

SK≡PTIKO
science & spirituality

ZERO

SAM TRIPOLI



1
00:00:03,949 --> 00:00:01,850
hahaha

2
00:00:06,769 --> 00:00:03,959
hi everybody and welcome to another

3
00:00:08,930 --> 00:00:06,779
episode of zero uh I just wanted to tell

4
00:00:10,310 --> 00:00:08,940
you guys something real quick

5
00:00:15,369 --> 00:00:10,320
even though

6
00:00:18,710 --> 00:00:15,379
I enjoy the um the premium content

7
00:00:22,790 --> 00:00:18,720
donations that I make from this show I

8
00:00:24,950 --> 00:00:22,800
have decided to make this show for free

9
00:00:27,830 --> 00:00:24,960
uh so that everyone could get it because

10
00:00:29,810 --> 00:00:27,840
I think it needs to be heard and it

11
00:00:31,790 --> 00:00:29,820
saved my life so I want to save

12
00:00:35,569 --> 00:00:31,800
everybody's life and I don't want them

13
00:00:37,790 --> 00:00:35,579

to uh not do it now what I may do is add

14

00:00:40,610 --> 00:00:37,800

a five dollar option if you'd like to

15

00:00:42,889 --> 00:00:40,620

support the show uh you can if you keep

16

00:00:45,049 --> 00:00:42,899

at the 15 level you get all my other

17

00:00:46,790 --> 00:00:45,059

shows and I add a ton of stuff so I just

18

00:00:48,529 --> 00:00:46,800

wanted you to know that I've always felt

19

00:00:51,170 --> 00:00:48,539

really bad about doing a spiritual show

20

00:00:55,189 --> 00:00:51,180

behind a paywall I kind of needed it at

21

00:00:57,290 --> 00:00:55,199

that moment but now blessings in my life

22

00:00:58,130 --> 00:00:57,300

I do not and I would like to give it

23

00:01:00,950 --> 00:00:58,140

away

24

00:01:03,410 --> 00:01:00,960

because zero is for the people and

25

00:01:04,850 --> 00:01:03,420

that's it so that that I love you all

26

00:01:06,950 --> 00:01:04,860

thank you for coming on a journey it's

27

00:01:09,710 --> 00:01:06,960

only going to get better bigger faster

28

00:01:12,469 --> 00:01:09,720

stronger or it may not and it just may

29

00:01:16,250 --> 00:01:12,479

be us and who cares that's all I care

30

00:01:18,770 --> 00:01:16,260

about what I am excited about is our our

31

00:01:21,890 --> 00:01:18,780

next guest here uh he's been on my show

32

00:01:24,469 --> 00:01:21,900

many times this show Tim full hat and uh

33

00:01:27,830 --> 00:01:24,479

I love him very much his podcast is

34

00:01:30,230 --> 00:01:27,840

skeptical and it's Alex sakaris did I

35

00:01:32,630 --> 00:01:30,240

get it did I get it you nailed it you

36

00:01:35,030 --> 00:01:32,640

freaking nailed it Alex I gotta be

37

00:01:37,190 --> 00:01:35,040

honest with you man you're a Class Act

38

00:01:39,410 --> 00:01:37,200

I really like you you have great energy

39

00:01:41,390 --> 00:01:39,420

you have really great vibrations and

40

00:01:43,010 --> 00:01:41,400

it's like I don't know what you've done

41

00:01:46,190 --> 00:01:43,020

with your life I know that you've done

42

00:01:48,830 --> 00:01:46,200

well and that I always like when I meet

43

00:01:52,130 --> 00:01:48,840

successful people that still have light

44

00:01:53,389 --> 00:01:52,140

in them that that it gives should give

45

00:01:55,310 --> 00:01:53,399

everybody hope

46

00:01:57,710 --> 00:01:55,320

so I just wanted you to know that I got

47

00:02:00,789 --> 00:01:57,720

numb of mad love for you and I'm super

48

00:02:03,469 --> 00:02:00,799

excited that we're talking again

49

00:02:04,850 --> 00:02:03,479

ditto same way you know it's excited to

50

00:02:06,109 --> 00:02:04,860

be here no but I'm gonna push you man

51
00:02:10,430 --> 00:02:06,119
because that's what skeptical is about

52
00:02:12,710 --> 00:02:10,440
so I'm gonna poke at you but uh no love

53
00:02:16,010 --> 00:02:12,720
love you loved you I'm Rogan man

54
00:02:17,750 --> 00:02:16,020
congrats thank you man uh I love that

55
00:02:19,610 --> 00:02:17,760
guy you know I've been getting a lot of

56
00:02:22,910 --> 00:02:19,620
crap from everybody for defending him

57
00:02:25,369 --> 00:02:22,920
but people don't realize man like if you

58
00:02:28,070 --> 00:02:25,379
go back to almost every one of my albums

59
00:02:29,809 --> 00:02:28,080
I think except for my very first one I

60
00:02:31,369 --> 00:02:29,819
think I thank him on every album even

61
00:02:34,670 --> 00:02:31,379
that's way before The Joe Rogan

62
00:02:36,710 --> 00:02:34,680
Experience so I'm a ride or die guy I

63
00:02:38,390 --> 00:02:36,720

defend my friends and I will do it to

64

00:02:41,930 --> 00:02:38,400

the end and if

65

00:02:45,290 --> 00:02:41,940

I'm seen as some weirdo because you know

66

00:02:47,750 --> 00:02:45,300

I'm Blood In Blood Out then so be it so

67

00:02:50,390 --> 00:02:47,760

thank you you know it's funny with Rogan

68

00:02:54,350 --> 00:02:50,400

because I kind of go back and forth but

69

00:02:57,170 --> 00:02:54,360

lately I've been kind of going more homo

70

00:03:00,710 --> 00:02:57,180

on Rogan you know because I'm starting

71

00:03:03,589 --> 00:03:00,720

to to maybe believe that he is really

72

00:03:04,729 --> 00:03:03,599

more legit than I kind of thought and

73

00:03:07,130 --> 00:03:04,739

you know what from a spiritual

74

00:03:08,930 --> 00:03:07,140

standpoint uh you know I want to bring

75

00:03:10,250 --> 00:03:08,940

this up with you because I thought it

76

00:03:11,869 --> 00:03:10,260

was cool and you could relate to it

77

00:03:12,710 --> 00:03:11,879

because you can relate to Rogan but I

78

00:03:14,089 --> 00:03:12,720

was hearing the other day and he's

79

00:03:16,430 --> 00:03:14,099

talking about the voice

80

00:03:17,630 --> 00:03:16,440

and I'm like [\h__\h] now he's talking about

81

00:03:19,610 --> 00:03:17,640

the voice now he's talking about the

82

00:03:22,009 --> 00:03:19,620

real [\h__\h] the voice inside our head

83

00:03:25,369 --> 00:03:22,019

because that's what it's about right Sam

84

00:03:27,350 --> 00:03:25,379

I mean it's that voice right and and so

85

00:03:29,089 --> 00:03:27,360

he's telling the story and he's telling

86

00:03:31,970 --> 00:03:29,099

it from this

87

00:03:34,490 --> 00:03:31,980

you know workout thing like he's kind of

88

00:03:35,990 --> 00:03:34,500

crazy with his workouts and all of this

89

00:03:38,210 --> 00:03:36,000

stuff but really over the top and he's

90

00:03:41,030 --> 00:03:38,220

talking about uh Goggins you know David

91

00:03:43,789 --> 00:03:41,040

Goggins and he goes yeah you know

92

00:03:46,130 --> 00:03:43,799

sometimes Goggins says he'll [h__\h]

