08,160

particular guide

164

00:06:14,550 --> 00:06:11,520

um begins the joy of not thinking it's

165

00:06:17,909 --> 00:06:14,560

it's describing um an experience i had

166

00:06:19,110 --> 00:06:17,919

on a beach when i was on vacation with

167

00:06:22,790 --> 00:06:19,120

my family

168

00:06:25,590 --> 00:06:22,800

when i was 16 years old and

169

00:06:26,629 --> 00:06:25,600

i was at that age like a lot of

170

00:06:30,390 --> 00:06:26,639

teenagers

171

00:06:33,749 --> 00:06:30,400

very inquisitive and curious

172

00:06:37,110 --> 00:06:33,759

about you know what it all meant

173

00:06:39,830 --> 00:06:37,120

and i was fortunate enough to

174

00:06:41,350 --> 00:06:39,840

be exposed to some really good zen books

175

00:06:43,110 --> 00:06:41,360

and zen material

176
00:06:47,670 --> 00:06:43,120
at a young age and kind of just found

177
00:06:53,909 --> 00:06:50,870
and so what preceded

178
00:06:54,629 --> 00:06:53,919
this kind of meltdown on the beach that

179
00:06:58,230 --> 00:06:54,639
i had

180
00:07:01,110 --> 00:06:58,240
um was i was reading this famous

181
00:07:03,430 --> 00:07:01,120
zen book in english i think we usually

182
00:07:06,629 --> 00:07:03,440
call it the transmission of light

183
00:07:08,390 --> 00:07:06,639
um just old zen stories about different

184
00:07:10,950 --> 00:07:08,400
quote-unquote masters and their

185
00:07:13,589 --> 00:07:10,960
enlightenment experiences

186
00:07:15,430 --> 00:07:13,599
and um it seemingly triggered something

187
00:07:17,350 --> 00:07:15,440
in me and i became i had been

188
00:07:19,110 --> 00:07:17,360

in you know many weird situations

189

00:07:19,670 --> 00:07:19,120

psychologically leading up to this

190

00:07:22,309 --> 00:07:19,680

because i was

191

00:07:23,749 --> 00:07:22,319

i was seeking something and looking for

192

00:07:26,870 --> 00:07:23,759

answers and i put myself

193

00:07:29,430 --> 00:07:26,880

out there to find them um but

194

00:07:31,510 --> 00:07:29,440

reading the zen book not being on any

195

00:07:35,270 --> 00:07:31,520

drugs or anything at the time just

196

00:07:37,990 --> 00:07:35,280

naturally this fear

197

00:07:39,110 --> 00:07:38,000

was provoked by by reading the contents

198

00:07:41,270 --> 00:07:39,120

of this book

199

00:07:42,950 --> 00:07:41,280

and i couldn't get rid of that fear no

200

00:07:45,749 --> 00:07:42,960

matter what i did

201
00:07:46,710 --> 00:07:45,759
and um it was like getting sucked down a

202
00:07:48,469 --> 00:07:46,720
black hole

203
00:07:49,990 --> 00:07:48,479
and i was just totally scared and

204
00:07:51,909 --> 00:07:50,000
terrified again i described

205
00:07:53,749 --> 00:07:51,919
at the beginning of this book very

206
00:07:55,270 --> 00:07:53,759
briefly um

207
00:07:57,189 --> 00:07:55,280
but it was an overwhelming experience

208
00:07:57,990 --> 00:07:57,199
alex like like you said i think a lot of

209
00:07:59,909 --> 00:07:58,000
us have those

210
00:08:01,189 --> 00:07:59,919
kind of experiences and then what

211
00:08:03,029 --> 00:08:01,199
happened is

212
00:08:05,189 --> 00:08:03,039
uh basically i don't know what happened

213
00:08:09,029 --> 00:08:05,199

you know the bottom fell out

214

00:08:12,790 --> 00:08:11,749

it's just totally inexplicable and

215

00:08:15,749 --> 00:08:12,800

changed my life

216

00:08:17,430 --> 00:08:15,759

um you know that was almost a quarter

217

00:08:19,430 --> 00:08:17,440

century ago totally changed my life

218

00:08:21,749 --> 00:08:19,440

when that happened do you describe it

219

00:08:24,150 --> 00:08:21,759

almost like some kind of uh

220

00:08:26,230 --> 00:08:24,160

kundalini experience or or kind of this

221

00:08:28,550 --> 00:08:26,240

non-duality experience for you

222

00:08:30,469 --> 00:08:28,560

zen they call it satori usually you know

223

00:08:32,310 --> 00:08:30,479

what i mean the satori experience

224

00:08:34,709 --> 00:08:32,320

and you know in retrospect it's it's

225

00:08:35,430 --> 00:08:34,719

easy to say well i was reading about all

226

00:08:37,750 --> 00:08:35,440

these

227

00:08:39,269 --> 00:08:37,760

satori type experiences where it's like

228

00:08:41,029 --> 00:08:39,279

they go through all these mental

229

00:08:43,029 --> 00:08:41,039

hardships and then the bottom basically

230

00:08:44,070 --> 00:08:43,039

falls out so in a way it was almost like

231

00:08:47,509 --> 00:08:44,080

well yeah

232

00:08:48,790 --> 00:08:47,519

you know that's what happened like i was

233

00:08:50,550 --> 00:08:48,800

you know i would say these days i

234

00:08:52,310 --> 00:08:50,560

manifested that in some way except

235

00:08:53,750 --> 00:08:52,320

honestly i don't really i don't believe

236

00:08:53,990 --> 00:08:53,760

that because whenever something like

237

00:08:57,030 --> 00:08:54,000

this

238

00:08:59,110 --> 00:08:57,040

happens to us um

239

00:09:00,630 --> 00:08:59,120

it's just way too far out there and

240

00:09:01,990 --> 00:09:00,640

people aren't comfortable talking about

241

00:09:02,790 --> 00:09:02,000

it that's what it comes down to you know

242

00:09:05,269 --> 00:09:02,800

what it

243

00:09:06,829 --> 00:09:05,279

it triggered in me a memory that i had

244

00:09:10,230 --> 00:09:06,839

long long since

245

00:09:13,590 --> 00:09:10,240

forgotten about the same age

246

00:09:14,790 --> 00:09:13,600

i'm reading just kind of obscure soren

247

00:09:17,590 --> 00:09:14,800

kierkenguard

248

00:09:18,710 --> 00:09:17,600

that's fair and trembling unto you yeah

249

00:09:20,790 --> 00:09:18,720

and

250

00:09:21,990 --> 00:09:20,800

i freaked i don't even know why i

251

00:09:23,750 --> 00:09:22,000

freaked i couldn't possibly

252

00:09:25,910 --> 00:09:23,760

understand that book at that age i don't

253

00:09:28,389 --> 00:09:25,920

want to like front like i was some

254

00:09:29,350 --> 00:09:28,399

intellectual or something it was way

255

00:09:32,790 --> 00:09:29,360

past me

256

00:09:34,710 --> 00:09:32,800

but it's the path of the seeker to

257

00:09:35,990 --> 00:09:34,720

open doors that you don't really know

258

00:09:38,070 --> 00:09:36,000

what to do i wish

259

00:09:39,269 --> 00:09:38,080

i would have had or maybe not because

260

00:09:41,030 --> 00:09:39,279

that's the way it is

261

00:09:43,269 --> 00:09:41,040

but you know the experience that you had

262

00:09:45,670 --> 00:09:43,279

that followed that but

263

00:09:46,470 --> 00:09:45,680

i don't want to take people too far off

264

00:09:48,550 --> 00:09:46,480

the trail

265

00:09:49,590 --> 00:09:48,560

because this beautiful little book that

266

00:09:51,829 --> 00:09:49,600

you've written

267

00:09:52,710 --> 00:09:51,839

is a radical i don't want to say radical

268

00:09:54,870 --> 00:09:52,720

departure

269

00:09:57,430 --> 00:09:54,880

but you've you've put it together in a

270

00:09:59,829 --> 00:09:57,440

way that really is different from what

271

00:10:01,509 --> 00:09:59,839

people would expect to hear from someone

272

00:10:03,110 --> 00:10:01,519

who had that kind of experience that you

273

00:10:05,269 --> 00:10:03,120

just talked to

274

00:10:06,389 --> 00:10:05,279

it's very straightforward i want you to

275

00:10:07,910 --> 00:10:06,399

talk about the title

276

00:10:09,910 --> 00:10:07,920

because i think the title is quite

277

00:10:12,470 --> 00:10:09,920

profound and when i tell people

278

00:10:13,350 --> 00:10:12,480

uh i want you to respond to this when i

279

00:10:15,590 --> 00:10:13,360

tell people

280

00:10:16,829 --> 00:10:15,600

hey i just read this amazing book the

281

00:10:20,150 --> 00:10:16,839

joy of not

282

00:10:22,389 --> 00:10:20,160

thinking there's this really strange

283

00:10:23,190 --> 00:10:22,399

look on their face that does relate to

284

00:10:25,350 --> 00:10:23,200

kind of the

285

00:10:26,949 --> 00:10:25,360

consciousness is an illusion scientific

286

00:10:28,790 --> 00:10:26,959

materialism thing

287

00:10:30,470 --> 00:10:28,800

where they're not even sure what that

288

00:10:33,750 --> 00:10:30,480

would mean

289

00:10:35,190 --> 00:10:33,760

to be not thinking and i get that again

290

00:10:37,110 --> 00:10:35,200

from my personal experience whenever i

291

00:10:39,190 --> 00:10:37,120

got into yoga and the first time that i

292

00:10:39,750 --> 00:10:39,200

did yoga i did it with this woman on tv

293

00:10:42,150 --> 00:10:39,760

you know

294

00:10:43,990 --> 00:10:42,160

the tv yoga and at the end she goes okay

295

00:10:48,230 --> 00:10:44,000

now quiet your mind

296

00:10:52,710 --> 00:10:48,240

and tim for a split second is all

297

00:10:55,269 --> 00:10:52,720

my mind was quiet but it was a radical

298

00:10:57,269 --> 00:10:55,279

event for me because i never knew there

299

00:11:00,870 --> 00:10:57,279

was anything

300

00:11:03,990 --> 00:11:00,880

to me if that little chatter box

301
00:11:04,870 --> 00:11:04,000
wasn't going constantly and i think

302
00:11:06,790 --> 00:11:04,880
you've captured

303
00:11:08,550 --> 00:11:06,800
that moment that i experienced

