

SK≡PTIKO
science & spirituality

***7 QUESTIONS
FOR THE VOICE***

571-TIM-GRIMES



1
00:00:07,789 --> 00:00:04,309
on this episode of skeptico

2
00:00:10,030 --> 00:00:07,799
a show about hearing the truth you need

3
00:00:13,190 --> 00:00:10,040
to find the truth about yourself

4
00:00:16,849 --> 00:00:13,200
it's quite simple chat you need to get

5
00:00:20,870 --> 00:00:16,859
quiet not just with your mouth with your

6
00:00:22,790 --> 00:00:20,880
mind and in that quiet you will hear the

7
00:00:25,970 --> 00:00:22,800
truth

8
00:00:28,849 --> 00:00:25,980
even if it's coming from yourself

9
00:00:30,890 --> 00:00:28,859
how could you have to force yourself to

10
00:00:33,170 --> 00:00:30,900
be what you already are

11
00:00:34,370 --> 00:00:33,180
you're here so there's nothing you have

12
00:00:37,370 --> 00:00:34,380
to force

13
00:00:39,650 --> 00:00:37,380

that first clip was from a 2012 movie a

14

00:00:43,190 --> 00:00:39,660

thousand words and the second was from

15

00:00:45,470 --> 00:00:43,200

today's returning guest Tim Grimes

16

00:00:47,150 --> 00:00:45,480

the show is a little different from the

17

00:00:49,850 --> 00:00:47,160

usual skeptical stuff although I've done

18

00:00:51,590 --> 00:00:49,860

a few shows on this and as you know this

19

00:00:54,410 --> 00:00:51,600

is really where my heart's at what's

20

00:00:56,689 --> 00:00:54,420

nearest and dearest to me so I hope you

21

00:00:58,670 --> 00:00:56,699

enjoy it

22

00:01:00,770 --> 00:00:58,680

welcome to skeptico where we explore

23

00:01:03,229 --> 00:01:00,780

controversial science and spirituality

24

00:01:05,929 --> 00:01:03,239

with leading researchers thinkers and

25

00:01:09,830 --> 00:01:05,939

their critics I'm your host Alexa Garis

26

00:01:12,109 --> 00:01:09,840

and today we welcome back Tim Grimes

27

00:01:15,350 --> 00:01:12,119

Tim is the author of The Joy of not

28

00:01:18,109 --> 00:01:15,360

thinking a radical approach to happiness

29

00:01:20,330 --> 00:01:18,119

this is the book that first introduced

30

00:01:22,370 --> 00:01:20,340

me to Tim it's still out there you can

31

00:01:24,950 --> 00:01:22,380

still read it for free on Kindle

32

00:01:27,609 --> 00:01:24,960

unlimited great book really enjoyed it

33

00:01:30,350 --> 00:01:27,619

you can also find Tim at

34

00:01:32,210 --> 00:01:30,360

radicalcounselor.com I've pulled that up

35

00:01:34,850 --> 00:01:32,220

on the screen if you're ever watching on

36

00:01:37,730 --> 00:01:34,860

YouTube and uh he's got a number of

37

00:01:40,370 --> 00:01:37,740

other books on Amazon and he has really

38

00:01:43,910 --> 00:01:40,380

great podcasts as well that

39

00:01:46,370 --> 00:01:43,920

I love listening to I'm just it's one of

40

00:01:51,889 --> 00:01:46,380

the ones I wait for and see if it pops

41

00:01:53,870 --> 00:01:51,899

up and I get to it right away so I have

42

00:01:55,069 --> 00:01:53,880

had Tim out a couple times I obviously

43

00:01:58,069 --> 00:01:55,079

you can tell from what I just said that

44

00:02:01,310 --> 00:01:58,079

I really appreciate his work so I pinged

45

00:02:04,010 --> 00:02:01,320

him to do this different project and I

46

00:02:06,170 --> 00:02:04,020

just thought it'd be fun and Tim

47

00:02:09,050 --> 00:02:06,180

welcome back thanks so much for being

48

00:02:11,690 --> 00:02:09,060

here thank you Alex it's a always a

49

00:02:14,030 --> 00:02:11,700

pleasure I realize I'm sitting this I

50

00:02:15,710 --> 00:02:14,040

have a very comfortable chair and I'm

51
00:02:16,970 --> 00:02:15,720
very far back from the screen so I'm

52
00:02:19,150 --> 00:02:16,980
going to move up a little bit I might

53
00:02:22,070 --> 00:02:19,160
move back later hi everybody

54
00:02:24,050 --> 00:02:22,080
that looks good okay now our now our

55
00:02:26,390 --> 00:02:24,060
heads are about the same size instead of

56
00:02:30,830 --> 00:02:26,400
me looking like giant head

57
00:02:34,790 --> 00:02:30,840
so I pinged you a couple months ago I

58
00:02:37,490 --> 00:02:34,800
guess because I have this practice it's

59
00:02:39,229 --> 00:02:37,500
one of my daily practices I won't say

60
00:02:42,530 --> 00:02:39,239
spiritual practice but it is a spiritual

61
00:02:44,210 --> 00:02:42,540
practice and that is that I have these

62
00:02:46,869 --> 00:02:44,220
questions that I've written for myself

63
00:02:49,610 --> 00:02:46,879

because I've found that questions

64

00:02:53,030 --> 00:02:49,620

provoke me and provoke that little voice

65

00:02:56,030 --> 00:02:53,040

in my head to answer them in a unique

66

00:02:59,330 --> 00:02:56,040

way or in a way that inspires me so I

67

00:03:01,309 --> 00:02:59,340

said hey Tim I've actually added to my

68

00:03:02,570 --> 00:03:01,319

list of questions with some of the

69

00:03:05,930 --> 00:03:02,580

questions that I've gotten from your

70

00:03:07,490 --> 00:03:05,940

show what do you think about doing a

71

00:03:10,550 --> 00:03:07,500

show on

72

00:03:14,330 --> 00:03:10,560

seven questions for the voice inside

73

00:03:16,670 --> 00:03:14,340

your head and you responded in exactly

74

00:03:18,770 --> 00:03:16,680

the way I would have expected and hoped

75

00:03:21,589 --> 00:03:18,780

that you it's mine you're like hell yeah

76

00:03:22,850 --> 00:03:21,599

I'm down for that that sounds good so I

77

00:03:25,250 --> 00:03:22,860

don't know if it'll be seven questions

78

00:03:29,030 --> 00:03:25,260

it might be more it might be less

79

00:03:32,210 --> 00:03:29,040

but tell me tell everybody kind of what

80

00:03:35,990 --> 00:03:32,220

you think of this idea in general of

81

00:03:38,030 --> 00:03:36,000

questions for the voice inside your head

82

00:03:40,850 --> 00:03:38,040

sure I know you're a fan of the joy of

83

00:03:42,530 --> 00:03:40,860

not thinking that book and in that book

84

00:03:44,690 --> 00:03:42,540

uh it's a short book it's more like a

85

00:03:45,649 --> 00:03:44,700

guide one of the things I talk about is

86

00:03:48,530 --> 00:03:45,659

that

87

00:03:50,690 --> 00:03:48,540

there's something running in our mind

88

00:03:52,850 --> 00:03:50,700

constantly and it's it's our thinking

89

00:03:56,030 --> 00:03:52,860

right but we usually we consider our

90

00:03:58,910 --> 00:03:56,040

thinking to be and a lot of the time

91

00:04:01,570 --> 00:03:58,920

it's annoying as all [h__h] and it's uh

92

00:04:05,330 --> 00:04:01,580

destroying our life it's making us feel

93

00:04:08,390 --> 00:04:05,340

stressed out and incompetent as opposed

94

00:04:10,130 --> 00:04:08,400

to feeling decent and alive and you know

95

00:04:12,050 --> 00:04:10,140

feeling okay

96

00:04:15,069 --> 00:04:12,060

so

97

00:04:17,330 --> 00:04:15,079

you know over the years I've

98

00:04:19,490 --> 00:04:17,340

refined different ways to make it so

99

00:04:23,030 --> 00:04:19,500

that that bothersome voice in my head

100

00:04:24,950 --> 00:04:23,040

can be neutralized relatively easily and

101

00:04:27,469 --> 00:04:24,960

relatively consistently

102

00:04:28,670 --> 00:04:27,479

and relatively quickly a lot of the time

103

00:04:30,230 --> 00:04:28,680

and there's different ways of doing that

104

00:04:32,210 --> 00:04:30,240

that's the joy of not thinking is

105

00:04:34,129 --> 00:04:32,220

primarily about and I think we're going

106

00:04:37,249 --> 00:04:34,139

to probably dive into some of those ways

107

00:04:39,409 --> 00:04:37,259

today and these questions are a way of

108