93

00:03:48,649 --> 00:03:46,140

stare at his shoes for 30 minutes you

94

00:03:50,630 --> 00:03:48,659

know like Goggins who's like you know go

95

00:03:51,949 --> 00:03:50,640

go go go go I'm doing it because you're

96

00:03:54,170 --> 00:03:51,959

not [h__\h] doing it you know what he

97

00:03:57,830 --> 00:03:54,180

says Goggins staring at his shoes I go

98

00:03:59,930 --> 00:03:57,840

oh they get it it's the voice you know

99

00:04:02,330 --> 00:03:59,940

my thing is I I do I've been doing the

100

00:04:05,030 --> 00:04:02,340

ice bath for years you know and what I

101
00:04:06,649 --> 00:04:05,040
always tell people is uh you know I got

102
00:04:09,770 --> 00:04:06,659
a freezer I converted and it's you know

103
00:04:13,729 --> 00:04:09,780
all the ice in there and I go no man

104
00:04:17,150 --> 00:04:13,739
it's about yoga it ain't about like uh

105
00:04:21,770 --> 00:04:17,160
you know health benefits or muscle it's

106
00:04:23,749 --> 00:04:21,780
about every day literally I that voice

107
00:04:27,170 --> 00:04:23,759
goes off and has given me all these

108
00:04:30,230 --> 00:04:27,180
excuses why not to get in that ice it's

109
00:04:32,870 --> 00:04:30,240
like you did it yesterday it's raining

110
00:04:35,990 --> 00:04:32,880
outside come on it's winter this is

111
00:04:38,030 --> 00:04:36,000
Solstice every day it's like I try and

112
00:04:40,070 --> 00:04:38,040
put the voice down and it still comes up

113
00:04:42,950 --> 00:04:40,080

so now you know for people I don't have

114

00:04:46,909 --> 00:04:42,960

a very stressful life so it's almost

115

00:04:49,430 --> 00:04:46,919

like a gift for that voice to rear its

116

00:04:52,189 --> 00:04:49,440

head and just expose itself for the

117

00:04:54,830 --> 00:04:52,199

phony [h__h] it is you know because it's

118

00:04:57,530 --> 00:04:54,840

phony it's phony it's just constructing

119

00:05:02,270 --> 00:04:57,540

all this crazy stuff in my head so I I

120

00:05:03,650 --> 00:05:02,280

did connect with uh with Rogan when he

121

00:05:05,870 --> 00:05:03,660

was talking about the voice and then

122

00:05:08,330 --> 00:05:05,880

when you were on there and I love the

123

00:05:11,270 --> 00:05:08,340

way this is a minor thing but I love the

124

00:05:14,990 --> 00:05:11,280

way you handled the hey man you want to

125

00:05:17,090 --> 00:05:15,000

get high you know which I almost I mean

126

00:05:19,790 --> 00:05:17,100

that almost pissed me off because he

127

00:05:22,010 --> 00:05:19,800

like knows you're sober man yeah he

128

00:05:25,189 --> 00:05:22,020

wasn't serious he was joking because he

129

00:05:26,990 --> 00:05:25,199

he's very happy I'm sober and but he was

130

00:05:30,110 --> 00:05:27,000

just like having fun with me for the

131

00:05:31,070 --> 00:05:30,120

moment because later on that night we

132

00:05:33,110 --> 00:05:31,080

were

133

00:05:35,990 --> 00:05:33,120

um at a club I was performing with them

134

00:05:38,390 --> 00:05:36,000

and I like I like to watch Rogan work I

135

00:05:39,590 --> 00:05:38,400

just I'm a big fan of uh of a lot of

136

00:05:41,330 --> 00:05:39,600

stuff that he does and I love his

137

00:05:43,129 --> 00:05:41,340

stand-up I've always been a big fan of a

138

00:05:44,270 --> 00:05:43,139

stand-up man I was really excited

139

00:05:46,249 --> 00:05:44,280

because I knew he was about to start

140

00:05:48,110 --> 00:05:46,259

recording so

141

00:05:51,590 --> 00:05:48,120

um he was in there and he smokes fat

142

00:05:53,510 --> 00:05:51,600

blunts bro he smokes fat blondes and

143

00:05:55,850 --> 00:05:53,520

he's going to pass and he hands it my

144

00:05:58,370 --> 00:05:55,860

way and I was just gonna pass it on

145

00:06:00,650 --> 00:05:58,380

because weed's not my thing I'm never

146

00:06:02,930 --> 00:06:00,660

tempted to smoke weed it does it's not

147

00:06:04,490 --> 00:06:02,940

my thing but he goes hey man no you

148

00:06:07,070 --> 00:06:04,500

can't do it and I go bro I'm just

149

00:06:08,749 --> 00:06:07,080

passing I don't I don't want it and it

150

00:06:10,730 --> 00:06:08,759

was very interesting because

151

00:06:12,529 --> 00:06:10,740

I forgot to talk about us because I was

152

00:06:14,990 --> 00:06:12,539

at another show we we started late and

153

00:06:17,390 --> 00:06:15,000

Alex I'm very thank you thankful for you

154

00:06:21,110 --> 00:06:17,400

for being understanding so thank you

155

00:06:23,029 --> 00:06:21,120

um but I was at a show and someone in

156

00:06:25,430 --> 00:06:23,039

the Green Room busted out some cocaine

157

00:06:27,590 --> 00:06:25,440

and it was very weird because I went on

158

00:06:28,309 --> 00:06:27,600

this kind of

159

00:06:29,689 --> 00:06:28,319

um

160

00:06:31,850 --> 00:06:29,699

it was not the show that was at but

161

00:06:34,249 --> 00:06:31,860

another show a couple days ago and I

162

00:06:37,249 --> 00:06:34,259

went on this uh this kind of like weird

163

00:06:38,450 --> 00:06:37,259

Voyage of emotions with it like the

164

00:06:40,670 --> 00:06:38,460

first time I was like oh my God

165

00:06:43,969 --> 00:06:40,680

someone's doing coke like that's how far

166

00:06:45,890 --> 00:06:43,979

from Coke I was and then I was like why

167

00:06:47,930 --> 00:06:45,900

are you doing coke it's like don't you

168

00:06:51,230 --> 00:06:47,940

know about Fentanyl and that was like

169

00:06:55,070 --> 00:06:51,240

wow so good rocked his back it was like

170

00:06:56,510 --> 00:06:55,080

this weird kind of Journey but I also

171

00:06:59,390 --> 00:06:56,520

see the people that I know still doing

172

00:07:00,469 --> 00:06:59,400

coke and there's not a lot of light in

173

00:07:02,409 --> 00:07:00,479

their eyes

174

00:07:07,370 --> 00:07:02,419

there's a lot of Gray

175

00:07:09,290 --> 00:07:07,380

and I I get that I get it because I

176
00:07:11,990 --> 00:07:09,300
remember looking at myself in the mirror

177
00:07:12,950 --> 00:07:12,000
after I'd been on a run and I would be

178
00:07:15,409 --> 00:07:12,960
like

179
00:07:18,050 --> 00:07:15,419
there's no light in me I'm very gray

180
00:07:19,309 --> 00:07:18,060
right now I'm dehydrated I still between

181
00:07:21,770 --> 00:07:19,319
you and me I've never really talked

182
00:07:24,110 --> 00:07:21,780
about I think my legs have felt the

183
00:07:25,490 --> 00:07:24,120
effects of the years of drug abuse and

184
00:07:27,529 --> 00:07:25,500
and being

185
00:07:29,210 --> 00:07:27,539
um not drinking a lot of water while I

186
00:07:31,909 --> 00:07:29,220
was running a gun and so I have to do

187
00:07:34,670 --> 00:07:31,919
you brought up yoga I got very excited I

188
00:07:37,249 --> 00:07:34,680

my girlfriend thinks I'm seeing the yoga

189

00:07:39,290 --> 00:07:37,259

instructor on YouTube she thinks I'm

190

00:07:41,390 --> 00:07:39,300

dating the the Canadian yoga instructor

191

00:07:44,029 --> 00:07:41,400

because I'm always doing yo I try to do

192

00:07:47,749 --> 00:07:44,039

yoga every day I told 30 minutes maybe

193

00:07:49,790 --> 00:07:47,759

I'll do 20 early and then 10 or 15 20 at

194

00:07:52,730 --> 00:07:49,800

the end or or I'll bang out 30 at the

195

00:07:54,950 --> 00:07:52,740

end but I'm really really getting into

196

00:07:57,650 --> 00:07:54,960

it because it's it's uh it's been it's

197

00:08:00,230 --> 00:07:57,660

so hard for me because I'm so

198

00:08:01,610 --> 00:08:00,240

um not limber that it's like this fun

199

00:08:04,189 --> 00:08:01,620

kind of challenge that I know is really

200

00:08:07,370 --> 00:08:04,199

good for me I love yoga I I you know you

201

00:08:09,529 --> 00:08:07,380

can call me Cali guy but yoga is like

202

00:08:12,230 --> 00:08:09,539

when you start yoga and you can't do

203

00:08:13,790 --> 00:08:12,240

downward dog it seems so painful and

204

00:08:16,790 --> 00:08:13,800

then when you can just start banging out

205

00:08:19,309 --> 00:08:16,800

downward dog it's the best feeling ever

206

00:08:20,749 --> 00:08:19,319

hey that's awesome hey I just got you

207

00:08:23,689 --> 00:08:20,759

know I'm such a you know you've been

208

00:08:25,909 --> 00:08:23,699

doing it for so long best Yogi one of

209

00:08:28,189 --> 00:08:25,919

the best in my opinion and no one gives

210

00:08:32,690 --> 00:08:28,199

them props for this understands him Wim

211

00:08:35,449 --> 00:08:32,700

Hof go watch go watch his Yoga Yoga Yoga

212

00:08:38,930 --> 00:08:35,459

extra yo like Wim Hof if you go listen

213

00:08:41,329 --> 00:08:38,940

to his story and [\h__\h] 12 years old he's

214

00:08:44,389 --> 00:08:41,339

putting together like a comic book you

215

00:08:45,889 --> 00:08:44,399

know of yoga of the poses cutting them

216

00:08:48,470 --> 00:08:45,899

out of magazines and putting them

217

00:08:50,389 --> 00:08:48,480

together he's all about the poses and

218

00:08:52,610 --> 00:08:50,399

the key thing that he really understands

219

00:08:55,130 --> 00:08:52,620

is the breath work associated with it

220

00:08:58,190 --> 00:08:55,140

because a lot of times the the yoga

221

00:09:01,610 --> 00:08:58,200

today what they've kind of uh messed up

222

00:09:03,769 --> 00:09:01,620

because they it's a it's a club oriented

223

00:09:05,870 --> 00:09:03,779

you know class oriented you know follow

224

00:09:08,630 --> 00:09:05,880

the teacher Sage on the stage kind of

225

00:09:10,670 --> 00:09:08,640

thing it's all about the breath it's uh

226

00:09:13,250 --> 00:09:10,680

like my teacher said a long time a long

227

00:09:15,290 --> 00:09:13,260

time ago it's it's a dance and the

228

00:09:16,670 --> 00:09:15,300

breath is leading the dance so if you

229

00:09:18,829 --> 00:09:16,680

get into class or if somebody's telling

230

00:09:21,350 --> 00:09:18,839

you you okay breathe in breathe out no

231

00:09:24,889 --> 00:09:21,360

you breathe according to your body's

232

00:09:27,410 --> 00:09:24,899

motion and uh and you're and so working

233

00:09:28,850 --> 00:09:27,420

that breath is just there yeah oh I

234

00:09:31,850 --> 00:09:28,860

could talk about you for a long time but

235

00:09:35,630 --> 00:09:31,860

no I love it I love it I'm not the best

236

00:09:37,610 --> 00:09:35,640

of pigeon I have weird uh legs one you

237

00:09:40,670 --> 00:09:37,620

know none of that matters none of that

238

00:09:42,650 --> 00:09:40,680

matters it's about getting in touch

239

00:09:46,009 --> 00:09:42,660

is Joy ever it's

240

00:09:48,290 --> 00:09:46,019

it's like my my kids being born Patrick

241

00:09:51,290 --> 00:09:48,300

Ewing being drafted by the Knicks one

242

00:09:53,630 --> 00:09:51,300

day I'm on the 101 there's nobody and

243

00:09:56,990 --> 00:09:53,640

then incrementally

244

00:10:01,070 --> 00:09:57,000

be just getting a little bit deeper into

245

00:10:03,650 --> 00:10:01,080

yoga pose is like my favorite things

246

00:10:05,690 --> 00:10:03,660

awesome that's beautiful I love that I

247

00:10:08,150 --> 00:10:05,700

love I mean it's just like because I I

248

00:10:11,630 --> 00:10:08,160

stopped Jiu Jitsu because I was really

249

00:10:13,790 --> 00:10:11,640

upset that I was in limber as my good

250

00:10:17,329 --> 00:10:13,800

friend who now has a black belt open

251
00:10:19,670 --> 00:10:17,339
owned his own school so I was like I'm

252
00:10:22,790 --> 00:10:19,680
not gonna do it but I think I was beat

253
00:10:24,230 --> 00:10:22,800
my because I like even though I I have

254
00:10:26,030 --> 00:10:24,240
this weird thing where like and with

255
00:10:28,370 --> 00:10:26,040
comedy it's it's kind of same thing

256
00:10:30,470 --> 00:10:28,380
where I just want to be the best like I

257
00:10:32,870 --> 00:10:30,480
would watch people that are like super

258
00:10:35,810 --> 00:10:32,880
successful and I never wanted them not

259
00:10:38,329 --> 00:10:35,820
to do well I always just wanted to be

260
00:10:40,190 --> 00:10:38,339
there with them like I want you to see

261
00:10:42,769 --> 00:10:40,200
but I want to succeed too I want to be

262
00:10:44,449 --> 00:10:42,779
right there so I was but I lost all the

263
00:10:46,970 --> 00:10:44,459

succeed and I just want to be one of

264

00:10:49,790 --> 00:10:46,980

those in the group and so you know I do

265

00:10:52,310 --> 00:10:49,800

that with almost everything I do uh I

266

00:10:55,670 --> 00:10:52,320

want everyone to be great so I really

267

00:10:57,290 --> 00:10:55,680

beat myself up in yo in Jujitsu because

268

00:10:58,550 --> 00:10:57,300

I was just like oh I can't do this I

269

00:11:00,530 --> 00:10:58,560

can't do this I can't and then I just

270

00:11:01,910 --> 00:11:00,540

ran out and it's so interesting I know

271

00:11:04,790 --> 00:11:01,920

you got a lot to want to talk about but

272

00:11:08,210 --> 00:11:04,800

I'm really working on my daughter

273

00:11:11,269 --> 00:11:08,220

on her she says can't a lot she loves to

274

00:11:14,030 --> 00:11:11,279

say can't now she's two she's uh she's

275

00:11:17,750 --> 00:11:14,040

one month from three but she says can't

276

00:11:19,730 --> 00:11:17,760

a lot and I'm just constantly trying to

277

00:11:22,310 --> 00:11:19,740

teach her words I'm already like words

278

00:11:25,370 --> 00:11:22,320

are magic okay you're putting out magic

279

00:11:27,889 --> 00:11:25,380

spells and we have to practice abundance

280

00:11:30,949 --> 00:11:27,899

and children have no clue about

281

00:11:33,530 --> 00:11:30,959

abundance they don't understand that

282

00:11:35,930 --> 00:11:33,540

giving it away brings more to them they

283

00:11:38,750 --> 00:11:35,940