304
00:11:08,870 --> 00:11:08,560
beautifully and in the title of the book

305
00:11:13,030 --> 00:11:08,880
i

306
00:11:13,670 --> 00:11:13,040
but when you tell people a joy of not

307
00:11:15,269 --> 00:11:13,680
thinking

308
00:11:17,110 --> 00:11:15,279
isn't there this certain i'm sure

309
00:11:18,389 --> 00:11:17,120
there's this fear like what would that

310
00:11:21,509 --> 00:11:18,399
even mean to be not

311
00:11:25,190 --> 00:11:21,519
thinking yeah

312
00:11:29,110 --> 00:11:25,200
i i love that um what you just said alex

313
00:11:30,790 --> 00:11:29,120

uh yeah people are totally uncomfortable

314

00:11:34,790 --> 00:11:30,800

with it

315

00:11:36,389 --> 00:11:34,800

it's just i've noticed my whole life

316

00:11:37,829 --> 00:11:36,399

my whole adult life i should say because

317

00:11:42,069 --> 00:11:37,839

that experience happened when i was

318

00:11:43,430 --> 00:11:42,079

16. it's hard to bring it up

319

00:11:44,710 --> 00:11:43,440

you know i used to when i was younger

320

00:11:46,230 --> 00:11:44,720

like in college and stuff i was like oh

321

00:11:47,990 --> 00:11:46,240

people kind of get this you know

322

00:11:49,590 --> 00:11:48,000

you're naive in the sense that you think

323

00:11:50,710 --> 00:11:49,600

people are into things you know and then

324

00:11:52,069 --> 00:11:50,720

you get older you realize people aren't

325

00:11:55,190 --> 00:11:52,079

into anything

326

00:11:55,670 --> 00:11:55,200

um so i used to talk much more openly

327

00:12:00,629 --> 00:11:55,680

about

328

00:12:03,910 --> 00:12:02,470

the truth matters not most people aren't

329

00:12:06,949 --> 00:12:03,920

interested because they have no

330

00:12:08,470 --> 00:12:06,959

sense that what they are is not what

331

00:12:10,230 --> 00:12:08,480

they are that there's something bigger

332

00:12:12,790 --> 00:12:10,240

going on like you said that

333

00:12:13,670 --> 00:12:12,800

split second when you're watching the

334

00:12:16,710 --> 00:12:13,680

yoga video

335

00:12:18,710 --> 00:12:16,720

and your mind really quiets again

336

00:12:19,910 --> 00:12:18,720

it's like the bottom falls out and you

337

00:12:22,710 --> 00:12:19,920

realize you are not

338

00:12:24,470 --> 00:12:22,720

what you think you are and that's that's

339

00:12:26,389 --> 00:12:24,480

all this guide is about that's all

340

00:12:29,990 --> 00:12:26,399

honestly like

341

00:12:31,509 --> 00:12:30,000

over the years you know um the stuff i

342

00:12:33,430 --> 00:12:31,519

talk to people about and

343

00:12:35,110 --> 00:12:33,440

coach people on it's it's changed a

344

00:12:37,110 --> 00:12:35,120

little bit a lot of the

345

00:12:38,870 --> 00:12:37,120

you know the theory and the approach but

346

00:12:40,150 --> 00:12:38,880

underneath it all it's always the same

347

00:12:41,430 --> 00:12:40,160

it's been the same in my life since i

348

00:12:44,389 --> 00:12:41,440

was 16 years old

349

00:12:44,790 --> 00:12:44,399

it's don't freaking think stop thinking

350

00:12:48,230 --> 00:12:44,800

stop

351
00:12:49,670 --> 00:12:48,240
all i have to share

352
00:12:51,350 --> 00:12:49,680
really i mean i can talk about some

353
00:12:53,030 --> 00:12:51,360
other stuff we can get into

354
00:12:54,629 --> 00:12:53,040
intellectual minister blah blah and a

355
00:12:55,509 --> 00:12:54,639
lot of it's very interesting but at the

356
00:12:58,310 --> 00:12:55,519
end

357
00:12:59,590 --> 00:12:58,320
of the day i don't really care um the

358
00:13:03,030 --> 00:12:59,600
the quote at the beginning

359
00:13:05,350 --> 00:13:03,040
of of the guide is um

360
00:13:07,030 --> 00:13:05,360
it's it's a the quote is just i'm a

361
00:13:08,629 --> 00:13:07,040
mystic and i believe in nothing

362
00:13:09,829 --> 00:13:08,639
um there's something along those lines

363
00:13:10,310 --> 00:13:09,839

it's the quote at the opening of that

364

00:13:11,750 --> 00:13:10,320

book

365

00:13:13,430 --> 00:13:11,760

and that's the truth i'm a mystic and i

366

00:13:14,870 --> 00:13:13,440

believe in nothing because when you have

367

00:13:15,350 --> 00:13:14,880

an experience like this even if it's

368

00:13:19,110 --> 00:13:15,360

just for

369

00:13:20,710 --> 00:13:19,120

a split second it just you don't look at

370

00:13:22,310 --> 00:13:20,720

things the same way ever again and

371

00:13:25,190 --> 00:13:22,320

there's all and i'm you know

372

00:13:27,030 --> 00:13:25,200

now years later i've just encountered

373

00:13:27,990 --> 00:13:27,040

teachers and teachings talking about

374

00:13:29,910 --> 00:13:28,000

this

375

00:13:31,509 --> 00:13:29,920

from different angles again and again

376

00:13:32,629 --> 00:13:31,519

saying the same thing in different words

377

00:13:35,110 --> 00:13:32,639

you know and

378

00:13:36,790 --> 00:13:35,120

this guide is hopefully just bringing

379

00:13:37,750 --> 00:13:36,800

all those different angles together in

380

00:13:40,710 --> 00:13:37,760

very plain

381

00:13:41,990 --> 00:13:40,720

language as you said because i try to be

382

00:13:43,829 --> 00:13:42,000

very direct and plain

383

00:13:45,590 --> 00:13:43,839

in how i describe this but it's very

384

00:13:47,110 --> 00:13:45,600

difficult for people to

385

00:13:48,790 --> 00:13:47,120

understand unless they're really

386

00:13:50,870 --> 00:13:48,800

invested in being

387

00:13:52,870 --> 00:13:50,880

open with themselves and genuinely

388

00:13:54,629 --> 00:13:52,880

curious about what they

389

00:13:55,910 --> 00:13:54,639

are and more importantly what they are

390

00:13:59,269 --> 00:13:55,920

not

391

00:14:02,189 --> 00:13:59,279

you know um it's beautifully written

392

00:14:04,470 --> 00:14:02,199

it is beautifully written and i the

393

00:14:08,470 --> 00:14:04,480

simplicity of it

394

00:14:11,670 --> 00:14:08,480

the kind of redundancy

395

00:14:13,110 --> 00:14:11,680

of it is is beautiful because with a

396

00:14:16,389 --> 00:14:13,120

couple of words

397

00:14:19,189 --> 00:14:16,399

you talk about what not thinking

398

00:14:21,189 --> 00:14:19,199

would even mean and then you're playful

399

00:14:22,069 --> 00:14:21,199

in kind of putting it down and putting

400

00:14:24,069 --> 00:14:22,079

down

401
00:14:25,829 --> 00:14:24,079
that little monkey mind that we carry

402
00:14:28,710 --> 00:14:25,839
all around but you're not like

403
00:14:29,910 --> 00:14:28,720
denigrating it you're engaged i mean

404
00:14:32,069 --> 00:14:29,920
this is

405
00:14:33,110 --> 00:14:32,079
all the things that that anyone has been

406
00:14:35,269 --> 00:14:33,120
on the spiritual path

407
00:14:37,030 --> 00:14:35,279
understands you know there is no past

408
00:14:38,310 --> 00:14:37,040
there is no future there's only now and

409
00:14:39,910 --> 00:14:38,320
what are you doing right now

410
00:14:41,750 --> 00:14:39,920
but you know the other thing i was going

411
00:14:44,710 --> 00:14:41,760
to uh share

412
00:14:46,870 --> 00:14:44,720
that that i and i think i i got this

413
00:14:49,750 --> 00:14:46,880

from the book if not directly

414

00:14:51,509 --> 00:14:49,760

in the spirit of it is again the book

415

00:14:52,949 --> 00:14:51,519

has been so profound for me and sharing

416

00:14:55,269 --> 00:14:52,959

it with other people

417

00:14:57,350 --> 00:14:55,279

has been a real joy and when i get that

418

00:15:00,629 --> 00:14:57,360

look on someone's face like they're like

419

00:15:03,269 --> 00:15:00,639

whoa you know what would that even mean

420

00:15:04,710 --> 00:15:03,279

not thinking i go okay so you're not

421

00:15:06,310 --> 00:15:04,720

down with the idea that there could be

422

00:15:08,550 --> 00:15:06,320

no thinking i get that

423

00:15:09,990 --> 00:15:08,560

but what about if there was no thinking

424

00:15:13,110 --> 00:15:10,000

for the next five minutes

425

00:15:14,710 --> 00:15:13,120

just said do you need to think you don't

426

00:15:15,590 --> 00:15:14,720

need to think for the next five minutes

427

00:15:18,790 --> 00:15:15,600

right and you could

428

00:15:20,949 --> 00:15:18,800

live with that and then you see the fear

429

00:15:22,790 --> 00:15:20,959

arise again because there's no way to

430

00:15:24,230 --> 00:15:22,800

wiggle out of that you know with the

431

00:15:25,829 --> 00:15:24,240

program that we have where program

432

00:15:27,350 --> 00:15:25,839

didn't think well that's impossible this

433

00:15:28,949 --> 00:15:27,360

tim guy's nuts you know

434

00:15:30,470 --> 00:15:28,959

but when you say do you really need to

435

00:15:31,189 --> 00:15:30,480

think for the next five minutes and it's

436

00:15:34,230 --> 00:15:31,199

like

437

00:15:36,389 --> 00:15:34,240

a beautiful do you have any any

438

00:15:37,350 --> 00:15:36,399

any thoughts or stories on what it's

439

00:15:40,069 --> 00:15:37,360

like for

440

00:15:41,590 --> 00:15:40,079

people where the light bulb goes off

441

00:15:45,269 --> 00:15:41,600

that

442

00:15:47,350 --> 00:15:45,279

there's something to this not thinking

443

