

SK≡PTIKO
science & spirituality

***SNACK
SIZED
MEDITATIONS***



#528-MIGUEL-CONNER

1
00:00:04,230 --> 00:00:01,990
i like your tattoos what are those

2
00:00:06,150 --> 00:00:04,240
numbers on your arm oh that's uh the

3
00:00:08,790 --> 00:00:06,160
date my dad died he was a fireman died

4
00:00:11,190 --> 00:00:08,800
in a fire 17 years ago oh my god i'm so

5
00:00:16,170 --> 00:00:11,200
sorry don't be it's fine knock knock

6
00:00:20,070 --> 00:00:17,670
[Music]

7
00:00:22,550 --> 00:00:20,080
whatever happened in 2020 we should be

8
00:00:25,109 --> 00:00:22,560
very grateful to the powers that be

9
00:00:27,189 --> 00:00:25,119
because they have just opened the veils

10
00:00:30,390 --> 00:00:27,199
and showed us so much about the world

11
00:00:31,990 --> 00:00:30,400
and ourselves how we were tested

12
00:00:33,990 --> 00:00:32,000
that was a clip from pete davids in a

13
00:00:35,990 --> 00:00:34,000

movie the king of staten island followed

14

00:00:37,430 --> 00:00:36,000

by a brief clip from today's guest

15

00:00:40,229 --> 00:00:37,440

miguel connor

16

00:00:42,630 --> 00:00:40,239

let me let miguel finish that thought

17

00:00:45,190 --> 00:00:42,640

we're not here to be good we're here to

18

00:00:45,990 --> 00:00:45,200

be ourselves i mean we don't know who we

19

00:00:47,910 --> 00:00:46,000

are

20

00:00:49,910 --> 00:00:47,920

yet we're all going to try to solve the

21

00:00:52,150 --> 00:00:49,920

world and we end up

22

00:00:54,869 --> 00:00:52,160

as you're saying falling into some cult

23

00:00:56,630 --> 00:00:54,879

or some political party because

24

00:00:59,430 --> 00:00:56,640

we don't know who we are and we got to

25

00:01:01,990 --> 00:00:59,440

find out what is our purpose

26
00:01:03,990 --> 00:01:02,000
what a crazy thought hey i mean what if

27
00:01:06,630 --> 00:01:04,000
that's what this is all about what if

28
00:01:07,670 --> 00:01:06,640
that's what the whole pandemic great

29
00:01:09,350 --> 00:01:07,680
reset

30
00:01:11,590 --> 00:01:09,360
is all about

31
00:01:14,710 --> 00:01:11,600
is forcing us into

32
00:01:17,030 --> 00:01:14,720
a deep dive a deep spiritual dive kind

33
00:01:19,030 --> 00:01:17,040
of like the way that pete does in this

34
00:01:21,109 --> 00:01:19,040
movie of putting on the jacket and

35
00:01:23,030 --> 00:01:21,119
becoming a firefighter

36
00:01:25,109 --> 00:01:23,040
just like his dad

37
00:01:27,429 --> 00:01:25,119
people email me and they say well what

38
00:01:28,630 --> 00:01:27,439

are some gnostic practices and i said

39

00:01:30,789 --> 00:01:28,640

well

40

00:01:32,950 --> 00:01:30,799

only you know you got to find out who

41

00:01:36,149 --> 00:01:32,960

you are what works for you and you've

42

00:01:37,350 --> 00:01:36,159

got to create a life a system a gospel

43

00:01:39,830 --> 00:01:37,360

and a myth

44

00:01:42,870 --> 00:01:39,840

that brings out your inner light i can't

45

00:01:44,870 --> 00:01:42,880

help you nobody can help you

46

00:01:46,710 --> 00:01:44,880

nobody can help you

47

00:01:49,510 --> 00:01:46,720

oh my

48

00:01:52,870 --> 00:01:49,520

but in true miguel connor fashion

49

00:01:56,389 --> 00:01:52,880

maybe he also means that everyone can

50

00:01:57,990 --> 00:01:56,399

help you we can all help each other at

51
00:02:01,350 --> 00:01:58,000
least that's one of the things i took

52
00:02:05,109 --> 00:02:01,360
out of this interview with a true

53
00:02:07,510 --> 00:02:05,119
master of deep spirituality and a great

54
00:02:09,910 --> 00:02:07,520
podcaster to boot i hope you stick

55
00:02:13,270 --> 00:02:09,920
around for this interview with miguel

56
00:02:15,990 --> 00:02:13,280
connor and check out his new book and

57
00:02:16,949 --> 00:02:16,000
also thanks you know i put a call out

58
00:02:21,910 --> 00:02:16,959
to

59
00:02:23,350 --> 00:02:21,920
tell other people about the show if you

60
00:02:25,270 --> 00:02:23,360
like the show and if you like a

61
00:02:27,430 --> 00:02:25,280
particular episode and people have

62
00:02:30,550 --> 00:02:27,440
really responded and i certainly

63
00:02:32,309 --> 00:02:30,560

appreciate that so i will say again

64

00:02:35,750 --> 00:02:32,319

if you like it give it to people that

65

00:02:38,949 --> 00:02:35,760

you know will like it too

66

00:02:40,470 --> 00:02:38,959

here's my interview with miguel connor

67

00:02:42,550 --> 00:02:40,480

welcome to skeptica where we explore

68

00:02:44,790 --> 00:02:42,560

controversial science and spirituality

69

00:02:46,790 --> 00:02:44,800

with leading researchers thinkers and

70

00:02:49,430 --> 00:02:46,800

their critics i'm your host alex icarus

71

00:02:50,710 --> 00:02:49,440

and today we welcome miguel connor back

72

00:02:52,869 --> 00:02:50,720

to skeptico

73

00:02:55,830 --> 00:02:52,879

miguel has a new book

74

00:02:58,630 --> 00:02:55,840

10 snackable meditations

75

00:03:00,390 --> 00:02:58,640

nice little travel companion kind of

76

00:03:01,750 --> 00:03:00,400

thing and we're going to talk about it

77

00:03:04,470 --> 00:03:01,760

and we're also going to of course talk

78

00:03:06,869 --> 00:03:04,480

about miguel in general in his work he's

79

00:03:09,990 --> 00:03:06,879

the creator and host of

80

00:03:12,390 --> 00:03:10,000

just the extraordinary aeon bike gnostic

81

00:03:13,830 --> 00:03:12,400

radio which if you've listened to this

82

00:03:15,110 --> 00:03:13,840

show you know

83

00:03:18,309 --> 00:03:15,120

has been

84

00:03:20,790 --> 00:03:18,319

kind of an ongoing inspiration to me for

85

00:03:23,750 --> 00:03:20,800

years and years and years and

86

00:03:26,470 --> 00:03:23,760

it just keeps getting better every time

87

00:03:28,710 --> 00:03:26,480

i listen to there's no downgrade in the

88

00:03:32,390 --> 00:03:28,720

quality of those unbelievable openings

89

00:03:34,869 --> 00:03:32,400

or the guests that he has on and the one

90

00:03:37,589 --> 00:03:34,879

of the kind interviews that really

91

00:03:40,149 --> 00:03:37,599

can only be done by someone who has

92

00:03:42,390 --> 00:03:40,159

really mastered their field and for

93

00:03:44,830 --> 00:03:42,400

miguel of course that field is

94

00:03:47,509 --> 00:03:44,840

modern-day gnosticism kind of

95

00:03:50,149 --> 00:03:47,519

popularized gnosticism but with a

96

00:03:52,309 --> 00:03:50,159

research oriented kind of bent to it

97

00:03:53,830 --> 00:03:52,319

along with i would say alternative

98

00:03:57,030 --> 00:03:53,840

spirituality

99

00:03:59,830 --> 00:03:57,040

in general so miguel it's absolutely

100

00:04:02,550 --> 00:03:59,840

always terrific to reconnect with you

101
00:04:04,789 --> 00:04:02,560
thanks so much for joining me

102
00:04:07,270 --> 00:04:04,799
always glad to be here my friend it's

103
00:04:08,470 --> 00:04:07,280
always it's always a blast and here we

104
00:04:10,949 --> 00:04:08,480
are and

105
00:04:12,550 --> 00:04:10,959
things are just getting crazier so

106
00:04:14,789 --> 00:04:12,560
what are you gonna do

107
00:04:16,229 --> 00:04:14,799
yeah i was gonna i was gonna hold off on

108
00:04:17,909 --> 00:04:16,239
saying that because i want to talk about

109
00:04:19,749 --> 00:04:17,919
the book first but you just brought it

110
00:04:22,150 --> 00:04:19,759
up miguel man

111
00:04:23,510 --> 00:04:22,160
i t i i got to do a little temperature

112
00:04:26,070 --> 00:04:23,520
check on you because i've heard a couple

113
00:04:28,710 --> 00:04:26,080

of your shows and you sound more

114

00:04:30,070 --> 00:04:28,720

i don't know lit up engaged kind of

115

00:04:31,749 --> 00:04:30,080

politically although we were just

116

00:04:33,510 --> 00:04:31,759

talking about politically then i've ever

117

00:04:36,469 --> 00:04:33,520

heard y'all like give that guy a magma

118

00:04:39,749 --> 00:04:36,479

hat and i know that's not your

119

00:04:40,629 --> 00:04:39,759

i know that's not your thing but uh

120

00:04:42,870 --> 00:04:40,639

they

121

00:04:44,629 --> 00:04:42,880

it's kind of beyond is it beyond