00:04:41,450 --> 00:04:39,419

enabling us to first of all notice this

109

00:04:43,909 --> 00:04:41,460

voice in our head that it's just a voice

110

00:04:46,189 --> 00:04:43,919

and it's not what we actually are

111

00:04:48,310 --> 00:04:46,199

and secondly the questions are going to

112

00:04:51,050 --> 00:04:48,320

allow us to

113

00:04:52,670 --> 00:04:51,060

be a piece even with this voice in our

114

00:04:56,210 --> 00:04:52,680

head being there because we realize that

115

00:04:59,210 --> 00:04:56,220

if this thing talking to us is not

116

00:05:01,670 --> 00:04:59,220

actually the end-all be-all

117

00:05:03,650 --> 00:05:01,680

then things are I love that I love both

118

00:05:05,210 --> 00:05:03,660

parts of that because you know it's

119

00:05:07,550 --> 00:05:05,220

almost like uh

120

00:05:10,010 --> 00:05:07,560

end-all be-all I think is key it's not

121

00:05:13,189 --> 00:05:10,020

that the voice inside our head isn't us

122

00:05:15,409 --> 00:05:13,199

it just isn't all of us right exactly

123

00:05:17,689 --> 00:05:15,419

it's not it's not our entire being

124

00:05:19,430 --> 00:05:17,699

there's so much more there yeah

125

00:05:22,070 --> 00:05:19,440

and the other thing that I I really like

126

00:05:25,969 --> 00:05:22,080

that you bring this back to

127

00:05:29,390 --> 00:05:25,979

in such an awesome way is that

128

00:05:31,249 --> 00:05:29,400

The Logical implications of that if you

129

00:05:32,930 --> 00:05:31,259

really follow it all the way through and

130

00:05:35,390 --> 00:05:32,940

I hope we will as we get into these

131

00:05:38,029 --> 00:05:35,400

questions is exactly what you said is

132

00:05:43,610 --> 00:05:38,039

that maybe I'm okay

133

00:05:45,409 --> 00:05:43,620

maybe maybe I'm okay and uh that is that

134

00:05:47,629 --> 00:05:45,419

is certainly the the message if it's

135

00:05:49,550 --> 00:05:47,639

true that's certainly a message that

136

00:05:51,890 --> 00:05:49,560

might be worth kind of getting back in

137

00:05:53,390 --> 00:05:51,900

touch with so we'll just jump right into

138

00:05:55,490 --> 00:05:53,400

these questions

139

00:05:57,110 --> 00:05:55,500

take a minute if you want I can pause I

140

00:05:59,330 --> 00:05:57,120

can edit this out a little bit if you

141

00:06:00,770 --> 00:05:59,340

need to and tell me we're not editing

142

00:06:02,990 --> 00:06:00,780

this out this is the gold right here

143

00:06:06,770 --> 00:06:03,000

it's me looking at these questions

144

00:06:07,909 --> 00:06:06,780

okay so start with one and tell me I'm

145

00:06:10,070 --> 00:06:07,919

just gonna go from the beginning is

146

00:06:11,749 --> 00:06:10,080

there anything I need to do or force to

147

00:06:13,310 --> 00:06:11,759

be present because that's a darn good

148

00:06:15,370 --> 00:06:13,320

question Alex you ask yourself this

149

00:06:18,770 --> 00:06:15,380

every day

150

00:06:21,350 --> 00:06:18,780

that's a good question to ask so again

151

00:06:24,110 --> 00:06:21,360

just is there anything I need to do or

152

00:06:25,550 --> 00:06:24,120

force to be present okay we hear

153

00:06:28,309 --> 00:06:25,560

obviously all the time in popular

154

00:06:30,710 --> 00:06:28,319

culture now you know be present you know

155

00:06:32,390 --> 00:06:30,720

stay in the moment

156

00:06:34,129 --> 00:06:32,400

and you know

157

00:06:36,110 --> 00:06:34,139

that lends itself to the question well

158

00:06:37,730 --> 00:06:36,120

how do I do that you know and do I you

159

00:06:39,770 --> 00:06:37,740

know do I have to do something special

160

00:06:42,290 --> 00:06:39,780

or do I have to force it

161

00:06:43,670 --> 00:06:42,300

you know and people go so far as to be

162

00:06:46,070 --> 00:06:43,680

like well you have to meditate a certain

163

00:06:49,010 --> 00:06:46,080

way or breathe a certain way or

164

00:06:51,590 --> 00:06:49,020

say a mantra in a certain way and in my

165

00:06:54,050 --> 00:06:51,600

opinion that's all baloney you do not

166

00:06:56,330 --> 00:06:54,060

have to force anything to be here right

167

00:06:59,689 --> 00:06:56,340

now again like Alex just mentioned this

168

00:07:01,309 --> 00:06:59,699

is just logic you're here

169

00:07:02,510 --> 00:07:01,319

there's nothing you have to do to be

170

00:07:03,950 --> 00:07:02,520

here

171

00:07:06,290 --> 00:07:03,960

how could you

172

00:07:07,850 --> 00:07:06,300

have to force yourself to be what you

173

00:07:09,950 --> 00:07:07,860

already are

174

00:07:13,129 --> 00:07:09,960

you're here so there's nothing you have

175

00:07:14,510 --> 00:07:13,139

to force and as Alex touched upon too

176

00:07:16,969 --> 00:07:14,520

there's going to be a lot of

177

00:07:19,189 --> 00:07:16,979

implications from this

178

00:07:21,050 --> 00:07:19,199

but I think if we're looking at this

179

00:07:23,270 --> 00:07:21,060

kind of logically

180

00:07:25,909 --> 00:07:23,280

we recognize

181

00:07:30,350 --> 00:07:25,919

I don't need breathing or meditation or

182

00:07:33,650 --> 00:07:30,360

an ice bath or whatever I'm just here I

183

00:07:36,670 --> 00:07:33,660

love that and I love the fact that you

184

00:07:40,189 --> 00:07:36,680

also play with the other side of it

185

00:07:42,950 --> 00:07:40,199

which is if that is true and it's

186

00:07:45,230 --> 00:07:42,960

radically true why is it hard for me to

187

00:07:46,969 --> 00:07:45,240

get to that place and if I kind of say

188

00:07:48,110 --> 00:07:46,979

okay it is kind of hard for me to get to

189

00:07:50,689 --> 00:07:48,120

that place

190

00:07:52,969 --> 00:07:50,699

what can I do to kind of boost my

191

00:07:55,490 --> 00:07:52,979

chances of of getting there of being

192

00:07:57,110 --> 00:07:55,500

present so I'm going to start with my

193

00:07:59,870 --> 00:07:57,120

first question is one that I got

194

00:08:01,909 --> 00:07:59,880

directly from your podcast Law of

195

00:08:03,890 --> 00:08:01,919

Attraction explored and here's the

196

00:08:07,189 --> 00:08:03,900

question what if I redirect my

197

00:08:09,589 --> 00:08:07,199

imagination to feel what I want

198

00:08:11,150 --> 00:08:09,599

again and again

199

00:08:13,010 --> 00:08:11,160

and I'll tell you what really grabs me

200

00:08:17,150 --> 00:08:13,020

about this is

201
00:08:18,830 --> 00:08:17,160
I love the way you use imagination here

202
00:08:20,869 --> 00:08:18,840
because

203
00:08:22,909 --> 00:08:20,879
part of this voice that we have to

204
00:08:25,909 --> 00:08:22,919
wrestle with is the negativity

205
00:08:28,430 --> 00:08:25,919
associated with it the negativity we've

206
00:08:30,409 --> 00:08:28,440
created but we also have some positive

207
00:08:33,350 --> 00:08:30,419
aspects to our voice that we can tap

208
00:08:35,449 --> 00:08:33,360
into an imagination for me and I think

209
00:08:38,570 --> 00:08:35,459
for a lot of people it's a positive term

210
00:08:40,430 --> 00:08:38,580
oh yeah I'm good at imagining I'm good

211
00:08:43,370 --> 00:08:40,440
at daydreaming I'm good at playing

212
00:08:45,290 --> 00:08:43,380
pretend that's all imagination oh so I

213
00:08:47,030 --> 00:08:45,300

have imagination What if I could

214

00:08:49,550 --> 00:08:47,040

redirect it which is such an awesome

215

00:08:51,710 --> 00:08:49,560

word too it's not forcing it's just it's

216

00:08:53,570 --> 00:08:51,720

there it's imagining what if I could

217

00:08:55,670 --> 00:08:53,580

redirect it and what am I going to