00:15:49,990 --> 00:15:47,360

yeah i mean i have a lot of stories

444

00:15:51,670 --> 00:15:50,000

because um

445

00:15:53,030 --> 00:15:51,680

like i said i've been trying to talk to

446

00:15:54,629 --> 00:15:53,040

people about this for a while and

447

00:15:56,230 --> 00:15:54,639

eventually you figure out how to talk to

448

00:15:58,069 --> 00:15:56,240

people about it in a more

449

00:15:59,910 --> 00:15:58,079

palatable way for them more of a way

450

00:16:03,030 --> 00:15:59,920

where they're they're able to actually

451
00:16:04,230 --> 00:16:03,040
accept it and digest it um so when i was

452
00:16:04,790 --> 00:16:04,240
in college it was hard for me to

453
00:16:07,030 --> 00:16:04,800
describe

454
00:16:08,790 --> 00:16:07,040
you know if you know if someone was like

455
00:16:10,710 --> 00:16:08,800
high on drugs or something like that or

456
00:16:12,629 --> 00:16:10,720
like you were blasting loud music and

457
00:16:15,269 --> 00:16:12,639
explaining it to them maybe they would

458
00:16:18,470 --> 00:16:15,279
kind of get the picture a little bit

459
00:16:19,910 --> 00:16:18,480
um but then you know i made a whole

460
00:16:20,230 --> 00:16:19,920
video series and that's what the first

461
00:16:23,350 --> 00:16:20,240
part

462
00:16:25,749 --> 00:16:23,360
is about is is just

463
00:16:26,870 --> 00:16:25,759

not you know stopping being serious for

464

00:16:30,710 --> 00:16:26,880

just a couple minutes

465

00:16:33,509 --> 00:16:30,720

by basically being playful um

466

00:16:35,189 --> 00:16:33,519

and i've done i've been you know i've

467

00:16:37,030 --> 00:16:35,199

done a lot of work with people now

468

00:16:38,790 --> 00:16:37,040

just showing them how they can be

469

00:16:41,910 --> 00:16:38,800

playful for a minute or two

470

00:16:42,790 --> 00:16:41,920

and profoundly shut their mind up you

471

00:16:44,069 --> 00:16:42,800

know

472

00:16:45,910 --> 00:16:44,079

and they're still physiologically

473

00:16:46,230 --> 00:16:45,920

responding to stuff they're still there

474

00:16:47,350 --> 00:16:46,240

so

475

00:16:49,189 --> 00:16:47,360

it's not like they're really not

476

00:16:50,150 --> 00:16:49,199

thinking at all i don't want to get into

477

00:16:51,829 --> 00:16:50,160

like

478

00:16:53,269 --> 00:16:51,839

technicality or thinking not thinking

479

00:16:54,790 --> 00:16:53,279

whatever the point is your rational

480

00:16:56,310 --> 00:16:54,800

thinking has gone out the window for a

481

00:16:59,189 --> 00:16:56,320

minute or two if you become

482

00:16:59,990 --> 00:16:59,199

playful um and so that's what i describe

483

00:17:03,030 --> 00:17:00,000

in the book i

484

00:17:04,150 --> 00:17:03,040

i hope pretty thoroughly um but if it's

485

00:17:06,309 --> 00:17:04,160

not thorough enough

486

00:17:08,630 --> 00:17:06,319

you know you can go to stop being

487

00:17:10,230 --> 00:17:08,640

serious.com and there's videos

488

00:17:11,909 --> 00:17:10,240

there's three hours of videos of me not

489

00:17:13,350 --> 00:17:11,919

being serious showing you how to be

490

00:17:15,990 --> 00:17:13,360

playful for a minute or two

491

00:17:16,949 --> 00:17:16,000

and if if you do that there's very few

492

00:17:18,390 --> 00:17:16,959

guarantees

493

00:17:20,710 --> 00:17:18,400

in the spiritual field as far as i'm

494

00:17:22,710 --> 00:17:20,720

concerned but i feel very confident

495

00:17:24,309 --> 00:17:22,720

if uh you know if you're playful for a

496

00:17:27,029 --> 00:17:24,319

few minutes 100

497

00:17:29,110 --> 00:17:27,039

playful that your thinking is gonna is

498

00:17:31,909 --> 00:17:29,120

gonna significantly

499

00:17:34,070 --> 00:17:31,919

lessen um and you're gonna be wondering

500

00:17:34,549 --> 00:17:34,080

oh my gosh this is so obvious why don't

501
00:17:43,430 --> 00:17:34,559

i

502
00:17:45,669 --> 00:17:43,440
you know you got to get over the

503
00:17:47,029 --> 00:17:45,679
embarrassment of it but i wanted to try

504
00:17:50,230 --> 00:17:47,039
it because

505
00:17:52,789 --> 00:17:50,240
it's totally risk-free

506
00:17:53,909 --> 00:17:52,799
in trying it you know it's free free

507
00:17:55,510 --> 00:17:53,919
it's risk-free

508
00:17:56,789 --> 00:17:55,520
you understand that you've done it a

509
00:17:58,630 --> 00:17:56,799
million times so you're not going to

510
00:18:00,630 --> 00:17:58,640
harm yourself or anything like that

511
00:18:02,470 --> 00:18:00,640
but i want to draw attention to if we

512
00:18:06,710 --> 00:18:02,480
can get a little bit

513
00:18:08,630 --> 00:18:06,720

intellectual which is kind of a

514

00:18:10,789 --> 00:18:08,640

contradiction in way for the term but

515

00:18:13,669 --> 00:18:10,799

not really because you're built on

516

00:18:13,990 --> 00:18:13,679

some very very deep thinking that has

517

00:18:16,070 --> 00:18:14,000

been

518

00:18:17,110 --> 00:18:16,080

going on for thousands of years you've

519

00:18:19,990 --> 00:18:17,120

just

520

00:18:21,190 --> 00:18:20,000

put it together in a way that is fresh

521

00:18:25,270 --> 00:18:21,200

and new and

522

00:18:28,950 --> 00:18:25,280

really interesting for our western

523

00:18:32,470 --> 00:18:28,960

instagram kind of sensibility

524

00:18:33,110 --> 00:18:32,480

but i want to talk about the the bridge

525

00:18:36,150 --> 00:18:33,120

you make

526
00:18:37,830 --> 00:18:36,160
between not thinking in seriousness and

527
00:18:40,070 --> 00:18:37,840
not being serious

528
00:18:41,110 --> 00:18:40,080
because you just talked about it there

529
00:18:45,590 --> 00:18:41,120
but in the book

530
00:18:48,230 --> 00:18:45,600
you very subtly make this transition of

531
00:18:49,669 --> 00:18:48,240
okay you might not be totally

532
00:18:52,390 --> 00:18:49,679
comfortable with the idea of not

533
00:18:53,909 --> 00:18:52,400
thinking but you're still reading so i

534
00:18:56,390 --> 00:18:53,919
bet you're intrigued with

535
00:18:57,669 --> 00:18:56,400
it how about we approach it from this

536
00:18:59,750 --> 00:18:57,679
angle of

537
00:19:01,029 --> 00:18:59,760
what if you were just kind of not quite

538
00:19:03,750 --> 00:19:01,039

as serious

539

00:19:05,350 --> 00:19:03,760

you know so do you want to talk about

540

00:19:07,750 --> 00:19:05,360

how you see

541

00:19:09,350 --> 00:19:07,760

the serious thing playing into this

542

00:19:10,630 --> 00:19:09,360

because again we were chatted just for a

543

00:19:13,350 --> 00:19:10,640

few seconds before

544

00:19:14,630 --> 00:19:13,360

and you said which i totally get without

545

00:19:17,110 --> 00:19:14,640

even you saying it that

546

00:19:18,470 --> 00:19:17,120

you can tend to be pretty serious i can

547

00:19:21,510 --> 00:19:18,480

tend to be pretty serious

548

00:19:23,190 --> 00:19:21,520

so it's almost like you're is showing

549

00:19:26,070 --> 00:19:23,200

other people how you got out of your

550

00:19:29,270 --> 00:19:26,080

head by being a little bit less serious

551

00:19:30,950 --> 00:19:29,280

yeah i mean that's exactly what has

552

00:19:33,430 --> 00:19:30,960

happened in my life is i'm

553

00:19:35,270 --> 00:19:33,440

a pretty serious dude and like i i think

554

00:19:36,870 --> 00:19:35,280

you know you got to go with the western

555

00:19:38,630 --> 00:19:36,880

canon and be intellectual in a lot of

556

00:19:41,110 --> 00:19:38,640

ways because you can you can learn a lot

557

00:19:45,029 --> 00:19:41,120

about yourself by doing that

558

00:19:47,110 --> 00:19:45,039

and uh the issue that

559

00:19:49,669 --> 00:19:47,120

most people have on in this on the

560

00:19:52,230 --> 00:19:49,679

spiritual path as people call it in uh

561

00:19:52,870 --> 00:19:52,240

in in you know the modern world at least

562

00:19:56,310 --> 00:19:52,880

you know

563

00:19:58,070 --> 00:19:56,320

in the western world is that we get lost

564

00:19:58,470 --> 00:19:58,080

in our head and we get really serious

565

00:20:00,150 --> 00:19:58,480

about

566

00:20:02,149 --> 00:20:00,160

our spiritual journey so this is what

567

00:20:04,789 --> 00:20:02,159

happened to me in my

568

00:20:06,789 --> 00:20:04,799

my 20s basically like after i had this

569

00:20:09,110 --> 00:20:06,799

experience and then i had

570

00:20:10,630 --> 00:20:09,120

other you know quote unquote mystical

571

00:20:11,029 --> 00:20:10,640

things that happened to me or whatever

572

00:20:13,029 --> 00:20:11,039

little

573

00:20:15,190 --> 00:20:13,039

strange experiences but you know i lived

574

00:20:16,390 --> 00:20:15,200

at i went to zen centers i lived at a

575

00:20:18,390 --> 00:20:16,400

zen center

576

00:20:20,390 --> 00:20:18,400

um you know i got really into different

577

00:20:22,149 --> 00:20:20,400

self-improvement teachings all these

578

00:20:25,830 --> 00:20:22,159

things

579

00:20:28,230 --> 00:20:25,840

and um it took about

580

00:20:31,190 --> 00:20:28,240

you know was until i was almost 30

581

00:20:34,549 --> 00:20:31,200

before i realized

582

00:20:36,310 --> 00:20:34,559

i'm so full of [h__\h]