122

00:04:46,870 --> 00:04:44,639

interesting times for you because you've

123

00:04:49,189 --> 00:04:46,880

always been kind of a

124

00:04:52,629 --> 00:04:49,199

subtle play it down interesting times is

125

00:04:55,110 --> 00:04:52,639

it is it gotten past that for you

126

00:04:57,430 --> 00:04:55,120

i would say so yeah definitely i mean

127

00:05:00,550 --> 00:04:57,440

this happened before 2020. it probably

128

00:05:02,950 --> 00:05:00,560

happened late 2018

129

00:05:05,749 --> 00:05:02,960

i was always doing am bite like kind of

130

00:05:07,590 --> 00:05:05,759

part time and then i do uh reruns in

131

00:05:09,430 --> 00:05:07,600

fact you i remember you mentioning you

132

00:05:10,469 --> 00:05:09,440

know my feed has reruns i said yeah i'm

133

00:05:12,950 --> 00:05:10,479

just doing

134

00:05:15,510 --> 00:05:12,960

two uh two a month and then two reruns

135

00:05:19,590 --> 00:05:15,520

because i had this big archive of shows

136

00:05:22,710 --> 00:05:19,600

before itunes and youtube and the golden

137

00:05:26,710 --> 00:05:22,720

age of podcasting so once i went full

138

00:05:29,189 --> 00:05:26,720

time in 2019 i said well now this is you

139

00:05:30,870 --> 00:05:29,199

know as they say got serious i'm

140

00:05:33,430 --> 00:05:30,880

doing this full-time i'm getting more

141

00:05:34,710 --> 00:05:33,440

subscribers so now it's time to really

142

00:05:37,590 --> 00:05:34,720

put my

143

00:05:40,950 --> 00:05:37,600

ass on the line so my intro started

144

00:05:43,189 --> 00:05:40,960

getting more passionate or more uh

145

00:05:45,590 --> 00:05:43,199

surgical towards not not just talking

146

00:05:47,590 --> 00:05:45,600

about the ancient gnostics and occultism

147

00:05:50,390 --> 00:05:47,600

and mysticism but

148

00:05:53,110 --> 00:05:50,400

how it can work socially today and of

149

00:05:56,150 --> 00:05:53,120

course that of course meant

150

00:05:58,469 --> 00:05:56,160

taking aim at the rulers of this age at

151
00:06:01,590 --> 00:05:58,479
a crumbling society and obviously with

152
00:06:04,629 --> 00:06:01,600
2020 with all that happened it just got

153
00:06:07,029 --> 00:06:04,639
put on uh steroids i felt

154
00:06:07,909 --> 00:06:07,039
people need to hear more and i need to

155
00:06:09,990 --> 00:06:07,919
uh

156
00:06:12,870 --> 00:06:10,000
get more out of my system what's the

157
00:06:14,870 --> 00:06:12,880
gospel of thomas famous saying if you

158
00:06:16,790 --> 00:06:14,880
bring out what is within you it will

159
00:06:19,670 --> 00:06:16,800
save you if you do not bring out what

160
00:06:21,749 --> 00:06:19,680
what is within you it will destroy you

161
00:06:24,390 --> 00:06:21,759
and i think that's in a situation that

162
00:06:25,749 --> 00:06:24,400
most people are today we have to pivot

163
00:06:30,629 --> 00:06:25,759

and we have to

164

00:06:32,550 --> 00:06:30,639

spaces i think rece this last year or

165

00:06:35,029 --> 00:06:32,560

two has just shown us that

166

00:06:37,749 --> 00:06:35,039

everything is everything's in flux and

167

00:06:41,510 --> 00:06:37,759

everything's a sham and here we are it's

168

00:06:43,590 --> 00:06:41,520

time to move to those uh deeper spaces

169

00:06:45,590 --> 00:06:43,600

i i get that but what's most powerful

170

00:06:48,309 --> 00:06:45,600

about what you're saying is

171

00:06:50,309 --> 00:06:48,319

the voice that's coming through you and

172

00:06:52,309 --> 00:06:50,319

bite gnosticism all those things that

173

00:06:55,510 --> 00:06:52,319

you set of looking at

174

00:06:58,230 --> 00:06:55,520

this broader historical landscape and

175

00:07:01,189 --> 00:06:58,240

this spiritual landscape which

176

00:07:03,110 --> 00:07:01,199

brings us to your book so contrast that

177

00:07:05,430 --> 00:07:03,120

pivot that with

178

00:07:07,430 --> 00:07:05,440

ten snackable meditations and what

179

00:07:09,670 --> 00:07:07,440

you've tried to do there because in in a

180

00:07:11,189 --> 00:07:09,680

way it is that balancing that you've

181

00:07:12,070 --> 00:07:11,199

always been about

182

00:07:13,589 --> 00:07:12,080

yeah

183

00:07:16,870 --> 00:07:13,599

i mean

184

00:07:19,589 --> 00:07:16,880

it's how do i put this uh the book i

185

00:07:21,909 --> 00:07:19,599

mean sometimes when you're searching for

186

00:07:23,589 --> 00:07:21,919

your voice or you're bringing it out

187

00:07:25,350 --> 00:07:23,599

from within

188

00:07:27,189 --> 00:07:25,360

it's supposed to come from a deeper

189

00:07:29,510 --> 00:07:27,199

place i mean you hear that from

190

00:07:32,790 --> 00:07:29,520

entrepreneurs and others something came

191

00:07:35,510 --> 00:07:32,800

over me and i just decided to go for it

192

00:07:37,749 --> 00:07:35,520

and maybe it wasn't uh the

193

00:07:40,150 --> 00:07:37,759

the success you wanted or everything but

194

00:07:43,270 --> 00:07:40,160

there are doors and pathways that open

195

00:07:45,990 --> 00:07:43,280

what did joseph campbell famously say uh

196

00:07:47,510 --> 00:07:46,000

follow your bliss and doors will open i

197

00:07:49,990 --> 00:07:47,520

always made the mistake of thinking

198

00:07:52,150 --> 00:07:50,000

bliss was some sort of hedonistic thing

199

00:07:54,629 --> 00:07:52,160

like i'm just gonna have fun but i think

200

00:07:57,589 --> 00:07:54,639

he was really talking about the context

201
00:07:59,670 --> 00:07:57,599
of who you are what your purpose is how

202
00:08:02,150 --> 00:07:59,680
it aligns with your deeper self and what

203
00:08:03,029 --> 00:08:02,160
you can do to make a difference

204
00:08:04,309 --> 00:08:03,039
so

205
00:08:06,629 --> 00:08:04,319
like with 10

206
00:08:09,189 --> 00:08:06,639
this goes into my introduction something

207
00:08:12,230 --> 00:08:09,199
told me you need to put some you know

208
00:08:14,790 --> 00:08:12,240
wood in the fire you need to uh try to

209
00:08:16,869 --> 00:08:14,800
speak to uh the situations that are

210
00:08:18,869 --> 00:08:16,879
happening today and make this ancient

211
00:08:21,670 --> 00:08:18,879
gnosticism more relevant with 10

212
00:08:22,550 --> 00:08:21,680
snackable meditations it was kind of the

213
00:08:25,189 --> 00:08:22,560

same

214

00:08:28,230 --> 00:08:25,199

i had bought this sort of new e-commerce

215

00:08:30,390 --> 00:08:28,240

platform and i was testing it and

216

00:08:33,190 --> 00:08:30,400

i said i need something to test it so

217

00:08:36,230 --> 00:08:33,200

i'm just gonna in some of my groups we

218

00:08:39,589 --> 00:08:36,240

kind of share meditation practices and

219

00:08:41,350 --> 00:08:39,599

tools for everyday coping especially

220

00:08:42,630 --> 00:08:41,360

these days and i said well i'm going to

221

00:08:45,670 --> 00:08:42,640

just do this

222

00:08:46,470 --> 00:08:45,680

as an experiment so i started writing

223

00:08:48,070 --> 00:08:46,480

uh

224

00:08:50,070 --> 00:08:48,080

this book and suddenly it started

225

00:08:52,150 --> 00:08:50,080

growing and i created the cover and

226

00:08:54,870 --> 00:08:52,160

before i even knew it i was like oh crap

227

00:08:58,630 --> 00:08:54,880

i am publishing a book in like a month

228

00:09:00,389 --> 00:08:58,640

uh in a month uh process i was like i

229

00:09:02,389 --> 00:09:00,399

published the book and now it just came

230

00:09:05,030 --> 00:09:02,399

out in kindle it's in print version the

231

00:09:06,870 --> 00:09:05,040

audio version is coming out from

232

00:09:08,949 --> 00:09:06,880

an audible and apple

233

00:09:11,990 --> 00:09:08,959

probably in the next week so it's one of

234

00:09:14,150 --> 00:09:12,000

those uh the spirit took me and i just

235

00:09:16,310 --> 00:09:14,160

went for it and i have no idea where

236

00:09:18,070 --> 00:09:16,320

it's going what it's going to do but

237

00:09:20,790 --> 00:09:18,080

it's something that i knew it would be

238

00:09:23,430 --> 00:09:20,800

helpful i want it to be helpful because

239

00:09:25,750 --> 00:09:23,440