don't understand that yet if you if the

284

00:11:39,889 --> 00:11:38,760

kid is playing with your horsey that is

285

00:11:46,190 --> 00:11:39,899

war

286

00:11:49,130 --> 00:11:46,200

you are holding my horsey that is that

287

00:11:51,470 --> 00:11:49,140

is my horsey you are not me we want baby

288

00:11:54,050 --> 00:11:51,480

war and it's like it's been talking it's

289

00:11:56,030 --> 00:11:54,060

like we're sharing this is I go it's

290

00:11:57,769 --> 00:11:56,040

called the model of abundance you're

291

00:11:59,569 --> 00:11:57,779

you've got to practice two things at all

292

00:12:02,449 --> 00:11:59,579

time little one you gotta practice Law

293

00:12:05,329 --> 00:12:02,459

of Attraction and model of abundance and

294

00:12:07,670 --> 00:12:05,339

you will vibrate on a higher level

295

00:12:09,530 --> 00:12:07,680

bro I'm telling you I I got four kids

296

00:12:11,329 --> 00:12:09,540

and the one thing that I've learned

297

00:12:13,670 --> 00:12:11,339

that's super humbling is you can't

298

00:12:15,949 --> 00:12:13,680

control that [h__h] I mean they are they

299

00:12:18,170 --> 00:12:15,959

are what they are you know they are what

300

00:12:19,730 --> 00:12:18,180

they are my oldest I'll never forget to

301

00:12:22,730 --> 00:12:19,740

tell this story all the time

302

00:12:25,490 --> 00:12:22,740

kid negotiator from the beginning you're

303

00:12:28,910 --> 00:12:25,500

the age of your daughter at the store go

304

00:12:31,730 --> 00:12:28,920

up to my wife with two of the things and

305

00:12:35,870 --> 00:12:31,740

say how about one

306

00:12:37,130 --> 00:12:35,880

I'm not going to ask for two you think

307

00:12:38,630 --> 00:12:37,140

I'm gonna ask her two don't you

308

00:12:40,610 --> 00:12:38,640

[h__\h] I just love that one

309

00:12:43,310 --> 00:12:40,620

brilliant but but you you know the the

310

00:12:47,329 --> 00:12:43,320

thing that I was gonna say is and you

311

00:12:50,569 --> 00:12:47,339

are are like because you are you you

312

00:12:53,210 --> 00:12:50,579

know and like when you first came on

313

00:12:54,590 --> 00:12:53,220

with tinfoil hat I remember because I

314

00:12:57,470 --> 00:12:54,600

was you know I've been doing my thing

315

00:12:59,150 --> 00:12:57,480

for a long time just to keep myself

316

00:13:00,829 --> 00:12:59,160

straight in terms of trying to figure

317

00:13:02,690 --> 00:13:00,839

this stuff out that was my sole purpose

318

00:13:04,610 --> 00:13:02,700

I didn't I didn't have any kind of

319

00:13:07,610 --> 00:13:04,620

entertainment I was just

320

00:13:09,410 --> 00:13:07,620

be be entertaining enough that everyone

321

00:13:12,170 --> 00:13:09,420

doesn't completely ignore you so you can

322

00:13:14,150 --> 00:13:12,180

continue to do this but when you came on

323

00:13:16,310 --> 00:13:14,160

the one thing that you brought was just

324

00:13:18,290 --> 00:13:16,320

this like you said this love and

325

00:13:19,850 --> 00:13:18,300

openness for everybody because all these

326

00:13:21,530 --> 00:13:19,860

in this little conspiracy World

327

00:13:23,629 --> 00:13:21,540

everyone's kind of throwing arrows and

328

00:13:25,910 --> 00:13:23,639

stuff and you're like no man big tent

329

00:13:29,150 --> 00:13:25,920

everybody come on in what do you got

330

00:13:31,190 --> 00:13:29,160

bring it bring it and with a in that

331

00:13:33,410 --> 00:13:31,200

with uh bring it in so I can stab you in

332

00:13:35,990 --> 00:13:33,420

the back but just bring it in and I

333

00:13:38,150 --> 00:13:36,000

everyone I hear talk about Sam Tripoli

334

00:13:39,370 --> 00:13:38,160

that's always the vibe that they got is

335

00:13:41,990 --> 00:13:39,380

just

336

00:13:44,030 --> 00:13:42,000

that means a lot to me but it's like

337

00:13:45,889 --> 00:13:44,040

this you know because I re I brought

338

00:13:47,690 --> 00:13:45,899

that from Comedy because you know I

339

00:13:50,269 --> 00:13:47,700

started in the 90s and it was very much

340

00:13:51,949 --> 00:13:50,279

like boxing and some of the big Comics

341

00:13:54,129 --> 00:13:51,959

who say hey man this ain't team sport

342

00:13:57,110 --> 00:13:54,139

man it's one for and I'm like

343

00:13:59,150 --> 00:13:57,120

interesting but then I remember all the

344

00:14:00,590 --> 00:13:59,160

I go well all these groups kind of Rise

345

00:14:04,129 --> 00:14:00,600

together and even if maybe they weren't

346

00:14:06,530 --> 00:14:04,139

my favorite group of comics but they all

347

00:14:08,269 --> 00:14:06,540

kind of work together so I remember that

348

00:14:10,129 --> 00:14:08,279

I remember what because like in

349

00:14:12,230 --> 00:14:10,139

podcasting comedians were starting to

350

00:14:15,230 --> 00:14:12,240

all do each other's shows and I was like

351

00:14:17,210 --> 00:14:15,240

oh that's kind of that's that's changing

352

00:14:19,069 --> 00:14:17,220

the game for comedians we're no longer

353

00:14:21,650 --> 00:14:19,079

you and I are fighting over that one

354

00:14:24,530 --> 00:14:21,660

hosting gig or that one movie role now

355

00:14:27,470 --> 00:14:24,540

we both can share each other's uh

356

00:14:30,829 --> 00:14:27,480

shelves like the inventor of the swap

357

00:14:34,009 --> 00:14:30,839

cast is is um kind of like what we're

358

00:14:36,889 --> 00:14:34,019

doing right now is Doug Stanhope Doug

359

00:14:38,930 --> 00:14:36,899

stamp was out of being too lazy to want

360

00:14:41,269 --> 00:14:38,940

to record two episodes he's like let's

361

00:14:43,430 --> 00:14:41,279

record one and we'll both put it out and

362

00:14:47,030 --> 00:14:43,440

that you know I was very lucky you know

363

00:14:49,670 --> 00:14:47,040

dog uh Duncan Trussell they both did

364

00:14:52,430 --> 00:14:49,680

swap cast with me very early and I was

365

00:14:53,810 --> 00:14:52,440

very blessed so I I took because I

366

00:14:55,850 --> 00:14:53,820

remember the I'm not gonna say it was

367

00:14:58,730 --> 00:14:55,860

but I remember he's like oh that's my

368

00:15:01,490 --> 00:14:58,740

competition I go oh man there's no

369

00:15:04,009 --> 00:15:01,500

competition everybody's there's so much

370

00:15:06,769 --> 00:15:04,019

for enough that it's like even in a

371

00:15:09,530 --> 00:15:06,779

saturated world of podcasting and

372

00:15:12,829 --> 00:15:09,540

content creating there is not enough

373

00:15:15,110 --> 00:15:12,839

content creators I even at my age of 50

374

00:15:17,389 --> 00:15:15,120

years old and like constantly trying to

375

00:15:21,949 --> 00:15:17,399

refresh my timeline to see if there's

376

00:15:23,870 --> 00:15:21,959

anything that I can can uh Digest and so

377

00:15:25,490 --> 00:15:23,880

there's not enough we need more even

378

00:15:28,910 --> 00:15:25,500

though there's too much we still need

379

00:15:32,449 --> 00:15:28,920

more and people need to understand that

380

00:15:34,670 --> 00:15:32,459

no I I think that's tricky for a lot of

381

00:15:36,470 --> 00:15:34,680

people to get but it it's just been

382

00:15:38,269 --> 00:15:36,480

proven true to the point where it's not

383

00:15:40,370 --> 00:15:38,279

even controversial anymore I mean look

384

00:15:43,009 --> 00:15:40,380

at how it's blown up no one could have

385

00:15:45,170 --> 00:15:43,019

seen this so I mean it's just

386

00:15:48,170 --> 00:15:45,180

yeah it's become it's become super

387

00:15:50,650 --> 00:15:48,180

obvious crazy man and it's like there's

388

00:15:53,930 --> 00:15:50,660

just these hermetic principles of life

389

00:15:58,310 --> 00:15:53,940

that I I apply to my life that the best

390

00:16:00,230 --> 00:15:58,320

of my ability and they just work out it

391

00:16:01,610 --> 00:16:00,240

all works out and you know I'm really

392

00:16:04,129 --> 00:16:01,620

good with God

393

00:16:07,610 --> 00:16:04,139

uh you know I'm not in any religion in

394

00:16:10,430 --> 00:16:07,620

terms of like organized religion uh but

395

00:16:13,490 --> 00:16:10,440

I'm really spiritual and I don't know

396

00:16:16,009 --> 00:16:13,500

man when I do certain things my I

397

00:16:17,990 --> 00:16:16,019

vibrate at a higher level like you know

398

00:16:21,170 --> 00:16:18,000

like you're you have a high vibrational

399

00:16:24,949 --> 00:16:21,180

level you like you you you emit

400

00:16:28,310 --> 00:16:24,959

wonderful energy so it's like you do you

401
00:16:30,769 --> 00:16:28,320
you do you do you you burst man and I

402
00:16:32,449 --> 00:16:30,779
think that's important for people to

403
00:16:35,569 --> 00:16:32,459
understand that that's what comes from

404
00:16:37,550 --> 00:16:35,579
it's like helping others helps you

405
00:16:39,769 --> 00:16:37,560
vibrate on another level sharing stuff

406
00:16:41,269 --> 00:16:39,779
you know you're in you're in I I say

407
00:16:43,009 --> 00:16:41,279
this on every podcast so I'm sure people

408
00:16:44,990 --> 00:16:43,019
are getting bored of hearing it but like

409
00:16:47,810 --> 00:16:45,000
the truth is man if you're like having

410
00:16:50,090 --> 00:16:47,820
money problems give away some cash it

411
00:16:52,249 --> 00:16:50,100
just always has helped me and I'm always

412
00:16:55,129 --> 00:16:52,259
amazed at how much the universe pays me

413
00:16:57,650 --> 00:16:55,139

back and I don't do it for that I do it

414

00:16:58,790 --> 00:16:57,660

because it's a bun it's like you know I

415

00:17:00,889 --> 00:16:58,800

was having a conversation with a good

416

00:17:03,230 --> 00:17:00,899

friend of mine today about all these

417

00:17:07,189 --> 00:17:03,240

like someone's psychopath comedians

418

00:17:08,929 --> 00:17:07,199

who've made it and sometimes you know

419

00:17:10,669 --> 00:17:08,939

you know there's a couple that are nice

420

00:17:12,829 --> 00:17:10,679

guys now they've learned their ways and

421

00:17:15,409 --> 00:17:12,839

I always will say you have to give

422

00:17:17,270 --> 00:17:15,419

people a chance to prove themselves from

423

00:17:19,789 --> 00:17:17,280

the mistakes I know if nobody gave me

424

00:17:21,590 --> 00:17:19,799

another chance I would be I would be

425

00:17:24,230 --> 00:17:21,600

alone in the world so I've had many

426

00:17:25,610 --> 00:17:24,240

people give me Second Chances so you

427

00:17:27,409 --> 00:17:25,620

know you gotta give these people Second

428

00:17:29,810 --> 00:17:27,419

Chance one of those people is Dane Cook

429

00:17:33,590 --> 00:17:29,820

like I've had wonderful conversations

430

00:17:35,810 --> 00:17:33,600

with Dane Cook dank young Dane Cook what

431

00:17:38,690 --> 00:17:35,820

thought the world was a Highlander like

432

00:17:42,049 --> 00:17:38,700

there could be only one and new Dane

433

00:17:44,510 --> 00:17:42,059

Cook is like he knows how the game is

434

00:17:46,549 --> 00:17:44,520

played and it's ever and that has been

435

00:17:50,150 --> 00:17:46,559

demonized how to play the game but that

436

00:17:52,970 --> 00:17:50,160

is 100 the world and so he's learned it

437

00:17:55,010 --> 00:17:52,980

so I root for him but you go why does

438

00:17:57,350 --> 00:17:55,020

somebody like that that was very much

439

00:17:59,810 --> 00:17:57,360

somebody who just it was like there

440

00:18:02,150 --> 00:17:59,820

could be only one why does that guy make

441

00:18:04,669 --> 00:18:02,160

to the top because he practices The Law

442

00:18:07,789 --> 00:18:04,679

of Attraction which is I believe myself

443

00:18:09,169 --> 00:18:07,799

so much I'm putting out that energy that

444

00:18:11,930 --> 00:18:09,179

I'm the Michael Jordan of this

445

00:18:14,150 --> 00:18:11,940

[h__\h] [h__\h] and that gets you to

446

00:18:15,890 --> 00:18:14,160

the top very much

447

00:18:19,090 --> 00:18:15,900

but you know what

448

00:18:22,789 --> 00:18:19,100

if you don't practice abundance okay

449

00:18:25,370 --> 00:18:22,799

with Law of Attraction you lose it in my

450

00:18:27,049 --> 00:18:25,380

humble opinion you lose it all so you

451

00:18:29,390 --> 00:18:27,059

gotta will it to happen and then you

452

00:18:31,669 --> 00:18:29,400

Gotta Give It Away you gotta help those

453

00:18:33,710 --> 00:18:31,679

behind you those in the lower lifting

454

00:18:36,470 --> 00:18:33,720

people up lifting people up saying nice

455

00:18:38,390 --> 00:18:36,480

things helping people give it away why

456

00:18:39,950 --> 00:18:38,400

be on the top of the pyramid Man by

457

00:18:41,169 --> 00:18:39,960

yourself and you can have friends you

458

00:18:44,390 --> 00:18:41,179

know

459

00:18:47,930 --> 00:18:44,400

well I I'm I'm down with you part of the

460

00:18:50,930 --> 00:18:47,940

way except some big Exceptions there one

461

00:18:52,970 --> 00:18:50,940

as someone who's been kind of money

462

00:18:55,430 --> 00:18:52,980

oriented my whole life because I'm Greek

463

00:18:57,049 --> 00:18:55,440

I can't explain it I can't help it

464

00:18:58,310 --> 00:18:57,059

you're not record the next Church the

465

00:19:00,470 --> 00:18:58,320

guys in the back that's all they're

466

00:19:02,870 --> 00:19:00,480

talking about is hey what do you got on

467

00:19:05,450 --> 00:19:02,880

what you're making but there there are

468

00:19:06,650 --> 00:19:05,460

certain laws and principles I think that

469

00:19:08,330 --> 00:19:06,660

you know people are all over the

470

00:19:09,590 --> 00:19:08,340

Internet exploding how to make money how

471

00:19:11,450 --> 00:19:09,600

to make money how to make money and how

472

00:19:14,450 --> 00:19:11,460

to make wealth and most of it's [h__\h]