583

00:20:37,990 --> 00:20:36,320

you know and i was don't get me wrong i

584

00:20:40,070 --> 00:20:38,000

always have been a playful person too

585

00:20:42,230 --> 00:20:40,080

like i'm a serious dude but i'm also

586

00:20:44,630 --> 00:20:42,240

very i've always been playful so i

587

00:20:47,590 --> 00:20:44,640

always knew that that like

588

00:20:49,190 --> 00:20:47,600

that playfulness made me feel better you

589

00:20:51,029 --> 00:20:49,200

know or that just drive me in the car

590

00:20:52,870 --> 00:20:51,039

listening to loud music i liked loudly

591

00:20:53,190 --> 00:20:52,880

made me feel better you know or just

592

00:20:56,149 --> 00:20:53,200

like

593

00:20:56,549 --> 00:20:56,159

jumping up and down made me feel better

594

00:20:58,470 --> 00:20:56,559

like

595

00:20:59,830 --> 00:20:58,480

for no reason and just kind of waving

596

00:21:03,110 --> 00:20:59,840

your arms around just

597

00:21:05,510 --> 00:21:03,120

being really yeah exactly but it wasn't

598

00:21:06,630 --> 00:21:05,520

until i became i would say thoroughly

599

00:21:10,149 --> 00:21:06,640

disillusioned

600

00:21:10,630 --> 00:21:10,159

with the spiritual uh culture i guess

601
00:21:13,990 --> 00:21:10,640
you should

602
00:21:15,750 --> 00:21:14,000
like i would call it of of you know

603
00:21:17,110 --> 00:21:15,760
the western world like or at least the

604
00:21:20,390 --> 00:21:17,120
united states

605
00:21:22,149 --> 00:21:20,400
that i was like you know what this

606
00:21:23,430 --> 00:21:22,159
it's really i'm just being too serious

607
00:21:27,029 --> 00:21:23,440
about it and

608
00:21:30,470 --> 00:21:27,039
what preceded that uh realization was

609
00:21:32,149 --> 00:21:30,480
um i got really into byron katie i don't

610
00:21:32,470 --> 00:21:32,159
know if you know who she is um but you

611
00:21:35,590 --> 00:21:32,480
know

612
00:21:37,270 --> 00:21:35,600
she's she's a great spiritual teacher oh

613
00:21:38,310 --> 00:21:37,280

just a wonderful teacher and she's very

614

00:21:42,310 --> 00:21:38,320

big now

615

00:21:44,549 --> 00:21:42,320

um and she's wonderful uh but i went to

616

00:21:46,470 --> 00:21:44,559

you know several workshops with her and

617

00:21:49,110 --> 00:21:46,480

i went to this week-long thing

618

00:21:50,310 --> 00:21:49,120

and leading up to it i was like you know

619

00:21:51,110 --> 00:21:50,320

i want to get involved in her

620

00:21:53,669 --> 00:21:51,120

organization

621

00:21:55,990 --> 00:21:53,679

and and learn from her and i went to

622

00:21:57,669 --> 00:21:56,000

this week-long workshop with her

623

00:21:59,430 --> 00:21:57,679

and it was awesome it was amazing and

624

00:22:00,950 --> 00:21:59,440

she's just amazing she's the best

625

00:22:02,390 --> 00:22:00,960

spiritual teacher i don't like using

626
00:22:04,230 --> 00:22:02,400
that word but she was the she's the best

627
00:22:08,870 --> 00:22:04,240
spirits teacher i've ever met

628
00:22:10,789 --> 00:22:08,880
um but at the end of it i was like

629
00:22:12,070 --> 00:22:10,799
i i don't want to deal with any of these

630
00:22:13,750 --> 00:22:12,080
[h__\h] people ever again

631
00:22:15,510 --> 00:22:13,760
i hope it's okay i use the f word there

632
00:22:17,350 --> 00:22:15,520
but uh it was

633
00:22:19,430 --> 00:22:17,360
i realized it was like this is total

634
00:22:20,149 --> 00:22:19,440
horseshit like this whole organizational

635
00:22:23,510 --> 00:22:20,159
thing

636
00:22:26,549 --> 00:22:23,520
and then um the sage on the stage

637
00:22:29,029 --> 00:22:26,559
thing is sage on the stage yeah you know

638
00:22:31,029 --> 00:22:29,039

it's good they have amazing information

639

00:22:32,390 --> 00:22:31,039

to offer but there's a cult around these

640

00:22:37,029 --> 00:22:32,400

people even if they don't intend

641

00:22:38,789 --> 00:22:37,039

to be a cult around them you know um

642

00:22:40,710 --> 00:22:38,799

and so yeah i was like you know what so

643

00:22:41,590 --> 00:22:40,720

much is that of this maybe all of it is

644

00:22:44,549 --> 00:22:41,600

just me being over

645

00:22:46,070 --> 00:22:44,559

overly serious about it and if i shut

646

00:22:47,909 --> 00:22:46,080

that off even for just a few minutes a

647

00:22:49,110 --> 00:22:47,919

day i'll feel a lot better and i really

648

00:22:51,909 --> 00:22:49,120

got into that

649

00:22:52,870 --> 00:22:51,919

and uh most people don't want to hear it

650

00:22:54,149 --> 00:22:52,880

they still want me

651
00:22:55,350 --> 00:22:54,159
you know people when they talk to me

652
00:22:57,590 --> 00:22:55,360
they don't want to talk about this stuff

653
00:22:59,029 --> 00:22:57,600
alex they want to talk about

654
00:23:00,390 --> 00:22:59,039
you know how they can get stuff using

655
00:23:02,710 --> 00:23:00,400
the law of attraction which

656
00:23:04,470 --> 00:23:02,720
unfortunately i know all about

657
00:23:05,750 --> 00:23:04,480
but it's not really what i'm interested

658
00:23:06,870 --> 00:23:05,760
in you know

659
00:23:08,630 --> 00:23:06,880
i mean i'm interested in the

660
00:23:09,350 --> 00:23:08,640
consciousness dynamics of that that the

661
00:23:11,110 --> 00:23:09,360
inner work

662
00:23:12,390 --> 00:23:11,120
that is involved in quote unquote

663
00:23:13,990 --> 00:23:12,400

manifesting things that

664

00:23:15,430 --> 00:23:14,000

interests me and that's what i talk

665

00:23:18,310 --> 00:23:15,440

about the the last

666

00:23:19,270 --> 00:23:18,320

part of the joy of not thinking but

667

00:23:22,789 --> 00:23:19,280

people who want

668

00:23:24,630 --> 00:23:22,799

um a bigger house or more money uh

669

00:23:26,870 --> 00:23:24,640

if they're coming to me for advice they

670

00:23:30,549 --> 00:23:28,470

you know they're gonna they're gonna get

671

00:23:31,669 --> 00:23:30,559

lit up because i what i have to really

672

00:23:33,190 --> 00:23:31,679

say is

673

00:23:35,350 --> 00:23:33,200

i don't know you know what i mean like

674

00:23:36,630 --> 00:23:35,360

what i know is is stop being as serious

675

00:23:40,549 --> 00:23:36,640

and don't think as much

676

00:23:42,149 --> 00:23:40,559

so you know one other um

677

00:23:43,590 --> 00:23:42,159

and i wish i would have written down the

678

00:23:44,789 --> 00:23:43,600

reference but i didn't know that we were

679

00:23:47,590 --> 00:23:44,799

going there

680

00:23:49,510 --> 00:23:47,600

i didn't follow the reference to byron

681

00:23:51,269 --> 00:23:49,520

katie but i followed a couple other ones

682

00:23:51,990 --> 00:23:51,279

that i found really interesting in the

683

00:23:54,710 --> 00:23:52,000

book

684

00:23:56,630 --> 00:23:54,720

that i i just found interesting i think

685

00:23:58,789 --> 00:23:56,640

what you're doing i've read a ton

686

00:24:00,390 --> 00:23:58,799

of spiritual books i've been a spiritual

687

00:24:04,950 --> 00:24:00,400

journeyer for

688

00:24:07,750 --> 00:24:04,960

a lot of years and i so appreciate

689

00:24:09,350 --> 00:24:07,760

all the threads that i see in your work

690

00:24:11,269 --> 00:24:09,360

but there were a couple of new ones that

691

00:24:15,190 --> 00:24:11,279

were interesting to me

692

00:24:16,390 --> 00:24:15,200

who is the guy who did the thing with

693

00:24:24,470 --> 00:24:16,400

the bush

694

00:24:25,590 --> 00:24:24,480

god i might have that the title of that

695

00:24:27,110 --> 00:24:25,600

book wrong but it's something along

696

00:24:28,230 --> 00:24:27,120

those lines you'll you'll find it if you

697

00:24:30,470 --> 00:24:28,240

google it

698

00:24:32,390 --> 00:24:30,480

um but he that's just a that quote was

699

00:24:35,190 --> 00:24:32,400

just from an ant that's like an anthropo

700

00:24:38,390 --> 00:24:35,200

like a modern anthropology book um but

701
00:24:40,789 --> 00:24:38,400
he made the connection

702
00:24:42,870 --> 00:24:40,799
that um that we're you know we're all

703
00:24:43,510 --> 00:24:42,880
making the obvious connection really

704
00:24:45,750 --> 00:24:43,520
that like

705
00:24:48,230 --> 00:24:45,760
you know in most cultures historic like

706
00:24:49,750 --> 00:24:48,240
you know before history

707
00:24:51,510 --> 00:24:49,760
you know if things weren't going right

708
00:24:52,789 --> 00:24:51,520
you just danced around some and you know

709
00:24:54,390 --> 00:24:52,799
what i mean you didn't you didn't be

710
00:24:55,990 --> 00:24:54,400
like oh let's think about this some more

711
00:24:57,909 --> 00:24:56,000
and you know get more and more stressed

712
00:24:59,430 --> 00:24:57,919
out about it you know it's like no you

713
00:25:02,070 --> 00:24:59,440

they think we're idiots in a lot of

714

00:25:05,269 --> 00:25:02,080

these uh indigenous you know

715

00:25:07,190 --> 00:25:05,279

aboriginal uh cultures you know the

716

00:25:08,549 --> 00:25:07,200

quote-unquote primitive cultures right

717

00:25:11,190 --> 00:25:08,559

where they

718

00:25:11,590 --> 00:25:11,200

often know much more than we do um you