we do live in more fragmented times

240

00:09:27,190 --> 00:09:25,760

where people are under a huge amount of

241

00:09:28,870 --> 00:09:27,200

anxiety

242

00:09:31,509 --> 00:09:28,880

and stress and

243

00:09:33,670 --> 00:09:31,519

the old ways might not be working i mean

244

00:09:36,310 --> 00:09:33,680

i'm sure you can relate to how people

245

00:09:38,310 --> 00:09:36,320

are where it's uh oh my god i had a

246

00:09:40,310 --> 00:09:38,320

stressful day i'm gonna wait till i get

247

00:09:42,550 --> 00:09:40,320

home and have a drink or watch tv or i'm

248

00:09:43,269 --> 00:09:42,560

gonna wait till i go to church on sunday

249

00:09:51,509 --> 00:09:43,279

or

250

00:09:54,150 --> 00:09:51,519

weekly yoga class but those ways those

251
00:09:56,630 --> 00:09:54,160
old ways don't work i think we need

252
00:10:00,070 --> 00:09:56,640
to we need a set of spiritual

253
00:10:02,710 --> 00:10:00,080
psychological wellness toolboxes

254
00:10:04,550 --> 00:10:02,720
at our disposition at all times of the

255
00:10:06,949 --> 00:10:04,560
day it's not good enough

256
00:10:09,190 --> 00:10:06,959
you had bad news at work or you're

257
00:10:10,790 --> 00:10:09,200
overwhelmed because of the twitter feed

258
00:10:13,190 --> 00:10:10,800
and you're gonna wait it's like no how

259
00:10:14,150 --> 00:10:13,200
am i gonna get these meditations and

260
00:10:18,790 --> 00:10:14,160
these

261
00:10:21,750 --> 00:10:18,800
an instant because we are being

262
00:10:23,910 --> 00:10:21,760
bombarded by media and misinformation

263
00:10:26,630 --> 00:10:23,920

and propaganda and the old ways are

264

00:10:29,910 --> 00:10:26,640

falling apart from the workplace to

265

00:10:31,350 --> 00:10:29,920

societal circles to our very culture so

266

00:10:33,030 --> 00:10:31,360

i thought this would be helpful and it's

267

00:10:35,350 --> 00:10:33,040

something i learned from alcoholics

268

00:10:37,430 --> 00:10:35,360

anonymous they always uh

269

00:10:39,430 --> 00:10:37,440

they always said it's not enough to go

270

00:10:41,110 --> 00:10:39,440

to meetings have a tool box of these

271

00:10:42,550 --> 00:10:41,120

spiritual tricks

272

00:10:45,110 --> 00:10:42,560

or tricks or

273

00:10:47,430 --> 00:10:45,120

whatever hacks if you would that'll get

274

00:10:49,829 --> 00:10:47,440

you there's an old saying in alcoholics

275

00:10:52,790 --> 00:10:49,839

anonymous that goes uh what does it take

276

00:10:55,030 --> 00:10:52,800

for an alcoholic to relapse a broken

277

00:10:57,190 --> 00:10:55,040

shoelace and it's so true and we all

278

00:10:59,590 --> 00:10:57,200

have that it could be something like

279

00:11:02,710 --> 00:10:59,600

you're coping and the car doesn't start

280

00:11:05,509 --> 00:11:02,720

or some p or some shitty email from a

281

00:11:07,509 --> 00:11:05,519

client comes in or or your spouse is

282

00:11:09,430 --> 00:11:07,519

having a bad day and just rubs you wrong

283

00:11:11,750 --> 00:11:09,440

of course we can the kids break

284

00:11:14,150 --> 00:11:11,760

something and suddenly you are off your

285

00:11:17,350 --> 00:11:14,160

game and we live in a culture where this

286

00:11:19,030 --> 00:11:17,360

you are off your game is more and more

287

00:11:21,030 --> 00:11:19,040

prevalent i mean

288

00:11:23,590 --> 00:11:21,040

as i'm sure you've heard people like

289

00:11:26,230 --> 00:11:23,600

jordan peterson and others talking about

290

00:11:28,710 --> 00:11:26,240

these are the best times less poverty

291

00:11:31,750 --> 00:11:28,720

less war and all that we've lifted all

292

00:11:33,750 --> 00:11:31,760

these people up from poverty in the 19th

293

00:11:34,790 --> 00:11:33,760

20th century and i'm saying yeah i agree

294

00:11:38,310 --> 00:11:34,800

but

295

00:11:39,670 --> 00:11:38,320

suicide depression anxiety domestic

296

00:11:42,949 --> 00:11:39,680

violence

297

00:11:45,509 --> 00:11:42,959

it's out of control and in 2020 which

298

00:11:48,389 --> 00:11:45,519

most people or the media overlooks it's

299

00:11:50,870 --> 00:11:48,399

just getting worse so this is sort of my

300

00:11:51,590 --> 00:11:50,880

contribution that has helped me it's

301
00:11:54,550 --> 00:11:51,600
from

302
00:11:56,629 --> 00:11:54,560
hallow traditions uh various traditions

303
00:11:59,190 --> 00:11:56,639
pick the meditation that works for you

304
00:12:01,509 --> 00:11:59,200
and hopefully i will add some more as

305
00:12:03,509 --> 00:12:01,519
they go because uh i think we need these

306
00:12:06,629 --> 00:12:03,519
more than ever alex

307
00:12:09,430 --> 00:12:06,639
awesome and let's highlight two words

308
00:12:11,190 --> 00:12:09,440
snackable and meditation so one these

309
00:12:14,069 --> 00:12:11,200
might not be

310
00:12:16,150 --> 00:12:14,079
what people would expect on meta when

311
00:12:20,389 --> 00:12:16,160
they hear the term meditation

312
00:12:22,389 --> 00:12:20,399
they expect a long arduous sit

313
00:12:25,269 --> 00:12:22,399

with that firm with that firm back in

314

00:12:27,030 --> 00:12:25,279

that bamboo slap if you don't do it and

315

00:12:29,509 --> 00:12:27,040

it's uh the opposite of that and it's

316

00:12:32,710 --> 00:12:29,519

snackable here's one

317

00:12:34,310 --> 00:12:32,720

live life as if everything is rigged in

318

00:12:35,990 --> 00:12:34,320

your favor

319

00:12:38,230 --> 00:12:36,000

oh i love that

320

00:12:40,470 --> 00:12:38,240

yeah that's so that's a meditation from

321

00:12:41,829 --> 00:12:40,480

the book people i just gave one away you

322

00:12:43,509 --> 00:12:41,839

can still get them but you have to have

323

00:12:46,389 --> 00:12:43,519

the book in your pocket so you can pull

324

00:12:48,790 --> 00:12:46,399

it out and remember but tell us tell us

325

00:12:52,069 --> 00:12:48,800

about that i love that one it was

326

00:12:55,590 --> 00:12:52,079

from uh from roomie and of course the

327

00:12:57,829 --> 00:12:55,600

sufism is a form of islamic gnosticism

328

00:13:01,350 --> 00:12:57,839

and some of these are you might say how

329

00:13:04,069 --> 00:13:01,360

to reorient your brain your attitude and

330

00:13:08,069 --> 00:13:04,079

all that as quickly as possible so you

331

00:13:09,750 --> 00:13:08,079

don't just get swept away by the day's

332

00:13:11,590 --> 00:13:09,760

stress and

333

00:13:14,629 --> 00:13:11,600

flows and all the things that are going

334

00:13:16,870 --> 00:13:14,639

on today so a sort of attitude change

335

00:13:18,550 --> 00:13:16,880

can really make a difference and

336

00:13:21,190 --> 00:13:18,560

sometimes it can really

337

00:13:23,750 --> 00:13:21,200

help you or at least create a buffer

338

00:13:26,069 --> 00:13:23,760

until you hopefully will find the more

339

00:13:28,230 --> 00:13:26,079

serious stuff again you should have a

340

00:13:30,629 --> 00:13:28,240

good meditation practice that is more

341

00:13:31,590 --> 00:13:30,639

formal takes you know half an hour to an

342

00:13:33,430 --> 00:13:31,600

hour

343

00:13:35,829 --> 00:13:33,440

but to get there you can't just go into

344

00:13:39,110 --> 00:13:35,839

the i guess you could go into the work

345

00:13:41,670 --> 00:13:39,120

your works uh uh closet or bathroom and

346

00:13:43,509 --> 00:13:41,680

meditate for a half an hour i guess you

347

00:13:44,310 --> 00:13:43,519

kind of could if you were desperate but

348

00:13:49,670 --> 00:13:44,320

uh

349

00:13:50,790 --> 00:13:49,680

hacks as i call them can really help out

350

00:13:53,030 --> 00:13:50,800

i mean and

351

00:13:54,710 --> 00:13:53,040

that just that change of attitude can

352

00:13:56,710 --> 00:13:54,720

make a big difference i mean there's

353

00:13:58,870 --> 00:13:56,720

again i go back to alcoholics anonymous

354

00:14:00,949 --> 00:13:58,880

there's a saying uh when things are

355

00:14:03,910 --> 00:14:00,959

falling apart it means they're really

356

00:14:06,310 --> 00:14:03,920

coming together and as silly as stuart