218

00:08:57,590 --> 00:08:55,680

redirect it towards am I going to boss

219

00:09:00,650 --> 00:08:57,600

it around and tell it to do this or not

220

00:09:02,389 --> 00:09:00,660

no what if I just redirected it to feel

221

00:09:03,949 --> 00:09:02,399

what I want to feel

222

00:09:08,990 --> 00:09:03,959

oh

223

00:09:11,150 --> 00:09:09,000

say it I feel it I can't help but feel

224

00:09:13,190 --> 00:09:11,160

it that's the magic of the question is I

225

00:09:15,470 --> 00:09:13,200

can't help but answer it I answer and I

226

00:09:17,509 --> 00:09:15,480

go oh I just directed my imagination to

227

00:09:19,730 --> 00:09:17,519

feel it oh it's instant can I do it

228

00:09:22,490 --> 00:09:19,740

again can I do it again and I do it a

229

00:09:25,970 --> 00:09:22,500

couple times I go hell man I got the

230

00:09:28,730 --> 00:09:25,980

keys to the kingdom right here

231

00:09:33,949 --> 00:09:28,740

what do you think Tim I I ripped this

232

00:09:36,050 --> 00:09:33,959

off of you so add to it that's it I mean

233

00:09:38,210 --> 00:09:36,060

in my book which is different than the

234

00:09:39,949 --> 00:09:38,220

podcast although they really go hand in

235

00:09:42,170 --> 00:09:39,959

hand in my book The Law of Attraction

236

00:09:44,030 --> 00:09:42,180

simplified I say

237

00:09:46,370 --> 00:09:44,040

the problem is that

238

00:09:48,290 --> 00:09:46,380

we're imagining all day long

239

00:09:49,370 --> 00:09:48,300

and we don't realize we're imagining all

240

00:09:52,190 --> 00:09:49,380

day long

241

00:09:54,170 --> 00:09:52,200

and we're predominantly imagining

242

00:09:56,930 --> 00:09:54,180

negatively

243

00:09:59,329 --> 00:09:56,940

and as Alex just said I mean if you can

244

00:10:02,329 --> 00:09:59,339

work with your imagination as we all do

245

00:10:03,889 --> 00:10:02,339

because we also imagine positively we've

246

00:10:05,810 --> 00:10:03,899

all done that in the past you know we

247

00:10:07,190 --> 00:10:05,820

even though we are imagining negatively

248

00:10:09,470 --> 00:10:07,200

it's kind of like we're doing that just

249

00:10:11,329 --> 00:10:09,480

on autopilot

250

00:10:13,490 --> 00:10:11,339

so how about if we start playing with

251
00:10:17,570 --> 00:10:13,500
this whole idea more and realize that if

252
00:10:20,570 --> 00:10:17,580
we are seemingly always imagining

253
00:10:22,970 --> 00:10:20,580
if really imagining might just be

254
00:10:25,490 --> 00:10:22,980
another word or synonymous with our

255
00:10:28,550 --> 00:10:25,500
thinking our consciousness

256
00:10:31,009 --> 00:10:28,560
why don't we just start

257
00:10:34,070 --> 00:10:31,019
imagining more of what we want and you

258
00:10:35,870 --> 00:10:34,080
know it it sounds easy to do

259
00:10:37,250 --> 00:10:35,880
and it can be more difficult than it

260
00:10:38,449 --> 00:10:37,260
sounds but it also can be as simple as

261
00:10:41,449 --> 00:10:38,459
what Alex has mentioned about

262
00:10:43,910 --> 00:10:41,459
redirecting yourself to what you want to

263
00:10:45,710 --> 00:10:43,920

feel right now

264

00:10:47,810 --> 00:10:45,720

because I'm not talking about changing

265

00:10:49,310 --> 00:10:47,820

anything in the external worlds

266

00:10:51,949 --> 00:10:49,320

when I talk about redirecting your

267

00:10:53,690 --> 00:10:51,959

imagination right now

268

00:10:56,389 --> 00:10:53,700

it's that

269

00:10:58,970 --> 00:10:56,399

what you want right now if you're

270

00:11:01,430 --> 00:10:58,980

imagining all the time you can imagine

271

00:11:03,530 --> 00:11:01,440

what you want to feel

272

00:11:05,150 --> 00:11:03,540

or you can at least start to touch that

273

00:11:06,490 --> 00:11:05,160

if you can't quite get there in the

274

00:11:08,150 --> 00:11:06,500

imagination you can at least start

275

00:11:10,550 --> 00:11:08,160

redirecting it so you're getting a

276

00:11:12,590 --> 00:11:10,560

little bit closer and the closer you get

277

00:11:14,150 --> 00:11:12,600

the easier it will be to feel it and

278

00:11:14,930 --> 00:11:14,160

even if you can't go all the way right

279

00:11:17,090 --> 00:11:14,940

now

280

00:11:18,949 --> 00:11:17,100

you'll start to loosen up some and you

281

00:11:20,690 --> 00:11:18,959

might be feeling like crap and by

282

00:11:21,949 --> 00:11:20,700

thinking about what you really want to

283

00:11:27,350 --> 00:11:21,959

feel

284

00:11:29,449 --> 00:11:27,360

neutralize some of that negativity in

285

00:11:31,370 --> 00:11:29,459

the very least and what Alex is saying

286

00:11:33,410 --> 00:11:31,380

and many people can do this they can

287

00:11:36,470 --> 00:11:33,420

just redirect redirect redirect redirect

288

00:11:39,829 --> 00:11:36,480

until they're feeling pretty darn good

289

00:11:42,350 --> 00:11:39,839

having done nothing except you just use

290

00:11:44,449 --> 00:11:42,360

their minds and bodies to imagine what's

291

00:11:47,930 --> 00:11:44,459

going on right now in the present moment

292

00:11:50,810 --> 00:11:47,940

okay why don't you pick the next one

293

00:11:52,550 --> 00:11:50,820

let me see this is the the best part

294

00:11:54,889 --> 00:11:52,560

it's you know what they say the truth is

295

00:11:57,710 --> 00:11:54,899

the uh the silence between the talk or

296

00:11:59,150 --> 00:11:57,720

something like that so how easy so do we

297

00:12:01,250 --> 00:11:59,160

just do how easy is it to look between

298

00:12:04,910 --> 00:12:01,260

my eyes and just watch

299

00:12:09,230 --> 00:12:07,970

similar but I mean a lot of these are

300

00:12:11,269 --> 00:12:09,240

going to be similar they're going to

301

00:12:12,650 --> 00:12:11,279

intersect a lot of them exactly well

302

00:12:16,490 --> 00:12:12,660

said right they're going to intersect

303

00:12:18,530 --> 00:12:16,500

them diagram thing totally so yeah how

304

00:12:19,910 --> 00:12:18,540

easy is it to just look between my eyes

305

00:12:23,090 --> 00:12:19,920

and just watch so in other words how

306

00:12:25,130 --> 00:12:23,100

easy is it to do this well you might

307

00:12:26,389 --> 00:12:25,140

begin to be getting the drift here of

308

00:12:28,490 --> 00:12:26,399

what we're discussing

309

00:12:29,930 --> 00:12:28,500

it's really freaking easy

310

00:12:33,350 --> 00:12:29,940

because we're not trying to do anything

311

00:12:34,370 --> 00:12:33,360

outside of ourselves you're here right

312

00:12:37,850 --> 00:12:34,380

now

313

00:12:39,050 --> 00:12:37,860

pretty much undeniable you're here right

314

00:12:43,970 --> 00:12:39,060

now

315

00:12:46,610 --> 00:12:43,980

opinion that's also undeniable you're

316

00:12:47,990 --> 00:12:46,620

thinking right so why can't we just be

317

00:12:50,750 --> 00:12:48,000

here right now

318

00:12:53,569 --> 00:12:50,760

you know the other thing I toss in there

319

00:12:56,389 --> 00:12:53,579

and I'll get you to kind of Riff on this

320

00:12:59,090 --> 00:12:56,399

is that again and I love this Dynamic

321

00:13:01,370 --> 00:12:59,100

and I think people will either get it

322

00:13:03,110 --> 00:13:01,380

and appreciate it or they'll just think

323

00:13:04,150 --> 00:13:03,120

we're talking around in search or not

324

00:13:07,850 --> 00:13:04,160

right

325

00:13:11,449 --> 00:13:07,860

but that's this interplay between

326

00:13:14,150 --> 00:13:11,459

the doing and the not doing you know and

327

00:13:16,129 --> 00:13:14,160

it's very kind of non-dual kind of [h__h]