719

00:25:13,669 --> 00:25:11,600

know

720

00:25:16,950 --> 00:25:13,679

so so that was beautiful and i thought

721

00:25:18,630 --> 00:25:16,960

that that whole connection between

722

00:25:20,310 --> 00:25:18,640

because i think we can you know we can

723

00:25:22,310 --> 00:25:20,320

overdo that you know and the

724

00:25:24,549 --> 00:25:22,320

quote-unquote noble savage and you know

725

00:25:26,630 --> 00:25:24,559

kind of things to those people

726

00:25:27,669 --> 00:25:26,640

that they don't deserve but then

727

00:25:29,350 --> 00:25:27,679

discount

728

00:25:30,789 --> 00:25:29,360

some of the wisdom that they have that

729

00:25:32,390 --> 00:25:30,799

they do deserve and

730

00:25:34,710 --> 00:25:32,400

i love people who come along and take a

731

00:25:36,549 --> 00:25:34,720

fresh look and just add it to the pile

732

00:25:39,029 --> 00:25:36,559

but the other thing i got about this

733

00:25:41,190 --> 00:25:39,039

thing that i thought really related to

734

00:25:43,990 --> 00:25:41,200

your work in kind of an interesting way

735

00:25:45,750 --> 00:25:44,000

so yeah there's this thing of yeah just

736

00:25:47,510 --> 00:25:45,760

dance around and shake a little bit and

737

00:25:48,070 --> 00:25:47,520

do some music you know and it all feels

738

00:25:50,070 --> 00:25:48,080

better

739

00:25:52,070 --> 00:25:50,080

but the other thing they have a major

740

00:25:55,750 --> 00:25:52,080

the bushmen have a major kind of

741

00:25:56,710 --> 00:25:55,760

slow your role thing so if you come home

742

00:25:59,430 --> 00:25:56,720

with

743

00:26:00,149 --> 00:25:59,440

the big kill what you're going to

744

00:26:02,470 --> 00:26:00,159

encounter

745

00:26:04,950 --> 00:26:02,480

is everyone sitting around going yeah

746

00:26:05,669 --> 00:26:04,960

but man that gazelle don't look so good

747

00:26:09,350 --> 00:26:05,679

man

748

00:26:13,029 --> 00:26:09,360

just all this kind of really really

749

00:26:14,630 --> 00:26:13,039

sarcasm joking around in order for you

750

00:26:18,149 --> 00:26:14,640

to bring your ego down

751
00:26:19,909 --> 00:26:18,159
and i thought wow that is like so genius

752
00:26:20,950 --> 00:26:19,919
from all the ways that we're talking

753
00:26:24,470 --> 00:26:20,960
about it here

754
00:26:26,950 --> 00:26:24,480
brilliant yeah that's just that at all

755
00:26:28,070 --> 00:26:26,960
no i mean that's just brilliant exactly

756
00:26:31,350 --> 00:26:28,080
i mean like again

757
00:26:32,710 --> 00:26:31,360
it's such like it's uncommon common

758
00:26:36,390 --> 00:26:32,720
sense right yeah it's like

759
00:26:37,990 --> 00:26:36,400
it's like that's how you keep everybody

760
00:26:39,909 --> 00:26:38,000
in line you know that's how you

761
00:26:42,230 --> 00:26:39,919
become harmonious with other people you

762
00:26:44,070 --> 00:26:42,240
know and like with my

763
00:26:45,669 --> 00:26:44,080

my good friends i've known for years

764

00:26:48,070 --> 00:26:45,679

there's this kind of like

765

00:26:49,750 --> 00:26:48,080

immediate irreverence where no one ever

766

00:26:51,350 --> 00:26:49,760

you always are backing each other up

767

00:26:51,990 --> 00:26:51,360

don't get me wrong you're edifying each

768

00:26:55,430 --> 00:26:52,000

other in many

769

00:26:57,990 --> 00:26:55,440

ways but if any you never i never allow

770

00:26:59,510 --> 00:26:58,000

my friends to have get a big head or for

771

00:27:00,789 --> 00:26:59,520

them to allow me to get a big head and

772

00:27:01,590 --> 00:27:00,799

i'm only talking about people i'm very

773

00:27:03,190 --> 00:27:01,600

close to and

774

00:27:05,430 --> 00:27:03,200

very informal with you know what i'm

775

00:27:06,789 --> 00:27:05,440

saying um but

776

00:27:08,470 --> 00:27:06,799

yeah i mean the idea of having a

777

00:27:11,590 --> 00:27:08,480

community like that and again

778

00:27:11,990 --> 00:27:11,600

when i was younger i behaved more that

779

00:27:13,510 --> 00:27:12,000

way

780

00:27:15,430 --> 00:27:13,520

with other people that i didn't know as

781

00:27:18,710 --> 00:27:15,440

well because i thought they kind of

782

00:27:21,269 --> 00:27:18,720

would get it and now i realize like holy

783

00:27:23,029 --> 00:27:21,279

you know holy [h__\h] i was like crazy like

784

00:27:24,389 --> 00:27:23,039

in my 20s and stuff like that just how i

785

00:27:26,310 --> 00:27:24,399

behaved like

786

00:27:28,549 --> 00:27:26,320

i was coming from a genuine place so

787

00:27:30,789 --> 00:27:28,559

like i don't regret it but like

788

00:27:31,830 --> 00:27:30,799

people probably i mean people had no

789

00:27:33,510 --> 00:27:31,840

idea what the hell i was

790

00:27:34,710 --> 00:27:33,520

doing probably most of the time you know

791

00:27:37,029 --> 00:27:34,720

what i mean people still don't know what

792

00:27:39,830 --> 00:27:37,039

i'm doing but i'm more presentable now

793

00:27:41,029 --> 00:27:39,840

and how i go about it so yeah yeah yeah

794

00:27:45,510 --> 00:27:41,039

that's awesome

795

00:27:48,710 --> 00:27:45,520

hey so tim um tell us more about

796

00:27:51,510 --> 00:27:48,720

the exercises the the not

797

00:27:53,190 --> 00:27:51,520

the playfulness exercises and you know

798

00:27:54,950 --> 00:27:53,200

you kind of dropped a little hint there

799

00:27:57,430 --> 00:27:54,960

that i thought

800

00:27:59,029 --> 00:27:57,440

again as we bounce back between the kind

801
00:28:01,669 --> 00:27:59,039
of intellectual and daryl

802
00:28:03,029 --> 00:28:01,679
say you know neuroscience of this to the

803
00:28:05,669 --> 00:28:03,039
just kind of practical

804
00:28:06,630 --> 00:28:05,679
fun part of it and that's that

805
00:28:10,149 --> 00:28:06,640
interrupting

806
00:28:11,669 --> 00:28:10,159
a pattern that we have in the way we're

807
00:28:15,110 --> 00:28:11,679
organizing our consciousness

808
00:28:15,990 --> 00:28:15,120
experience psychologists have studied

809
00:28:19,430 --> 00:28:16,000
that and say wow

810
00:28:21,830 --> 00:28:19,440
that's can be very efficacious for

811
00:28:22,710 --> 00:28:21,840
removing depression and doing all these

812
00:28:25,990 --> 00:28:22,720
other things

813
00:28:29,190 --> 00:28:26,000

and you seem to have put that together

814

00:28:31,669 --> 00:28:29,200

in this playing kind of

815

00:28:32,950 --> 00:28:31,679

therapy so without being too serious

816

00:28:35,269 --> 00:28:32,960

about it but

817

00:28:36,870 --> 00:28:35,279

maybe go into that a little bit more of

818

00:28:38,149 --> 00:28:36,880

it and you do have some videos that are

819

00:28:39,990 --> 00:28:38,159

just you know you just put yourself out

820

00:28:41,990 --> 00:28:40,000

there i'm playing you know kind of like

821

00:28:43,669 --> 00:28:42,000

Speak more of that if you would sure

822

00:28:45,830 --> 00:28:43,679

yeah i mean

823

00:28:47,669 --> 00:28:45,840

it's a great idea if you can do it and

824

00:28:49,110 --> 00:28:47,679

if you get comfortable doing it and as

825

00:28:50,230 --> 00:28:49,120

you said alex it takes some practice

826

00:28:53,510 --> 00:28:50,240

just because we're not

827

00:28:53,909 --> 00:28:53,520

used to being playful even if we're in a

828

00:28:55,750 --> 00:28:53,919

room

829

00:28:57,350 --> 00:28:55,760

alone and we know nobody's watching

830

00:28:59,029 --> 00:28:57,360

we're still not comfortable just being

831

00:29:02,630 --> 00:28:59,039

ourselves

832

00:29:05,909 --> 00:29:02,640

but it can be really helpful to do

833

00:29:07,750 --> 00:29:05,919

whatever you want physically um to kind

834

00:29:09,830 --> 00:29:07,760

of get you out of your head and that

835

00:29:11,430 --> 00:29:09,840

some really basic examples are like

836

00:29:14,310 --> 00:29:11,440

jumping up and down

837

00:29:14,630 --> 00:29:14,320

um making funny faces in the mirror like

838

00:29:16,950 --> 00:29:14,640

just

839

00:29:18,950 --> 00:29:16,960

you know moving your arms all about you

840

00:29:21,190 --> 00:29:18,960

know barking like a dog or making animal

841

00:29:25,350 --> 00:29:21,200

sounds and hopping up and down

842

00:29:27,510 --> 00:29:25,360

um really stupid stupid things absurd

843

00:29:28,630 --> 00:29:27,520

things you know if you do goofy stuff

844

00:29:31,430 --> 00:29:28,640

like that

845

00:29:33,430 --> 00:29:31,440

um for just a minute or two and you know

846

00:29:35,669 --> 00:29:33,440

if you do it each day if

847

00:29:37,350 --> 00:29:35,679

you'll notice it like you just notice it

848

00:29:37,590 --> 00:29:37,360

when you do it if you get into it that

849

00:29:42,149 --> 00:29:37,600

it

850

00:29:44,389 --> 00:29:42,159

might even be better

851
00:29:45,830 --> 00:29:44,399
um it's immediate oh i mean yeah it's

852
00:29:48,549 --> 00:29:45,840
immediate exactly and

853
00:29:50,149 --> 00:29:48,559
again i hate using words like immediate

854
00:29:50,630 --> 00:29:50,159
or guarant you know guaranteed to work

855
00:29:53,029 --> 00:29:50,640