357

00:14:08,230 --> 00:14:06,320

smalley as they might sound from

358

00:14:11,110 --> 00:14:08,240

saturday night live

359

00:14:12,790 --> 00:14:11,120

uh it is true because having a vision

360

00:14:15,829 --> 00:14:12,800

and seeing the bigger picture and how

361

00:14:18,230 --> 00:14:15,839

opportunity can appear when things seem

362

00:14:19,829 --> 00:14:18,240

to be closing down in certain ways can

363

00:14:22,150 --> 00:14:19,839

be really important whether it's in the

364

00:14:24,710 --> 00:14:22,160

macro of your everyday or your larger

365

00:14:27,590 --> 00:14:24,720

picture of your career we all have the

366

00:14:30,069 --> 00:14:27,600

ability to navigate and find opportunity

367

00:14:31,430 --> 00:14:30,079

and fulfill our potential

368

00:14:33,269 --> 00:14:31,440

yeah that's great you know one of the

369

00:14:35,910 --> 00:14:33,279

things i appreciated about the book and

370

00:14:38,150 --> 00:14:35,920

the meditations were you included this

371

00:14:40,230 --> 00:14:38,160

huge body of

372

00:14:42,150 --> 00:14:40,240

inspirational work that most people

373

00:14:44,550 --> 00:14:42,160

completely overlook and that's kind of

374

00:14:46,230 --> 00:14:44,560

from the entrepreneurial business

375

00:14:48,069 --> 00:14:46,240

self-development

376

00:14:50,629 --> 00:14:48,079

kind of arena and there's some great

377

00:14:52,470 --> 00:14:50,639

ones here's one from your book

378

00:14:54,629 --> 00:14:52,480

it doesn't matter what kind of day

379

00:14:56,710 --> 00:14:54,639

you're having the fact that you're

380

00:14:59,269 --> 00:14:56,720

having another day is enough to be

381

00:15:00,870 --> 00:14:59,279

grateful for now that's one we've all

382

00:15:02,870 --> 00:15:00,880

heard different versions of it i love

383

00:15:05,750 --> 00:15:02,880

that one but tell people where that came

384

00:15:07,430 --> 00:15:05,760

from because i think it's cool

385

00:15:09,509 --> 00:15:07,440

yeah is that the one for i think that's

386

00:15:12,710 --> 00:15:09,519

the one from bradley isn't it is that

387

00:15:15,189 --> 00:15:12,720

the one yeah yeah i mean and this is

388

00:15:17,829 --> 00:15:15,199

to it and he has this uh

389

00:15:21,189 --> 00:15:17,839

spiritual exercise and this guy is uh a

390

00:15:22,790 --> 00:15:21,199

sales guru he lives in vegas and all

391

00:15:25,910 --> 00:15:22,800

that but he does

392

00:15:28,069 --> 00:15:25,920

have that sensibility of using like you

393

00:15:31,430 --> 00:15:28,079

said self-help uh

394

00:15:34,949 --> 00:15:31,440

mysticism to sort of uh manage stress

395

00:15:37,110 --> 00:15:34,959

and he came up with his hack and he said

396

00:15:39,509 --> 00:15:37,120

imagine you wake up in the morning and

397

00:15:40,389 --> 00:15:39,519

somebody offers you let's say a million

398

00:15:42,870 --> 00:15:40,399

dollars

399

00:15:45,189 --> 00:15:42,880

and you're like okay that's great and he

400

00:15:47,030 --> 00:15:45,199

says how would your day go if somebody

401
00:15:49,670 --> 00:15:47,040
plopped a million dollars into your

402
00:15:51,990 --> 00:15:49,680
account or a big bag of money and most

403
00:15:54,949 --> 00:15:52,000
people will say i'm gonna have a great

404
00:15:57,509 --> 00:15:54,959
day instant you know the possibilities

405
00:16:00,069 --> 00:15:57,519
have opened the potential is open the

406
00:16:01,269 --> 00:16:00,079
mind you're you feel freer and lighter

407
00:16:03,269 --> 00:16:01,279
you're gonna go through and you're gonna

408
00:16:05,990 --> 00:16:03,279
call people like we're gonna do this and

409
00:16:08,629 --> 00:16:06,000
go on vacation and invest and

410
00:16:11,509 --> 00:16:08,639
uh you're just gonna be happier

411
00:16:13,350 --> 00:16:11,519
and then in his exercise he says well

412
00:16:16,230 --> 00:16:13,360
imagine if that person said all right

413
00:16:19,269 --> 00:16:16,240

you can have a million dollars today

414

00:16:21,590 --> 00:16:19,279

but the catch is you don't get to wake

415

00:16:23,509 --> 00:16:21,600

up tomorrow this is it you're one day

416

00:16:25,269 --> 00:16:23,519

with a million dollars

417

00:16:27,430 --> 00:16:25,279

and he then he asked well what would you

418

00:16:29,269 --> 00:16:27,440

choose and most people would say

419

00:16:31,350 --> 00:16:29,279

screw that i don't want a million

420

00:16:33,350 --> 00:16:31,360

dollars i want to wake up tomorrow i

421

00:16:35,350 --> 00:16:33,360

want the rest of my life to continue and

422

00:16:38,470 --> 00:16:35,360

then he asked in a very

423

00:16:40,470 --> 00:16:38,480

uh rhetorical way well in that case does

424

00:16:42,470 --> 00:16:40,480

that mean what's more valuable you

425

00:16:44,470 --> 00:16:42,480

waking up in the morning or a million

426

00:16:46,949 --> 00:16:44,480

dollars and that kind of makes you think

427

00:16:48,870 --> 00:16:46,959

it's like no me waking up in the morning

428

00:16:51,110 --> 00:16:48,880

is more valuable than a million dollars

429

00:16:53,990 --> 00:16:51,120

than a billion dollars and a trillion

430

00:16:55,829 --> 00:16:54,000

dollars and he proposes the question

431

00:16:57,910 --> 00:16:55,839

well why don't you act like you're

432

00:17:00,389 --> 00:16:57,920

waking up to the world is the most

433

00:17:01,509 --> 00:17:00,399

valuable thing in the world and that

434

00:17:04,069 --> 00:17:01,519

simple

435

00:17:06,710 --> 00:17:04,079

uh meditation in the morning can be a

436

00:17:08,230 --> 00:17:06,720

huge adjustment to your attitude to your

437

00:17:10,309 --> 00:17:08,240

energy and

438

00:17:13,110 --> 00:17:10,319

even to what you accomplished that day

439

00:17:15,510 --> 00:17:13,120

so these sort of little tricks and

440

00:17:17,750 --> 00:17:15,520

reorientations of the mind these little

441

00:17:20,230 --> 00:17:17,760

programming hacks

442

00:17:22,390 --> 00:17:20,240

can make a difference again they're not

443

00:17:23,350 --> 00:17:22,400

totally transformational the book tries

444

00:17:25,350 --> 00:17:23,360

to give

445

00:17:27,590 --> 00:17:25,360

i give links and

446

00:17:30,230 --> 00:17:27,600

bigger quotes and talk about these

447

00:17:33,110 --> 00:17:30,240

traditions if you so decide to choose to

448

00:17:35,029 --> 00:17:33,120

take them to help you out on your road

449

00:17:36,549 --> 00:17:35,039

and i try to kept it as varied as

450

00:17:38,470 --> 00:17:36,559

possible because

451
00:17:40,789 --> 00:17:38,480
everybody's different i assume everybody

452
00:17:43,510 --> 00:17:40,799
has a different spiritual psychological

453
00:17:46,630 --> 00:17:43,520
makeup so i have uh i have christian

454
00:17:49,750 --> 00:17:46,640
muslim new age occult uh

455
00:17:53,510 --> 00:17:49,760
all these varied traditions so that a

456
00:17:55,590 --> 00:17:53,520
person can find what works for them

457
00:17:57,510 --> 00:17:55,600
hey you just you just hit on one of my

458
00:18:00,870 --> 00:17:57,520
hot buttons i'm gonna go skeptical on

459
00:18:04,310 --> 00:18:00,880
you you walked right into it you walked

460
00:18:05,830 --> 00:18:04,320
right into miguel yeah you couldn't

461
00:18:07,029 --> 00:18:05,840
if you wouldn't have if you wouldn't

462
00:18:08,789 --> 00:18:07,039
have walked right into it i would have

463
00:18:10,470 --> 00:18:08,799

pulled you right in

464

00:18:13,750 --> 00:18:10,480

okay here's another one

465

00:18:15,750 --> 00:18:13,760

lord i offer this sacrifice to you for

466

00:18:18,390 --> 00:18:15,760

and then for the person

467

00:18:21,190 --> 00:18:18,400

god had once here's another one god had

468

00:18:25,990 --> 00:18:21,200

one sin on earth without sin but no one

469

00:18:28,710 --> 00:18:26,000

without suffering so yeah no no

470

00:18:32,150 --> 00:18:28,720

i ain't buying it i mean no here's my

471

00:18:33,909 --> 00:18:32,160

point diversity is overrated like i just

472

00:18:36,310 --> 00:18:33,919

had this thing the other day and i don't