328

00:13:17,870 --> 00:13:16,139

but it's it there's a certain reality to

329

00:13:21,110 --> 00:13:17,880

it that we can relate to

330

00:13:23,090 --> 00:13:21,120

when I physically use these little

331

00:13:25,430 --> 00:13:23,100

tricks to kind of trick this

332

00:13:28,850 --> 00:13:25,440

Consciousness thing into experiencing

333

00:13:32,030 --> 00:13:28,860

being here now it like gives me a little

334

00:13:34,190 --> 00:13:32,040

boost so when I close my eyes and bring

335

00:13:36,769 --> 00:13:34,200

the attention of my focus to this space

336

00:13:39,590 --> 00:13:36,779

between my head I know that's [h__h]

337

00:13:42,470 --> 00:13:39,600

on some level of it's some kind of

338

00:13:46,129 --> 00:13:42,480

physical thing but God darn it if it

339

00:13:50,810 --> 00:13:46,139

doesn't work every time I do it and it

340

00:13:53,150 --> 00:13:50,820

also I for me it stands in contrast to

341

00:13:55,009 --> 00:13:53,160

something you alluded to before of all

342

00:13:57,410 --> 00:13:55,019

this wacky messaging we get about

343

00:13:59,690 --> 00:13:57,420

meditation do this way and do that and

344

00:14:01,670 --> 00:13:59,700

seven hours is enough but might be too

345

00:14:03,110 --> 00:14:01,680

much and this and that it's like no just

346

00:14:04,730 --> 00:14:03,120

do this for one second just close your

347

00:14:06,410 --> 00:14:04,740

eyes and look between that spot right

348

00:14:09,110 --> 00:14:06,420

between your eyes did you feel something

349

00:14:10,970 --> 00:14:09,120

for an instant oh you did didn't you

350

00:14:13,610 --> 00:14:10,980

okay don't even worry about what it

351
00:14:17,269 --> 00:14:13,620
means but just wasn't that easy you just

352
00:14:19,610 --> 00:14:17,279
did it and something happened what is

353
00:14:22,009 --> 00:14:19,620
that a clue to to kind of break through

354
00:14:24,290 --> 00:14:22,019
this this voice in my head that won't

355
00:14:27,949 --> 00:14:24,300
let me alone and I I know you're an

356
00:14:31,310 --> 00:14:27,959
experienced uh meditator so this is uh

357
00:14:33,889 --> 00:14:31,320
but Zen mind beginner mine a riff on any

358
00:14:36,470 --> 00:14:33,899
of that that you uh that you like

359
00:14:39,170 --> 00:14:36,480
yeah I mean

360
00:14:43,490 --> 00:14:39,180
I remember the first time actually that

361
00:14:46,009 --> 00:14:43,500
uh I sat down and

362
00:14:48,949 --> 00:14:46,019
tried to perform formals that meditation

363
00:14:50,269 --> 00:14:48,959

I was probably 17 or 18 years old and I

364

00:14:52,009 --> 00:14:50,279

just read this book

365

00:14:53,569 --> 00:14:52,019

I think I had read partisan my

366

00:14:55,310 --> 00:14:53,579

beginner's Mind by shooting with Suzuki

367

00:14:57,650 --> 00:14:55,320

and I've read this other book by

368

00:14:59,750 --> 00:14:57,660

deshimaru I think is his name

369

00:15:02,509 --> 00:14:59,760

and I sat down and like I immediately

370

00:15:04,009 --> 00:15:02,519

was like in this ecstatic state

371

00:15:06,170 --> 00:15:04,019

and then I proceeded to basically

372

00:15:08,930 --> 00:15:06,180

meditate every day for the next 12 or so

373

00:15:12,050 --> 00:15:08,940

years and that ecstatic state was so

374

00:15:14,689 --> 00:15:12,060

[h__h] hard to come by

375

00:15:16,550 --> 00:15:14,699

sometimes it was there but 98 of the

376

00:15:18,650 --> 00:15:16,560

time it was nothing like that and

377

00:15:19,850 --> 00:15:18,660

probably more like 99.8 percent of the

378

00:15:21,170 --> 00:15:19,860

time and you know I lived at a [h__h]