order

856
00:29:54,149 --> 00:29:53,039
but it's just it's a it's a mind body

857
00:29:57,110 --> 00:29:54,159
physiological

858
00:29:58,389 --> 00:29:57,120
thing where if you get 100 into

859
00:30:01,430 --> 00:29:58,399
physically

860
00:30:03,029 --> 00:30:01,440
being playful basically um

861
00:30:04,549 --> 00:30:03,039
you'll feel better i'm not saying you'll

862
00:30:10,950 --> 00:30:04,559
feel

863
00:30:12,549 --> 00:30:10,960

significantly better than you did a few

864

00:30:15,510 --> 00:30:12,559

minutes before and that's a

865

00:30:15,990 --> 00:30:15,520

that's a profound thing you know so it

866

00:30:18,149 --> 00:30:16,000

is and

867

00:30:19,750 --> 00:30:18,159

and particularly when it's married to

868

00:30:20,549 --> 00:30:19,760

the first part of the book because again

869

00:30:24,149 --> 00:30:20,559

to maybe

870

00:30:25,590 --> 00:30:24,159

risk over analyzing this stuff but

871

00:30:28,070 --> 00:30:25,600

some of the people who do the

872

00:30:30,549 --> 00:30:28,080

playfulness stuff or talk about

873

00:30:32,310 --> 00:30:30,559

managing your physiology in order to

874

00:30:35,510 --> 00:30:32,320

change your mental state

875

00:30:37,430 --> 00:30:35,520

see it as an end you know

876

00:30:39,350 --> 00:30:37,440

rather than a means to an end where i

877

00:30:40,070 --> 00:30:39,360

think you're coming at it which is to

878

00:30:42,470 --> 00:30:40,080

say

879

00:30:43,510 --> 00:30:42,480

your mystic thing i'm a mystic i'm

880

00:30:45,590 --> 00:30:43,520

nothing you know

881

00:30:47,350 --> 00:30:45,600

there is nothing there's only this

882

00:30:49,750 --> 00:30:47,360

silence that

883

00:30:51,510 --> 00:30:49,760

that from which emerges all this

884

00:30:53,909 --> 00:30:51,520

beautiful profoundness

885

00:30:55,029 --> 00:30:53,919

so that's what i'm trying to get to i'm

886

00:30:57,990 --> 00:30:55,039

not really

887

00:30:59,029 --> 00:30:58,000

trying to get rid of these yucky

888

00:31:01,509 --> 00:30:59,039

feelings

889

00:31:02,630 --> 00:31:01,519

that's just that's just kind of what

890

00:31:05,190 --> 00:31:02,640

i've

891

00:31:07,269 --> 00:31:05,200

added to that i need this addition by

892

00:31:08,870 --> 00:31:07,279

subtraction of just saying you know

893

00:31:10,630 --> 00:31:08,880

and you're nodding your head so so do

894

00:31:11,269 --> 00:31:10,640

you want to speak to that subtle

895

00:31:14,630 --> 00:31:11,279

difference

896

00:31:17,350 --> 00:31:14,640

of the means to an end versus kind of an

897

00:31:19,509 --> 00:31:17,360

end of itself

898

00:31:20,549 --> 00:31:19,519

yeah well what did you describe those

899

00:31:21,830 --> 00:31:20,559

people like what what

900

00:31:24,070 --> 00:31:21,840

what terms did you use for them

901

00:31:25,830 --> 00:31:24,080

physiological ex like uh

902

00:31:27,990 --> 00:31:25,840

experts or something like that or my

903

00:31:30,310 --> 00:31:28,000

body yeah yeah you know i mean because

904

00:31:31,909 --> 00:31:30,320

people take that mind body thing and you

905

00:31:34,870 --> 00:31:31,919

know exactly right

906

00:31:37,509 --> 00:31:34,880

of course yeah so what i would say is

907

00:31:41,190 --> 00:31:39,750

when you you can do these exercises and

908

00:31:42,310 --> 00:31:41,200

they'll make you feel better no matter

909

00:31:44,149 --> 00:31:42,320

what but when

910

00:31:45,590 --> 00:31:44,159

i do them they're what they're coming

911

00:31:48,070 --> 00:31:45,600

out of is like

912

00:31:52,389 --> 00:31:48,080

all right like now like this is let's

913

00:31:56,710 --> 00:31:54,230

so like physiological oh you'll feel

914

00:31:58,230 --> 00:31:56,720

better in manchester they better

915

00:31:59,669 --> 00:31:58,240

have fun with that it's like the law of

916

00:32:00,070 --> 00:31:59,679

attraction people how do i get a bigger

917

00:32:03,430 --> 00:32:00,080

house

918

00:32:06,789 --> 00:32:03,440

how do i make more money i don't know

919

00:32:07,110 --> 00:32:06,799

shut up stop thinking and like i love

920

00:32:10,310 --> 00:32:07,120

you

921

00:32:12,870 --> 00:32:10,320

know that's that's

922

00:32:14,470 --> 00:32:12,880

that's we're talking about god you know

923

00:32:17,750 --> 00:32:14,480

that's what so that's where

924

00:32:19,669 --> 00:32:17,760

i've always come from with this stuff

925

00:32:21,830 --> 00:32:19,679

because of this experience on the beach

926

00:32:23,590 --> 00:32:21,840

and my background that's my best

927

00:32:25,269 --> 00:32:23,600

my background for not being serious is

928

00:32:26,950 --> 00:32:25,279

the beach experience it's not like

929

00:32:28,950 --> 00:32:26,960

how can i become a more productive

930

00:32:31,190 --> 00:32:28,960

person and feel better

931

00:32:32,149 --> 00:32:31,200

i mean emotions are just there and it's

932

00:32:33,750 --> 00:32:32,159

when we have

933

00:32:35,669 --> 00:32:33,760

negative emotions it can be very

934

00:32:38,470 --> 00:32:35,679

difficult there's no need to deny that

935

00:32:39,909 --> 00:32:38,480

and doing this stuff being playful

936

00:32:43,750 --> 00:32:39,919

managing your physiology

937

00:32:45,909 --> 00:32:43,760

will help but what we are talking about

938

00:32:49,430 --> 00:32:45,919

is god

939

00:32:50,230 --> 00:32:49,440

so so tim i i do have to drag you into

940

00:32:56,789 --> 00:32:50,240

the

941

00:32:57,909 --> 00:32:56,799

waited in way way too long but i've

942

00:32:59,430 --> 00:32:57,919

always had that

943

00:33:01,750 --> 00:32:59,440

spiritual sensibility that you're

944

00:33:03,110 --> 00:33:01,760

talking about but it does [h__h] piss

945

00:33:05,830 --> 00:33:03,120

me off

946

00:33:07,190 --> 00:33:05,840

that so much of the messaging in our

947

00:33:11,830 --> 00:33:07,200

culture

948

00:33:15,029 --> 00:33:11,840

is over intellectualizing this stuff

949

00:33:17,070 --> 00:33:15,039

and making it sound so true and

950

00:33:20,470 --> 00:33:17,080

legitimate and just

951
00:33:23,750 --> 00:33:20,480
unassailable in terms of you know you

952
00:33:23,990 --> 00:33:23,760
are just your brain your brain my man

953
00:33:27,110 --> 00:33:24,000
you

954
00:33:30,310 --> 00:33:27,120
are there isn't consciousness that's an

955
00:33:30,630 --> 00:33:30,320
illusion as neil degrasse tyson says you

956
00:33:32,950 --> 00:33:30,640
are

957
00:33:34,389 --> 00:33:32,960
meaningless in a meaning because the

958
00:33:35,110 --> 00:33:34,399
universe it's not that you are

959
00:33:38,789 --> 00:33:35,120
meaningless

960
00:33:41,909 --> 00:33:38,799
hey you want to have some uh

961
00:33:45,110 --> 00:33:41,919
social construct meaning that's fine but

962
00:33:46,070 --> 00:33:45,120
the universe is meaningless so you're

963
00:33:48,230 --> 00:33:46,080

meaningless

964

00:33:50,310 --> 00:33:48,240

if you can't have any meaning in your

965

00:33:52,470 --> 00:33:50,320

life if the universe is meaning

966

00:33:53,509 --> 00:33:52,480

meaning meaningless you get what i'm

967

00:33:55,750 --> 00:33:53,519

saying so

968

00:33:57,350 --> 00:33:55,760

i i won't rail on that because i do it

969

00:34:00,230 --> 00:33:57,360

way way too much

970

00:34:02,710 --> 00:34:00,240

but did you you must have encountered

971

00:34:03,830 --> 00:34:02,720

that experience that in in college or

972

00:34:07,110 --> 00:34:03,840

whatever and

973

00:34:07,669 --> 00:34:07,120

what has been your kind of brushing up

974

00:34:10,230 --> 00:34:07,679

against

975

00:34:12,310 --> 00:34:10,240

some of that materialism you are just

976
00:34:17,349 --> 00:34:12,320
your brain stuff

977
00:34:19,589 --> 00:34:17,359
well i mean i just have never fit in uh

978
00:34:21,349 --> 00:34:19,599
in my adult life there's no place for so

979
00:34:22,149 --> 00:34:21,359
i say at the end of the joy not thinking

980
00:34:23,589 --> 00:34:22,159
like

981
00:34:25,829 --> 00:34:23,599
i've always considered myself basically

982
00:34:29,510 --> 00:34:25,839
a bum you know

983
00:34:34,069 --> 00:34:29,520
like i don't i don't fit in at all and

984
00:34:35,829 --> 00:34:34,079
um i always

985
00:34:37,829 --> 00:34:35,839
i was interested in which is this

986
00:34:39,430 --> 00:34:37,839
mind-body stuff from a

987
00:34:41,270 --> 00:34:39,440
you know spiritual or whatever you want

988
00:34:44,710 --> 00:34:41,280

to call it place

989

00:34:48,149 --> 00:34:44,720

i was very i had a lot of i was genuine

990

00:34:50,230 --> 00:34:48,159

so i had a lot of integrity about going

991

00:34:50,950 --> 00:34:50,240

forward in that path if i was to pursue

992

00:34:54,710 --> 00:34:50,960

it

993

00:34:57,829 --> 00:34:54,720

followed

994

00:34:59,670 --> 00:34:57,839

like for instance you know going to

995

00:35:01,109 --> 00:34:59,680

graduate school or getting a phd about

996

00:35:01,990 --> 00:35:01,119

this with what i'm talking about they

997

00:35:05,190 --> 00:35:02,000

would say i'm [h__h]