473

00:19:16,669 --> 00:19:14,460

but the one thing I think from YouTube

474

00:19:18,590 --> 00:19:16,679

university has really given us is

475

00:19:21,049 --> 00:19:18,600

there's a lot of really good stuff out

476

00:19:23,150 --> 00:19:21,059

there too and there's a lot and and you

477

00:19:25,430 --> 00:19:23,160

did you still do your money show you

478

00:19:28,310 --> 00:19:25,440

still do you still do it it's a very

479

00:19:29,930 --> 00:19:28,320

Niche show and that's fine you know I

480

00:19:32,390 --> 00:19:29,940

love it though we I do with a good

481

00:19:34,430 --> 00:19:32,400

friend of mine Howie Dewey and and uh

482

00:19:36,830 --> 00:19:34,440

Johnny Woodard and yeah man we just like

483

00:19:40,370 --> 00:19:36,840

to help people most of my brands are

484

00:19:42,470 --> 00:19:40,380

helping people figure their [h__h] out

485

00:19:44,450 --> 00:19:42,480

that's what I want to do whether it's

486

00:19:46,370 --> 00:19:44,460

spiritual whether it's what's going on

487

00:19:48,830 --> 00:19:46,380

in the world or how to take control of

488

00:19:50,630 --> 00:19:48,840

your life how to be the first how to be

489

00:19:53,150 --> 00:19:50,640

the first responder to your problems

490

00:19:59,270 --> 00:19:53,160

like that's everything to me

491

00:20:06,710 --> 00:20:02,570

you know I just think I think money is

492

00:20:08,810 --> 00:20:06,720

is misunderstood in terms of uh there's

493

00:20:11,450 --> 00:20:08,820

some principles that are you know like

494

00:20:13,730 --> 00:20:11,460

even the The Law of Attraction thing I

495

00:20:16,630 --> 00:20:13,740

mean [h__h] it don't matter you know if

496

00:20:20,090 --> 00:20:16,640

you tape a [h__h] Range Rover to your

497

00:20:22,370 --> 00:20:20,100

uh fridge and stare at it every day you

498

00:20:24,470 --> 00:20:22,380

know or or let's say let's say it does

499

00:20:28,029 --> 00:20:24,480

let's say you can bend the universe that

500

00:20:30,970 --> 00:20:28,039

way because you know parapsychology and

501
00:20:33,409 --> 00:20:30,980

uh just

502
00:20:37,070 --> 00:20:33,419

metaphysics says that there's some

503
00:20:39,110 --> 00:20:37,080

reality to uh to that right I would not

504
00:20:43,010 --> 00:20:39,120

deny the reality that you can manifest

505
00:20:46,070 --> 00:20:43,020

stuff but if you want it's a statistical

506
00:20:49,370 --> 00:20:46,080

game it is what the science will tell

507
00:20:52,669 --> 00:20:49,380

you is that you know statistically most

508
00:20:54,650 --> 00:20:52,679

people who don't try and manifest a gold

509
00:20:56,930 --> 00:20:54,660

coin in their hand most people can't do

510
00:21:00,529 --> 00:20:56,940

it or they do it you know but if you

511
00:21:04,250 --> 00:21:00,539

apply some of the basic principles of

512
00:21:05,990 --> 00:21:04,260

kind of money and money making and that

513
00:21:08,210 --> 00:21:06,000

everyone's been talked about for the

514

00:21:10,610 --> 00:21:08,220

longest time and you know Think and Grow

515

00:21:12,890 --> 00:21:10,620

Rich who turns out to be a a fraudster

516

00:21:14,330 --> 00:21:12,900

by the way Napoleon Hill he didn't write

517

00:21:15,850 --> 00:21:14,340

any of that [h__h] he had somebody else

518

00:21:18,710 --> 00:21:15,860

write for him

519

00:21:21,710 --> 00:21:18,720

oh bombs

520

00:21:24,049 --> 00:21:21,720

yeah but but very interesting there you

521

00:21:30,190 --> 00:21:24,059

know and uh like oh you know what's that

522

00:21:34,789 --> 00:21:32,630

I don't believe that

523

00:21:37,669 --> 00:21:34,799

that's what I've heard bro that's why

524

00:21:39,710 --> 00:21:37,679

I've heard to position him to limited

525

00:21:41,270 --> 00:21:39,720

Hangouts yet because they wanted their

526

00:21:44,029 --> 00:21:41,280

guy to have it not somebody else it's

527

00:21:45,950 --> 00:21:44,039

interesting it's interesting but I want

528

00:21:47,930 --> 00:21:45,960

to get in some so I mean I've been

529

00:21:51,470 --> 00:21:47,940

having some wonderful conversations on

530

00:21:53,690 --> 00:21:51,480

the show and one of them was about Tran

531

00:21:55,370 --> 00:21:53,700

surfing and I'm gonna do the same joke I

532

00:21:59,230 --> 00:21:55,380

always do it's not about cross-dressers

533

00:22:03,110 --> 00:21:59,240

in Hawaii okay it's about this belief

534

00:22:06,470 --> 00:22:03,120

that there are multiple demand there's

535

00:22:09,830 --> 00:22:06,480

Mo every version of you exists at the

536

00:22:13,430 --> 00:22:09,840

same time the question is how far are

537

00:22:15,049 --> 00:22:13,440

you away from that version of you and

538

00:22:17,810 --> 00:22:15,059

then it becomes What's it gonna take for

539

00:22:19,430 --> 00:22:17,820

you to get to there and that to me is

540

00:22:21,649 --> 00:22:19,440

what we're about you're like well you

541

00:22:25,190 --> 00:22:21,659

can't manifest a coin in your hand right

542

00:22:26,990 --> 00:22:25,200

but how far away are you from getting a

543

00:22:29,149 --> 00:22:27,000

gold coin and what does it take to get

544

00:22:31,850 --> 00:22:29,159

you to that gold coin so I mean for me

545

00:22:34,250 --> 00:22:31,860

man manifestation is really

546

00:22:37,190 --> 00:22:34,260

oh Choose Your Own Adventure in a weird

547

00:22:39,590 --> 00:22:37,200

way where you're you're deciding what

548

00:22:41,450 --> 00:22:39,600

turns you're taking in the hopes of

549

00:22:44,270 --> 00:22:41,460

getting to the end of the story that's

550

00:22:46,250 --> 00:22:44,280

if that makes any sense at all it's like

551
00:22:48,230 --> 00:22:46,260
I always tell people when they get sober

552
00:22:50,990 --> 00:22:48,240
and I need to shut up because I'm not

553
00:22:53,810 --> 00:22:51,000
letting you talk enough but I I um I

554
00:22:56,390 --> 00:22:53,820
always say when you get sober have a

555
00:22:58,789 --> 00:22:56,400
destination like what do you want to do

556
00:23:00,590 --> 00:22:58,799
sober like and you know and people go I

557
00:23:02,870 --> 00:23:00,600
want to be president if we're going by

558
00:23:05,510 --> 00:23:02,880
this trans surfing thing there's you and

559
00:23:07,130 --> 00:23:05,520
presidency is so far up here that it

560
00:23:09,529 --> 00:23:07,140
might take forever you to even get close

561
00:23:12,409 --> 00:23:09,539
to that who knows but maybe you could be

562
00:23:15,470 --> 00:23:12,419
president of your book club or whatever

563
00:23:17,090 --> 00:23:15,480

you want within that realm that is close

564

00:23:19,970 --> 00:23:17,100

enough it's just there it's like that

565

00:23:23,029 --> 00:23:19,980

movie everything everywhere all at once

566

00:23:25,669 --> 00:23:23,039

is the greatest movie ever because it's

567

00:23:28,010 --> 00:23:25,679

in my top five literally because it's

568

00:23:30,409 --> 00:23:28,020

this notion that there's a million

569

00:23:32,510 --> 00:23:30,419

versions of you an infinite amount

570

00:23:34,490 --> 00:23:32,520

versions of you and they're all inside

571

00:23:36,590 --> 00:23:34,500

you you just have to figure out how to

572

00:23:38,810 --> 00:23:36,600

tap into those things and that's kind of

573

00:23:41,330 --> 00:23:38,820

where I'm at I know it's a lot woo-woo

574

00:23:44,810 --> 00:23:41,340

but no no it's it's not woo-woo to me

575

00:23:46,549 --> 00:23:44,820

and and I'm interested in like like back

576
00:23:49,130 --> 00:23:46,559
to Rogan one of the things that I guess

577
00:23:50,690 --> 00:23:49,140
I could never square with Rogan is I

578
00:23:54,049 --> 00:23:50,700
don't totally trust people who are not

579
00:23:57,470 --> 00:23:54,059
sober work now you know I

580
00:23:59,210 --> 00:23:57,480
I just can't it you know my head at my

581
00:24:02,330 --> 00:23:59,220
family mom

582
00:24:05,810 --> 00:24:02,340
addict you know died an addict drugs

583
00:24:08,510 --> 00:24:05,820
alcohol uh I I was never had a huge

584
00:24:11,090 --> 00:24:08,520
problem but you know enjoyed drinking

585
00:24:13,310 --> 00:24:11,100
and drinking just like everybody else

586
00:24:15,289 --> 00:24:13,320
you know a lot and stuff like that and

587
00:24:17,270 --> 00:24:15,299
it's when I got married and it was kind

588
00:24:19,490 --> 00:24:17,280

of interfering right off the bat you

589

00:24:22,010 --> 00:24:19,500

know year one you know and it's like

590

00:24:23,870 --> 00:24:22,020

whoa this is just not gonna go well and

591

00:24:26,570 --> 00:24:23,880

then I got really mad at a point I was

592

00:24:28,190 --> 00:24:26,580

like how did I get sucked into this how

593

00:24:30,710 --> 00:24:28,200

did I get sucked into the idea that

594

00:24:33,830 --> 00:24:30,720

being a man is somehow associated with

595

00:24:35,930 --> 00:24:33,840

you know all this stuff you know and it

596

00:24:38,990 --> 00:24:35,940

felt like a lot of the mind control

597

00:24:41,870 --> 00:24:39,000

stuff that we you know I'll talk about

598

00:24:45,350 --> 00:24:41,880

and kind of see obviously happening so

599

00:24:47,450 --> 00:24:45,360

I'm super interested for free

600

00:24:51,770 --> 00:24:47,460

I don't know about the sober thing the

601
00:24:54,890 --> 00:24:51,780
way like how do you deal with the

602
00:24:57,230 --> 00:24:54,900
All or Nothing part of the of the sober

603
00:24:59,029 --> 00:24:57,240
thing do you feel like and the thing do

604
00:25:01,490 --> 00:24:59,039
you feel like it's a disease when people

605
00:25:03,230 --> 00:25:01,500
say it's a disease do you relate to it

606
00:25:06,289 --> 00:25:03,240
in that way or what do you think I'm

607
00:25:08,930 --> 00:25:06,299
fine with that lingo because it doesn't

608
00:25:11,890 --> 00:25:08,940
uh it doesn't mean anything to me I

609
00:25:15,350 --> 00:25:11,900
think that's if maybe that's some way

610
00:25:17,270 --> 00:25:15,360
in a disease like a viral venereal

611
00:25:19,610 --> 00:25:17,280
disease no but maybe in terms of a

612
00:25:22,789 --> 00:25:19,620
mental disease it's possible you know

613
00:25:26,750 --> 00:25:22,799

the Cravings the inability to stop it's

614

00:25:29,930 --> 00:25:26,760

possible but I I get more into the

615

00:25:32,450 --> 00:25:29,940

Hermetic principles of dual duality

616

00:25:35,210 --> 00:25:32,460

and that there we have light and dark in

617

00:25:37,789 --> 00:25:35,220

us and some of our darkness is a little

618

00:25:39,590 --> 00:25:37,799

darker and we gotta learn how to deal

619

00:25:41,570 --> 00:25:39,600

with that Darkness but we also have to

620

00:25:43,370 --> 00:25:41,580

recognize that that darkness is

621

00:25:48,950 --> 00:25:43,380

constantly inside us

622

00:25:51,950 --> 00:25:48,960

so I use that to propel me to be a

623

00:25:54,710 --> 00:25:51,960

better sober person because I know that

624

00:25:57,350 --> 00:25:54,720

person's inside me that if I don't do

625

00:26:00,649 --> 00:25:57,360

simple things like connect with others

626

00:26:02,810 --> 00:26:00,659

call others check in on others help

627

00:26:05,330 --> 00:26:02,820

others through my experience strength

628

00:26:07,669 --> 00:26:05,340

and help which like dude when I joined

629

00:26:11,630 --> 00:26:07,679

AAA I would have told you that's all

630

00:26:14,930 --> 00:26:11,640

[h__\h] to tell people that to have

631

00:26:16,549 --> 00:26:14,940

people who have no will to stop using

632

00:26:19,070 --> 00:26:16,559

drugs that they have to get this thing

633

00:26:21,049 --> 00:26:19,080

outside them because they they'll let

634

00:26:22,730 --> 00:26:21,059

themselves down so they can't let this

635

00:26:25,430 --> 00:26:22,740

person out which is the most ridiculous

636

00:26:27,710 --> 00:26:25,440

thing and it's not until you start

637

00:26:29,930 --> 00:26:27,720

studying like conspiracies always lead

638

00:26:31,610 --> 00:26:29,940

to spirituality and this thing is like

639

00:26:33,409 --> 00:26:31,620

if they're lying to us about this what

640

00:26:37,789 --> 00:26:33,419

else they lying to us about and it

641

00:26:39,950 --> 00:26:37,799

always gets to this is a war a spiritual

642

00:26:42,529 --> 00:26:39,960

war now it's nothing to do with money

643

00:26:46,430 --> 00:26:42,539

they got all the money they have all the

644

00:26:49,010 --> 00:26:46,440

power they want the population they want

645

00:26:51,669 --> 00:26:49,020

less of us because they've made deals

646

00:26:54,649 --> 00:26:51,679

with in my humble opinion deep down back

647

00:26:56,330 --> 00:26:54,659

arunaki archons fallen angel I think

648

00:26:58,669 --> 00:26:56,340

they're all the same thing it just

649

00:27:01,430 --> 00:26:58,679

depends who you're talking to my humble

650

00:27:05,930 --> 00:27:01,440

opinion and um

651

00:27:09,350 --> 00:27:05,940

you know are we is this a realm that

652

00:27:14,149 --> 00:27:09,360

this this the one created for us to come

653

00:27:17,330 --> 00:27:14,159

down and learn Karma or is this the the

654

00:27:20,269 --> 00:27:17,340

uh demiurge wanted to be God and created

655

00:27:21,890 --> 00:27:20,279

a false reality in these archons are the

656

00:27:24,049 --> 00:27:21,900

people that keep it running and we're

657

00:27:25,970 --> 00:27:24,059

we're batteries I don't know man I

658

00:27:27,470 --> 00:27:25,980

really don't know I love I just love the

659

00:27:31,430 --> 00:27:27,480

discussion

660