379

00:15:23,090 --> 00:15:21,180

Zen Center for a year like I was

380

00:15:25,009 --> 00:15:23,100

meditating a lot and you know the great

381

00:15:26,689 --> 00:15:25,019

Zen teachers they all basically say like

382

00:15:28,730 --> 00:15:26,699

they're like oh it's not about that it's

383

00:15:30,710 --> 00:15:28,740

not about that ecstasy whatsoever so

384

00:15:32,210 --> 00:15:30,720

what's it about because I like a lot of

385

00:15:34,490 --> 00:15:32,220

those young people I like a lot I still

386

00:15:36,050 --> 00:15:34,500

really relate to that stuff what what is

387

00:15:39,470 --> 00:15:36,060

it really about what it's really about

388

00:15:41,689 --> 00:15:39,480

is the [h__\h] sensation between your

389

00:15:42,829 --> 00:15:41,699

eyeballs in the middle of your forehead

390

00:15:45,530 --> 00:15:42,839

right now

391

00:15:46,730 --> 00:15:45,540

or you know if you just bang your chest

392

00:15:48,290 --> 00:15:46,740

I'm not going to do it too loudly

393

00:15:50,389 --> 00:15:48,300

because I have a mic on but like if you

394

00:15:51,769 --> 00:15:50,399

bang your chest really quickly or if you

395

00:15:54,710 --> 00:15:51,779

were just to scream I'm not going to

396

00:15:58,129 --> 00:15:54,720

scream but if you were to scream ah

397

00:16:00,290 --> 00:15:58,139

that moment what happens

398

00:16:03,230 --> 00:16:00,300

you realize that

399

00:16:04,910 --> 00:16:03,240

that thinking mind is not the real you

400

00:16:08,329 --> 00:16:04,920

the real you is something much deeper

401
00:16:10,850 --> 00:16:08,339
profound holistic and good or Dare we

402
00:16:13,490 --> 00:16:10,860
say it God

403
00:16:14,990 --> 00:16:13,500
within you that's here all along and is

404
00:16:18,410 --> 00:16:15,000
actually running the whole operation

405
00:16:20,150 --> 00:16:18,420
this little thinking thing is just part

406
00:16:22,129 --> 00:16:20,160
of it and this little thinking thing has

407
00:16:24,050 --> 00:16:22,139
plenty of good practical purposes don't

408
00:16:26,930 --> 00:16:24,060
get me wrong but when it is on overdrive

409
00:16:29,030 --> 00:16:26,940
and you think that is all there is

410
00:16:31,310 --> 00:16:29,040
it will probably [h__h] you up in a bad

411
00:16:33,530 --> 00:16:31,320
way that's you know most of my work is

412
00:16:35,629 --> 00:16:33,540
basically about that and you do not need

413
00:16:38,150 --> 00:16:35,639

to do any formal meditation

414

00:16:41,030 --> 00:16:38,160

formal brouhaha have a special diet

415

00:16:44,749 --> 00:16:41,040

being you know some kind of

416

00:16:47,150 --> 00:16:44,759

crazy discipline whatever in order to

417

00:16:49,129 --> 00:16:47,160

realize that you are here right now and

418

00:16:49,970 --> 00:16:49,139

what you are is not that little thinking

419

00:16:52,910 --> 00:16:49,980

mind

420

00:16:53,930 --> 00:16:52,920

nice okay I'll toss another one out

421

00:16:56,629 --> 00:16:53,940

there

422

00:16:59,449 --> 00:16:56,639

what if it's okay just to be happy

423

00:17:02,749 --> 00:16:59,459

and I love you know some of your earlier

424

00:17:04,990 --> 00:17:02,759

work about being playful which is I

425

00:17:07,549 --> 00:17:05,000

think another way of getting to this

426
00:17:08,689 --> 00:17:07,559
happiness thing that we know that we

427
00:17:10,850 --> 00:17:08,699
want

428
00:17:13,610 --> 00:17:10,860
and it's so interesting how we put up

429
00:17:15,169 --> 00:17:13,620
all these barriers to say well I can't

430
00:17:17,390 --> 00:17:15,179
really be happy until I finish the

431
00:17:19,970 --> 00:17:17,400
report I can't really be happy until I

432
00:17:22,730 --> 00:17:19,980
lose that five pounds I can't be happy

433
00:17:25,309 --> 00:17:22,740
until I make this much money

434
00:17:27,409 --> 00:17:25,319
and it's like yeah what if what if I

435
00:17:29,930 --> 00:17:27,419
just gave myself permission to you know

436
00:17:32,510 --> 00:17:29,940
just be happy right now happy not like

437
00:17:35,270 --> 00:17:32,520
peaceful any of that [h__\h] happy

438
00:17:36,950 --> 00:17:35,280

I think that's powerful

439

00:17:38,930 --> 00:17:36,960

what are what are your thoughts on on

440

00:17:41,450 --> 00:17:38,940

that yeah I mean that's still some

441

00:17:44,690 --> 00:17:41,460

something that I feel like

442

00:17:46,730 --> 00:17:44,700

uh of all the stuff I've shared with

443

00:17:48,049 --> 00:17:46,740

people I I still think that's probably

444

00:17:50,150 --> 00:17:48,059

the most interesting thing that I've

445

00:17:51,650 --> 00:17:50,160

ever shared it's just that if you are

446

00:17:54,770 --> 00:17:51,660

really

447

00:17:56,029 --> 00:17:54,780

Goofy and playful and move your body and

448

00:17:57,770 --> 00:17:56,039

again I talked about this in the joy of

449

00:17:59,570 --> 00:17:57,780

not thinking I have a whole video series

450

00:18:01,610 --> 00:17:59,580

called stop being serious from a long

451
00:18:03,950 --> 00:18:01,620
time ago from over 10 years ago where

452
00:18:05,750 --> 00:18:03,960
it's just like literally me jumping up

453
00:18:09,169 --> 00:18:05,760
and down and doing all these ridiculous

454
00:18:11,390 --> 00:18:09,179
things and then talking about it some

455
00:18:13,669 --> 00:18:11,400
if you do that you're gonna feel good

456
00:18:16,010 --> 00:18:13,679
pretty much guaranteed you can feel like

457
00:18:17,990 --> 00:18:16,020
crap and if you jump around like a

458
00:18:21,169 --> 00:18:18,000
monkey and are blasting your favorite

459
00:18:22,370 --> 00:18:21,179
music and just do that with a hundred

460
00:18:23,810 --> 00:18:22,380
percent

461
00:18:25,730 --> 00:18:23,820
effort

462
00:18:26,870 --> 00:18:25,740
you're gonna realize that you are not

463
00:18:38,570 --> 00:18:26,880

you

464

00:18:40,850 --> 00:18:38,580

that's a hack and a secret that's so

465

00:18:43,549 --> 00:18:40,860

obvious like children intuitively kind

466

00:18:45,230 --> 00:18:43,559

of know it I I would say it's so obvious

467

00:18:47,090 --> 00:18:45,240

that it makes basically every adult in

468

00:18:48,529 --> 00:18:47,100

our culture uncomfortable totally

469

00:18:52,010 --> 00:18:48,539

uncomfortable I've spoken about this

470

00:18:54,350 --> 00:18:52,020

stuff for years and most people I speak

471

00:18:55,789 --> 00:18:54,360

to you know Alex is an exception like

472

00:18:57,710 --> 00:18:55,799

most people I speak to about it they

473

00:19:00,110 --> 00:18:57,720

don't even want to go near it

474

00:19:01,669 --> 00:19:00,120

you know I've got individual clients who

475

00:19:04,310 --> 00:19:01,679

are like you know I was trying to do the

476

00:19:06,830 --> 00:19:04,320

playful thing where I you know bang my

477

00:19:09,110 --> 00:19:06,840

chest like a monkey and I couldn't do it

478

00:19:11,990 --> 00:19:09,120

and you have to ask like

479

00:19:13,970 --> 00:19:12,000

why not you know you're alone in a room

480

00:19:15,529 --> 00:19:13,980

why can't you bang your just like a

481

00:19:17,570 --> 00:19:15,539

monkey why can't you make some funny

482

00:19:19,190 --> 00:19:17,580

noises why tell us to talk like this to

483

00:19:23,029 --> 00:19:19,200

yourself for a minute or two or three

484

00:19:25,010 --> 00:19:23,039

minutes all right why can't you do it

485

00:19:27,529 --> 00:19:25,020

because if you do it you're gonna break

486

00:19:30,590 --> 00:19:27,539

those boundaries and you're not who you

487

00:19:34,010 --> 00:19:30,600

think you are you're something else

488

00:19:36,710 --> 00:19:34,020

it's very interesting how we are not

489

00:19:39,650 --> 00:19:36,720

comfortable being playful

490

00:19:42,830 --> 00:19:39,660

kids are but adults usually not not so

491

00:19:44,690 --> 00:19:42,840

much awesome okay uh why don't you pick

492

00:19:47,990 --> 00:19:44,700

the next one sure

493

00:19:49,549 --> 00:19:48,000

oh the whole vibing thing I I put that

494

00:19:51,169 --> 00:19:49,559

there like connecting that so we haven't

495

00:19:53,029 --> 00:19:51,179

really talked about that yet do you have

496

00:19:54,710 --> 00:19:53,039

anything put it in a question put it in

497

00:19:58,789 --> 00:19:54,720

a question questions were magic yeah

498

00:20:02,150 --> 00:19:58,799

okay what happens when I Vibe out

499

00:20:05,690 --> 00:20:02,160

so when I say Vibe out that again

500

00:20:08,029 --> 00:20:05,700

circles back to just well what if I'm

501
00:20:09,830 --> 00:20:08,039
just okay being here right now and I

502
00:20:13,130 --> 00:20:09,840
just relax my body to the best of my

503
00:20:14,270 --> 00:20:13,140
abilities and let my mind race like a

504
00:20:16,549 --> 00:20:14,280
[h__\h]