998

00:35:07,349 --> 00:35:05,200

crazy and also any spiritual

999

00:35:08,230 --> 00:35:07,359

organization basically including and i

1000

00:35:10,630 --> 00:35:08,240

had some

1001
00:35:11,990 --> 00:35:10,640
you know i met some great teachers and

1002
00:35:14,230 --> 00:35:12,000
like i

1003
00:35:15,990 --> 00:35:14,240
you know that i'm very grateful time i

1004
00:35:17,829 --> 00:35:16,000
spent like at you know a zen center

1005
00:35:19,750 --> 00:35:17,839
those people are just tremendous but

1006
00:35:23,430 --> 00:35:19,760
nonetheless

1007
00:35:25,270 --> 00:35:23,440
that setting even that what would seem

1008
00:35:27,510 --> 00:35:25,280
to be a safe spiritual setting even that

1009
00:35:29,510 --> 00:35:27,520
was too square for me even like a byron

1010
00:35:31,430 --> 00:35:29,520
katy organization which is you know they

1011
00:35:35,190 --> 00:35:31,440
do really good things

1012
00:35:38,870 --> 00:35:35,200
it didn't it didn't jive with what

1013
00:35:42,470 --> 00:35:38,880

the integrity i had for what i was into

1014

00:35:44,390 --> 00:35:42,480

and um yeah i mean

1015

00:35:45,829 --> 00:35:44,400

can i ask you this because i want you to

1016

00:35:49,510 --> 00:35:45,839

kind of go on

1017

00:35:50,710 --> 00:35:49,520

here um you know a lot of people talk

1018

00:35:53,829 --> 00:35:50,720

about the east west

1019

00:35:56,230 --> 00:35:53,839

thing and i think there's something to

1020

00:35:57,349 --> 00:35:56,240

what the west has brought to this new

1021

00:35:58,790 --> 00:35:57,359

spirituality

1022

00:36:00,470 --> 00:35:58,800

one thing i always find offensive is

1023

00:36:02,230 --> 00:36:00,480

when people kind of say you know you

1024

00:36:02,790 --> 00:36:02,240

should really stay in your lane and i

1025

00:36:04,710 --> 00:36:02,800

think

1026
00:36:06,390 --> 00:36:04,720
studying the western tradition if that's

1027
00:36:08,710 --> 00:36:06,400
your spiritual background

1028
00:36:10,230 --> 00:36:08,720
i i see that totally differently and i

1029
00:36:14,069 --> 00:36:10,240
see someone like you

1030
00:36:16,470 --> 00:36:14,079
who has truly uh built upon

1031
00:36:19,109 --> 00:36:16,480
an eastern tradition but brought a

1032
00:36:21,910 --> 00:36:19,119
sensitivity to it that is very western

1033
00:36:23,510 --> 00:36:21,920
and i think catapults us forward in some

1034
00:36:25,190 --> 00:36:23,520
undeniable ways that you just look and

1035
00:36:27,030 --> 00:36:25,200
go

1036
00:36:28,950 --> 00:36:27,040
the zen folks they just had a bit of a

1037
00:36:30,069 --> 00:36:28,960
blind spot not putting them down or

1038
00:36:32,470 --> 00:36:30,079

anything like that

1039

00:36:33,109 --> 00:36:32,480

but there was a bit of a blind spot that

1040

00:36:36,550 --> 00:36:33,119

kind of

1041

00:36:39,430 --> 00:36:36,560

calcified in that system and

1042

00:36:42,069 --> 00:36:39,440

what do you think about this marriage of

1043

00:36:42,950 --> 00:36:42,079

eastern and western spirituality if you

1044

00:36:46,069 --> 00:36:42,960

want to kind of

1045

00:36:46,710 --> 00:36:46,079

wax philosophical a little bit i mean

1046

00:36:49,109 --> 00:36:46,720

it's

1047

00:36:50,630 --> 00:36:49,119

i don't know enough about it but my

1048

00:36:52,950 --> 00:36:50,640

argument would be neither does anybody

1049

00:36:57,270 --> 00:36:52,960

else

1050

00:36:59,670 --> 00:36:57,280

i've just always been interested

1051
00:37:00,870 --> 00:36:59,680
in various spiritual stuff i was not

1052
00:37:04,230 --> 00:37:00,880
raised religiously

1053
00:37:05,349 --> 00:37:04,240
um my dad had a good spiritual library

1054
00:37:07,829 --> 00:37:05,359
of stuff i read

1055
00:37:08,950 --> 00:37:07,839
the dao de ching the best translation of

1056
00:37:10,710 --> 00:37:08,960
the daotech

1057
00:37:11,990 --> 00:37:10,720
the way of life by whitner binner when i

1058
00:37:13,910 --> 00:37:12,000
was like 13

1059
00:37:15,990 --> 00:37:13,920
14 years old that was like the book that

1060
00:37:18,230 --> 00:37:16,000
catapulted me to

1061
00:37:19,190 --> 00:37:18,240
whatever came after that um it's one of

1062
00:37:22,069 --> 00:37:19,200
my favorite books

1063
00:37:23,910 --> 00:37:22,079

uh so that's how that was like my

1064

00:37:25,270 --> 00:37:23,920

introduction to religion and so i went

1065

00:37:27,109 --> 00:37:25,280

to eastern track first

1066

00:37:29,910 --> 00:37:27,119

from obviously a very western

1067

00:37:32,550 --> 00:37:29,920

perspective you know being a young kid

1068

00:37:34,829 --> 00:37:32,560

um but i got i did get exposed to some

1069

00:37:38,069 --> 00:37:34,839

of that eastern stuff

1070

00:37:38,870 --> 00:37:38,079

and the western stuff i don't know

1071

00:37:41,510 --> 00:37:38,880

enough about

1072

00:37:41,990 --> 00:37:41,520

it's only been in the last 10 years or

1073

00:37:46,630 --> 00:37:42,000

even

1074

00:37:48,470 --> 00:37:46,640

years that i've gotten more into like

1075

00:37:50,550 --> 00:37:48,480

traditional western religion in the

1076

00:37:52,710 --> 00:37:50,560

sense of like

1077

00:37:54,630 --> 00:37:52,720

the new thought movement you know like

1078

00:37:57,349 --> 00:37:54,640

the mental healing movement

1079

00:37:57,990 --> 00:37:57,359

um which are all very american you know

1080

00:38:00,950 --> 00:37:58,000

that

1081

00:38:03,430 --> 00:38:00,960

really comes out of this country um in

1082

00:38:05,109 --> 00:38:03,440

the last 100 you know 50 years or less

1083

00:38:07,990 --> 00:38:05,119

since you know emerson at the road and

1084

00:38:11,109 --> 00:38:08,000

out of that that stuff's fascinating

1085

00:38:12,470 --> 00:38:11,119

and they you know emerson especially was

1086

00:38:14,630 --> 00:38:12,480

bringing like

1087

00:38:18,870 --> 00:38:14,640

the hindu stuff supposedly to the to the

1088

00:38:21,510 --> 00:38:18,880

west right and so i feel like a lot

1089

00:38:22,230 --> 00:38:21,520

of that new thought material is still

1090

00:38:23,990 --> 00:38:22,240

vastly

1091

00:38:25,829 --> 00:38:24,000

unexplored and that's what i'm really

1092

00:38:27,510 --> 00:38:25,839

into now and talking and

1093

00:38:29,109 --> 00:38:27,520

you know and working with people with

1094

00:38:29,510 --> 00:38:29,119

that stuff because it's so unexplored

1095

00:38:31,510 --> 00:38:29,520

and

1096

00:38:33,030 --> 00:38:31,520

the difference maybe with what i do

1097

00:38:35,109 --> 00:38:33,040

compared to other people that do that is

1098

00:38:37,589 --> 00:38:35,119

that i do have this kind of

1099

00:38:38,710 --> 00:38:37,599

zen background so i think that might be

1100

00:38:41,270 --> 00:38:38,720

what you're alluding to

1101

00:38:42,870 --> 00:38:41,280

it's like a marriage of kind of like new

1102

00:38:44,950 --> 00:38:42,880

thought ideas

1103

00:38:46,069 --> 00:38:44,960

which i try to look at very practically

1104

00:38:47,589 --> 00:38:46,079

not about it's not about

1105

00:38:49,270 --> 00:38:47,599

god with new thought for me it's more

1106

00:38:50,790 --> 00:38:49,280

like how can you practically

1107

00:38:52,630 --> 00:38:50,800

feel better and get better things in

1108

00:38:55,910 --> 00:38:52,640

your life by feeling better

1109

00:38:59,829 --> 00:38:55,920

um so is that married to

1110

00:39:01,510 --> 00:38:59,839

my first like exposure to spirituality

1111

00:39:03,510 --> 00:39:01,520

which is more like zen

1112

00:39:04,950 --> 00:39:03,520

taoism and you know a little bit of

1113

00:39:07,510 --> 00:39:04,960

indian non-dual

1114

00:39:09,030 --> 00:39:07,520

stuff so you know i guess specifically

1115

00:39:10,550 --> 00:39:09,040

what i was kind of alluding to

1116

00:39:12,230 --> 00:39:10,560

and i just maybe didn't make a clear

1117

00:39:15,910 --> 00:39:12,240

reference

1118

00:39:18,390 --> 00:39:15,920

you have an american approach

1119

00:39:19,910 --> 00:39:18,400

you have a new england you know uh

1120

00:39:21,349 --> 00:39:19,920

emerson i certainly have a new

1121

00:39:23,349 --> 00:39:21,359

i have a new england approach that's for

1122

00:39:25,270 --> 00:39:23,359

sure you know you said your

1123

00:39:27,270 --> 00:39:25,280

your buddies you know i i just kind of

1124

00:39:28,790 --> 00:39:27,280

see you know got busting each other's

1125

00:39:30,310 --> 00:39:28,800

balls kind of thing and you know going

1126

00:39:31,829 --> 00:39:30,320

to other fields they're just like

1127

00:39:33,829 --> 00:39:31,839

what is going on here because when you

1128

00:39:38,230 --> 00:39:33,839

first encounter that

1129

00:39:40,390 --> 00:39:38,240

i think that catapults is further

1130

00:39:41,750 --> 00:39:40,400

in integrating this eastern thing and i

1131

00:39:43,829 --> 00:39:41,760

love the way you say that emerson was

1132

00:39:45,190 --> 00:39:43,839

doing it you know 150 years ago and we

1133

00:39:47,750 --> 00:39:45,200

still don't appreciate it and he was

1134

00:39:50,069 --> 00:39:47,760

trying to do that integration

1135

00:39:51,349 --> 00:39:50,079

so let me just is this quick aside there

1136

00:39:53,109 --> 00:39:51,359

i mean thoreau or i guess you always

1137

00:39:56,310 --> 00:39:53,119

will say a through i don't know

1138

00:39:57,270 --> 00:39:56,320

um thoreau is emerson's great but

1139

00:40:00,630 --> 00:39:57,280

thoreau's

1140

00:40:03,910 --> 00:40:00,640

i mean that guy yeah he's the

1141

00:40:05,349 --> 00:40:03,920

freaking best he's the best like i mean

1142

00:40:07,589 --> 00:40:05,359

in my opinion he's the best american

1143

00:40:09,190 --> 00:40:07,599

writer you know in history and you know

1144

00:40:10,710 --> 00:40:09,200

hit the rose journals if you just want

1145

00:40:14,870 --> 00:40:10,720

to read like good

1146

00:40:17,430 --> 00:40:14,880

or i should say great um

1147

00:40:18,790 --> 00:40:17,440

totally not like just like spiritual

1148

00:40:22,150 --> 00:40:18,800

writing that's coming with

1149

00:40:24,470 --> 00:40:22,160

no he wasn't coming he wasn't staying in

1150

00:40:26,309 --> 00:40:24,480

his lane he was just doing his thing and

1151

00:40:27,670 --> 00:40:26,319

he was including all the stuff and so

1152

00:40:28,710 --> 00:40:27,680

thoreau's journals i just want to give a

1153

00:40:29,990 --> 00:40:28,720

shout out to that because people always

1154

00:40:31,829 --> 00:40:30,000

talk about emerson

1155