473

00:18:38,390 --> 00:18:36,320

know if i uh who i offended on in this

474

00:18:39,510 --> 00:18:38,400

one but it's like no i don't respect

475

00:18:45,430 --> 00:18:39,520

your beliefs

476
00:18:46,230 --> 00:18:45,440
of public opinion i mean i'm not going

477
00:18:47,190 --> 00:18:46,240
to go

478
00:18:49,270 --> 00:18:47,200
you know

479
00:18:52,870 --> 00:18:49,280
barricade your house or throw firebombs

480
00:18:55,270 --> 00:18:52,880
at you but no i if you're a mormon if

481
00:18:56,870 --> 00:18:55,280
you're a scientologist if you're a

482
00:18:59,350 --> 00:18:56,880
mooney i just interviewed great guy i

483
00:19:02,230 --> 00:18:59,360
love the guy 30 years of mooney

484
00:19:04,230 --> 00:19:02,240
no no no no i don't respect your beliefs

485
00:19:06,710 --> 00:19:04,240
if you're christian i was gonna say

486
00:19:09,270 --> 00:19:06,720
fundamentals christian but that's just

487
00:19:11,830 --> 00:19:09,280
passing it off no i don't necessarily

488
00:19:15,029 --> 00:19:11,840

respect your beliefs and as a matter of

489

00:19:17,590 --> 00:19:15,039

fact this quote that you've given

490

00:19:19,270 --> 00:19:17,600

in a lot of ways so it might connect

491

00:19:21,669 --> 00:19:19,280

with some people and that's what i hear

492

00:19:24,950 --> 00:19:21,679

you saying kind of smorgasbord style so

493

00:19:26,470 --> 00:19:24,960

let me turn this into a question

494

00:19:29,110 --> 00:19:26,480

from uh

495

00:19:30,390 --> 00:19:29,120

a on bite gnostic

496

00:19:32,310 --> 00:19:30,400

toughness because there's a certain

497

00:19:35,669 --> 00:19:32,320

toughness to the gnosis and willing to

498

00:19:39,029 --> 00:19:35,679

face the fight the challenge head-on

499

00:19:41,510 --> 00:19:39,039

and i want to hear that uh there's one

500

00:19:43,750 --> 00:19:41,520

son on earth without sin wait a minute

501
00:19:44,950 --> 00:19:43,760
how did how do you know that that that's

502
00:19:48,950 --> 00:19:44,960
that is

503
00:19:50,870 --> 00:19:48,960
quotes in a way that i think we need to

504
00:19:53,430 --> 00:19:50,880
at least be explicit if somebody buys

505
00:19:55,430 --> 00:19:53,440
into that fine but no i i don't i don't

506
00:19:57,510 --> 00:19:55,440
i don't know that that god had one son

507
00:20:00,630 --> 00:19:57,520
on earth without sin i don't know that

508
00:20:03,430 --> 00:20:00,640
yeah i mean uh in a way

509
00:20:05,750 --> 00:20:03,440
between us and your audience it is a bit

510
00:20:08,390 --> 00:20:05,760
sneaky because augustine is a former

511
00:20:10,950 --> 00:20:08,400
gnostic he was a gnostic

512
00:20:12,789 --> 00:20:10,960
but he found he couldn't uh it didn't

513
00:20:15,029 --> 00:20:12,799

give him the structure that he wanted in

514

00:20:17,110 --> 00:20:15,039

other words he couldn't uh it could help

515

00:20:20,549 --> 00:20:17,120

him keep his dick in his pants

516

00:20:23,110 --> 00:20:20,559

so he went from gnosticism to uh

517

00:20:25,669 --> 00:20:23,120

catholicism or orthodox

518

00:20:28,710 --> 00:20:25,679

and he found the structure there but he

519

00:20:31,750 --> 00:20:28,720

even to the day he died he was accused

520

00:20:34,470 --> 00:20:31,760

of mixing in neoplatonic agnostic ideas

521

00:20:36,310 --> 00:20:34,480

into his form of christianity and i find

522

00:20:39,190 --> 00:20:36,320

a lot of his writings really beautiful

523

00:20:41,909 --> 00:20:39,200

and inspirational i just think he was he

524

00:20:44,549 --> 00:20:41,919

was searching as far as the suffering

525

00:20:46,950 --> 00:20:44,559

goes i mean it is true uh

526

00:20:49,590 --> 00:20:46,960

suffering is uh definitely for everybody

527

00:20:50,710 --> 00:20:49,600

and by the suffering i mean in buddhism

528

00:20:53,510 --> 00:20:50,720

what do you call it you call it

529

00:20:55,510 --> 00:20:53,520

suffering buddha saduka which is like a

530

00:20:57,750 --> 00:20:55,520

wheel that's always sort of loose when

531

00:21:00,230 --> 00:20:57,760

you're pulling the card it's very like

532

00:21:01,830 --> 00:21:00,240

morpheus says in the matrix you know

533

00:21:03,430 --> 00:21:01,840

there's something wrong with the world

534

00:21:05,750 --> 00:21:03,440

you don't know what it is it's like a

535

00:21:07,430 --> 00:21:05,760

splinter in your mind driving you mad i

536

00:21:10,070 --> 00:21:07,440

think that's what the buddha we all know

537

00:21:12,710 --> 00:21:10,080

there's something wrong i think 2021 and

538

00:21:14,470 --> 00:21:12,720

2020 stressed that and we don't know

539

00:21:16,789 --> 00:21:14,480

what to do we're really uncomfortable in

540

00:21:18,950 --> 00:21:16,799

our skin and our minds so that's what he

541

00:21:21,590 --> 00:21:18,960

was referring to as uh

542

00:21:24,149 --> 00:21:21,600

as suffering and uh um obviously

543

00:21:26,950 --> 00:21:24,159

everybody suffers because life brings

544

00:21:28,470 --> 00:21:26,960

you what life brings you so um i don't

545

00:21:30,549 --> 00:21:28,480

know why i got into that tangent about

546

00:21:32,310 --> 00:21:30,559

you that wasn't that wasn't a tangent i

547

00:21:34,789 --> 00:21:32,320

was pulling you into the deep waters and

548

00:21:36,310 --> 00:21:34,799

as usual you swim you swim with no

549

00:21:38,470 --> 00:21:36,320

problem to the side of the pool no

550

00:21:39,990 --> 00:21:38,480

matter where i pull you but i'll i'll

551
00:21:42,630 --> 00:21:40,000
follow up on that

552
00:21:44,470 --> 00:21:42,640
i love the business quote like i said

553
00:21:47,270 --> 00:21:44,480
one of the most then uh

554
00:21:49,029 --> 00:21:47,280
tim grimes who is a fantastic uh i loved

555
00:21:51,029 --> 00:21:49,039
him and he was on the show recently to

556
00:21:54,070 --> 00:21:51,039
talk about his book the joy of not

557
00:21:55,669 --> 00:21:54,080
thinking which is very non-dual and very

558
00:21:57,270 --> 00:21:55,679
in keeping with this conversation we're

559
00:21:58,789 --> 00:21:57,280
having but

560
00:22:00,789 --> 00:21:58,799
he turned me on to the fact that

561
00:22:02,630 --> 00:22:00,799
napoleon hill of course one of the most

562
00:22:04,549 --> 00:22:02,640
famous foundational business writers of

563
00:22:06,549 --> 00:22:04,559

all time authored think and grow rich

564

00:22:09,270 --> 00:22:06,559

which became the kind of seminal book

565

00:22:12,549 --> 00:22:09,280

that everyone's built off of scam artist

566

00:22:15,350 --> 00:22:12,559

complete scam artist

567

00:22:17,350 --> 00:22:15,360

and they go back and they retrace his

568

00:22:19,190 --> 00:22:17,360

history and he's a scoundrel from the

569

00:22:22,149 --> 00:22:19,200

beginning all the stuff he's doing he's

570

00:22:22,950 --> 00:22:22,159

trying to do this business scam and you

571

00:22:25,510 --> 00:22:22,960

know

572

00:22:28,789 --> 00:22:25,520

leaving abandoning this child in this

573

00:22:31,430 --> 00:22:28,799

state and moving to another just

574

00:22:33,990 --> 00:22:31,440

and like when we move into the spiritual

575

00:22:36,710 --> 00:22:34,000

realm we find that or the people who are

576

00:22:39,270 --> 00:22:36,720

trying to co-op spirituality we find the

577

00:22:41,669 --> 00:22:39,280

same thing you know the david koresh is

578

00:22:44,230 --> 00:22:41,679

the example i've been using lately of

579

00:22:46,230 --> 00:22:44,240

course the branch davidian waco thing

580

00:22:48,310 --> 00:22:46,240

it's a little bit past maybe what some

581

00:22:49,990 --> 00:22:48,320

people remember but

582

00:22:52,470 --> 00:22:50,000

i just stumbled across this little

583

00:22:54,789 --> 00:22:52,480

factoid that one one of the ways that

584

00:22:57,510 --> 00:22:54,799

david koresh really

585

00:22:59,750 --> 00:22:57,520

kind of hoodwinked all these good honest

586

00:23:01,990 --> 00:22:59,760

christians was he had this incredible

587

00:23:05,510 --> 00:23:02,000

photographic memory and had virtually

588

00:23:07,909 --> 00:23:05,520