505
00:20:18,230 --> 00:20:16,559
and think whatever it's gonna think and

506
00:20:20,210 --> 00:20:18,240
if my body even though I'm relaxing

507
00:20:23,150 --> 00:20:20,220
physically is in pain I just let it be

508
00:20:25,010 --> 00:20:23,160
physically in pain and I just relax into

509
00:20:26,570 --> 00:20:25,020
it as best I can

510
00:20:28,669 --> 00:20:26,580
but what's going to happen if I do that

511
00:20:29,930 --> 00:20:28,679
for five or ten minutes I remember the

512
00:20:32,210 --> 00:20:29,940
first time I interviewed him I always

513
00:20:33,830 --> 00:20:32,220

remember this line and it's like one of

514

00:20:36,169 --> 00:20:33,840

those it's like you're you're silliness

515

00:20:37,669 --> 00:20:36,179

thing that I I'm almost embarrassed I

516

00:20:40,490 --> 00:20:37,679

did all the Stillness exercise they're

517

00:20:42,710 --> 00:20:40,500

awesome by the way but you said you know

518

00:20:45,350 --> 00:20:42,720

I always want to be a bum

519

00:20:49,070 --> 00:20:45,360

yeah that was Tim Grimes that's like

520

00:20:51,650 --> 00:20:49,080

[h__h] dude you will admit that you admit

521

00:20:53,630 --> 00:20:51,660

that like we all just wanted to be a bum

522

00:20:55,730 --> 00:20:53,640

when we were kids we thought that was

523

00:20:59,330 --> 00:20:55,740

the coolest thing in the world just to

524

00:21:02,090 --> 00:20:59,340

have nothing to do just to Vibe out you

525

00:21:03,590 --> 00:21:02,100

know and then we got indoctrinated with

526

00:21:06,350 --> 00:21:03,600

all the rest of stuff some of which is

527

00:21:08,090 --> 00:21:06,360

good but I associate that when I hear

528

00:21:10,549 --> 00:21:08,100

you say you know

529

00:21:12,529 --> 00:21:10,559

bye about what if it's okay just you

530

00:21:15,230 --> 00:21:12,539

know what happens if I Just Vibe out do

531

00:21:17,450 --> 00:21:15,240

you wanna does that connect of course I

532

00:21:19,310 --> 00:21:17,460

mean that's like uh

533

00:21:20,690 --> 00:21:19,320

again this is all of the Joy's not

534

00:21:22,549 --> 00:21:20,700

thinking but like

535

00:21:25,130 --> 00:21:22,559

that's the thing I mean if I'm being

536

00:21:27,169 --> 00:21:25,140

awesome myself

537

00:21:28,909 --> 00:21:27,179

I I always related to people who are

538

00:21:30,350 --> 00:21:28,919

basically bumps you know and then like

539

00:21:31,730 --> 00:21:30,360

you know when I got into spirituality I

540

00:21:33,230 --> 00:21:31,740

got into spirituality relatively young

541

00:21:35,870 --> 00:21:33,240

like you know you read about those

542

00:21:37,070 --> 00:21:35,880

Indian and Japanese and Mystics you know

543

00:21:38,510 --> 00:21:37,080

and they're just living by the side of

544

00:21:40,789 --> 00:21:38,520

the river you know where they're playing

545

00:21:44,270 --> 00:21:40,799

a bamboo float flute

546

00:21:46,610 --> 00:21:44,280

or they're not doing anything

547

00:21:48,710 --> 00:21:46,620

that's what I can relate to to this day

548

00:21:51,169 --> 00:21:48,720

you know and I have a lot of

549

00:21:53,330 --> 00:21:51,179

responsibilities these days most of

550

00:21:55,370 --> 00:21:53,340

which I enjoy you know I enjoy my

551
00:21:57,770 --> 00:21:55,380
children you know I enjoy the work that

552
00:22:01,450 --> 00:21:57,780
I do but

553
00:22:05,149 --> 00:22:01,460
I can't relate to that go go

554
00:22:07,190 --> 00:22:05,159
mentality because that Go-Go mentality

555
00:22:09,590 --> 00:22:07,200
connotates

556
00:22:11,149 --> 00:22:09,600
overthinking for me and for some people

557
00:22:13,970 --> 00:22:11,159
perhaps it doesn't but I think that

558
00:22:16,310 --> 00:22:13,980
people are so very serious about

559
00:22:20,029 --> 00:22:16,320
living their life and being this certain

560
00:22:21,549 --> 00:22:20,039
kind of person and in my opinion you

561
00:22:27,710 --> 00:22:21,559
know

562
00:22:30,430 --> 00:22:27,720
my zen Masters I really looked up to he

563
00:22:32,810 --> 00:22:30,440

was a 20th centuries and master he said

564

00:22:34,250 --> 00:22:32,820

Enlightenment is like a thief breaking

565

00:22:36,470 --> 00:22:34,260

into an empty house

566

00:22:38,510 --> 00:22:36,480

there's nothing to steal and there's no

567

00:22:41,990 --> 00:22:38,520

one to catch them

568

00:22:44,450 --> 00:22:42,000

and uh I really that line some mates how

569

00:22:45,890 --> 00:22:44,460

I look at life really and that means

570

00:22:48,470 --> 00:22:45,900

like I'm kind of I have a bomb

571

00:22:50,090 --> 00:22:48,480

sensibility I'm not afraid to admit that

572

00:22:52,549 --> 00:22:50,100

you know in the same way you know they

573

00:22:54,289 --> 00:22:52,559

called Koto sawaki homeless kodo sawaki

574

00:22:56,270 --> 00:22:54,299

because he never had a he had like a

575

00:22:57,289 --> 00:22:56,280

traveling Temple he had no home he goes

576
00:22:59,450 --> 00:22:57,299
what's wrong with being homeless we're

577
00:23:02,990 --> 00:22:59,460
all homeless anyway in reality you know

578
00:23:03,950 --> 00:23:03,000
so love it okay let's try and do two

579
00:23:07,490 --> 00:23:03,960
more

580
00:23:10,850 --> 00:23:07,500
sure call it we won't overdo it

581
00:23:12,649 --> 00:23:10,860
uh I'll pick this one I love this one

582
00:23:14,270 --> 00:23:12,659
what if I didn't complain about the

583
00:23:16,730 --> 00:23:14,280
weather

584
00:23:18,409 --> 00:23:16,740
and uh the reason I throw this in there

585
00:23:19,909 --> 00:23:18,419
is because it's kind of a little bit

586
00:23:21,890 --> 00:23:19,919
we're all positive and all this stuff

587
00:23:25,390 --> 00:23:21,900
it's kind of a negative part it's kind

588
00:23:30,590 --> 00:23:25,400

of getting right at our self-centered

589

00:23:32,930 --> 00:23:30,600

egotistical narcissistic voice that

590

00:23:34,190 --> 00:23:32,940

maybe we need to once in a while just

591

00:23:36,470 --> 00:23:34,200

kind of

592

00:23:39,110 --> 00:23:36,480

check it a little bit you know just bro

593

00:23:41,330 --> 00:23:39,120

are you are you really you you know the

594

00:23:43,730 --> 00:23:41,340

sun's 94 million miles away and it heats

595

00:23:46,789 --> 00:23:43,740

up the ocean and that forms clouds and

596

00:23:48,649 --> 00:23:46,799

that forms rain and you know there's a

597

00:23:52,130 --> 00:23:48,659

lot of billions of people on the planet

598

00:23:55,610 --> 00:23:52,140

and in that context you're pretty

599

00:23:58,010 --> 00:23:55,620

pretty small element to be considering

600

00:24:01,490 --> 00:23:58,020

why the [h__h] is it going to rain on

601
00:24:05,330 --> 00:24:01,500
Friday or Saturday or that's my day off

602
00:24:07,610 --> 00:24:05,340
you're not the center of the universe Mr

603
00:24:11,630 --> 00:24:07,620
sun isn't shining on the ocean in order

604
00:24:14,750 --> 00:24:11,640
to rain on your freaking weekend and

605
00:24:17,029 --> 00:24:14,760
weather I think immediately catapults us

606
00:24:19,130 --> 00:24:17,039
into that what are what are your

607
00:24:22,010 --> 00:24:19,140
thoughts on the kind of checking the

608
00:24:24,830 --> 00:24:22,020
narcissistic part of that voice

609
00:24:26,690 --> 00:24:24,840
well I think it you know I

610
00:24:28,310 --> 00:24:26,700
it ties a little bit back into what we

611
00:24:30,590 --> 00:24:28,320
were just discussing about being a bum

612
00:24:34,490 --> 00:24:30,600
like

613
00:24:39,950 --> 00:24:37,070

if it rains out it rains all right I

614

00:24:43,310 --> 00:24:39,960

guess I gotta find shelter

615

00:24:45,470 --> 00:24:43,320

but that's all there is to it

616

00:24:48,590 --> 00:24:45,480

it's not like

617

00:24:49,730 --> 00:24:48,600

it's not a big deal and we live in a day