00:40:34,069 --> 00:40:31,839

um and i know they talk about thorough a

1156

00:40:37,510 --> 00:40:34,079

lot too but just throws

1157

00:40:39,589 --> 00:40:37,520

um a step above just about

1158

00:40:40,630 --> 00:40:39,599

anybody in my book so i just thought

1159

00:40:42,390 --> 00:40:40,640

that's awesome

1160

00:40:44,309 --> 00:40:42,400

yeah it's awesome and there's so much

1161

00:40:46,309 --> 00:40:44,319

more you know

1162

00:40:48,150 --> 00:40:46,319

to be done there and so much more that

1163

00:40:51,510 --> 00:40:48,160

you can yes

1164

00:40:52,710 --> 00:40:51,520

so tim tell us more about

1165

00:40:55,190 --> 00:40:52,720

where you're going with this i

1166

00:40:58,309 --> 00:40:55,200

understand you know you being a writer

1167

00:40:59,589 --> 00:40:58,319

and uh you know there's nothing to

1168

00:41:01,109 --> 00:40:59,599

i think it's totally cool what you're

1169

00:41:02,470 --> 00:41:01,119

talking about you know people want to

1170

00:41:05,670 --> 00:41:02,480

hear about

1171

00:41:08,710 --> 00:41:05,680

uh i don't know what for lack of a

1172

00:41:10,550 --> 00:41:08,720

better term you know the secret kind of

1173

00:41:11,990 --> 00:41:10,560

philosophy and stuff like that yeah i

1174

00:41:13,510 --> 00:41:12,000

use law of attraction now i didn't used

1175

00:41:14,950 --> 00:41:13,520

to use that term i just feel like that's

1176

00:41:16,309 --> 00:41:14,960

the term that people use so it's like

1177

00:41:18,309 --> 00:41:16,319

why not use it i don't care what you

1178

00:41:19,910 --> 00:41:18,319

call it you could call it blah blah blah

1179

00:41:21,190 --> 00:41:19,920

as far as i'm concerned you know it's

1180

00:41:22,950 --> 00:41:21,200

just like what people understand you

1181

00:41:25,910 --> 00:41:22,960

know manifesting law of attraction these

1182

00:41:27,829 --> 00:41:25,920

are buzzwords that uh

1183

00:41:29,270 --> 00:41:27,839

people kind of get you know and then i

1184

00:41:31,829 --> 00:41:29,280

start talking about it also they don't

1185

00:41:35,190 --> 00:41:31,839

get it but um

1186

00:41:38,710 --> 00:41:35,200

enough people do understand um

1187

00:41:40,550 --> 00:41:38,720

those terms and yeah so continue on alex

1188

00:41:42,230 --> 00:41:40,560

with your question though i'm sorry no

1189

00:41:44,150 --> 00:41:42,240

i was just i was just gonna say you know

1190

00:41:45,950 --> 00:41:44,160

for people they want to check out your

1191

00:41:48,390 --> 00:41:45,960

website

1192

00:41:50,790 --> 00:41:48,400

radicalcounselor.com they can connect

1193

00:41:53,030 --> 00:41:50,800

with you one-on-one for some coaching

1194

00:41:54,470 --> 00:41:53,040

awesome you also have these videos that

1195

00:41:57,430 --> 00:41:54,480

we were kind of talking about

1196

00:41:58,150 --> 00:41:57,440

it goes to your kind of uh just some of

1197

00:42:00,550 --> 00:41:58,160

the fun

1198

00:42:01,990 --> 00:42:00,560

uh this is the manifesting abundance but

1199

00:42:04,230 --> 00:42:02,000

just some of the fun ones too

1200

00:42:06,150 --> 00:42:04,240

those are at what was that website again

1201
00:42:06,870 --> 00:42:06,160
yeah that used to just that link used to

1202
00:42:09,990 --> 00:42:06,880
just be

1203
00:42:11,670 --> 00:42:10,000
go to stop being serious.com okay

1204
00:42:12,790 --> 00:42:11,680
those videos which are like those videos

1205
00:42:14,230 --> 00:42:12,800
are 10 years old at this point but they

1206
00:42:17,510 --> 00:42:14,240
hold up that's still pretty much

1207
00:42:19,270 --> 00:42:17,520
my favorite thing i've ever done um

1208
00:42:20,550 --> 00:42:19,280
yeah you can go down there to at that

1209
00:42:21,430 --> 00:42:20,560
bottom of my web of the radical

1210
00:42:24,790 --> 00:42:21,440
counselor webpage

1211
00:42:28,710 --> 00:42:24,800
stop being serious is there um

1212
00:42:31,670 --> 00:42:28,720
yeah basically

1213
00:42:32,550 --> 00:42:31,680

what i plan on to be doing going forward

1214

00:42:34,630 --> 00:42:32,560

um

1215

00:42:36,150 --> 00:42:34,640

constantly changes but i i look at

1216

00:42:36,950 --> 00:42:36,160

myself as someone who just likes to

1217

00:42:38,790 --> 00:42:36,960

share

1218

00:42:40,870 --> 00:42:38,800

information that they find interesting

1219

00:42:44,150 --> 00:42:40,880

and that i find works

1220

00:42:47,109 --> 00:42:44,160

for when i work with people whether

1221

00:42:49,109 --> 00:42:47,119

um it's as simple as over email or

1222

00:42:52,150 --> 00:42:49,119

whether it's you know on the phone or

1223

00:42:54,710 --> 00:42:52,160

skyping or whatever or zooming um

1224

00:42:57,030 --> 00:42:54,720

i just i like to work with people

1225

00:42:58,150 --> 00:42:57,040

one-on-one because you really get to see

1226

00:42:59,990 --> 00:42:58,160

how

1227

00:43:03,990 --> 00:43:00,000

people are affected by this stuff you

1228

00:43:07,430 --> 00:43:04,000

know on a real tangible basis

1229

00:43:08,790 --> 00:43:07,440

and then the more that the more people i

1230

00:43:11,510 --> 00:43:08,800

work with and the more stuff that i'm

1231

00:43:12,950 --> 00:43:11,520

exposed to and that i practice myself

1232

00:43:15,750 --> 00:43:12,960

i try to integrate that all into

1233

00:43:19,270 --> 00:43:15,760

whatever i write next

1234

00:43:19,750 --> 00:43:19,280

and uh yeah i mean i also just like to

1235

00:43:22,390 --> 00:43:19,760

share

1236

00:43:24,390 --> 00:43:22,400

classic law of attraction for lack of a

1237

00:43:26,309 --> 00:43:24,400

better word

1238

00:43:27,990 --> 00:43:26,319

books old books and stuff with people

1239

00:43:29,270 --> 00:43:28,000

because a lot of that stuff

1240

00:43:31,510 --> 00:43:29,280

as we mentioned has just been kind of

1241

00:43:33,670 --> 00:43:31,520

forgotten about or neglected

1242

00:43:35,030 --> 00:43:33,680

um and i do think we're beginning to see

1243

00:43:38,950 --> 00:43:35,040

a renaissance

1244

00:43:43,430 --> 00:43:38,960

um with some of the teachers that i love

1245

00:43:45,349 --> 00:43:43,440

um neville goddard um emile kuwait

1246

00:43:47,430 --> 00:43:45,359

i've i've edited some of their their

1247

00:43:49,910 --> 00:43:47,440

works and you know they were

1248

00:43:52,950 --> 00:43:49,920

teaching in the first basically the

1249

00:43:54,710 --> 00:43:52,960

first part of the 20th century primarily

1250

00:43:56,150 --> 00:43:54,720

and more and more people seem to be

1251
00:43:57,829 --> 00:43:56,160
drawn to that stuff i've noticed on

1252
00:43:59,349 --> 00:43:57,839
youtube there's a lot of new

1253
00:44:01,430 --> 00:43:59,359
youtube channels talking about their

1254
00:44:02,710 --> 00:44:01,440
stuff which is which is good

1255
00:44:04,710 --> 00:44:02,720
as far as i'm concerned because they're

1256
00:44:06,390 --> 00:44:04,720
master teachers so

1257
00:44:07,750 --> 00:44:06,400
well that's awesome i always like when

1258
00:44:10,870 --> 00:44:07,760
people

1259
00:44:12,550 --> 00:44:10,880
acknowledge you know the origins of this

1260
00:44:16,309 --> 00:44:12,560
stuff because i think it just

1261
00:44:19,510 --> 00:44:16,319
strengthens and offers further

1262
00:44:22,550 --> 00:44:19,520
you know power to what you're bringing

1263
00:44:23,670 --> 00:44:22,560

because we're all standing on the

1264

00:44:25,109 --> 00:44:23,680

shoulders of other people

1265

00:44:26,950 --> 00:44:25,119

and mixing all these things together

1266

00:44:30,710 --> 00:44:26,960

again the book that really

1267

00:44:31,829 --> 00:44:30,720

got me so excited and i'm so glad and

1268

00:44:34,230 --> 00:44:31,839

joyful that

1269

00:44:34,870 --> 00:44:34,240

tim decided to join us today but the

1270

00:44:37,750 --> 00:44:34,880

book is

1271

00:44:39,510 --> 00:44:37,760

the joy of not thinking a radical

1272

00:44:42,790 --> 00:44:39,520

approach to happiness

1273

00:44:45,670 --> 00:44:42,800

our guest has been tim grimes and tim

1274

00:44:46,069 --> 00:44:45,680

it's been super duper fun i wish i was

1275

00:44:48,870 --> 00:44:46,079

there

1276
00:44:49,990 --> 00:44:48,880
in boston so i could just head down and

1277
00:44:52,870 --> 00:44:50,000
have a beer with you

1278
00:44:54,630 --> 00:44:52,880
or a soda now and then and you're just a

1279
00:44:57,510 --> 00:44:54,640
guy i think would

1280
00:44:58,870 --> 00:44:57,520
make anybody feel better coaching or

1281
00:45:00,309 --> 00:44:58,880
otherwise so uh

1282
00:45:02,390 --> 00:45:00,319
thanks so much for being with us we'll

1283
00:45:04,550 --> 00:45:02,400
do it someday alex we'll do it someday

1284
00:45:06,230 --> 00:45:04,560
it's been a pleasure thank you so much

1285
00:45:07,670 --> 00:45:06,240
thanks again to tim grimes for joining

1286
00:45:11,750 --> 00:45:07,680
me today on skeptico

1287
00:45:15,349 --> 00:45:11,760
the one question i'd have to tee up is

1288
00:45:17,030 --> 00:45:15,359

what's your experience with not being

1289

00:45:20,069 --> 00:45:17,040

quite so serious

1290

00:45:22,390 --> 00:45:20,079

how has that worked for you

1291

00:45:24,710 --> 00:45:22,400

let me know your thoughts i'd love for

1292

00:45:26,470 --> 00:45:24,720

you to join me on the skeptical forum i

1293

00:45:28,069 --> 00:45:26,480

really would i'd like to connect with

1294

00:45:31,030 --> 00:45:28,079

you i'd like to know what you

1295

00:45:31,990 --> 00:45:31,040

think about the show and the best place

1296

00:45:33,990 --> 00:45:32,000

to do it is there

1297

00:45:35,030 --> 00:45:34,000

skeptical dash form you can find it from

1298

00:45:37,589 --> 00:45:35,040

the website

1299

00:45:39,030 --> 00:45:37,599

i'm there i'll respond if you join me

1300

00:45:42,950 --> 00:45:39,040

over there so

1301

00:45:44,390 --> 00:45:42,960

do do that if you're interested

1302

00:45:45,829 --> 00:45:44,400

i have some good shows coming up i got a

1303

00:45:46,790 --> 00:45:45,839

bunch in the hopper and i'm going to

1304

00:45:49,270 --> 00:45:46,800

start putting them out

1305

00:45:51,829 --> 00:45:49,280

faster i just don't know there's so many

1306

00:45:52,950 --> 00:45:51,839

great conversations and dialogues

1307

00:45:54,630 --> 00:45:52,960

that i've been able to have and i'm

1308

00:45:55,670 --> 00:45:54,640

going to get them out to you one way or

1309

00:45:58,829 --> 00:45:55,680

another

1310

00:46:00,070 --> 00:45:58,839

until next time take care and bye for