00:27:34,430 --> 00:27:31,440

well I want to take I want to rerun the

661

00:27:36,169 --> 00:27:34,440

tape there for a minute because like

662

00:27:37,610 --> 00:27:36,179

one of the things I think is interesting

663

00:27:40,610 --> 00:27:37,620

about what you're talking about and I

664

00:27:43,370 --> 00:27:40,620

think this is like with the uh

665

00:27:46,549 --> 00:27:43,380

with the addiction thing that in a way

666

00:27:50,750 --> 00:27:46,559

that see I think the addiction thing

667

00:27:53,269 --> 00:27:50,760

gets distorted in the sense that it

668

00:27:55,130 --> 00:27:53,279

makes it's [h__\h] we all relate to it

669

00:27:56,570 --> 00:27:55,140

we relate to it so much more than we

670

00:28:00,110 --> 00:27:56,580

admit and here's the point that I think

671

00:28:02,870 --> 00:28:00,120

it's like anyone I can't I can't put

672

00:28:05,149 --> 00:28:02,880

Haagen-Dazs in the freezer right because

673

00:28:07,310 --> 00:28:05,159

I then I cannot walk past the freezer

674

00:28:09,710 --> 00:28:07,320

and get without getting that pint you

675

00:28:12,649 --> 00:28:09,720

know finished off now that's like a

676

00:28:14,330 --> 00:28:12,659

minor thing who cares but it's like the

677

00:28:15,830 --> 00:28:14,340

same thing it's like yeah I told you a

678

00:28:18,230 --> 00:28:15,840

minute ago that my wife's a forensic

679

00:28:20,149 --> 00:28:18,240

psychologist and she's worked in prisons

680

00:28:22,610 --> 00:28:20,159

and she's worked with people life

681

00:28:25,010 --> 00:28:22,620

without parole and serial killers and

682

00:28:26,630 --> 00:28:25,020

stuff like that I saw okay so what do

683

00:28:28,310 --> 00:28:26,640

you what do you think that's about you

684

00:28:30,289 --> 00:28:28,320

know the worst of the worst you know

685

00:28:31,549 --> 00:28:30,299

like really really bad serial killers

686

00:28:33,169 --> 00:28:31,559

she goes well

687

00:28:35,450 --> 00:28:33,179

you know I had to push her and she goes

688

00:28:37,430 --> 00:28:35,460

I think it's about control you know I

689

00:28:40,909 --> 00:28:37,440

think it's about control and I thought

690

00:28:42,830 --> 00:28:40,919

wow isn't that and then I thought you

691

00:28:45,409 --> 00:28:42,840

know if you read some of the stories

692

00:28:48,230 --> 00:28:45,419

about the worst of the worst

693

00:28:50,930 --> 00:28:48,240

of these folks and even the ones who

694

00:28:52,610 --> 00:28:50,940

come into you know demonic possession or

695

00:28:55,070 --> 00:28:52,620

feel like they had that kind of spirit

696

00:28:56,930 --> 00:28:55,080

there it's the same thing it's like

697

00:28:59,350 --> 00:28:56,940

these little decisions that they make

698

00:29:01,730 --> 00:28:59,360

it's these combination the the

699

00:29:04,250 --> 00:29:01,740

accumulation of all these little

700

00:29:06,289 --> 00:29:04,260

decisions we make I think it's so much

701
00:29:07,610 --> 00:29:06,299
more relatable I think the AAA thing

702
00:29:11,029 --> 00:29:07,620
that you're talking about is so much

703
00:29:12,730 --> 00:29:11,039
more uh relatable in terms of

704
00:29:15,710 --> 00:29:12,740
how we

705
00:29:17,750 --> 00:29:15,720
construct all this crazy stuff with that

706
00:29:19,490 --> 00:29:17,760
voice again that's in our head and how

707
00:29:21,230 --> 00:29:19,500
we listen to it and take control of it

708
00:29:24,409 --> 00:29:21,240
and when we

709
00:29:26,810 --> 00:29:24,419
get in good spirit with other people and

710
00:29:29,029 --> 00:29:26,820
they're cool and we hang out and it just

711
00:29:30,409 --> 00:29:29,039
doesn't it just soften up the voice

712
00:29:31,970 --> 00:29:30,419
isn't it you know even when you just

713
00:29:34,190 --> 00:29:31,980

have a good conversation like we're

714

00:29:37,130 --> 00:29:34,200

having and you say wow I can really

715

00:29:40,570 --> 00:29:37,140

relate to Sam he really is the good

716

00:29:42,889 --> 00:29:40,580

authentic person that I I thought he was

717

00:29:45,470 --> 00:29:42,899

even just saying that because I know

718

00:29:48,769 --> 00:29:45,480

it's true to me it warms my heart it

719

00:29:51,950 --> 00:29:48,779

makes me feel that you know my voice is

720

00:29:54,230 --> 00:29:51,960

not as crazy it doesn't have to be as

721

00:29:56,930 --> 00:29:54,240

crazy as I think it is and I don't need

722

00:29:59,269 --> 00:29:56,940

it and I can get past it and then I can

723

00:30:04,909 --> 00:29:59,279

because

724

00:30:08,510 --> 00:30:04,919

we see of the worst of the worst the

725

00:30:09,710 --> 00:30:08,520

schwabian kind of craziness and all the

726

00:30:12,649 --> 00:30:09,720

rest of it

727

00:30:15,409 --> 00:30:12,659

is just people that have gone too far

728

00:30:18,110 --> 00:30:15,419

with some very basic stuff that we're

729

00:30:21,409 --> 00:30:18,120

all dealing with and if they're making

730

00:30:23,750 --> 00:30:21,419

deals with the devil I I think we can

731

00:30:26,090 --> 00:30:23,760

all relate how you could get there how

732

00:30:29,570 --> 00:30:26,100

any of us could get there just with a

733

00:30:32,510 --> 00:30:29,580

series of uh decisions of you know

734

00:30:34,430 --> 00:30:32,520

deciding not to get on that yoga mat you

735

00:30:36,830 --> 00:30:34,440

know because oh I don't need it I you

736

00:30:38,149 --> 00:30:36,840

know I think it's interesting dude I

737

00:30:39,649 --> 00:30:38,159

think it's really interesting you know

738

00:30:42,950 --> 00:30:39,659

I've really um

739

00:30:46,789 --> 00:30:42,960

stopped watching murder entertainment

740

00:30:49,549 --> 00:30:46,799

I just I think it's it's so weird I live

741

00:30:51,769 --> 00:30:49,559

in a world where jokes uh hurt people's

742

00:30:55,789 --> 00:30:51,779

feelings but yet these same people will

743

00:30:58,610 --> 00:30:55,799

run home to watch the first 48 or the ID

744

00:31:00,950 --> 00:30:58,620

channel or this new this show that's

745

00:31:01,730 --> 00:31:00,960

pretty popular on

746

00:31:04,250 --> 00:31:01,740

um

747

00:31:06,590 --> 00:31:04,260

you know Netflix called I am a killer or

748

00:31:09,289 --> 00:31:06,600

even soft white underbelly like that guy

749

00:31:14,149 --> 00:31:09,299

does an amazing job of interviewing

750

00:31:16,130 --> 00:31:14,159

those people I just it just the trauma

751

00:31:17,090 --> 00:31:16,140

that people go through in their early

752

00:31:19,490 --> 00:31:17,100

life

753

00:31:22,610 --> 00:31:19,500

you know it's just hurt people hurt

754

00:31:25,430 --> 00:31:22,620

people and it's just like at what point

755

00:31:28,130 --> 00:31:25,440

do we go man I mean like yeah they did

756

00:31:30,409 --> 00:31:28,140

something nasty and there's a price to

757

00:31:31,970 --> 00:31:30,419

pay with that but do we also have an

758

00:31:34,370 --> 00:31:31,980

understanding that

759

00:31:37,669 --> 00:31:34,380

they came into this world a loving

760

00:31:39,470 --> 00:31:37,679

beautiful thing and Trauma happened

761

00:31:40,730 --> 00:31:39,480

and like it was what I was gonna say to

762

00:31:43,430 --> 00:31:40,740

you earlier because you were bringing up

763

00:31:45,110 --> 00:31:43,440

that people are on their path and you

764

00:31:47,389 --> 00:31:45,120

know what man my parents were perfect

765

00:31:51,169 --> 00:31:47,399

but man I'm so blessed to have them as

766

00:31:52,669 --> 00:31:51,179

parents my dad as much as trauma would

767

00:31:54,230 --> 00:31:52,679

tell me how much trauma he went through

768

00:31:56,630 --> 00:31:54,240

as a kid I talked about us on the last

769

00:31:59,090 --> 00:31:56,640

episode it makes me understand him a lot

770

00:32:03,110 --> 00:31:59,100

more and have some compassion for him

771

00:32:06,169 --> 00:32:03,120

because he did burn everything down

772

00:32:08,630 --> 00:32:06,179

and now I understand why his grandma was

773

00:32:10,669 --> 00:32:08,640

hitting him when he was a kid your

774

00:32:12,529 --> 00:32:10,679

grandma's supposed to be nothing but

775

00:32:14,690 --> 00:32:12,539

pure love your grandma's whacking you

776

00:32:17,510 --> 00:32:14,700

and punching your head and your 70s

777

00:32:19,970 --> 00:32:17,520

still talking about it you know I mean

778

00:32:21,230 --> 00:32:19,980

like so you know the last episode woman

779

00:32:23,930 --> 00:32:21,240

brought up what happened to Ted

780

00:32:26,269 --> 00:32:23,940

Kaczynski at six months old he was

781

00:32:28,310 --> 00:32:26,279

strapped down for seven days and nobody

782

00:32:30,590 --> 00:32:28,320

touched him or helped him because he had

783

00:32:32,389 --> 00:32:30,600

all these weird itching scratching

784

00:32:34,490 --> 00:32:32,399

things going on he was never the same

785

00:32:37,370 --> 00:32:34,500

after that and then everywhere he goes

786

00:32:38,350 --> 00:32:37,380

there's just more trauma till now he's

787

00:32:41,149 --> 00:32:38,360

in

788

00:32:43,789 --> 00:32:41,159

maximum security and solitary

789

00:32:45,950 --> 00:32:43,799

confinement and which maybe seems what

790

00:32:49,310 --> 00:32:45,960

his skill set now is made for because of

791

00:32:51,590 --> 00:32:49,320

all the trauma he went through and so

792

00:32:53,570 --> 00:32:51,600

it's just it's it's an interesting thing

793

00:32:56,870 --> 00:32:53,580

and like my next door neighbors growing

794

00:32:59,210 --> 00:32:56,880

up I couldn't love people more they

795

00:33:02,330 --> 00:32:59,220

drank they drink every night their life

796

00:33:04,490 --> 00:33:02,340

and they're just and if you saw them you

797

00:33:07,430 --> 00:33:04,500

wouldn't believe it you're like you guys

798

00:33:11,149 --> 00:33:07,440

party that much God bless you I can't do

799

00:33:14,269 --> 00:33:11,159

it I just I want to set the high score

800

00:33:20,090 --> 00:33:14,279

every night I wanna I wanna be a rock

801
00:33:22,789 --> 00:33:20,100
star [\h__\h] face drunk High to just laying

802
00:33:24,830 --> 00:33:22,799
into my vices you know trying to see

803
00:33:27,529 --> 00:33:24,840
here's me here's my skeptical thing is I

804
00:33:29,990 --> 00:33:27,539
I don't I don't trust it because it's

805
00:33:31,789 --> 00:33:30,000
not in my experience to know to think

806
00:33:35,690 --> 00:33:31,799
that you can

807
00:33:37,310 --> 00:33:35,700
you can get high and still function at

808
00:33:39,230 --> 00:33:37,320
the highest level it just doesn't seem

809
00:33:41,570 --> 00:33:39,240
to work I don't know anyone it works for

810
00:33:43,490 --> 00:33:41,580
I've never seen my life I've just never

811
00:33:45,830 --> 00:33:43,500
seen anyone who's getting high and now

812
00:33:47,750 --> 00:33:45,840
with weed it's so and it's tough because

813
00:33:50,810 --> 00:33:47,760

it's in my family you know it's not like

814

00:33:53,330 --> 00:33:50,820

I'm I'm not like my family's perfect but

815

00:33:56,029 --> 00:33:53,340

you're getting high all the time

816

00:33:58,909 --> 00:33:56,039

bro you're just the light cannot come

817

00:34:01,430 --> 00:33:58,919

through it's just you're blocking the

818

00:34:04,190 --> 00:34:01,440

light it's like it just doesn't work any

819

00:34:06,409 --> 00:34:04,200

other way you get it man I guess it's

820

00:34:08,149 --> 00:34:06,419

just some people that they're white but

821

00:34:09,829 --> 00:34:08,159

again you don't know what they would do

822

00:34:11,570 --> 00:34:09,839

if they weren't drinking or doing drugs

823

00:34:14,570 --> 00:34:11,580

at all you don't know if they're amazing

824

00:34:16,129 --> 00:34:14,580

now what would they be doing what what

825

00:34:19,250 --> 00:34:16,139

could they create with no drugs no

826

00:34:19,909 --> 00:34:19,260

alcohol so my whole thing is this you

827

00:34:20,510 --> 00:34:19,919

know

828

00:34:23,930 --> 00:34:20,520

um

829

00:34:27,409 --> 00:34:23,940

uh this new weed is like not your

830

00:34:31,190 --> 00:34:27,419

grandpa's weed it is Frankenstein weed

831

00:34:34,190 --> 00:34:31,200

and is causing people to have like

832

00:34:35,629 --> 00:34:34,200

almost in some weird way almost like

833

00:34:43,190 --> 00:34:35,639

these

834

00:34:45,770 --> 00:34:43,200

what we've seen in crystal meth forever

835

00:34:49,210 --> 00:34:45,780

and you gotta really ask yourself if

836

00:34:51,710 --> 00:34:49,220

something's everywhere all the time

837

00:34:54,430 --> 00:34:51,720

why is that

838

00:34:57,109 --> 00:34:54,440

and I also get into

839

00:35:00,109 --> 00:34:57,119

what what

840

00:35:02,630 --> 00:35:00,119

is there's there's something of

841

00:35:05,390 --> 00:35:02,640

something being legal and something

842

00:35:07,910 --> 00:35:05,400

being morally right and sometimes

843

00:35:10,190 --> 00:35:07,920

they're not the same thing and some

844

00:35:11,930 --> 00:35:10,200

things should be like pornography right

845

00:35:13,190 --> 00:35:11,940

I've had a problem with porn I've been

846

00:35:15,890 --> 00:35:13,200

blessed I've gone

847

00:35:18,290 --> 00:35:15,900

sometime now without watching it but in

848

00:35:22,849 --> 00:35:18,300

my addiction I was setting high scores

849

00:35:26,990 --> 00:35:22,859

in that stuff right now I think porn

850

00:35:28,490 --> 00:35:27,000

should be legal because if you take that

851
00:35:29,930 --> 00:35:28,500
away you're just going to send this