memorized the bible so he could spew out

589

00:23:09,190 --> 00:23:07,919

scripture just boom boom boom off the

590

00:23:12,630 --> 00:23:09,200

top of his head

591

00:23:15,350 --> 00:23:12,640

so what he also like to do is

592

00:23:17,350 --> 00:23:15,360

12 year old and 13 year old girls

593

00:23:20,070 --> 00:23:17,360

so combine those

594

00:23:25,909 --> 00:23:23,590

combine those two interests and

595

00:23:28,149 --> 00:23:25,919

and uh what he had was

596

00:23:30,149 --> 00:23:28,159

he would go to these people that he

597

00:23:32,549 --> 00:23:30,159

would lure to his little compound as

598

00:23:34,950 --> 00:23:32,559

this kind of great you know commune and

599

00:23:37,270 --> 00:23:34,960

stuff like that and he'd say look

600

00:23:39,350 --> 00:23:37,280

i tell you what i've talked to the man

601
00:23:41,990 --> 00:23:39,360
and jesus has told me i need to have a

602
00:23:44,710 --> 00:23:42,000
thousand wives and i need to really kind

603
00:23:46,390 --> 00:23:44,720
of start this whole new thing

604
00:23:48,390 --> 00:23:46,400
and you know what i'm checking out your

605
00:23:51,269 --> 00:23:48,400
daughter over there i think she'd be i

606
00:23:53,350 --> 00:23:51,279
think she'd be right in one of jesus's

607
00:23:55,830 --> 00:23:53,360
flock here right from the beginning she

608
00:23:58,789 --> 00:23:55,840
ought to be one of my wives and he had

609
00:24:02,230 --> 00:23:58,799
many many of these

610
00:24:03,350 --> 00:24:02,240
very young teenage girl wives you know

611
00:24:08,470 --> 00:24:03,360
and

612
00:24:10,950 --> 00:24:08,480
you know we all hear oh my they crammed

613
00:24:12,230 --> 00:24:10,960

well it wasn't such a great place and

614

00:24:14,870 --> 00:24:12,240

they probably didn't handle it well but

615

00:24:16,230 --> 00:24:14,880

the point the point is the sage on the

616

00:24:18,149 --> 00:24:16,240

stage

617

00:24:20,950 --> 00:24:18,159

it's like a conversation we had before

618

00:24:22,950 --> 00:24:20,960

sp and what i think and bite is about

619

00:24:25,510 --> 00:24:22,960

and what you are about is

620

00:24:28,789 --> 00:24:25,520

spiritual disintermediation

621

00:24:30,950 --> 00:24:28,799

you don't need david koresh to tell you

622

00:24:32,630 --> 00:24:30,960

about your spiritual experience to

623

00:24:35,110 --> 00:24:32,640

reinterpret it

624

00:24:36,950 --> 00:24:35,120

and we don't need christianity to do

625

00:24:38,230 --> 00:24:36,960

that and we don't need their book that

626
00:24:39,990 --> 00:24:38,240
people can

627
00:24:41,669 --> 00:24:40,000
memorize and no matter who it is and we

628
00:24:45,430 --> 00:24:41,679
don't need

629
00:24:46,710 --> 00:24:45,440
you know uh osha up in oregon in his

630
00:24:49,990 --> 00:24:46,720
cult

631
00:24:55,510 --> 00:24:53,750
we don't need any of those guys uh is

632
00:24:56,549 --> 00:24:55,520
that no it's not ocean what is it it's

633
00:25:01,590 --> 00:24:56,559
uh

634
00:25:04,789 --> 00:25:01,600
so

635
00:25:08,149 --> 00:25:04,799
the the you know do we have to be

636
00:25:10,390 --> 00:25:08,159
where do we draw that line you know so

637
00:25:11,909 --> 00:25:10,400
how do you do that how do you balance

638
00:25:15,029 --> 00:25:11,919

the

639

00:25:16,870 --> 00:25:15,039

ten snackable meditations smorgasbord

640

00:25:18,710 --> 00:25:16,880

find what you like

641

00:25:20,630 --> 00:25:18,720

write your own gospel

642

00:25:23,029 --> 00:25:20,640

create your own

643

00:25:24,470 --> 00:25:23,039

myth which is so beautiful

644

00:25:27,029 --> 00:25:24,480

with

645

00:25:28,950 --> 00:25:27,039

don't be a chump i mean be be looking

646

00:25:30,630 --> 00:25:28,960

out for people who are going to try and

647

00:25:33,110 --> 00:25:30,640

co-opt your

648

00:25:35,110 --> 00:25:33,120

spiritual experience and i think that's

649

00:25:36,630 --> 00:25:35,120

also very much in keeping with what

650

00:25:39,350 --> 00:25:36,640

we're talking about with what's going on

651
00:25:41,909 --> 00:25:39,360
in the last couple years

652
00:25:44,710 --> 00:25:41,919
yeah i think that's well said alex uh i

653
00:25:47,990 --> 00:25:44,720
always tell people

654
00:25:50,390 --> 00:25:48,000
that we are all points of light

655
00:25:53,269 --> 00:25:50,400
trying to on a journey passing each

656
00:25:55,269 --> 00:25:53,279
other by inspiring each other

657
00:25:57,590 --> 00:25:55,279
and that's the attitude it should be you

658
00:25:59,269 --> 00:25:57,600
shouldn't have any sort of guru or

659
00:26:00,789 --> 00:25:59,279
anything like that

660
00:26:03,669 --> 00:26:00,799
at the end of the day it's your

661
00:26:06,390 --> 00:26:03,679
salvation your unique journey

662
00:26:08,630 --> 00:26:06,400
and you are there to inspire others and

663
00:26:10,950 --> 00:26:08,640

then move on in your journey just as

664

00:26:13,110 --> 00:26:10,960

others should inspire you and you know

665

00:26:15,110 --> 00:26:13,120

the passing ships in the night i think

666

00:26:16,950 --> 00:26:15,120

that's the that's definitely the best

667

00:26:19,590 --> 00:26:16,960

attitude to have create your own

668

00:26:22,230 --> 00:26:19,600

narrative to life don't let others

669

00:26:24,870 --> 00:26:22,240

write those because if we're in a stage

670

00:26:27,190 --> 00:26:24,880

where reality is gonna disappoint us

671

00:26:29,590 --> 00:26:27,200

sorry but every single human being out

672

00:26:31,510 --> 00:26:29,600

there is gonna disappoint us and what

673

00:26:33,990 --> 00:26:31,520

can be weaponized

674

00:26:36,950 --> 00:26:34,000

will be weaponized or is already

675

00:26:40,549 --> 00:26:36,960

weaponized if the roman empire had a

676
00:26:42,549 --> 00:26:40,559
complete lockdown on everything same

677
00:26:45,029 --> 00:26:42,559
with the today with the american empire

678
00:26:46,789 --> 00:26:45,039
and the cia i mean i've gone through

679
00:26:49,190 --> 00:26:46,799
that journey

680
00:26:51,750 --> 00:26:49,200
a writer who i love gabrielle garcia

681
00:26:53,430 --> 00:26:51,760
marquez you know the famous communist

682
00:26:56,870 --> 00:26:53,440
that was banned from coming into the

683
00:26:59,750 --> 00:26:56,880
united states on the cia payroll frank

684
00:27:02,070 --> 00:26:59,760
zappa remember mr i'm going to fight tip

685
00:27:05,110 --> 00:27:02,080
or gore for free speech and

686
00:27:07,510 --> 00:27:05,120
we were us gen x we're like all right

687
00:27:09,950 --> 00:27:07,520
yeah we got to defend oh military

688
00:27:13,590 --> 00:27:09,960

intelligence and you go i mean you can

689

00:27:15,830 --> 00:27:13,600

pythagoras was probably a spy for some

690

00:27:18,230 --> 00:27:15,840

government i mean it's this is the world

691

00:27:20,870 --> 00:27:18,240

we live in what can be weaponized has

692

00:27:23,430 --> 00:27:20,880

already been weaponized so you need to

693

00:27:25,510 --> 00:27:23,440

know this and accept this and find your

694

00:27:27,750 --> 00:27:25,520

own inner light because

695

00:27:29,750 --> 00:27:27,760

that's just the it's just the way it is

696

00:27:32,149 --> 00:27:29,760

what's the saying if it can be destroyed

697

00:27:34,230 --> 00:27:32,159

by the truth and it deserves to be

698

00:27:36,630 --> 00:27:34,240

destroyed by the truth but that doesn't

699

00:27:39,269 --> 00:27:36,640

change the game of your awakening your

700

00:27:41,510 --> 00:27:39,279

awakening is still the most important

701

00:27:44,310 --> 00:27:41,520

thing that you will have your

702

00:27:47,110 --> 00:27:44,320

self-knowledge and who these people and

703

00:27:48,950 --> 00:27:47,120

gurus and what they corrupt and destroy

704

00:27:51,190 --> 00:27:48,960

really has nothing to do with it and you

705

00:27:53,669 --> 00:27:51,200

can move on again with ten snackable

706

00:27:57,190 --> 00:27:53,679

meditations move on to the next slide

707

00:27:58,789 --> 00:27:57,200

and get inspired and move away uh even

708

00:28:01,110 --> 00:27:58,799