618

00:24:51,890 --> 00:24:49,740

and age

619

00:24:55,370 --> 00:24:51,900

where we're so inundated with people

620

00:24:56,690 --> 00:24:55,380

complaining and social media in many

621

00:24:58,549 --> 00:24:56,700

ways there's a lot of good things about

622

00:25:01,430 --> 00:24:58,559

social media but in many ways it's like

623

00:25:03,770 --> 00:25:01,440

a gigantic pool of people

624

00:25:06,289 --> 00:25:03,780

complaining about the weather

625

00:25:08,750 --> 00:25:06,299

and we're just talking about just

626

00:25:10,070 --> 00:25:08,760

dropping that from your life or in the

627

00:25:11,350 --> 00:25:10,080

very least dropping that from your

628

00:25:13,970 --> 00:25:11,360

day-to-day

629

00:25:15,409 --> 00:25:13,980

reality most stuff that we think we need

630

00:25:21,110 --> 00:25:15,419

to happen

631

00:25:23,690 --> 00:25:21,120

to be happy okay you get to pick the

632

00:25:25,970 --> 00:25:23,700

last one we went way over seven I think

633

00:25:27,769 --> 00:25:25,980

which is great because seven was a trick

634

00:25:29,990 --> 00:25:27,779

too here in case you didn't notice it

635

00:25:32,330 --> 00:25:30,000

why do you need seven questions I got

636

00:25:34,909 --> 00:25:32,340

about 30 on my list but seven you were

637

00:25:37,070 --> 00:25:34,919

like okay seven questions but pick the

638

00:25:38,870 --> 00:25:37,080

last one yeah I mean I was just going to

639

00:25:40,010 --> 00:25:38,880

say that obviously any of these

640

00:25:42,890 --> 00:25:40,020

questions

641

00:25:44,390 --> 00:25:42,900

if they resonate for you and exactly

642

00:25:48,049 --> 00:25:44,400

like Alex did you can make your own

643

00:25:50,690 --> 00:25:48,059

questions just asking a couple of them

644

00:25:52,549 --> 00:25:50,700

or even one of them a day to yourself

645

00:25:54,590 --> 00:25:52,559

is enough to

646

00:25:56,029 --> 00:25:54,600

see different things transpire I think

647

00:25:58,610 --> 00:25:56,039

just because

648

00:26:01,130 --> 00:25:58,620

you're questioning your sense of your

649

00:26:02,390 --> 00:26:01,140

normal thinking reality so it's not

650

00:26:04,610 --> 00:26:02,400

about the number of questions to be

651
00:26:06,710 --> 00:26:04,620
obvious it's it's about what you're

652
00:26:08,810 --> 00:26:06,720
asking yourself each day and that can be

653
00:26:10,250 --> 00:26:08,820
one question or many so yeah can I let

654
00:26:13,010 --> 00:26:10,260
go of some of the heavy stuff have we

655
00:26:14,510 --> 00:26:13,020
done that yet Alex I feel like oh yeah I

656
00:26:16,669 --> 00:26:14,520
I really want you to do that one because

657
00:26:18,769 --> 00:26:16,679
I think I got that one from you too so

658
00:26:20,510 --> 00:26:18,779
yeah go ahead can I like some of the

659
00:26:21,830 --> 00:26:20,520
heavy stuff again all these things tie

660
00:26:25,430 --> 00:26:21,840
together all these questions tied

661
00:26:27,110 --> 00:26:25,440
together but when we go at things in

662
00:26:28,970 --> 00:26:27,120
this kind of alternative way you know I

663
00:26:31,250 --> 00:26:28,980

like to say radical way

664

00:26:33,529 --> 00:26:31,260

and we realized that that voice in our

665

00:26:35,810 --> 00:26:33,539

heads that is dictating seemingly

666

00:26:37,669 --> 00:26:35,820

everything is not actually the thing in

667

00:26:39,649 --> 00:26:37,679

charge and that there's something else

668

00:26:42,350 --> 00:26:39,659

in charge that's much greater than that

669

00:26:44,090 --> 00:26:42,360

and that that thing is not really a

670

00:26:46,070 --> 00:26:44,100

thing but it's just it's it's life

671

00:26:49,029 --> 00:26:46,080

itself and that we can relax into that

672

00:26:51,409 --> 00:26:49,039

because it's good in some like profound

673

00:26:53,810 --> 00:26:51,419

incomprehensible way

674

00:26:56,870 --> 00:26:53,820

when we realize that

675

00:26:58,610 --> 00:26:56,880

a lot of seemingly negative [h__h] can be

676
00:27:00,830 --> 00:26:58,620
going on in our lives you know we can

677
00:27:02,690 --> 00:27:00,840
have problems you know serious problems

678
00:27:05,090 --> 00:27:02,700
you know health problems financial

679
00:27:05,930 --> 00:27:05,100
problems relationship problems what have

680
00:27:09,230 --> 00:27:05,940
you

681
00:27:13,010 --> 00:27:09,240
but this thing is still here

682
00:27:15,710 --> 00:27:13,020
this sense of goodness even when we

683
00:27:18,950 --> 00:27:15,720
think with our thinking in our mind that

684
00:27:20,450 --> 00:27:18,960
everything's terrible this other not

685
00:27:23,029 --> 00:27:20,460
thing thing

686
00:27:25,789 --> 00:27:23,039
is here the whole time and you can still

687
00:27:28,610 --> 00:27:25,799
focus on that thing between your eyes or

688
00:27:29,990 --> 00:27:28,620

jump up and down like a monkey or vein

689

00:27:32,269 --> 00:27:30,000

your chest or do whatever the heck you

690

00:27:35,930 --> 00:27:32,279

want to do and Bam

691

00:27:38,269 --> 00:27:35,940

maybe just for an instant

692

00:27:41,149 --> 00:27:38,279

you realize the truth is not what you're

693

00:27:44,630 --> 00:27:41,159

thinking in all of that heavy stuff

694

00:27:46,549 --> 00:27:44,640

ultimately as terrible as it may be is

695

00:27:49,669 --> 00:27:46,559

not real in the way you think it is and

696

00:27:51,049 --> 00:27:49,679

that is a tremendous tremendous

697

00:27:53,570 --> 00:27:51,059

tremendous

698

00:27:56,149 --> 00:27:53,580

relief and that's something you can

699

00:27:57,590 --> 00:27:56,159

practice doing you know on a daily basis

700

00:28:00,470 --> 00:27:57,600

pretty much

701
00:28:02,690 --> 00:28:00,480
yeah that's great we're all just playing

702
00:28:04,490 --> 00:28:02,700
with these ideas but

703
00:28:05,750 --> 00:28:04,500
a lot of times it seems to me like the

704
00:28:07,730 --> 00:28:05,760
heavy stuff

705
00:28:10,250 --> 00:28:07,740
is the stuff we just feel I can't I

706
00:28:13,310 --> 00:28:10,260
can't let go of that you know I the

707
00:28:15,529 --> 00:28:13,320
grief that I feel and what I caused I

708
00:28:17,870 --> 00:28:15,539
mean yeah Tim tell me about the other

709
00:28:19,430 --> 00:28:17,880
[h__\h] I'll try and like I can't let go of

710
00:28:21,289 --> 00:28:19,440
that

711
00:28:23,330 --> 00:28:21,299
and it's like well

712
00:28:25,370 --> 00:28:23,340
what if you could what if you could let

713
00:28:27,049 --> 00:28:25,380

go of some not all of it but what if you

714

00:28:29,269 --> 00:28:27,059

could let go of some

715

00:28:31,370 --> 00:28:29,279

of the really heavy stuff because maybe

716

00:28:35,450 --> 00:28:31,380

you've told yourself no no the heavy

717

00:28:40,130 --> 00:28:35,460

stuff you know just another way to

718

00:28:42,830 --> 00:28:40,140

pick this thing apart is the way that uh

719

00:28:45,470 --> 00:28:42,840

the way that I saw it

720

00:28:47,510 --> 00:28:45,480

you know maybe a way to wrap it up and I

721

00:28:50,390 --> 00:28:47,520

want you to tell people about what you

722

00:28:53,510 --> 00:28:50,400

do and your books and your podcast and

723

00:28:55,610 --> 00:28:53,520

your coaching and and that kind of stuff

724

00:28:56,870 --> 00:28:55,620

but I also want to talk about what you

725

00:28:59,470 --> 00:28:56,880

and I were talking about at the

726
00:29:01,610 --> 00:28:59,480
beginning which is

727
00:29:03,890 --> 00:29:01,620
what it means from a practical

728
00:29:07,090 --> 00:29:03,900
standpoint to remove some of these

729
00:29:10,070 --> 00:29:07,100
barriers because in a way

730
00:29:12,830 --> 00:29:10,080
what we've been talking about is the

731
00:29:15,830 --> 00:29:12,840
stuff that kind of clutters us from