852
00:35:31,849 --> 00:35:29,940
thing Underground

853
00:35:33,829 --> 00:35:31,859
and it's going to get more dangerous for

854
00:35:36,050 --> 00:35:33,839
these people you're not going to stop it

855
00:35:38,150 --> 00:35:36,060
the minute somebody invented a camera

856
00:35:40,190 --> 00:35:38,160
there was some chick doing weird stuff

857
00:35:43,910 --> 00:35:40,200
in front of it it's just the way it is

858
00:35:46,250 --> 00:35:43,920
okay but morally

859
00:35:48,650 --> 00:35:46,260
I don't know man it's a weird industry

860
00:35:50,569 --> 00:35:48,660
where someone quits you never hear from

861
00:35:52,730 --> 00:35:50,579
them again they don't want to be asked

862
00:35:54,589 --> 00:35:52,740
about it they don't like to do it they

863
00:35:57,410 --> 00:35:54,599

they regret doing it they talk about it

864

00:36:00,170 --> 00:35:57,420

all the time no I regret I wish I hadn't

865

00:36:03,050 --> 00:36:00,180

done it that's how we're gonna ask it's

866

00:36:06,230 --> 00:36:03,060

you can do it you can do it but

867

00:36:10,150 --> 00:36:06,240

vibrationally what are you getting into

868

00:36:13,670 --> 00:36:10,160

and you know go on sorry no no I I I I

869

00:36:15,890 --> 00:36:13,680

agree and I do bring it back to the

870

00:36:17,870 --> 00:36:15,900

voice thing and maybe this is too

871

00:36:20,990 --> 00:36:17,880

abstract and maybe people don't get it

872

00:36:22,310 --> 00:36:21,000

but like to me like when I first started

873

00:36:24,530 --> 00:36:22,320

skeptical one of the things that I found

874

00:36:26,569 --> 00:36:24,540

really really interesting you know back

875

00:36:29,290 --> 00:36:26,579

to like one of the first things we

876

00:36:32,450 --> 00:36:29,300

connected on is this idea that

877

00:36:35,930 --> 00:36:32,460

conspiracy leads to spirituality

878

00:36:39,050 --> 00:36:35,940

and spirituality leads to conspiracy so

879

00:36:42,290 --> 00:36:39,060

I was interested in you know why it

880

00:36:43,849 --> 00:36:42,300

seemed to me that from kind of my

881

00:36:46,670 --> 00:36:43,859

understanding of spirituality and

882

00:36:47,930 --> 00:36:46,680

non-duality was that you know there's a

883

00:36:50,390 --> 00:36:47,940

voice inside your head you go talk to

884

00:36:52,069 --> 00:36:50,400

the Buddhist you go talk to you know the

885

00:36:53,690 --> 00:36:52,079

not to all the yogis all those people

886

00:36:55,310 --> 00:36:53,700

it's the voice inside your head you're

887

00:36:56,750 --> 00:36:55,320

going to try and quiet that voice you

888

00:36:58,790 --> 00:36:56,760

know you're going to try and put it to

889

00:37:00,890 --> 00:36:58,800

rest a little bit so you can find peace

890

00:37:02,329 --> 00:37:00,900

you know and then I turn to science and

891

00:37:05,210 --> 00:37:02,339

science of saying

892

00:37:07,690 --> 00:37:05,220

oh bro there ain't no voice there's no

893

00:37:10,849 --> 00:37:07,700

there's no point there's no voice

894

00:37:12,890 --> 00:37:10,859

your brain is just generating all that

895

00:37:14,569 --> 00:37:12,900

there's nothing there to stop or to

896

00:37:16,970 --> 00:37:14,579

manipulate or demand or anything like

897

00:37:19,790 --> 00:37:16,980

that and it's again it's like why are

898

00:37:22,370 --> 00:37:19,800

they saying that when everybody knows

899

00:37:24,170 --> 00:37:22,380

they got a voice inside their head you

900

00:37:25,310 --> 00:37:24,180

know and by the way just bounce around

901
00:37:26,510 --> 00:37:25,320
on stuff because we're just talking

902
00:37:28,250 --> 00:37:26,520
about stuff

903
00:37:30,650 --> 00:37:28,260
you know that's the that's what kind of

904
00:37:33,710 --> 00:37:30,660
turned me on to yoga is I've told the

905
00:37:37,069 --> 00:37:33,720
story many times but I was like 30 years

906
00:37:38,450 --> 00:37:37,079
old and did my first yoga class uh on TV

907
00:37:40,370 --> 00:37:38,460
you know like you're saying on the

908
00:37:43,550 --> 00:37:40,380
YouTube this is back in TV the woman on

909
00:37:45,710 --> 00:37:43,560
PBS and at the end she goes okay and now

910
00:37:47,750 --> 00:37:45,720
uh rest for a minute and you know do

911
00:37:51,650 --> 00:37:47,760
yeah do shavasana at the end you know

912
00:37:55,190 --> 00:37:51,660
and let let your mind not talk anymore

913
00:37:59,270 --> 00:37:55,200

and I I swear to God Sam for like a half

914

00:38:00,170 --> 00:37:59,280

a second my mind shut down and I was

915

00:38:02,690 --> 00:38:00,180

like

916

00:38:03,710 --> 00:38:02,700

it was a changing moment for my life

917

00:38:06,890 --> 00:38:03,720

because

918

00:38:09,950 --> 00:38:06,900

up until that point I didn't think I was

919

00:38:11,329 --> 00:38:09,960

in there if the voice wasn't in there if

920

00:38:14,150 --> 00:38:11,339

the voice wasn't in there I didn't think

921

00:38:16,910 --> 00:38:14,160

there was anything else you know so to

922

00:38:20,390 --> 00:38:16,920

to to understand that distinction

923

00:38:23,210 --> 00:38:20,400

which I understand now which is that

924

00:38:26,569 --> 00:38:23,220

voice is saying all sorts of crazy stuff

925

00:38:29,329 --> 00:38:26,579

about how I need weed or how I need coke

926

00:38:32,569 --> 00:38:29,339

or you know one more drink or just

927

00:38:35,089 --> 00:38:32,579

whatever the hell it is you know at the

928

00:38:38,510 --> 00:38:35,099

point it all to me once you really

929

00:38:40,609 --> 00:38:38,520

confront the voice and realize how

930

00:38:41,750 --> 00:38:40,619

ridiculous it is it's also telling you I

931

00:38:44,150 --> 00:38:41,760

mean what does the voice tell you

932

00:38:46,430 --> 00:38:44,160

everybody knows does the voice does the

933

00:38:51,410 --> 00:38:46,440

voice inside your head does it regularly

934

00:38:54,890 --> 00:38:51,420

tell you what a really deep Soulful and

935

00:38:57,410 --> 00:38:54,900

genuinely beautiful person you are or

936

00:39:00,410 --> 00:38:57,420

does it tell you what a [h__\h] up you are

937

00:39:03,109 --> 00:39:00,420

and how many mistakes you've made and

938

00:39:05,510 --> 00:39:03,119

how you didn't even call your freaking

939

00:39:08,569 --> 00:39:05,520

daughter today and what are you and you

940

00:39:10,910 --> 00:39:08,579

know which which voice is in your head I

941

00:39:12,650 --> 00:39:10,920

mean I I tell you you know I I think we

942

00:39:14,870 --> 00:39:12,660

all know the voice that's usually there

943

00:39:16,849 --> 00:39:14,880

yeah it's crazy I never really thought

944

00:39:21,950 --> 00:39:16,859

about it like that

945

00:39:23,810 --> 00:39:21,960

this kind of inner voice that is like

946

00:39:26,210 --> 00:39:23,820

you know it's my favorite line from

947

00:39:27,890 --> 00:39:26,220

waiting for gothman and it's like she

948

00:39:30,349 --> 00:39:27,900

goes I've learned to not trust my

949

00:39:31,550 --> 00:39:30,359

instincts like and I was like that's the

950

00:39:32,930 --> 00:39:31,560

funniest thing I've ever heard in my

951
00:39:35,390 --> 00:39:32,940
life especially when you're talking

952
00:39:37,970 --> 00:39:35,400
about improv but just talking in general

953
00:39:40,130 --> 00:39:37,980
it's like I'm gonna trust my instinct

954
00:39:43,490 --> 00:39:40,140
which is that little voice

955
00:39:44,990 --> 00:39:43,500
that will tell you and like I guess

956
00:39:46,910 --> 00:39:45,000
ma'am for me

957
00:39:49,849 --> 00:39:46,920
that voice

958
00:39:52,790 --> 00:39:49,859
I've learned to rewire it

959
00:39:57,349 --> 00:39:52,800
so it's saying different things

960
00:39:59,930 --> 00:39:57,359
and I I've really learned that because I

961
00:40:01,910 --> 00:39:59,940
come from very paranoid people which is

962
00:40:06,650 --> 00:40:01,920
my father used to give me Crime Boss

963
00:40:08,990 --> 00:40:06,660

advice on how to deal with people and I

964

00:40:12,410 --> 00:40:09,000

would look back and I'd be like oh my

965

00:40:15,349 --> 00:40:12,420

God what was that advice man because his

966

00:40:17,450 --> 00:40:15,359

dad told him that and this is so you

967

00:40:19,550 --> 00:40:17,460

know I've had this conversation again on

968

00:40:22,250 --> 00:40:19,560

the last episode about stopping the

969

00:40:24,589 --> 00:40:22,260

generational trauma of like I'm not

970

00:40:26,630 --> 00:40:24,599

gonna instill my daughters that this

971

00:40:29,030 --> 00:40:26,640

person's jealous of you because of how

972

00:40:31,250 --> 00:40:29,040

great you are it's an awful way to go

973

00:40:33,650 --> 00:40:31,260

through life I've learned in life

974

00:40:34,609 --> 00:40:33,660

probably most people don't realize what

975

00:40:37,609 --> 00:40:34,619

they're doing

976

00:40:39,349 --> 00:40:37,619

there if they do give you some [h__\h]

977

00:40:41,390 --> 00:40:39,359

it's probably a drive-by shooting

978

00:40:44,030 --> 00:40:41,400

they're not meaning to hit you they're

979

00:40:45,530 --> 00:40:44,040

just pulling the trigger and whoever

980

00:40:49,069 --> 00:40:45,540

they hit they hit

981

00:40:51,890 --> 00:40:49,079

so I have and that is like why I do a

982

00:40:54,230 --> 00:40:51,900

gratitude list every day I try to do a

983

00:40:56,810 --> 00:40:54,240

daily one and a life when the life is so

984

00:41:00,410 --> 00:40:56,820

long that I I try I sometimes I'll do it

985

00:41:03,470 --> 00:41:00,420

at night but it really is about hey man

986

00:41:05,990 --> 00:41:03,480

you have it pretty [h__\h] good here's

987

00:41:10,130 --> 00:41:06,000

nine things that you should be freaking

988

00:41:12,290 --> 00:41:10,140

proud of and how great this is and that

989

00:41:14,510 --> 00:41:12,300

if it doesn't go your way this is stuff

990

00:41:17,329 --> 00:41:14,520

I've really had to train myself Alex to

991

00:41:19,609 --> 00:41:17,339

get into which is if it did work out the

992

00:41:23,150 --> 00:41:19,619

way you want to there's a bigger plan

993

00:41:25,490 --> 00:41:23,160

down the line and to open your mind to

994

00:41:28,370 --> 00:41:25,500

that and that things that you wish you

995

00:41:29,870 --> 00:41:28,380

could have gotten back in the day maybe

996

00:41:33,790 --> 00:41:29,880

wasn't the right thing for you to have

997

00:41:38,930 --> 00:41:36,589

I think the Gratitude thing I mean I

998

00:41:41,510 --> 00:41:38,940

like I do all this stuff I have a list

999

00:41:44,210 --> 00:41:41,520

of questions the kind of same thing you

1000

00:41:45,950 --> 00:41:44,220

know that every day they pop up in my

1001
00:41:48,109 --> 00:41:45,960
thing you know I ask myself questions I

1002
00:41:50,089 --> 00:41:48,119
go out and do breathing exercises I go

1003
00:41:52,970 --> 00:41:50,099
to the beach do yoga I do the answer I

1004
00:41:54,829 --> 00:41:52,980
break my life down and around all these

1005
00:41:59,030 --> 00:41:54,839
little things that I build into my life

1006
00:42:01,930 --> 00:41:59,040
to keep me from being uh depressed and

1007
00:42:05,930 --> 00:42:01,940
angry and and not that it it works 100

1008
00:42:07,310 --> 00:42:05,940
but it's like gosh I I don't know that's

1009
00:42:08,569 --> 00:42:07,320
the other thing I guess about when we

1010
00:42:10,190 --> 00:42:08,579
were talking about the addiction thing

1011
00:42:13,010 --> 00:42:10,200
it's like

1012
00:42:14,510 --> 00:42:13,020
bro we're all working the program yeah I

1013
00:42:16,190 --> 00:42:14,520

mean whether you're addicted or not

1014

00:42:17,690 --> 00:42:16,200

we're all working the program if you're

1015

00:42:19,910 --> 00:42:17,700

not working the program that's why I'm

1016

00:42:21,410 --> 00:42:19,920

saying like I I don't totally trust

1017

00:42:23,390 --> 00:42:21,420

people who aren't sober because it's

1018

00:42:24,950 --> 00:42:23,400

like how are you not working the program

1019

00:42:27,829 --> 00:42:24,960

that's the only way I get through life

1020

00:42:29,810 --> 00:42:27,839

is working working my program you know

1021

00:42:32,990 --> 00:42:29,820

what do you think about that I I think

1022

00:42:35,750 --> 00:42:33,000

it's interesting I also know that just

1023

00:42:38,510 --> 00:42:35,760

there's just some people that can just

1024

00:42:42,349 --> 00:42:38,520

do it and I like I would love to be one

1025

00:42:44,990 --> 00:42:42,359

of them I'm just not them I don't know

1026

00:42:46,790 --> 00:42:45,000

why but they can

1027

00:42:48,290 --> 00:42:46,800

I don't know man I understand what

1028

00:42:50,810 --> 00:42:48,300

you're saying that like because when

1029

00:42:53,390 --> 00:42:50,820

sobriety comes this like this incredible

1030

00:42:55,910 --> 00:42:53,400

amount of looking inside yourself and

1031

00:42:59,750 --> 00:42:55,920

personal inventory that I don't think a

1032

00:43:03,770 --> 00:42:59,760

lot of people do but some maybe they do

1033

00:43:04,970 --> 00:43:03,780

it in their life in a way that isn't uh

1034

00:43:12,410 --> 00:43:04,980

as

1035

00:43:14,750 --> 00:43:12,420

because we realize that if we don't do

1036

00:43:15,829 --> 00:43:14,760

this we're gonna let the darkness back

1037

00:43:18,050 --> 00:43:15,839

out

1038

00:43:20,270 --> 00:43:18,060

everybody's interesting dude it's like

1039

00:43:22,730 --> 00:43:20,280

Rogan is a great example of a guy who's

1040

00:43:25,309 --> 00:43:22,740

batting average in life is so [h__\h]