the buddhists say if you see the buddha

709

00:28:04,230 --> 00:28:01,120

on the road kill him i always say same

710

00:28:05,909 --> 00:28:04,240

with jesus same with your heroes same

711

00:28:07,830 --> 00:28:05,919

with your parents and you know

712

00:28:09,190 --> 00:28:07,840

metaphoric you know i'm not saying

713

00:28:10,549 --> 00:28:09,200

literally but

714

00:28:13,029 --> 00:28:10,559

kill them also

715

00:28:15,269 --> 00:28:13,039

it's your road it's your road man

716

00:28:16,870 --> 00:28:15,279

uh oh just so

717

00:28:19,029 --> 00:28:16,880

inspirationally

718

00:28:21,110 --> 00:28:19,039

said and uh you know the parents thing

719

00:28:23,590 --> 00:28:21,120

to me is like the way that i hear you

720

00:28:25,350 --> 00:28:23,600

saying that is like if you

721

00:28:27,190 --> 00:28:25,360

i was just having this conversation uh

722

00:28:28,230 --> 00:28:27,200

with my friend mark palmer and his

723

00:28:30,389 --> 00:28:28,240

podcast

724

00:28:31,990 --> 00:28:30,399

my family thinks i'm crazy and we were

725

00:28:34,789 --> 00:28:32,000

talking about

726

00:28:37,190 --> 00:28:34,799

just how how difficult this path is any

727

00:28:39,350 --> 00:28:37,200

path that is a spiritual path that is

728

00:28:40,710 --> 00:28:39,360

truly this trying to tap into the inner

729

00:28:43,830 --> 00:28:40,720

part and

730

00:28:45,990 --> 00:28:43,840

when you walk into the

731

00:28:47,669 --> 00:28:46,000

and you have the divine and it comes

732

00:28:49,269 --> 00:28:47,679

through the trees and you never thought

733

00:28:51,990 --> 00:28:49,279

you'd experience it and you experienced

734

00:28:54,389 --> 00:28:52,000

love like you've never had before

735

00:28:57,909 --> 00:28:54,399

and then you come home and mom and dad

736

00:29:00,630 --> 00:28:57,919

say oh no son oh no honey that's not

737

00:29:02,789 --> 00:29:00,640

what we believe we don't believe that

738

00:29:04,950 --> 00:29:02,799

and then you go oh we we don't believe

739

00:29:06,870 --> 00:29:04,960

that mom and dad mom and dad are good

740

00:29:09,830 --> 00:29:06,880

people and i know they're good people

741

00:29:11,909 --> 00:29:09,840

and grandma and grandpa are good people

742

00:29:14,310 --> 00:29:11,919

they all believe that that's not that my

743

00:29:15,350 --> 00:29:14,320

experience is not good not

744

00:29:17,350 --> 00:29:15,360

that's

745

00:29:19,750 --> 00:29:17,360

the buddha that you're talking about

746

00:29:22,230 --> 00:29:19,760

that needs to be

747

00:29:23,990 --> 00:29:22,240

we need to step over that buddha and get

748

00:29:25,990 --> 00:29:24,000

to the other side which maybe brings me

749

00:29:27,750 --> 00:29:26,000

to the the final uh quote that i was

750

00:29:29,590 --> 00:29:27,760

going to tee up to people from 10

751

00:29:34,310 --> 00:29:29,600

snackable meditations

752

00:29:40,549 --> 00:29:37,669

this is not a battle of good versus evil

753

00:29:43,430 --> 00:29:40,559

this is a battle of you

754

00:29:45,110 --> 00:29:43,440

versus lack of you

755

00:29:47,029 --> 00:29:45,120

that's what you were saying i think so

756

00:29:48,710 --> 00:29:47,039

talk about that as we

757

00:29:51,269 --> 00:29:48,720

finish talking about yeah that's uh

758

00:29:53,990 --> 00:29:51,279

that's from james true which is his book

759

00:29:56,389 --> 00:29:54,000

best apocalypse ever how we should

760

00:29:58,950 --> 00:29:56,399

whatever happened in 2020 we should be

761

00:30:01,510 --> 00:29:58,960

very grateful to the powers that be

762

00:30:03,510 --> 00:30:01,520

because they have just opened the veils

763

00:30:06,310 --> 00:30:03,520

and showed us so much about the world

764

00:30:09,350 --> 00:30:06,320

and ourselves how we were tested

765

00:30:11,190 --> 00:30:09,360

so i certainly agree with that point and

766

00:30:13,110 --> 00:30:11,200

it is true because

767

00:30:14,950 --> 00:30:13,120

we are here

768

00:30:17,269 --> 00:30:14,960

that's what carl jung said and it's a

769

00:30:19,510 --> 00:30:17,279

book too we're not here to be good we're

770

00:30:22,230 --> 00:30:19,520

here to be ourselves i mean we don't

771

00:30:25,029 --> 00:30:22,240

know who we are yet we're all gonna try

772

00:30:27,269 --> 00:30:25,039

to solve the world and we end up

773

00:30:30,070 --> 00:30:27,279

as you're saying falling into some cult

774

00:30:31,750 --> 00:30:30,080

or some political party because

775

00:30:34,310 --> 00:30:31,760

we don't know who we are and we gotta

776

00:30:35,909 --> 00:30:34,320

find out what is our purpose who are we

777

00:30:38,310 --> 00:30:35,919

and there's so many layers of

778

00:30:40,789 --> 00:30:38,320

programming and that we have to

779

00:30:43,990 --> 00:30:40,799

go through when that happens is i tell

780

00:30:46,549 --> 00:30:44,000

people once you start waking up uh what

781

00:30:49,110 --> 00:30:46,559

did anthony demelo said spirituality is

782

00:30:51,430 --> 00:30:49,120

waking up and clark emery the famous

783

00:30:53,990 --> 00:30:51,440

buddhist scholar said the awakening of

784

00:30:56,389 --> 00:30:54,000

an individual is a cosmic event

785

00:30:58,870 --> 00:30:56,399

once you find out who you are

786

00:31:01,990 --> 00:30:58,880

then the answers will come in a very

787

00:31:04,630 --> 00:31:02,000

silent automatic way you'll find like me

788

00:31:07,269 --> 00:31:04,640

doing 10 snackable meditations or am

789

00:31:09,830 --> 00:31:07,279

bite it just it comes to you and you go

790

00:31:11,830 --> 00:31:09,840

with it and it's beyond your egoic

791

00:31:13,750 --> 00:31:11,840

constructed self i mean you're talking

792

00:31:16,870 --> 00:31:13,760

about parents and

793

00:31:18,950 --> 00:31:16,880

i know i can blame my parents but

794

00:31:22,470 --> 00:31:18,960

my programming certainly did a lot of

795

00:31:24,710 --> 00:31:22,480

damage to my kids i remember a union guy

796

00:31:26,710 --> 00:31:24,720

saying uh the parent's job is to break

797

00:31:28,710 --> 00:31:26,720

the souls of our children and i'd be

798

00:31:30,149 --> 00:31:28,720

like oh that's crazy but it is true like

799

00:31:33,990 --> 00:31:30,159

school

800

00:31:37,269 --> 00:31:34,000

something wrong with this like a

801
00:31:39,110 --> 00:31:37,279
splintering in my mind driving me crazy

802
00:31:41,590 --> 00:31:39,120
and but i thought well i got to send my

803
00:31:44,149 --> 00:31:41,600
kids to school and i did but then you

804
00:31:46,149 --> 00:31:44,159
start realizing wait a second school is

805
00:31:48,950 --> 00:31:46,159
just like a prison and there's memes on

806
00:31:51,110 --> 00:31:48,960
the internet right the bus the cafeteria

807
00:31:53,669 --> 00:31:51,120
the the what the architecture and you go

808
00:31:57,190 --> 00:31:53,679
holy schools are prisons it's a

809
00:31:59,750 --> 00:31:57,200
place to dehumanize our children and

810
00:32:01,669 --> 00:31:59,760
programming and stop their potential

811
00:32:03,190 --> 00:32:01,679
it's nothing like the waldorf schools or

812
00:32:05,269 --> 00:32:03,200
anything like that and

813
00:32:06,870 --> 00:32:05,279

with my first marriage i send my kids to

814

00:32:08,789 --> 00:32:06,880

school but in this marriage it's like

815

00:32:10,389 --> 00:32:08,799

they are completely homeschooled and

816

00:32:12,870 --> 00:32:10,399

they're obviously

817

00:32:15,190 --> 00:32:12,880

mentally academically all that they're

818

00:32:16,950 --> 00:32:15,200

far ahead of kids that go to school at

819

00:32:18,549 --> 00:32:16,960

least here in illinois i can't judge

820

00:32:21,990 --> 00:32:18,559

anywhere else so

821

00:32:24,630 --> 00:32:22,000

uh yeah find out who you are that is the

822

00:32:27,669 --> 00:32:24,640

great uh rebellion finding out who you

823

00:32:29,830 --> 00:32:27,679

are is what they whoever they are don't

824

00:32:32,149 --> 00:32:29,840

want you to find out and that's where

825

00:32:34,389 --> 00:32:32,159