732
00:29:17,570 --> 00:29:15,840
this magic that's going inside and you

733
00:29:20,029 --> 00:29:17,580
know from your experience working with

734
00:29:22,430 --> 00:29:20,039
people what does it mean when some of

735
00:29:25,610 --> 00:29:22,440
that stuff is kind of cleared out of the

736
00:29:27,950 --> 00:29:25,620
pathway there I mean frankly

737
00:29:29,630 --> 00:29:27,960
you know Miracles can happen is what

738
00:29:31,070 --> 00:29:29,640

people think but really I think it's

739

00:29:32,630 --> 00:29:31,080

just you get out of your own way so

740

00:29:36,889 --> 00:29:32,640

stuff

741

00:29:38,630 --> 00:29:36,899

straighten out you know whether that

742

00:29:39,830 --> 00:29:38,640

means relationship issues you know I've

743

00:29:41,930 --> 00:29:39,840

worked with quite a few people who've

744

00:29:44,630 --> 00:29:41,940

had serious relationship issues whether

745

00:29:48,350 --> 00:29:44,640

it means you know something with like

746

00:29:50,810 --> 00:29:48,360

divorce or kids stuff like that all of a

747

00:29:52,850 --> 00:29:50,820

sudden the relationship is

748

00:29:54,230 --> 00:29:52,860

you know it's a remedy to a large degree

749

00:29:56,210 --> 00:29:54,240

something like that I think as you get

750

00:29:57,769 --> 00:29:56,220

out of your own way and that and you

751
00:30:00,950 --> 00:29:57,779
allow for something like that to happen

752
00:30:02,930 --> 00:30:00,960
that's a good example but

753
00:30:04,430 --> 00:30:02,940
when you stop taking your that inner

754
00:30:06,049 --> 00:30:04,440
voices seriously you become a more

755
00:30:08,389 --> 00:30:06,059
empathetic person you know you don't

756
00:30:10,610 --> 00:30:08,399
become uh dispassionate towards other

757
00:30:13,130 --> 00:30:10,620
people's needs you become more able to

758
00:30:14,930 --> 00:30:13,140
deal with people so I think that

759
00:30:17,029 --> 00:30:14,940
interpersonal thing is is

760
00:30:19,909 --> 00:30:17,039
something I've really noticed and you

761
00:30:21,710 --> 00:30:19,919
know obviously not obviously but your

762
00:30:24,110 --> 00:30:21,720
health generally improves the more crap

763
00:30:25,490 --> 00:30:24,120

you get out of your your mental crap to

764

00:30:27,110 --> 00:30:25,500

get out of your system you might be

765

00:30:28,490 --> 00:30:27,120

surprised that your health improves more

766

00:30:30,830 --> 00:30:28,500

you know for some people their financial

767

00:30:33,830 --> 00:30:30,840

situation might improve you know they've

768

00:30:36,590 --> 00:30:33,840

been so much of it just comes back to

769

00:30:39,350 --> 00:30:36,600

being open

770

00:30:40,549 --> 00:30:39,360

to life and not being as overwhelmed by

771

00:30:42,230 --> 00:30:40,559

the thoughts in your head and thinking

772

00:30:45,070 --> 00:30:42,240

that is all there is to life but being

773

00:30:47,450 --> 00:30:45,080

okay with you're here

774

00:30:49,090 --> 00:30:47,460

that's that's fine to be here and it's

775

00:30:52,850 --> 00:30:49,100

actually good just to be here right now

776

00:30:54,950 --> 00:30:52,860

so Tim as we wrap it up tell folks more

777

00:30:58,430 --> 00:30:54,960

about your work

778

00:31:01,730 --> 00:30:58,440

broadly your podcast your books sure

779

00:31:03,049 --> 00:31:01,740

your website yeah so I've written at

780

00:31:04,909 --> 00:31:03,059

this point I've written a lot of books

781

00:31:07,310 --> 00:31:04,919

uh or several books I should say that

782

00:31:08,630 --> 00:31:07,320

mainly deal with what exactly what we

783

00:31:11,269 --> 00:31:08,640

were talking about just mental health

784

00:31:12,470 --> 00:31:11,279

stress relief and that kind of bringing

785

00:31:14,990 --> 00:31:12,480

them together with spirituality

786

00:31:16,789 --> 00:31:15,000

spiritual Concepts and a lot of Law of

787

00:31:18,649 --> 00:31:16,799

Attraction Concepts I use the term Law

788

00:31:20,810 --> 00:31:18,659

of Attraction Loosely I have a whole

789

00:31:23,269 --> 00:31:20,820

podcast where I explore a lot of the

790

00:31:24,590 --> 00:31:23,279

older 20th century Law of Attraction

791

00:31:26,750 --> 00:31:24,600

teachers because they have a lot of

792

00:31:28,070 --> 00:31:26,760

great practical information that you can

793

00:31:30,830 --> 00:31:28,080

tie together with what we've been

794

00:31:32,029 --> 00:31:30,840

discussing today so I talk about a lot

795

00:31:33,950 --> 00:31:32,039

of teachers that I think should be known

796

00:31:36,409 --> 00:31:33,960

but really are not well known and a lot

797

00:31:38,630 --> 00:31:36,419

of their ideas tie together with

798

00:31:41,510 --> 00:31:38,640

you know just being open to the moment

799

00:31:43,370 --> 00:31:41,520

like like we just have been doing for

800

00:31:44,690 --> 00:31:43,380

the last hour or so so I tie all that

801
00:31:46,070 --> 00:31:44,700
stuff together and then I provide

802
00:31:47,269 --> 00:31:46,080
counseling and coaching for people who

803
00:31:48,769 --> 00:31:47,279
want to basically just go deep with me

804
00:31:52,010 --> 00:31:48,779
to do the stuff that Alex and I just did

805
00:31:54,710 --> 00:31:52,020
you know and realize that

806
00:31:57,409 --> 00:31:54,720
what's happening right now is

807
00:31:58,430 --> 00:31:57,419
is good you know or if you want to use a

808
00:31:59,870 --> 00:31:58,440
spiritual term what's happening right

809
00:32:01,789 --> 00:31:59,880
now is God but we don't have to use

810
00:32:04,850 --> 00:32:01,799
spiritual terms it's just realizing that

811
00:32:06,590 --> 00:32:04,860
what is going on right this moment is

812
00:32:08,990 --> 00:32:06,600
fine and there's nothing wrong with you

813
00:32:10,909 --> 00:32:09,000

you know that with that comes relief

814

00:32:12,590 --> 00:32:10,919

that's the Stress Management element is

815

00:32:14,510 --> 00:32:12,600

that you feel better when you realize

816

00:32:16,730 --> 00:32:14,520

there's nothing wrong with you so that's

817

00:32:18,350 --> 00:32:16,740

what I do with people

818

00:32:20,750 --> 00:32:18,360

awesome

819

00:32:23,090 --> 00:32:20,760

glad you're out there doing it glad I

820

00:32:25,490 --> 00:32:23,100

found you man you're just a gem you're a

821

00:32:27,110 --> 00:32:25,500

gift it's always a pleasure uh you know

822

00:32:30,350 --> 00:32:27,120

talking to you Alex and this I hope that

823

00:32:31,430 --> 00:32:30,360

this uh this hour or so has been helpful

824

00:32:33,289 --> 00:32:31,440

for people because I know it's a little

825

00:32:35,090 --> 00:32:33,299

bit different and I think hopefully what

826

00:32:37,370 --> 00:32:35,100

we were just doing is something that

827

00:32:39,470 --> 00:32:37,380

people will be able to utilize in their

828

00:32:41,210 --> 00:32:39,480

own day-to-day lives you know in terms

829

00:32:43,370 --> 00:32:41,220

of the questions and stuff like that so

830

00:32:46,549 --> 00:32:43,380

awesome buddy we'll leave it right there

831

00:32:48,950 --> 00:32:46,559

terrific thanks again to Tim Grimes for

832

00:32:51,830 --> 00:32:48,960

joining me today on skeptico the one

833

00:32:55,490 --> 00:32:51,840

question I'd have for you is what is the

834

00:32:57,409 --> 00:32:55,500

question that you ask that voice inside

835

00:32:59,510 --> 00:32:57,419

your head

836

00:33:02,450 --> 00:32:59,520

let me know your thoughts love to hear

837

00:33:05,750 --> 00:33:02,460

from you on the skeptical Forum or email

838

00:33:07,750 --> 00:33:05,760

or anywhere else you might reach me

839

00:33:11,330 --> 00:33:07,760

that's going to do it for this episode

840

00:33:13,590 --> 00:33:11,340

until next time take care