1041

00:43:28,430 --> 00:43:25,319

high and you're like how does this guy

1042

00:43:30,230 --> 00:43:28,440

connect all the time is he always like

1043

00:43:32,930 --> 00:43:30,240

getting on base or hitting a home run

1044

00:43:35,210 --> 00:43:32,940

and when he doesn't it's even that's

1045

00:43:37,670 --> 00:43:35,220

more successful than others who knows

1046

00:43:39,589 --> 00:43:37,680

what his karmatic journey is it's

1047

00:43:41,390 --> 00:43:39,599

interesting though I think about it all

1048

00:43:43,609 --> 00:43:41,400

the time because again my next door

1049

00:43:46,130 --> 00:43:43,619

neighbors they're the nicest people ever

1050

00:43:48,950 --> 00:43:46,140

they would run through a brick wall for

1051
00:43:51,530 --> 00:43:48,960
you and they just love to go hard in the

1052
00:43:53,930 --> 00:43:51,540
paint and it's like God bless you

1053
00:43:56,690 --> 00:43:53,940
because that's not me because what

1054
00:44:00,109 --> 00:43:56,700
starts off with a drink and a toke a

1055
00:44:02,030 --> 00:44:00,119
weed goes in the Coke and then speed and

1056
00:44:05,270 --> 00:44:02,040
then I'm trying to set high scores on

1057
00:44:07,430 --> 00:44:05,280
PornHub again and none of that means

1058
00:44:08,870 --> 00:44:07,440
anything to me anymore it's wasted

1059
00:44:10,970 --> 00:44:08,880
energy

1060
00:44:14,450 --> 00:44:10,980
well you know the one other thing I I

1061
00:44:17,329 --> 00:44:14,460
like about what you said is uh some

1062
00:44:22,130 --> 00:44:17,339
people do exhibit a Grace

1063
00:44:25,250 --> 00:44:22,140

an ability to handle life in a way that

1064

00:44:26,870 --> 00:44:25,260

is just remarkable and it does seem you

1065

00:44:28,370 --> 00:44:26,880

know like you said a karmic path I mean

1066

00:44:29,630 --> 00:44:28,380

they're

1067

00:44:31,309 --> 00:44:29,640

it does seem like there's something

1068

00:44:32,990 --> 00:44:31,319

about that and I think you're right

1069

00:44:35,390 --> 00:44:33,000

about

1070

00:44:37,370 --> 00:44:35,400

um people like you and I and you know

1071

00:44:39,589 --> 00:44:37,380

have a certain background or a certain

1072

00:44:42,470 --> 00:44:39,599

you know we all have trauma everyone has

1073

00:44:46,130 --> 00:44:42,480

trauma that's a given but we just have a

1074

00:44:48,410 --> 00:44:46,140

certain recipe that requires us to find

1075

00:44:50,510 --> 00:44:48,420

a way through that I can relate to and

1076
00:44:51,950 --> 00:44:50,520
maybe that's why I can you know I can

1077
00:44:53,569 --> 00:44:51,960
relate to a lot of things you're saying

1078
00:44:55,430 --> 00:44:53,579
and can relate to you personally is

1079
00:44:57,470 --> 00:44:55,440
because I do feel like you're you're

1080
00:44:59,210 --> 00:44:57,480
working the program and I feel like I'm

1081
00:45:01,250 --> 00:44:59,220
always working the program you know I'm

1082
00:45:04,370 --> 00:45:01,260
always working the program I I listen

1083
00:45:07,910 --> 00:45:04,380
man so you know that I'm like I'm really

1084
00:45:10,970 --> 00:45:07,920
into like the game of life I you know

1085
00:45:13,490 --> 00:45:10,980
pop culture is demonize so much stuff

1086
00:45:16,309 --> 00:45:13,500
that I think is super important one of

1087
00:45:18,309 --> 00:45:16,319
them is oh he plays the game well and

1088
00:45:22,609 --> 00:45:18,319

then oh well that means he's like some

1089

00:45:26,750 --> 00:45:22,619

phony kind of dude and I go oh man for

1090

00:45:28,970 --> 00:45:26,760

me the ability to play the game like

1091

00:45:30,890 --> 00:45:28,980

me and you podcast right now I feel like

1092

00:45:32,569 --> 00:45:30,900

I talked a little too much and I would

1093

00:45:34,370 --> 00:45:32,579

like to have heard you too much more

1094

00:45:36,890 --> 00:45:34,380

maybe in the comment section I'll be

1095

00:45:38,750 --> 00:45:36,900

like shut up let's talk you dumbass and

1096

00:45:40,190 --> 00:45:38,760

I'll be like you know what I didn't play

1097

00:45:41,870 --> 00:45:40,200

the game of this right I should have

1098

00:45:43,910 --> 00:45:41,880

gave Alex a little more time to talk

1099

00:45:45,950 --> 00:45:43,920

because I don't get to talk to him as

1100

00:45:48,290 --> 00:45:45,960

much as I would like and he's got some

1101

00:45:51,530 --> 00:45:48,300

wonderful things to say that's the game

1102

00:45:53,930 --> 00:45:51,540

of Life uh when I was very young a comic

1103

00:45:55,790 --> 00:45:53,940

named Jimmy Schubert pulled me aside and

1104

00:45:58,430 --> 00:45:55,800

it's kind of early where it starts my

1105

00:46:00,950 --> 00:45:58,440

journey to understanding my wiring isn't

1106

00:46:03,170 --> 00:46:00,960

serving me anymore and he pulls me aside

1107

00:46:06,290 --> 00:46:03,180

goes dude you're super funny dude I I've

1108

00:46:08,630 --> 00:46:06,300

seen funny you got it but man you got

1109

00:46:11,690 --> 00:46:08,640

the worst attitude ever you think people

1110

00:46:13,730 --> 00:46:11,700

owe you something and you think you've

1111

00:46:18,050 --> 00:46:13,740

accomplished something and it sounds

1112

00:46:19,970 --> 00:46:18,060

really mean but it was 100 correct I was

1113

00:46:21,950 --> 00:46:19,980

just not playing the game of Life very

1114

00:46:22,970 --> 00:46:21,960

well because I was playing it the way I

1115

00:46:26,510 --> 00:46:22,980

was taught

1116

00:46:28,609 --> 00:46:26,520

and if that's not how it goes and I'm so

1117

00:46:30,829 --> 00:46:28,619

thankful for Jimmy Schubert for talk and

1118

00:46:35,450 --> 00:46:30,839

telling me that and being nice enough to

1119

00:46:38,510 --> 00:46:35,460

give me hard advice and to chill out and

1120

00:46:40,130 --> 00:46:38,520

just enjoy the journey and I wish I

1121

00:46:42,650 --> 00:46:40,140

could pull some of these young cats in

1122

00:46:44,150 --> 00:46:42,660

Hollywood aside and just go I've seen

1123

00:46:47,450 --> 00:46:44,160

people do what you do

1124

00:46:49,430 --> 00:46:47,460

it doesn't work you don't understand the

1125

00:46:51,890 --> 00:46:49,440

game you're trying to change this game

1126
00:46:55,069 --> 00:46:51,900
you don't change the game you have to

1127
00:46:57,230 --> 00:46:55,079
change yourself and beat the game and by

1128
00:46:59,150 --> 00:46:57,240
beating the game in a way you inspire

1129
00:47:01,550 --> 00:46:59,160
people to change the way they play the

1130
00:47:02,930 --> 00:47:01,560
game and that's how you do it and you

1131
00:47:05,890 --> 00:47:02,940
just can't do with some of these young

1132
00:47:08,750 --> 00:47:05,900
kids because they got a lot idealistic

1133
00:47:10,790 --> 00:47:08,760
views of life but they won't listen to

1134
00:47:13,069 --> 00:47:10,800
other people because culture is like old

1135
00:47:15,470 --> 00:47:13,079
people don't know [h__h] and I do think

1136
00:47:17,150 --> 00:47:15,480
that's done on purpose and this is part

1137
00:47:19,730 --> 00:47:17,160
of this whole thing about the rewriting

1138
00:47:22,790 --> 00:47:19,740

of History right they just don't want

1139

00:47:24,589 --> 00:47:22,800

you and your grandparents or you and

1140

00:47:27,530 --> 00:47:24,599

your grandkids that have the same

1141

00:47:30,470 --> 00:47:27,540

information so there's a disconnect

1142

00:47:32,750 --> 00:47:30,480

and it's done on purpose but the game of

1143

00:47:34,790 --> 00:47:32,760

life is everything and I like I just

1144

00:47:36,530 --> 00:47:34,800

used to want to go to war people now

1145

00:47:39,230 --> 00:47:36,540

it's just like

1146

00:47:40,849 --> 00:47:39,240

you know that's their Journey bro I'm

1147

00:47:43,010 --> 00:47:40,859

out of it and you maybe you don't do it

1148

00:47:45,170 --> 00:47:43,020

the way I want it or I think it should

1149

00:47:47,569 --> 00:47:45,180

be done but God bless you I wish you

1150

00:47:49,670 --> 00:47:47,579

luck on that and I'm gonna try to do the

1151
00:47:51,650 --> 00:47:49,680
best I can

1152
00:47:53,510 --> 00:47:51,660
you know that's tough because you're

1153
00:47:54,890 --> 00:47:53,520
touching on a couple of things that you

1154
00:47:56,690 --> 00:47:54,900
know back to you know the kind of

1155
00:47:59,450 --> 00:47:56,700
parenting stuff and and that kind of

1156
00:48:02,150 --> 00:47:59,460
thing and the the one thing that that I

1157
00:48:04,550 --> 00:48:02,160
you know as I get older I can kind of

1158
00:48:08,510 --> 00:48:04,560
relate to is

1159
00:48:10,670 --> 00:48:08,520
remember the old people you know back

1160
00:48:14,450 --> 00:48:10,680
East when you that just seem to have

1161
00:48:17,390 --> 00:48:14,460
wisdom you know and when I think of the

1162
00:48:20,150 --> 00:48:17,400
wisdom that some of those people had

1163
00:48:21,950 --> 00:48:20,160

a lot of times it was they knew when to

1164

00:48:24,170 --> 00:48:21,960

shut the [h__h] up

1165

00:48:26,569 --> 00:48:24,180

you know they just knew when to shut the

1166

00:48:28,250 --> 00:48:26,579

[h__h] up so you'd be off doing something

1167

00:48:29,990 --> 00:48:28,260

and saying something you're a young buck

1168

00:48:31,790 --> 00:48:30,000

you know and they just sit there and

1169

00:48:34,250 --> 00:48:31,800

they just smile and they just kind of

1170

00:48:37,430 --> 00:48:34,260

like you're doing so you know

1171

00:48:39,050 --> 00:48:37,440

life will be your teaching you will be

1172

00:48:40,970 --> 00:48:39,060

your teacher you know I don't have to do

1173

00:48:42,950 --> 00:48:40,980

it and that's how I kind of feel with my

1174

00:48:44,089 --> 00:48:42,960

kids right now and you know my oldest I

1175

00:48:46,250 --> 00:48:44,099

told him that you know because he was

1176
00:48:47,270 --> 00:48:46,260
his younger brother was this man I was

1177
00:48:49,190 --> 00:48:47,280
like

1178
00:48:51,109 --> 00:48:49,200
hey

1179
00:48:52,910 --> 00:48:51,119
life's going to take care of it life's

1180
00:48:54,950 --> 00:48:52,920
the teacher you know I really don't have

1181
00:48:57,050 --> 00:48:54,960
to do I don't have to do all the lessons

1182
00:48:58,609 --> 00:48:57,060
you know what do you think of that I

1183
00:49:00,230 --> 00:48:58,619
think it's interesting you know I do

1184
00:49:02,710 --> 00:49:00,240
really do believe

1185
00:49:06,109 --> 00:49:02,720
that unless some major trauma happens

1186
00:49:08,270 --> 00:49:06,119
your children are on their path

1187
00:49:10,730 --> 00:49:08,280
and like it's kind of like with a ship

1188
00:49:13,130 --> 00:49:10,740

where you can kind of like kind of push

1189

00:49:14,990 --> 00:49:13,140

it just a little bit like a ship fair

1190

00:49:17,750 --> 00:49:15,000

enough just maybe it's apparently like

1191

00:49:19,910 --> 00:49:17,760

Boop and it's like starts to turn that

1192

00:49:22,430 --> 00:49:19,920

way a little bit more and that's your

1193

00:49:24,530 --> 00:49:22,440

job man they're coming in this world and

1194

00:49:26,329 --> 00:49:24,540

they have a path and they want to learn

1195

00:49:29,089 --> 00:49:26,339

and

1196

00:49:32,210 --> 00:49:29,099

your job is to keep them on a horrific

1197

00:49:34,910 --> 00:49:32,220

trauma that could throw them off the

1198

00:49:38,990 --> 00:49:34,920

train tracks and onto another track and

1199

00:49:42,710 --> 00:49:39,000

I you know like the women in my life

1200

00:49:45,230 --> 00:49:42,720

all love to watch YouTube's and enjoying

1201
00:49:47,150 --> 00:49:45,240
groups about parenting and all the women

1202
00:49:50,390 --> 00:49:47,160
I know that have kids all the women I

1203
00:49:53,089 --> 00:49:50,400
know and I go man I think you just know

1204
00:49:55,010 --> 00:49:53,099
it you just know it like there's little

1205
00:49:57,290 --> 00:49:55,020
things you could use some advice on on

1206
00:49:59,329 --> 00:49:57,300
how to do this like how to burp nobody

1207
00:50:01,670 --> 00:49:59,339
teaches you how to that how important

1208
00:50:03,829 --> 00:50:01,680
burping is to newborns like and you're

1209
00:50:06,230 --> 00:50:03,839
just gonna be sitting here trying to

1210
00:50:08,690 --> 00:50:06,240
hear a burp and you like did was it a

1211
00:50:10,609 --> 00:50:08,700
burp I got do I keep just going smacking

1212
00:50:12,890 --> 00:50:10,619
this kid on the back and it's like you

1213
00:50:16,130 --> 00:50:12,900

gotta be patient man you gotta be

1214

00:50:20,390 --> 00:50:16,140

patient and but I do think children are

1215

00:50:22,250 --> 00:50:20,400

on their path man and look at me dude I

1216

00:50:24,530 --> 00:50:22,260

mean like my parents

1217

00:50:26,930 --> 00:50:24,540

they always were supportive even when it

1218

00:50:29,210 --> 00:50:26,940

looked like I was going to pump gas and

1219

00:50:31,370 --> 00:50:29,220

when I say I wanted to be a comic they

1220

00:50:33,130 --> 00:50:31,380

were like [h__h] yeah anything at this

1221

00:50:35,870 --> 00:50:33,140

point

1222

00:50:37,609 --> 00:50:35,880

and they always have been support they

1223

00:50:40,930 --> 00:50:37,619

never even when they didn't understand

1224

00:50:44,089 --> 00:50:40,940

it my father would could not understand

1225

00:50:46,010 --> 00:50:44,099

the model of entertainment

1226

00:50:49,490 --> 00:50:46,020

and but it was always supportive of it

1227

00:50:52,370 --> 00:50:49,500

and he would come watch me perform and

1228

00:50:54,049 --> 00:50:52,380

you know I I've looked back at some of

1229

00:50:57,049 --> 00:50:54,059

the ways I've talked about my father and

1230

00:50:59,030 --> 00:50:57,059

I really regret it uh because I know

1231

00:51:02,390 --> 00:50:59,040

that he went through trauma and I should

1232

00:51:04,670 --> 00:51:02,400

show him some love as a victim and

1233

00:51:07,750 --> 00:51:04,680

understand that you know if he couldn't

1234

00:51:11,750 --> 00:51:07,760

be an example he was a wonderful warning

1235

00:51:14,690 --> 00:51:11,760

becoming my father and I and like that's

1236

00:51:17,210 --> 00:51:14,700

why I ran to Alcoholics Anonymous that's

1237

00:51:20,809 --> 00:51:17,220

why Ramsey recovery because I was doing

1238

00:51:23,630 --> 00:51:20,819

the exact same thing with everybody I

1239

00:51:25,609 --> 00:51:23,640

thought he was jealous of me because I

1240

00:51:27,410 --> 00:51:25,619

was so great I thought they were

1241

00:51:29,089 --> 00:51:27,420

thinking about me all the time one of

1242

00:51:30,950 --> 00:51:29,099

the greatest moments ever it was in

1243

00:51:34,190 --> 00:51:30,960

recovery when it finally dawned on me

1244

00:51:35,690 --> 00:51:34,200

that nobody's thinking about me and not

1245

00:51:38,630 --> 00:51:35,700

in a bad way

1246

00:51:42,049 --> 00:51:38,640

nobody's thinking of me it's such a

1247

00:51:43,849 --> 00:51:42,059

blessing I am free and the the killers

1248

00:51:45,770 --> 00:51:43,859

in the house man the killers in the

1249

00:51:48,829 --> 00:51:45,780

house wouldn't you realize the killers

1250

00:51:50,690 --> 00:51:48,839

in the house right man you could deal

1251

00:51:54,530 --> 00:51:50,700

with that a lot quicker

1252

00:51:58,130 --> 00:51:56,930

I live it bro where did you find where

1253

00:52:01,970 --> 00:51:58,140

did you find that where did you find the

1254

00:52:03,589 --> 00:52:01,980

wisdom who who did you look to

1255

00:52:05,630 --> 00:52:03,599

looking back

1256

00:52:07,130 --> 00:52:05,640

was wise

1257

00:52:09,230 --> 00:52:07,140

anybody

1258

00:52:11,450 --> 00:52:09,240

but when I was growing up there was a

1259

00:52:13,309 --> 00:52:11,460

teacher named Dr Voris who was just the

1260

00:52:15,470 --> 00:52:13,319

first person to ever get me and I

1261

00:52:18,049 --> 00:52:15,480

realized it I was like wow this guy just

1262

00:52:19,130 --> 00:52:18,059

lets me go I was a square peg in a round

1263

00:52:24,170 --> 00:52:19,140

hole

1264

00:52:26,089 --> 00:52:24,180

and I just never fit in school never my

1265

00:52:29,750 --> 00:52:26,099

brother was very very good at school

1266

00:52:31,609 --> 00:52:29,760

very good at everything was very good I

1267

00:52:33,589 --> 00:52:31,619

was not and when I say they thought I

1268

00:52:37,250 --> 00:52:33,599

was gonna pump gas I'm not even kidding

1269

00:52:39,349 --> 00:52:37,260

that was the expectations of me ah and

1270

00:52:41,870 --> 00:52:39,359

then I went to college and I was just my