you find out your purpose your peace and

826

00:32:36,070 --> 00:32:34,399

all that so that's the journey i

827

00:32:38,630 --> 00:32:36,080

certainly advise to people instead of

828

00:32:41,909 --> 00:32:38,640

trying to go out and change the world or

829

00:32:44,149 --> 00:32:41,919

assimilate to some system or religion or

830

00:32:46,630 --> 00:32:44,159

anything like that as you can see alex

831

00:32:48,789 --> 00:32:46,640

i'd be the worst guru in the world i

832

00:32:51,350 --> 00:32:48,799

would never make any

833

00:32:53,350 --> 00:32:51,360

not good at it because people email me

834

00:32:56,950 --> 00:32:53,360

and they say well what are some gnostic

835

00:32:58,870 --> 00:32:56,960

practices and i said well only you know

836

00:33:01,669 --> 00:32:58,880

you got to find out who you are what

837

00:33:04,630 --> 00:33:01,679

works for you and you've got to create a

838

00:33:07,029 --> 00:33:04,640

life a system a gospel and a myth

839

00:33:10,149 --> 00:33:07,039

that brings out your inner light i can't

840

00:33:11,909 --> 00:33:10,159

help you nobody can help you well it's

841

00:33:13,509 --> 00:33:11,919

funny that you say that you'd be a

842

00:33:14,950 --> 00:33:13,519

terrible guru because

843

00:33:16,149 --> 00:33:14,960

i've never talked to you about this but

844

00:33:18,149 --> 00:33:16,159

i'm sure

845

00:33:19,590 --> 00:33:18,159

you get pulled into being a guru all the

846

00:33:22,149 --> 00:33:19,600

time

847

00:33:24,870 --> 00:33:22,159

i can only imagine so how do you how do

848

00:33:27,110 --> 00:33:24,880

you balance that i guess would be one

849

00:33:29,750 --> 00:33:27,120

question

850

00:33:31,909 --> 00:33:29,760

uh well like anything uh i don't take

851
00:33:35,590 --> 00:33:31,919
myself too seriously because i know most

852
00:33:37,909 --> 00:33:35,600
of what i am is a construct 99 of who i

853
00:33:41,350 --> 00:33:37,919
am has been programmed from

854
00:33:44,389 --> 00:33:41,360
my hand gestures to my accent

855
00:33:46,310 --> 00:33:44,399
to you know why do i like the bears if i

856
00:33:48,310 --> 00:33:46,320
was the chicago bears

857
00:33:50,789 --> 00:33:48,320
wouldn't i be more authentic if i liked

858
00:33:52,389 --> 00:33:50,799
the team from like san diego or the

859
00:33:55,509 --> 00:33:52,399
packard you know what i mean

860
00:33:57,990 --> 00:33:55,519
so i try to just realize not to take

861
00:34:00,630 --> 00:33:58,000
myself too seriously or reality in

862
00:34:02,789 --> 00:34:00,640
itself so uh that's really the way and

863
00:34:04,789 --> 00:34:02,799

of course there is the inner

864

00:34:07,110 --> 00:34:04,799

there's that inner fire where i want

865

00:34:09,190 --> 00:34:07,120

everybody to find their own bliss from

866

00:34:11,030 --> 00:34:09,200

joseph campbell to find their own road

867

00:34:12,069 --> 00:34:11,040

and that passion to help those who

868

00:34:14,389 --> 00:34:12,079

suffer

869

00:34:16,710 --> 00:34:14,399

keeps me humble in a lot of ways because

870

00:34:17,909 --> 00:34:16,720

there's no time to sit on your laurels

871

00:34:20,230 --> 00:34:17,919

or

872

00:34:23,030 --> 00:34:20,240

get a big head about things i mean we

873

00:34:25,430 --> 00:34:23,040

got to be moving fast here

874

00:34:27,349 --> 00:34:25,440

great so miguel you've already mentioned

875

00:34:29,349 --> 00:34:27,359

in the book it's coming out an audible

876

00:34:31,909 --> 00:34:29,359

what else do we want to say about this

877

00:34:33,990 --> 00:34:31,919

book 10 snackable meditations i i do

878

00:34:35,109 --> 00:34:34,000

think people will really enjoy it you

879

00:34:37,750 --> 00:34:35,119

can get a very good sense you can go

880

00:34:39,109 --> 00:34:37,760

look inside and see if it's for you it's

881

00:34:40,550 --> 00:34:39,119

really something

882

00:34:41,829 --> 00:34:40,560

that you need to have on your kindle if

883

00:34:44,629 --> 00:34:41,839

you keep your kindle with your your

884

00:34:46,550 --> 00:34:44,639

phone or in your pocket because it can

885

00:34:48,629 --> 00:34:46,560

be that kind of touchstone

886

00:34:49,990 --> 00:34:48,639

bring me back to a good space kind of

887

00:34:51,750 --> 00:34:50,000

thing what else we want to tell people

888

00:34:53,669 --> 00:34:51,760

about it

889

00:34:56,389 --> 00:34:53,679

well yeah and if you get the paper back

890

00:34:58,870 --> 00:34:56,399

just put it in your back pocket

891

00:34:59,750 --> 00:34:58,880

to use it i think we've covered a lot of

892

00:35:12,950 --> 00:34:59,760

it

893

00:35:16,150 --> 00:35:12,960

thousands of years ago from tibetan

894

00:35:19,030 --> 00:35:16,160

monks to new age guys to sales people

895

00:35:20,870 --> 00:35:19,040

like we just talked about the brad leah

896

00:35:23,589 --> 00:35:20,880

so it's a good it's a nice good

897

00:35:24,630 --> 00:35:23,599

hodgepodge stew of the wisdom of the

898

00:35:26,470 --> 00:35:24,640

ages

899

00:35:28,710 --> 00:35:26,480

when it comes down to it nothing new

900

00:35:31,510 --> 00:35:28,720

under the sun that's what all these

901
00:35:34,069 --> 00:35:31,520
masters are saying just wake up

902
00:35:36,390 --> 00:35:34,079
don't sweat the small temporal stuff

903
00:35:37,829 --> 00:35:36,400
because it's all just temporal and at

904
00:35:39,829 --> 00:35:37,839
the end of the day you're going to be

905
00:35:41,990 --> 00:35:39,839
fine if you don't lose

906
00:35:44,790 --> 00:35:42,000
sight of who you really are which is

907
00:35:45,990 --> 00:35:44,800
just an eternal being you are an eternal

908
00:35:48,390 --> 00:35:46,000
being that

909
00:35:51,270 --> 00:35:48,400
somehow forgot and now thinks you are in

910
00:35:53,190 --> 00:35:51,280
this uh temporal world or even worse in

911
00:35:55,670 --> 00:35:53,200
the skeptical way somebody convinced you

912
00:35:57,910 --> 00:35:55,680
you're a biological robot and now it's

913
00:35:59,750 --> 00:35:57,920

just a universe of nihilism and

914

00:36:01,349 --> 00:35:59,760

mechanism that's uh

915

00:36:02,710 --> 00:36:01,359

that's pretty painful and you don't have

916

00:36:05,910 --> 00:36:02,720

to be in pain

917

00:36:08,230 --> 00:36:05,920

nice okay and i say that miguel because

918

00:36:09,750 --> 00:36:08,240

i want to pivot a little bit

919

00:36:11,990 --> 00:36:09,760

thanks again to miguel connor for

920

00:36:14,310 --> 00:36:12,000

joining me today on skeptico as i was

921

00:36:16,870 --> 00:36:14,320

just referencing you know there is a

922

00:36:19,109 --> 00:36:16,880

second half to this interview it was

923

00:36:21,829 --> 00:36:19,119

just so different than the first half

924

00:36:24,630 --> 00:36:21,839

that i felt like i need to release it

925

00:36:27,510 --> 00:36:24,640

as a second episode which i will do in a

926
00:36:28,310 --> 00:36:27,520
few weeks but for now i thought we would

927
00:36:31,030 --> 00:36:28,320
just

928
00:36:33,589 --> 00:36:31,040
focus in on this great great interview

929
00:36:34,310 --> 00:36:33,599
in this book that he did and i would tee

930
00:36:37,510 --> 00:36:34,320
up

931
00:36:40,470 --> 00:36:37,520
one question from this one which one of

932
00:36:43,030 --> 00:36:40,480
miguel's meditations did you like best

933
00:36:44,950 --> 00:36:43,040
did you most relate to

934
00:36:47,190 --> 00:36:44,960
let me know anyway you find me i have a

935
00:36:50,069 --> 00:36:47,200
bunch of new ways to kind of find me on

936
00:36:51,990 --> 00:36:50,079
the skeptico website so go there more

937
00:36:54,790 --> 00:36:52,000
ways to connect more ways to do things

938
00:36:57,190 --> 00:36:54,800

that become part of i guess a community

939

00:36:59,430 --> 00:36:57,200

of skeptical listeners so do check that

940

00:37:01,190 --> 00:36:59,440

out if that sounds interesting to you i

941

00:37:04,310 --> 00:37:01,200

got a lot more to come

942

00:37:06,020 --> 00:37:04,320

until next time take care and bye for

943

00:37:19,620 --> 00:37:06,030

now