1271

00:52:43,849 --> 00:52:41,880

father man I was just always in survival

1272

00:52:46,370 --> 00:52:43,859

mode I had no clue how to deal with

1273

00:52:49,609 --> 00:52:46,380

women I had no clue how to deal with

1274

00:52:51,349 --> 00:52:49,619

anything and it was until I really I

1275

00:52:54,349 --> 00:52:51,359

went out on the road with Vince Vaughn

1276
00:52:55,790 --> 00:52:54,359
one time I bombed so hard I never saw

1277
00:52:58,790 --> 00:52:55,800
him again

1278
00:53:00,589 --> 00:52:58,800
and I had to get right and I just wanted

1279
00:53:02,809 --> 00:53:00,599
this journey and then I got a TV show

1280
00:53:04,370 --> 00:53:02,819
because things were going great and I

1281
00:53:06,650 --> 00:53:04,380
started popping these painkillers

1282
00:53:09,650 --> 00:53:06,660
because I was doing stunts and then that

1283
00:53:12,230 --> 00:53:09,660
it was off the coke and then this chick

1284
00:53:14,750 --> 00:53:12,240
wanted me to do speed with her because I

1285
00:53:17,390 --> 00:53:14,760
had a sex addiction I was like okay I

1286
00:53:19,849 --> 00:53:17,400
did and then I off on that for a long

1287
00:53:21,770 --> 00:53:19,859
time and then these two baby girls came

1288
00:53:24,410 --> 00:53:21,780

into my life and I had to survive

1289

00:53:26,270 --> 00:53:24,420

because this pandemic had just hit and I

1290

00:53:28,010 --> 00:53:26,280

was just doing these spiritual shows on

1291

00:53:30,589 --> 00:53:28,020

Tim full hat and nobody wanted to listen

1292

00:53:32,390 --> 00:53:30,599

to him I'll get these these things dude

1293

00:53:34,609 --> 00:53:32,400

we don't want to hear about this stuff

1294

00:53:36,230 --> 00:53:34,619

we want to hear about the Deep State and

1295

00:53:38,329 --> 00:53:36,240

all that and I'm like man but these

1296

00:53:41,390 --> 00:53:38,339

things are like giving me hope so

1297

00:53:42,650 --> 00:53:41,400

they're like hey man rockfin's like do

1298

00:53:45,349 --> 00:53:42,660

show I'm like okay I'm gonna do a

1299

00:53:48,530 --> 00:53:45,359

spiritual show we're in a pandemic we're

1300

00:53:49,970 --> 00:53:48,540

in a lockdown I need the [h__\h] I you

1301

00:53:52,089 --> 00:53:49,980

know I need to make money these guys are

1302

00:53:54,589 --> 00:53:52,099

gonna throw me some cash I'm gonna do it

1303

00:53:55,970 --> 00:53:54,599

and uh I just been on this journey and

1304

00:54:01,790 --> 00:53:55,980

I've learned so much from people like

1305

00:54:03,349 --> 00:54:01,800

you and and uh Birch driver Von Galt

1306

00:54:06,950 --> 00:54:03,359

these are like people who've made like

1307

00:54:09,530 --> 00:54:06,960

uh you know Amy Bellaire Matt Bel Air

1308

00:54:13,430 --> 00:54:09,540

like these are people who've like made

1309

00:54:16,370 --> 00:54:13,440

incredible like impact on my view of the

1310

00:54:19,549 --> 00:54:16,380

world and really changed me from this

1311

00:54:22,970 --> 00:54:19,559

kind of like Scorch the Earth Kaiser

1312

00:54:25,370 --> 00:54:22,980

sose guy to like you know what man let's

1313

00:54:28,130 --> 00:54:25,380

just chill by the side of the river and

1314

00:54:29,510 --> 00:54:28,140

wait to our enemies bodies Float by and

1315

00:54:31,730 --> 00:54:29,520

that's kind of where I am right now

1316

00:54:35,510 --> 00:54:31,740

let's just chill and then my babies came

1317

00:54:38,450 --> 00:54:35,520

and I'd hit a rock bottom because I was

1318

00:54:41,150 --> 00:54:38,460

a tweaker and I had kids and I was like

1319

00:54:43,730 --> 00:54:41,160

I never want to be that person so I

1320

00:54:46,130 --> 00:54:43,740

stopped and like

1321

00:54:49,309 --> 00:54:46,140

and all you know here I am and every day

1322

00:54:50,809 --> 00:54:49,319

I only got 24 hours man but the like the

1323

00:54:53,930 --> 00:54:50,819

thought of embarrassing those children

1324

00:54:55,849 --> 00:54:53,940

just makes me so sad so I'm like I'm not

1325

00:54:58,910 --> 00:54:55,859

gonna do it I'm gonna embarrass them in

1326
00:55:01,730 --> 00:54:58,920
so many other wonderful ways you know

1327
00:55:03,770 --> 00:55:01,740
like I don't need to [\h__\h] gun them and

1328
00:55:05,329 --> 00:55:03,780
that's kind of where it is so Zero's

1329
00:55:07,609 --> 00:55:05,339
really opened my mind and what's really

1330
00:55:10,130 --> 00:55:07,619
crazy is like now I start bringing some

1331
00:55:12,710 --> 00:55:10,140
people that I I'm being on zero on the

1332
00:55:14,630 --> 00:55:12,720
tin foil hats and those numbers get huge

1333
00:55:16,970 --> 00:55:14,640
numbers because they've gotten to the

1334
00:55:21,109 --> 00:55:16,980
point where it's like conspiracy leads

1335
00:55:24,049 --> 00:55:21,119
to spirituality and that's the blessing

1336
00:55:27,589 --> 00:55:24,059
yeah and and like I say the other way

1337
00:55:27,599 --> 00:55:30,589
the loop right just

1338
00:55:34,790 --> 00:55:32,630

the other way around then uh I'll let

1339

00:55:37,790 --> 00:55:34,800

you get on with your life but you know

1340

00:55:40,309 --> 00:55:37,800

if you just go look at

1341

00:55:42,170 --> 00:55:40,319

at the spirituality you know you go look

1342

00:55:44,270 --> 00:55:42,180

at Christianity

1343

00:55:45,970 --> 00:55:44,280

well there's conspiracy all over the

1344

00:55:48,950 --> 00:55:45,980

place 100

1345

00:55:51,290 --> 00:55:48,960

so so it's like that's what most people

1346

00:55:52,910 --> 00:55:51,300

a lot of people are wrapping themselves

1347

00:55:55,430 --> 00:55:52,920

around that and saying that's my

1348

00:55:58,370 --> 00:55:55,440

spirituality you know don't don't don't

1349

00:56:00,530 --> 00:55:58,380

mess with my religious beliefs you know

1350

00:56:02,569 --> 00:56:00,540

and from if you come at that from a

1351
00:56:04,549 --> 00:56:02,579
conspiratorial standpoint you really

1352
00:56:06,650 --> 00:56:04,559
gain some insights that are valuable you

1353
00:56:08,450 --> 00:56:06,660
go really what about this what about

1354
00:56:10,549 --> 00:56:08,460
this have you considered this what about

1355
00:56:13,069 --> 00:56:10,559
the pope what about you know all that

1356
00:56:17,270 --> 00:56:13,079
stuff so I I it goes the other way too

1357
00:56:19,910 --> 00:56:17,280
right because you've covered a lot 100 I

1358
00:56:22,970 --> 00:56:19,920
mean the most safest place to be is I

1359
00:56:25,490 --> 00:56:22,980
don't know man I I don't know I'm

1360
00:56:28,390 --> 00:56:25,500
open-minded to it and I feel like when

1361
00:56:31,849 --> 00:56:28,400
you entrench yourself into any ideology

1362
00:56:32,750 --> 00:56:31,859
you are setting yourself up to be let

1363
00:56:36,410 --> 00:56:32,760

down

1364

00:56:38,870 --> 00:56:36,420

and if you you think all these psyops

1365

00:56:40,069 --> 00:56:38,880

and all this conspiracies happening to

1366

00:56:47,210 --> 00:56:40,079

this

1367

00:56:49,730 --> 00:56:47,220

long con going on that's been done on

1368

00:56:53,150 --> 00:56:49,740

humanity and but you know people like

1369

00:56:55,490 --> 00:56:53,160

Jesus and Buddha and all these people

1370

00:56:58,790 --> 00:56:55,500

I'm open-minded to everything they did

1371

00:57:02,809 --> 00:56:58,800

do I need to go 100 the story that we're

1372

00:57:04,010 --> 00:57:02,819

told is 100 no but I don't know man it's

1373

00:57:06,410 --> 00:57:04,020

just like

1374

00:57:08,630 --> 00:57:06,420

you listen this kind of I'm really in

1375

00:57:11,690 --> 00:57:08,640

the Christ Consciousness I Think Jesus

1376
00:57:14,030 --> 00:57:11,700
or whatever his name was reach the level

1377
00:57:16,730 --> 00:57:14,040
of that but maybe who knows I'm just

1378
00:57:19,609 --> 00:57:16,740
open-minded to it and I'm open-minded to

1379
00:57:22,549 --> 00:57:19,619
it all and I can't tell you what it's

1380
00:57:26,210 --> 00:57:22,559
like good luck man it's like there's so

1381
00:57:29,210 --> 00:57:26,220
much to see for deck centuries

1382
00:57:30,770 --> 00:57:29,220
Millennium they've been lying to us so

1383
00:57:33,049 --> 00:57:30,780
you're not you know all you can do is

1384
00:57:35,390 --> 00:57:33,059
what feels right and that's what I do

1385
00:57:37,730 --> 00:57:35,400
what what feels good and what feels good

1386
00:57:40,609 --> 00:57:37,740
to me is Law of Attraction model of

1387
00:57:43,490 --> 00:57:40,619
abundance okay and I believe that I

1388
00:57:45,890 --> 00:57:43,500

believe that there's one sin and that

1389

00:57:46,970 --> 00:57:45,900

sin is do you bring pain and suffering

1390

00:57:50,510 --> 00:57:46,980

to others

1391

00:57:51,349 --> 00:57:50,520

and if you did you pay a price if you

1392

00:57:54,349 --> 00:57:51,359

didn't

1393

00:57:56,750 --> 00:57:54,359

I think the universe is yours

1394

00:57:58,609 --> 00:57:56,760

you know it's All About That Life review

1395

00:58:00,589 --> 00:57:58,619

that we're going to face you know that

1396

00:58:03,589 --> 00:58:00,599

the ND ears the near-death experience

1397

00:58:05,210 --> 00:58:03,599

come back and they say and you know the

1398

00:58:06,829 --> 00:58:05,220

most beautiful thing that they say sam

1399

00:58:09,049 --> 00:58:06,839

that I always remember is

1400

00:58:11,809 --> 00:58:09,059

yeah baby you are facing that Life

1401

00:58:14,809 --> 00:58:11,819

review you are going to be judged for

1402

00:58:18,650 --> 00:58:14,819

everything you had every thought you had

1403

00:58:20,750 --> 00:58:18,660

and how it affected every person oh yeah

1404

00:58:23,569 --> 00:58:20,760

here's but here's the trick

1405

00:58:26,630 --> 00:58:23,579

the judge is going to be you you're the

1406

00:58:28,910 --> 00:58:26,640

judge your soul is the judge into this

1407

00:58:31,370 --> 00:58:28,920

now that switches the whole thing you

1408

00:58:33,770 --> 00:58:31,380

mean oh it's not some guy up on the

1409

00:58:37,190 --> 00:58:33,780

cloud saying good or bad it's me I'm

1410

00:58:39,950 --> 00:58:37,200

responsible for every thought I have in

1411

00:58:42,950 --> 00:58:39,960

every yelling at my daughter as she's

1412

00:58:45,410 --> 00:58:42,960

leaving to go see her boyfriend you know

1413

00:58:48,289 --> 00:58:45,420

I'm responsible for all that you know

1414

00:58:53,030 --> 00:58:48,299

that's a different that Rings true to me

1415

00:58:55,730 --> 00:58:53,040

at a level all the way down it's like oh

1416

00:58:58,010 --> 00:58:55,740

I've been hearing that man

1417

00:58:59,630 --> 00:58:58,020

that you're gonna be like I don't want

1418

00:59:02,210 --> 00:58:59,640

to do this anymore and I want to get to

1419

00:59:04,069 --> 00:59:02,220

a higher level it's interesting man it's

1420

00:59:07,130 --> 00:59:04,079

one of my favorite conversations I have

1421

00:59:10,190 --> 00:59:07,140

what is it how long are we into the

1422

00:59:13,250 --> 00:59:10,200

vedics right are we in the Sumerians

1423

00:59:16,370 --> 00:59:13,260

like all this stuff it's so interesting

1424

00:59:18,470 --> 00:59:16,380

to me Alex I've kept you too long I

1425

00:59:20,690 --> 00:59:18,480

could talk to you forever else I gotta

1426

00:59:22,910 --> 00:59:20,700

get you back on Tim full hat there's

1427

00:59:24,589 --> 00:59:22,920

other just you know

1428

00:59:26,809 --> 00:59:24,599

discussions I'd like to have with you

1429

00:59:28,250 --> 00:59:26,819

I'm really into what really how I know

1430

00:59:30,349 --> 00:59:28,260

you were talking about the West Memphis

1431

00:59:32,089 --> 00:59:30,359

Three before but you brought up

1432

00:59:34,430 --> 00:59:32,099

something earlier today you didn't think

1433

00:59:36,470 --> 00:59:34,440

was true I mean I'm into all that stuff

1434

00:59:37,910 --> 00:59:36,480

we need to get more have some more

1435

00:59:40,069 --> 00:59:37,920

discussions I'll set it up and get you

1436

00:59:41,329 --> 00:59:40,079

on the show I'd love to talk one more

1437

00:59:43,010 --> 00:59:41,339

time tell them where they can find you

1438

00:59:45,589 --> 00:59:43,020

because I know you're putting out this

1439

00:59:48,950 --> 00:59:45,599

on your your stuff too so wherever you

1440

00:59:50,990 --> 00:59:48,960

want to go skeptico you'll find it Alex

1441

00:59:54,289 --> 00:59:51,000

at skeptico you'll find it and we got

1442

00:59:56,690 --> 00:59:54,299

some cool stuff that uh you know we can

1443

01:00:00,230 --> 00:59:56,700

talk about I'd love to have you on there

1444

01:00:01,549 --> 01:00:00,240

sometime I know really because I know

1445

01:00:03,470 --> 01:00:01,559

you're I know you're always you're

1446

01:00:04,849 --> 01:00:03,480

always busy but I'd love to have you on

1447

01:00:06,890 --> 01:00:04,859

there to talk about some of the stuff

1448

01:00:09,950 --> 01:00:06,900

that we've talked about in kind of a

1449

01:00:13,549 --> 01:00:09,960

more uh structured way you know kind of

1450

01:00:16,370 --> 01:00:13,559

pull you in because I I think that you

1451

01:00:19,789 --> 01:00:16,380

know it's really cool

1452

01:00:22,010 --> 01:00:19,799

the people that really uh dug into as

1453

01:00:24,109 --> 01:00:22,020

many of these areas as you have there's

1454

01:00:25,849 --> 01:00:24,119

a lot of knowledge to be mined out there

1455

01:00:27,589 --> 01:00:25,859

and one of the things that that kind of

1456

01:00:30,109 --> 01:00:27,599

frustrates me is

1457

01:00:32,690 --> 01:00:30,119

so this need to produce all this content

1458

01:00:34,789 --> 01:00:32,700

which we all have but there's like

1459

01:00:37,370 --> 01:00:34,799

50 of your shows that I would go back

1460

01:00:39,770 --> 01:00:37,380

and go hey Sam let's go back and what

1461

01:00:41,690 --> 01:00:39,780

about this and how did you do that go

1462

01:00:42,829 --> 01:00:41,700

back and review old episodes which I'm

1463

01:00:45,470 --> 01:00:42,839

not yes

1464

01:00:49,069 --> 01:00:45,480

yes maybe I'll do that maybe I'll people

1465

01:00:51,430 --> 01:00:49,079

request episodes for me to re-watch on

1466

01:00:53,210 --> 01:00:51,440

uh stream yard I'm in Alex

1467

01:00:55,010 --> 01:00:53,220

that's what we're gonna do we're gonna

1468

01:00:56,690 --> 01:00:55,020

have you on and I'm gonna pick like 10

1469

01:00:58,069 --> 01:00:56,700

10 of your favorite episodes and we're

1470

01:01:00,530 --> 01:00:58,079

going to talk about all right let's do

1471

01:01:03,109 --> 01:01:00,540

it dude well Alex you know I look for I

1472

01:01:05,329 --> 01:01:03,119

met you one time you saw me live I don't

1473

01:01:07,670 --> 01:01:05,339

even know how it went that day but I I

1474

01:01:11,030 --> 01:01:07,680

do have a general General love for you

1475

01:01:12,829 --> 01:01:11,040

and I appreciate it and I every time we

1476

01:01:14,750 --> 01:01:12,839

talk I just feel like a better person

1477

01:01:17,270 --> 01:01:14,760

after so thank you for coming on dude

1478

01:01:20,690 --> 01:01:17,280

and you're great and you're and your

1479

01:01:23,329 --> 01:01:20,700

stand-up is so freaking First Rate I

1480

01:01:25,549 --> 01:01:23,339

would pay I I I love Joe Rogan greatest

1481

01:01:28,069 --> 01:01:25,559

of all time as a podcaster greatest

1482

01:01:30,530 --> 01:01:28,079

all-time MMA announcer I wouldn't pay to

1483

01:01:32,150 --> 01:01:30,540

see a show I'd pay to see you anytime

1484

01:01:34,430 --> 01:01:32,160

anywhere so let me know when you're in

1485

01:01:36,650 --> 01:01:34,440

San Diego I love Rogan and I'm black

1486

01:01:38,870 --> 01:01:36,660

like dude I just there's some guys out

1487

01:01:40,370 --> 01:01:38,880

there like Joey Diaz and it's like

1488

01:01:42,770 --> 01:01:40,380

there's some young kids coming up too

1489

01:01:45,530 --> 01:01:42,780

that are great but I love you brother

1490

01:01:47,329 --> 01:01:45,540

and uh I look forward to if I'm ever

1491

01:01:49,549 --> 01:01:47,339

down San Diego gigging I'd love to meet

1492

01:01:51,349 --> 01:01:49,559

up for dinner yeah great we'll do it

1493

01:01:52,730 --> 01:01:51,359

we'll do it all right brother love you I

1494

01:01:55,309 --> 01:01:52,740

got your email I'll send you this we'll

1495

01:01:57,589 --> 01:01:55,319

talk guys I hope you enjoyed this uh

1496

01:02:00,410 --> 01:01:57,599

Zero's just getting started I want to

1497

01:02:02,270 --> 01:02:00,420

make this a giant thing and uh we love